PCDO Society Committee election candidate biographies

The PCDO Society Committee is responsible for the overall governance and strategic direction of the organisation. Committee members also play an active role in the Society's educational activities, including planning and speaking at conferences and webinars, creating CPD modules, and writing and commissioning for *Diabetes & Primary Care*. Committee posts are elected on a 3-yearly basis, with the cycles staggered across the representatives. In July, the Committee called for candidates to stand for election to the posts that become available this year. To maintain a geographical and professional balance, the independent elections subcommittee has recommended that four candidates be elected or re-elected unopposed to ensure that Wales and Northern Ireland remain represented, and to ensure dietetic expertise (see profiles on pages 2–3). Biographies of the candidates for the remaining four places are presented below in alphabetical order by surname. Single asterisks [*] denote current Committee members seeking re-election, while double asterisks [**] denote individuals previously co-opted to the Committee who are now standing for election.

Voting will take place at the PCDO Society National Conference on 18 November



Samina Ali*

Samina Ali works as an Advanced Practice Pharmacist in Glasgow South with a specialist interest in diabetes. She runs diabetes clinics in Glasgow South and at a practice in Ayrshire & Arran. She is the Chair of the Diabetes Specialist Interest Group for pharmacists and the primary care development lead on the UK Clinical Pharmacist Association diabetes and endocrinology group.

Locally, Samina sits on the NHS Greater Glasgow & Clyde Diabetes MCN Equality of Access, type 1 diabetes and type 2 diabetes, groups. She is the main author for the diabetes programme at the Commonwealth Pharmacy Association.



Jane Diggle*

Jane Diggle is a Specialist Diabetes Nurse Practitioner at College Lane Surgery, Ackworth, and has over 30 years' experience working within primary care. Since 2020 she has focused exclusively on diabetes care, education and mentorship. An independent prescriber, she has completed MSc modules in Insulin Management and New and Advanced Therapies at the University of Leicester.

Jane has served on the PCDO Society Committee since 2010 and was Co-Vice Chair from 2016 to 2023. She is Editor-in-Chief of *Diabetes & Primary Care*, has authored numerous practical diabetes articles and has co-developed the PCDO's *Six Steps to Insulin Safety* and *CGM: Make it simple, keep it safe* e-Learning modules. She is a regular national speaker on practical diabetes management.



Satish Durgam**

Satish Durgam qualified as a GP in February 2007. He is passionate about health and wellbeing, improving the care provided to the local population and clinical research. He also works as a GP with Special Interest in Diabetes and Obesity in London.

Satish serves on the PCDO Society's obesity faculty and on the Editorial Board of *Diabetes & Primary Care*.

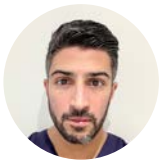


Roy Hamilton

Roy Hamilton is a Senior GP Partner in Worcester with a Master's in Diabetes, awarded with Distinction. He is an Honorary Lecturer and Module Co-Lead on the Diabetes MSc programme at the University of Leicester. A Diabetes UK Clinical Champion, Roy is committed to improving care and tackling health inequalities.

Across his ICB, Roy has led a collaborative diabetes improvement programme, working alongside GP practices to deliver enhanced diabetes reviews, support colleagues and develop new models of care informed by lived experience. He also leads a comprehensive education programme in obesity and weight management for both primary and secondary care.

Roy is an experienced national speaker and educator. He believes education should be engaging, practical and accessible. He is passionate about helping colleagues build confidence to deliver compassionate, person-centred care. He hopes to bring his experience and enthusiasm to the PCDO Society, learning from others and working together to improve care.



Sachin Khunti

Sachin Khunti is a GP with a specialist interest in obesity, diabetes and cardiometabolic health. He originally qualified as a pharmacist, obtaining an MPharm degree from the University of Portsmouth before completing his medical degree at Barts and The London School of Medicine and Dentistry. This dual background provides a unique perspective on medicines optimisation, chronic disease management and person-centred care.

Sachin has extensive experience in obesity medicine through his involvement in a specialist Tier 3 Obesity Service, where he has worked alongside multidisciplinary teams managing patients with obesity, type 2 diabetes and complex cardiometabolic disease. He achieved a Postgraduate Diploma in Obesity and Weight Management with Distinction and is currently completing a Master's degree in the same field. He also holds SCOPE certification from the World Obesity Federation.

He has a particular interest in translating emerging evidence into practical, patient-centred approaches that can be

implemented within primary care. His clinical interests include obesity management, diabetes prevention, weight management pharmacotherapy, cardiovascular risk reduction and the integration of obesity care within long-term condition pathways.

Alongside his clinical work, Sachin is actively involved in education, research and professional development. He has delivered teaching on obesity medicine and emerging therapies, and regularly produces evidence-based educational content for healthcare professionals and the public. He is passionate about improving understanding of obesity as a chronic disease, reducing stigma associated with obesity treatment and supporting clinicians in delivering evidence-based care.

Sachin has a strong interest in service development, prevention strategies and the future integration of obesity and cardiometabolic care within primary care. Through his clinical, academic and educational work, he aims to improve access to high-quality obesity and diabetes services and contribute to better outcomes for patients living with long-term conditions across the UK.



Lyndsey McConnell**

Lyndsey McConnell is a GP working in Mallaig in the Scottish Highlands. She also works as a GPwSI in Diabetes at the Diabetes Centre at Gartnavel Hospital in Glasgow. She has completed an MSc in Diabetes. She is a co-opted member of the Scottish subcommittee of the PCDO Society and has formed part of the Scottish conference organising committee for many years.

When not working, she enjoys boxing, road and mountain biking, and in the winter she is a keen skier.



David Miller*

As a pharmacist, David Miller has always had an interest in supporting people to live well with diabetes, having lived with type 1 diabetes himself since the age of 4. A move to general practice in 2018 allowed him to develop this interest further. In 2020, he qualified as an independent prescriber with diabetes as his therapeutic focus, and in 2022 he completed a PGDip in Diabetes Practice.

David runs a PCN diabetes clinic and is diabetes lead for his PCN practice (30 000 patients). His roles involve management of more complex patients with diabetes, insulin initiation and adjustment, and initiation of CGM. His is a teaching practice, and he supports the practice with teaching and supervision. He engages with the wider diabetes network, both locally and nationally, via social media and conferences, and has delivered teaching at local training events to both primary and secondary care colleagues. He is a member of the *Diabetes & Primary Care* Editorial Board.



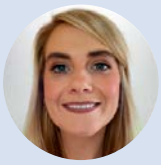
Paul Newman* (current Treasurer)

Paul Newman is an Emeritus GP based at Waverley Park Medical Practice in Glasgow. He is a GPwSI in diabetes and minor surgery and was the Chair of the Professional Conference Organising Committee of Diabetes UK, London, in 2018. He is also the GP advisor to the Council of Healthcare Professionals of Diabetes UK, as well as being one of their Clinical Champions. He is a tutor in diabetes on the University of Warwick's iHeed course.

Paul is Treasurer of the PCDO Society and has been the co-organiser and co-chair of the Society's annual Scottish Conference since 2018. He sits on the All-Party Parliamentary Group for Diabetes and is also active in diabetes research, particularly new medications for general practice.

As a major contributor to Diabetes UK Information Prescriptions, Paul teamed up with the FFIT (Football Fans in Training) programme, and was responsible for training coaches to undertake random capillary glucose measurements to screen for diabetes at football matches.

Unopposed candidates



Eimear Darcy

Dr Eimear Darcy is an NHS GP Partner at Grange Family Practice, Omagh, Northern Ireland, where since 2018 she has been the practice lead for diabetes, developing a special interest in obesity and cardiovascular–kidney–metabolic (CKM) care. She has undertaken further training including a Diploma in Mental Health, a PGCert in Diabetes (Distinction) and SCOPE certification in obesity, and received a Northern Ireland Healthcare Award for a project devising CKM long-term condition infrastructure in General Practice.

Committed to helping build a future of strong, universal, value-based primary health care, Eimear believes that by working with local communities, primary care teams can deliver whole-person care and outcomes that matter to people living with obesity, diabetes and related conditions. Her philosophy of care is built on empathy, unconditional positive regard and congruence, shaped around the needs of the patients she serves.

Biographies continue overleaf

Unopposed candidates (continued)



Sarah Davies*

Sarah Davies is a GP in Cardiff with a special interest in diabetes. She qualified at the University of Wales College of Medicine in 2003 and initially trained as a physician, before making the move into general practice. She has never looked back!

Sarah has continued her interest in diabetes and presents regularly on the subject to colleagues at local and national meetings. She is passionate about general practice, particularly great quality diabetes care in the primary care setting. She is the Clinical Director for Diabetes in primary care for Cardiff and Vale UHB, and All Wales lead for diabetes in primary care. She is a Diabetes UK Clinical Champion and a presenter for NB Medical Hot Topics, leading their diabetes course.



William Hadfield

William Hadfield is Diabetes Specialist Dietitian Lead at Manchester University NHS Foundation Trust. Previously he has been the PCN First Contact Dietitian at Hounslow and Richmond Community Healthcare NHS Trust, serving diverse and underserved communities; Clinical Lead at Xyla Health & Wellbeing, delivering the Diabetes Prevention, Pathway to Remission and Digital Weight Management programmes as a main NHS provider; and a Diabetes Dietitian at tertiary diabetes centres in London and Nottingham.

William has been a British Dietetic Association (BDA) Committee member and has delivered sessions at the Diabetes Specialist Group annual conference, the Diabetes UK annual professional meeting and the PCDO Society National Conference. He has a strong understanding of integrated care, service development and primary care challenges, being informed by alternate models to enhance outcomes and achieve efficiencies. He regularly delivers nutrition and lifestyle talks, with an interest in incretin therapy, disordered eating and AI in healthcare.

William advocates patient empowerment, with a biopsychosocial approach at the centre of long-term condition management. He is standing for PCDO Society Committee election because he is passionate about multidisciplinary learning in diabetes and obesity, with healthcare professionals at the forefront. His diverse experience and innovative approach would make him an ideal committee member.



Julie Lewis* (current Co-Vice Chair)

Julie Lewis has worked in diabetes services since 2002, as a Researcher, a Diabetes Specialist Nurse and a Clinical Lead for Diabetes in her health board. She has since returned to clinical practice in her current role as a Primary Care Nurse Consultant.

Julie represents Wales diabetes nursing on various national committees and is a founder member of the Welsh Academy for Nursing in Diabetes. She has a particular interest in healthcare professional education and holds honorary contracts for module development, teaching and peer review with Swansea and Bangor Universities, and with DAFNE (Dose Adjustment for Normal Eating). ■