



British Society for
Paediatric Endocrinology
and Diabetes

BSPED November 2025

Thank you for attending the BSPED Annual Meeting – we want your feedback!



We hope everyone who attended the BSPED Annual Meeting in Sheffield this November had a fantastic experience exchanging knowledge, engaging in insightful discussions, and strengthening collaborations within the paediatric endocrinology and diabetes community.

This year's meeting was our largest yet, welcoming 581 delegates and featuring 8 thought-provoking symposiums alongside a diverse scientific programme. A highlight of the event was the Conference Dinner at the Crowne Plaza, which provided a wonderful opportunity for networking and celebrating our shared achievements.

We would like to extend our sincere thanks to everyone who contributed to making the event such a success — including our Programme Organising Committee, speakers, chairs, abstract submitters, abstract markers, and sponsors.

Feedback matters! Last chance to give us your feedback for the 2025 BSPED Annual Meeting, survey closes 23:59 tonight. CPD certificates will be sent by Friday 12 December. We'd especially love to hear your suggestions for speakers and programme ideas for next year's BSPED conference.

[Submit your feedback today](#)



Save the date for BSPED Annual Meeting 2026: Bristol Beacon 8-10 December

Would you like to host the BSPED Annual Meeting?

The BSPED is currently welcoming expressions of interest to host the BSPED Annual Meeting in 2028 and 2029.

The BSPED Annual Meeting is going from strength to strength, and we aim to hold it in a different part of the UK each year, to bring a regional flavour to our scientific and social programmes.

If you and your centre would like to host one of the forthcoming Annual Meetings, please [read our guidance and complete this form](#). The Executive and Programme Organising Committees will assess submissions with guidance from our professional conference organisers, to ensure that there is a suitable venue in the selected region (if not the city). The deadline for submissions of expressions of interest to bsped@endocrinology.org is **28 February 2026**.

Congratulations to all our award winners!

James M Tanner Award

Awarded to: Dr Jeremy Allgrove

A well-known and respected member of many national and international societies and has an international reputation as an outstanding Paediatric Endocrinologist. A previous Executive Committee member of the BSPED he has attended annual meetings since 1985 and lectured and presented at many of them. He was a consultant paediatrician at GOSH and established diabetes and bone services with major contributions to the 'Twinkle' database, National Diabetes Audit, and 'SWEET' project. He described Triple A (Allgrove) syndrome and conducted groundbreaking research leading to the discovery of parathyroid hormone-related hormone (PTHrP). He is also renowned for his ability to entertain from memory, with an extensive repertoire of very amusing tales.



Call for nominations for the 2026 James M Tanner Award

Deadline: 17:00 on 23 February 2026

[All details and the nomination form can be found on our website.](#) We look forward to receiving your nominations for your inspirational colleagues.

Research & Innovation Awards

Awarded to: Lydia Forestier-Zhang (Sheffield)

Title: Improving Bone Health in Mouse Models of Spinal Muscular Atrophy



Awarded to: Uttara Kurup (William Harvey)

Title: Detailed characterisation of novel, naturally occurring HMGA2 variants to ascertain their impact on linear growth



Paediatric Endocrine and Diabetes Nurse and AHP Award

Awarded to: Jennifer Gilbert (Oxford University Hospital)

Title: Retrospective service evaluation to evaluate how a dose of 0.15units/kg versus 0.10units/kg of insulin affects the success rate of the ITT in pubertal children considering GH, cortisol and glucose responses

Awarded to: Emma Snow and Robyn Gilbey Cross (Evelina)

Title: Developing a Nurse-Led Achondroplasia Clinic



Abstract and Poster Awards

Best Oral Communication

Awarded to: Miho Ishida

Abstract No: OC5.1

Title: A novel polygenic risk prediction tool: improving management in hypogonadotropic hypogonadism



2nd place Oral Communication

Awarded to: Afreen Mushtaque

Abstract No: OC5.3

Title: Assessment of fetal growth trajectories and relationships with early infant adiposity at a single site within the UK Pregnancies Better Eating and Activity Trial (UPBEAT)

Best Poster

Awarded to: Nivedita Aswani, Heather Clark, Adele Swart, Jennifer Simpson, Victoria Timmis, Claire Semple

Abstract No: P105

Title: Development of a National First Year of Care (FYOC) Pathway for Children and Young People (CYP) with T2 diabetes (TD2) to improve care and outcomes



Best CME Day Presentation

Awarded to: Catriona McKay

Title: Teenage Kicks: The Complexity of an Adolescent living with Diabetes. Subcutaneous Insulin Resistance Syndrome (SIRS) or a Case of Induced Illness?

2nd place CME Day Presentation

Awarded to: Louise Apperley

Title: Diagnostic and phenotypic challenges in a rare case of 46, XX differences in sex development (DSD) with a heterozygous RSPO1 variant



3rd place CME Day Presentation

Awarded to: Aikaterini Perogiannaki

Title: "Hidden in Plain Sight": A Mini-Series of Diagnostic Difficulties in Paediatric Cushing's Disease

News from the BSPED Office

Last Call for Key Committee Positions

Vacancies for all committees are advertised below and in [more detail on the BSPED website](#).

BSPED Programme Organising Committee Chair-Elect – DEADLINE: 30 November 2025

We are seeking a Chair-Elect to start shadowing Renuka Dias who will finish her term after the 2026 BSPED Annual Meeting. This position is a key role within the BSPED and is responsible for creating innovative and exciting scientific programme for the annual meeting. [Please see here for more information.](#)

BSPED Diabetes Officer on the Clinical Committee – DEADLINE: 30 November 2025

We are seeking a Diabetes Officer to replace Rachel Besser on the Clinical Committee. For more information, [please visit this link](#).

Endocrine Nurse Officer on the Clinical Committee – DEADLINE: 30 November 2025

We are looking for a new Paediatric Endocrine Nurse Officer to join our Clinical Committee from asap, as Christine Desmond is stepping down. For more information, [please visit this link](#).

Applicants should send their CV, together with a max 200 word covering letter supporting their suitability for the position. All applications should be submitted by email to bsped@endocrinology.org by the indicated deadline.

Important notice for members paying by Direct Debit

In the upcoming days, you may receive an email from GoCardless stating your subscription has been cancelled. You can safely ignore this email. It only relates to a technical change in our settings and has nothing to do with your Membership, which remains fully active, as does your Direct Debit. No action is required on your part.

New Membership Benefit - Endocrine Connection Endorsement

Members can enjoy exclusive publishing benefits in [Endocrine Connections](#) (co-owned by SfE and ESE). All accepted guideline manuscripts are published free of charge, and members also receive a 20% discount on the Article Processing Charge (APC) for any other manuscript published in the journal. Endocrine Connections is a leading open-access, peer-reviewed journal covering basic, translational, and clinical research across the full breadth of endocrinology.

New BSPED Endorsement Policy

The BSPED is regularly approached to approve or endorse a wide range of activities and publications from individuals or organisations and has therefore developed a clear policy for all to follow. This policy outlines our principles and procedures in relation to such requests to ensure clarity, transparency, and appropriate governance. The policy covers the endorsement of projects such as education/research/surveys and events and well as general promotion of activities.

Please [review the policy](#) and make sure you submit in plenty of time before your project. The Clinical Committee always indicates in their section of the newsletter when you need to submit to meet their deadline for review.

Launch of online BSPED GH audit tool

We are pleased to announce the launch of the online BSPED GH audit tool. The tool will allow centres to enter patients who are starting GH therapy.

This will hopefully allow each centre to audit their performance and benchmark against national standards and performance. The tool will also be used as part of the BSPED peer performance. Please nominate a member of your team who will be responsible for completing the audit returns, so that we can provide access/login details for the online audit tool.

For further details please contact Guftar Shaikh guftar.shaikh2@nhs.scot (Peer Review/Audit Officer).

Membership prices frozen in 2025

Despite rising costs, BSPED have decided not to increase membership fees in 2025, with the aim to keep fees as affordable and accessible as possible for our members. Therefore, we can confirm your membership fees for 2025 have remained at 2024 rates.

We're grateful to all of you for being part of our community, promoting research, education and best practice to improve the care of children and young people with endocrine disorders and diabetes mellitus.

If you'd like to automate future renewals, it's quick and easy to do so. All you need to do is log in to your [online member area](#) and set up a direct debit, or recurring card payment, under Settings > Financial. If you have any questions or feedback about your membership, please contact us at bsped@endocrinology.org.

Virtual peer review – summary reports now available!

The summary reports from the 2025 peer reviews are now available in the members-only area of the BSPED website to help centres learn from each other. The BSPED Peer Review process provides centres with an excellent opportunity to learn from other centres, to gain support for resource requests and to ensure that they are operating to standards.

Thank you to all involved in the Newcastle and Alder Hey reviews earlier this year. Bristol, King's, Chelsea & Westminster and Glasgow are being booked in for the rest of 2025 and 2026. We will be in touch with centres who are due their next review and welcome proactive contact from centres.

Get involved!

We are looking for individuals to help with the review process, including nurses and DGH paediatricians, as well as tertiary consultants. We also strongly encourage GRID trainees to get involved with the reviewing process – supporting the lead clinician with note taking and

documentation to build up experience. Please encourage your new GRID trainees to consider this as a development opportunity.

Please get in touch with Peer Review Officer **Dr Guftar Shaikh** on guftar.shaikh2@nhs.scot

Medical colleagues – if the nurses working with you do not receive this newsletter, please encourage them to join the BSPED, and contact the BSPED nurse representatives for further information: Peter Laing peter.laing@alderhey.nhs.uk and Karen Thompson karen.thompson@belfasttrust@hscni.net

Make the most of your membership benefits

The BSPED is an official endorsing society of the journal [Endocrinology, Diabetes & Metabolism Case Reports](#) (EDMCR). EDMCR is a unique, open access resource that publishes and links together case reports, enabling practitioners to communicate findings, share knowledge and convey medical experiences efficiently and effectively; furthering both medical education and clinical practice.



Endocrinology,
Diabetes & Metabolism
CASE REPORTS

Members of BSPED receive a 25% discount on the Article Publication Charge (APC) when their paper is accepted for publication in *EDM Case Reports*.

Help us keep in touch

As the BSPED communicates with members by email, please ensure that you notify the BSPED Office if your email address changes at bsped@endocrinology.org.



Trainee Update

COURSES AND EVENTS:

Feedback on Trainee Events at BSPED

Thank you to all SPIN and GRID trainees who attended the trainee session and shared their feedback on training. In response to your feedback, we have set up a virtual paediatric diabetes teaching session (VPDT) to support your learning.

The trainee dinner was very well attended by SPIN and GRID trainees from across the UK, and it was great to meet so many of you in person.

VPDT (Virtual Paediatric Diabetes Teaching)

This new virtual diabetes teaching session will commence at **12pm on Tuesday, 13th January 2026**, with a talk from Dr Ben Fisher on using Diluted Insulin in infants with diabetes. Please email vpdt.trainees@gmail.com to sign up to deliver a teaching session, request a topic to be covered or receive invites to teaching. Please encourage all Diabetes SPIN and GRID trainees to attend.

VPET (Virtual Paediatric Endocrine Teaching)

Previous VPET sessions have been added to the BSPED website members area and are now available on demand. VPET relies on trainees and consultants to deliver valuable teaching sessions. Please email vpdt.trainees@gmail.com to sign up to deliver a session (providing your name, topic and facilitating Consultant (if delivered by a trainee)) or if you would like to be added to the mailing list.

ANNOUNCEMENTS:

DSD Special Interest Group (DSD SIG)

Trainees are invited to attend DSD SIG meetings. For queries regarding participation and opportunities for case presentations, trainees can contact Dr Nadia Amin (nadia.amin3@nhs.net) or Dr Zainab Mohamed (zainaba.mohamed@nhs.net).

Trainee representatives for regional diabetes networks needed

All Regional Diabetes Networks, as part of the National Children & Young People's Diabetes Network, are seeking trainee representatives. If you are interested in applying for one of these roles, please contact the Network Manager of your regional network. Emails for all Network Managers can be found via: [NCYPD Network](#).

In addition, trainees are encouraged to join their regional networks during training as a useful learning opportunity. Please discuss with your supervisor or email your regional network manager to ask to be added to the regional circulation list.

Trainee involvement in Peer Review Process

The BSPED's national Peer Review programme started in 2011 and is seeking interested trainees to get involved with the reviewing process, supporting the lead clinician with note taking and documentation. This would provide an excellent learning opportunity and is open to any interested trainees from around the country, not limited to areas which are due a peer review.

If interested, please find further information here ([BSPED | Peer Review](#)) and contact Peer Review Officer Dr Guftar Shaikh (Guftar.Shaikh2@nhs.scot)

BSPED website updates

The [training and development](#) section of the BSPED website has recently been updated, with information on the Paediatric Endocrinology and Diabetes subspeciality training pathway.

BSPED Trainee Mailing List

We send regular email updates on courses, job opportunities and information on training to trainees who are on our mailing list. Please email bspedtrainerep@gmail.com for further details of how to join or if you have feedback on any training issues.

CSAC Diabetes and Endocrine Trainee Representatives:

Katherine Hawton
Salma Ali
Helen Couch

News from the Clinical Committee

Position statement: 'BSPED recommendations for the use of once-weekly long-acting growth hormone therapy in children with growth hormone deficiency'

The BSPED Growth Disorders Special Interest group (SIG) is delighted to highlight a new updated document on LAGH.

This document originally developed in 2024 has been updated to include guidance for both long-acting growth hormone (LAGH) preparations now licenced and approved by NICE -somatrogon (Ngenla®) and somapacitan (Sogroya®) for the treatment of growth hormone deficiency in children and young people aged three years and over.

This revised position statement aims to summarise the latest data and provide recommendations on dosage and surveillance for clinicians prescribing LAGH. It will be updated as new LAGH preparations are accessible to patients in the UK.

[View the new statement.](#)

Updated Patient Leaflets

We have recently updated two patient leaflets which can be found on the website. Please refer to these updated versions when discussing with patients and families.

[Pros and Cons of Growth Hormone Therapy](#) and noting the change in name of Diabetes Insipidus to [Arginine Vasopressin Deficiency](#).

NICE Guidelines

The Clinical Committee has submitted comments on the following NICE consultations in the recent months and will keep you informed of the outcomes:

- Overweight and obesity management guideline
- Semaglutide for overweight and obesity
- Scoping Workshop and Consultation Invitation (All C&C): Achondroplasia (4 months and over) - vosoritide

Patient information resources

A reminder that the BSPED has produced a suite of patient information leaflets covering a number of conditions and designed to give general information about a patient's condition and treatment. To access these leaflets for your patients, as well as the BSPED Adrenal Insufficiency Card, please visit the [Patient Information section of our website](#).



You can also find links to relevant [patient resources](#), such as patient support groups on our website.

Meanwhile, www.explain.me.uk was developed as part of a project to improve communication between young people, their parents/carers and healthcare professionals in endocrine clinics. The website is looked after by BSPED. [We'd love to know how you use this with your patients](#).

Translations of Adrenal Insufficiency Steroid Card

With thanks to our members and their colleagues, we now have the following translations available for the BSPED Adrenal Insufficiency Card:

[++NEW Mandarin ++](#)

[Slovakian](#)

[Arabic](#)

[Greek](#)

[Polish](#)

[Romanian](#)

[Turkish](#)

[Urdu](#)



CAN YOU HELP? So far, we have translators for the following languages but we are seeking reviewers for these:

- **French**

Please note that you do not need to be a BSPED member to assist with translations.

If you are fluent in another language (or already have a translation within your trust) and could help us build our suite of translated cards, please get in touch with [Christine Desmond](#) who is coordinating this project. We would like to find two members for each language so that one can translate the card and the other check/review the translation.

[All translated cards will be available on the BSPED website](#), once reviewed and approved.

Use of and comments regarding guidelines

BSPED guidelines have been commissioned and endorsed by the BSPED and reflect the Society's views on best practice for the majority of patients with that condition. However, each patient should be considered as an individual in the context of their condition and other medication and therefore the readers' discretion is required in the application of their use. Every effort has been made to ensure the factual accuracy of the contents but no liability can be accepted for any litigation, claims or complaints arising from the use of the guidelines.

If you have a query or comment, or would like to raise a concern regarding a BSPED guideline or any guideline on our website, please contact the [BSPED Office](#) who will ensure your message is passed to the BSPED Clinical Guidelines Officer and Clinical Committee.

Including your survey in the newsletter

If you would like to include a survey in a BSPED newsletter to encourage responses from BSPED members, it must first be reviewed by the BSPED Clinical Committee.

- Your survey should be reviewed by the Clinical Committee at a stage where it can still be amended and before it is circulated elsewhere.
- The Clinical Committee meets four times per year and the deadlines for submission of agenda items are published in the newsletter.
- Your survey should be submitted to [the BSPED Office](#), in Word format.
- The introduction to the survey should explain its purpose and the closure date of the survey.
- The survey will either be approved for inclusion in the newsletter as it is, or feedback will be provided to the author.
- Survey owners should agree to report their findings back to the Clinical Committee 6 months after the survey closes.
- The BSPED should be acknowledged in any output (guidelines, publications, presentations, etc.) resulting from the survey and the BSPED Office informed of the output.



Deadline for submissions to the Clinical Committee for consideration: 15 February 2026

Process for endorsement and development of clinical guidelines and standards

The BSPED Clinical Committee is committed to supporting its members in creating robust, evidence-based guidelines. The Committee is not resourced to independently develop national clinical guidelines, but will serve as a key stakeholder in guideline development relevant to paediatric diabetes and endocrinology and will take responsibility for endorsing guidelines produced by other organisations. **In order for a standard or guideline to be endorsed by the BSPED, the procedure set out on our website must be followed.** This involves the early involvement of the Clinical Committee in the development of the document. [The Endorsement Process is available on our website.](#)

Announcements



In memory of Dr. Mike Ryalls

The South Thames Paediatric Endocrine Group (STPEG) are very sorry to pass on to the BSPED the extremely sad news that our dear friend, Dr Mike Ryalls, passed away on October the 25th surrounded by all of his family. He had a relatively short illness diagnosed while he and his wife Caroline were in Australia earlier this year.

Mike was a founder committee member of the STPEG from 1996 and continued to play a very active role up to his retirement. He was also an active member of BSPED and he was the last winner of the BSPED Golf Trophy in Winchester in 2014. Mike was a general paediatrician with a special interest in diabetes and endocrinology at the Royal Surrey County Hospital, Guildford for many years and he also worked at the Royal Marsden Hospital on the late endocrine effects of cancer treatment. Before that, he was a research fellow at the Royal Marsden investigating the endocrine consequences of bone marrow transplantation and also spent time in endocrine Training in Melbourne, Australia. He had many high quality scientific publications covering a wide range of subjects.

Mike will be remembered for his cheerful good humour and was always excellent company. He had many other interests outside medicine including skiing, golf and, after retirement, Kitesurfing! Our thoughts go out to his wife, Caroline, his children, Rebecca and James and to his extended family.

Prader-Willi syndrome: guidance for children and transition into adulthood

Endocrine Connections have recently added consensus guidelines for clinicians supporting patients with Prader-Willi Syndrome to their website.

This consensus statement is intended to be a reference document for clinicians managing children and adolescents (up to 18 years of age) with PWS. It considers the bio-psycho-social domains of diagnosis, clinical assessment, and management in the paediatric setting as well as during and after transition to adult services.

[Read the guidance in full](#)

The Novo Nordisk UK Research Foundation (NNUKRF) Call for Applications 2026

Fellowship open to healthcare professionals working in diabetes joint funded with ABCD. ABCD and NNUKRF are now inviting applications for a research fellowship up to £300,000.

Research Fellowship – this award, up to £300,000 is open to all healthcare professionals working in diabetes and wishing to undertake a PhD 3 years full-time and is joint funded with the Association of British Clinical Diabetologists. **Deadline 7 January 2026**

Grant Awards – small research project grants in diabetes up to £12,000 open to all applicants. Solely funded by NNUKRF. **Deadline 12 December**

Fund Awards – for nurses and healthcare professionals allied to medicine and working in diabetes. Attendance at a national or international meeting (preference to those presenting their work), an educational activity (eg course or training) and Clinical Projects up to £5,000. Solely funded by NNUKRF. **Deadline 23 January.**

All awards are competitive and must be based in the UK.

Application forms and Information for Applicants is available on the NNUKRF website www.nnukrf.org.uk

Any questions can be directed to ukresearchfoundation@novonordisk.com.

Shape the Future of Paediatric Bone Health with the ESPE Bone Academy

The European Society for Paediatric Endocrinology (ESPE) are excited to announce the launch of the ESPE Bone Academy - a specialised, long-term education programme designed to meet the growing need for expertise in paediatric bone health.

Aimed at mid-career and senior physicians, the Academy offers a unique opportunity to deepen knowledge in diagnosing, treating, and managing rare and complex bone conditions in children and adolescents.

The two-year programme combines in-person and online learning, starting with a **1.5-day meeting in Paris on 24–25 February 2026**, followed by a **series of webinars from March 2026**. With 14 modules covering clinical skills, scientific insights, and practical strategies, participants will be empowered to lead in clinical practice, research, and multidisciplinary collaboration.

Places are limited – [find out more and apply now](#) to be part of this prestigious initiative and **help shape the future of paediatric bone health**.

Meetings and courses

GPED Annual Meeting 2025

29–30 November and 6–7 December 2025

The **Second GPED Annual Meeting 2025** will take place virtually on **29–30 November and 6–7 December 2025**, from 13:00 to 17:00 GMT. This annual meeting provides a global platform to advance the care of children and adolescents with endocrine and metabolic disorders, with a strong focus on the unique challenges and opportunities in resource-limited settings. GPED is a non-profit organization established in 2010 with the mission of improving the care of children with endocrine disorders or diabetes in low- and middle-income countries (LMICs).

[Find out more and register online](#)

Obesity Update 2025

Nottingham

1 December 2025

Join SfE on 1 December 2025 at the Crowne Plaza, Nottingham for Obesity Update 2025. This event will keep you at the cutting edge of the latest research and practice in the field and enable you to share insight with peers to improve clinical practice.

[Find out more and register online](#)

Reproductive Endocrinology 2025

London

3 December 2025

Reproductive Endocrinology takes place on 3 December 2025 at Cavendish Conference Centre, London. Sold out in 2024, attend this event boost your confidence and master the management of complex reproductive endocrine disorders.

[Find out more and register online](#)

Thyroid Education Day 2026

Birmingham

30 January 2026

Join fellow adult and paediatric endocrinologists, thyroid surgeons, and oncologists to explore the latest advances and updated guidelines in thyroid disorder management.

What you'll learn:

- How to manage thyroid dysfunction effectively
- Best practices in thyroid cancer care
- How to apply the latest clinical guidelines in your practice

[Find out more and register online](#)

BritSPAG 2026 Annual Update in Paediatric and Adolescent Gynaecology

We The Curious, Bristol

9 – 10 March 2026

The BritSPAG event will provide an overview of the current PAG landscape, common to complex PAG conditions and PAG patient engagement in a varied programme of lectures and peer discussion.

Call for abstracts are open, please [submit your abstract](#) by 10 December 2025.

[Find out more](#)

These events are not endorsed by the BSPED but have been selected because they will be of interest to BSPED members. Some of these events are supported by pharmaceutical companies with no influence over the agenda or arrangements. This excludes the sponsored symposia sessions, where the programme is developed and speakers identified by the sponsor.

See more meetings and courses on the [Other Meetings](#) page on the BSPED website.

If you have any meetings, courses or events that you would like to add to this page, please [submit them for review here](#)

The BSPED Annual Conference 2025 is sponsored by various pharmaceutical companies. These organisations have had no input into the development of the conference programme, or influenced the choice of speakers. This excludes the sponsored symposia sessions, where the programme is developed and speakers identified by the sponsor. Sponsoring organisations will not be contributing in any way to the organisation and running of any social activities around the conference period.

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The BSPED would like to thank our 2025-2026 Society Partners and Sponsors:



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