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Time	Session	Speakers
08.30 – 09.00	Registration, refreshments and exhibition viewing	
09.00 – 09.05	Welcome and introduction	Sarah Davies
09.05 – 09.50	<p>Early Metabolic Intervention in Adults Living with T2D</p> <p>This is a promotional sponsored symposium developed, organised, and funded by Lilly for UK Healthcare Professionals. Lilly products will be discussed. Lilly has provided a sponsorship towards this conference, however, have had no input, control, or influence over the agenda, speaker selections, presentations, or collateral content, except for this symposium session. Prescribing Information and Adverse Event reporting information will be available during the session CMAT-26948 May 2026</p> 	Dr Yassir Javaid, Dr Akhila Mallipedhi
09.50 – 10.25	Diabetes in Wales in 2026	Sarah Davies, Julie Lewis
10.25 – 11.00	The revolution in real-world management of type 2 diabetes	Roy Taylor
11.00	Refreshments and exhibition viewing	
11.20 – 11.55	Liver disease: MASLD and MASH	 Tom Pembroke
11.55 – 12.40	<p>Seeing the bigger picture: CGM, behaviour change and the next phase of T2 diabetes care</p> <p>Sponsored by an educational grant from Abbott's Diabetes Care Division</p>	Julia Platts, Dr Rose Stewart, Dr Amir Ghanghro
12.40	Lunch and exhibition viewing	
13.30 – 14.15	Masterclass rotation 1	
	1. Women's health and diabetes	Nicola Milne, Heather Bell
	2. Rescuing hyperglycaemia	Su Down
	3. Feet and diabetes	Vanessa Goulding
	4. Complex cases: Insulin, GLP-1 RAs and SGLT2 inhibitors	David Millar-Jones
14.20 – 15.05	Masterclass rotation 2 (as above)	
15.05	Refreshments and exhibition viewing	
15.25 – 16.05	The new NICE NG28 guideline: What we need to know	Pam Brown, Sarah Davies, Julie Lewis
16.05 – 16.35	Diabetes Distilled	Pam Brown
16.35	Conference close	

SPEAKER BIOGRAPHIES



Heather Bell

GP Principal and Northern Irish Representative of the PCDOS

Dr Heather Bell is a GP Principal working in Carrickfergus. She graduated from Queens University Belfast in 2004.

She has a special interest in diabetes and joined the PCDO Society as a committee member in 2019. She has spoken at numerous national conferences and has an interest in diabetes research.



Pam Brown

GP, Swansea

After qualifying from Edinburgh University, Pam has been a GP in Swansea for more than 40 years and throughout that time has been passionate about helping people use nutrition and lifestyle changes to prevent and manage their diabetes, obesity and chronic diseases. Building on her MSc in Nutritional Medicine she has trained in Lifestyle Medicine and participated in the RCGP GP Leadership in Obesity programme, and along with colleagues, teaches lifestyle medicine to medical students, GP registrars and other healthcare professionals. Pam jointly runs an NHS Level 2 weight management programme.

Pam develops educational materials and writes about diabetes, obesity and nutrition for primary care teams and the public. She is Editor-in-Chief of *Diabetes Distilled*. Pam enjoys teaching and has been involved in developing and teaching diabetes, obesity and rheumatology programmes for UK and international healthcare professionals. Currently she tutors on the University of Warwick/iHeed global Diabetes MSc programme. In her free time she grows vegetables on her allotment and plays golf around the world.



Sarah Davies
GPwSI in Diabetes

Sarah 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 and never looked back! She 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, PCDO Society committee member and a presenter for NB Medical Hot Topics, leading their diabetes course.



Su Down
Diabetes Nurse Consultant, Somerset

Su Down is a Nurse Consultant in Diabetes and is the Clinical Lead for the Diabetes Service in Somerset. Her diabetes nursing career began in 1989, when she set up the diabetes specialist nursing service in South Somerset. Su took up the role of Nurse Consultant in 2005 and has played a key part in redesigning the diabetes services across Somerset. Her role includes the delivery of a pregnancy service within one of the acute hospital trusts in Somerset and delivering virtual clinics in general practice and with the district nursing service. Su was co-Vice Chair of the PCDO Society between 2017 and 2023, and was Editor-in-Chief of the *Journal of Diabetes Nursing*.



Vanessa Goulding
Acting Head of Podiatry and National Strategic Lead for Diabetes Foot Care

Vanessa is the Podiatry Professional Lead for the 'At risk' foot for Cardiff and Vale University Health Board. She has over 25 years' experience of working in the NHS, the last 15 spent specialising in the field of wound care, particularly diabetic foot disease. With an interest in service improvement and innovation, she is passionate about improving the care of her patients to deliver better outcomes. She is a member of the executive committee of the All Wales Diabetic Foot Network, supporting the work to embed equitable and evidence based practice across Wales.

Vanessa is committed to supporting the development of healthcare professionals. She is an Honorary tutor for Cardiff University and an external lecturer for the University of South East Norway, delivering masters modules in wound management.



Julie Lewis

Nurse Consultant, Primary Care Diabetes, Central Area, North Wales

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. Julie 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. Julie 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). Julie Lewis joined the PCDOS committee in 2019.



David Millar-Jones

GP, Cwmbran

David Millar-Jones is a full-time GP in Cwmbran and has established a successful intermediate care service within the locality. He is an Associate Specialist in Diabetes and Lecturer at Cardiff Medical School. This gives him a good working knowledge of secondary care and educational needs and standards. David is also an Executive Committee Member for the Welsh Endocrine Society, whose aim is to direct the Welsh Assembly Government regarding endocrinology in Wales. David stands for good standards of care, structure, education and support within primary care in order for it to be recognised as the principal arena for the management of diabetes. He is a passionate believer in patient-focused care as the way forward in diabetes management. To enable this, he feels that the majority of care should be delivered in the patient's locality. His main work involves engagement with the diabetes community to showcase that the community setting can deliver effective and quality care with good patient satisfaction and achievement of targets. David was Chair of the PCDOS between 2011 and 2018 and he remains actively involved in the implementation of the Diabetes Delivery Plan for Wales, as well as in working with political and professional bodies involved in diabetes.

Whilst his specialist area of research was prevention of diabetic complications, he has a passion for evidence-based diabetes care. He is jointly qualified in Hospital Medicine and General Practice and has this has allowed him to work relatively seamlessly across the primary care/secondary care interface. His Diabetes Care Team was instrumental in developing the "Alphabet Strategy" for patient-centred, evidence-based, multi-professional diabetes care.



Tom Pembroke

Consultant Hepatologist and Senior Clinical Researcher, University Hospital of Wales, Cardiff

Tom Pembroke is a consultant hepatologist in Cardiff. He trained in London and South Wales and undertook a hepatology fellowship at McGill University, Montreal. He was awarded a PhD in the immune response to chronic HCV infection in Prof Godkin and Gallimore's lab at Cardiff University. Dr Pembroke has a clinical interest in portal hypertension and hepatocellular carcinoma. He is chair of the south Wales HCC MDT. He is currently Clinical Director for Gastroenterology, Cardiff and Vale UHB and was previously clinical lead for the Liver Disease Implementation Network NHS executive. Dr Pembroke has interest in supporting early diagnosis through improved risk stratification in primary care.



Roy Taylor

Emeritus Professor of Medicine and Metabolism, University of Newcastle

Roy Taylor qualified in medicine at the University of Edinburgh, and is Emeritus Professor of Medicine at Newcastle University. He founded the Newcastle Magnetic Resonance Centre in 2006 to develop innovative research techniques. Using these new methods, he showed that his 2008 Twin Cycle Hypothesis of the aetiology of type 2 diabetes could be proven in clinical practice. Type 2 diabetes is a reversible condition of excess fat within liver and pancreas. This has led to widespread practical application including in the NHS with the national 'NHS Type 2 Diabetes Path to Remission' programme. Between 1985 and 2002 he developed and validated the method of screening for diabetic retinopathy and established the profession of retinal screeners with recognised training and qualification.

He has published books in lay language explaining type 2 diabetes (eg 'Life Without Diabetes') and books on retinal screening (eg 'Handbook of Retinal Screening in Diabetes'). He was awarded an MBE in 2023. His work has been recognised by the 2012 Banting lecture of Diabetes UK, the 2024 International Rank Nutrition Prize and the 2024 Claude Bernard Prize lecture of EASD.

Early Metabolic Intervention in Adults Living with T2D

🕒 09:05-09:50

SPEAKERS



Dr Akhila Mallipedhi
Consultant Diabetologist

Dr Akhila Mallipedhi graduated in India in 2004 and then came to the UK for higher medical training. Dr Mallipedhi has worked in multiple Welsh hospitals, completed specialty training in diabetes and endocrinology and has worked as a consultant in Prince Philip Hospital since 2015.

Dr Mallipedhi's interests include type 1 diabetes, complex type 2 diabetes, insulin pumps and diabetes technologies.



Dr Yassir Javaid
MA (Cantab) FRCP FRCGP PGDip Cardiology GPwSI Cardiology

Dr Javaid qualified from Cambridge University and completed his VTS training in Northampton. He has a specialist interest in cardiology and echocardiography and was a clinical lead in the Northamptonshire Community Cardiology service, which had a focus on patients with heart failure and valve disease.

He was named Pulse "GP of the Year" in 2015 for his work in reducing stroke emergency admissions in the East Midlands. He is on the editorial board for the British Journal of Cardiology.

Seeing the bigger picture: CGM, behaviour change and the next phase of T2 diabetes care

🕒 11:55-12:40

SPEAKERS



Julia Platts

Consultant in Diabetes and Medicine, National Clinical Lead for Diabetes in Wales, University Hospital Llandough and Cardiff University

Julia Platts graduated from St Bartholomew's Hospital, London in 1989. She undertook her Diabetes and Endocrinology speciality training in Wales and became a Consultant in Diabetes and Endocrinology in Glan Clwyd Hospital, North Wales, in 2002. During this post she developed a particular interest in diabetes in pregnancy and type 1 diabetes. In 2008 she moved to the University Hospital of Llandough, Cardiff. She has a keen interest in type 1 diabetes and developing pump services. In addition to these interests, she is keenly interested in structured education, transitional services and foot services. She works for Cardiff University, developing and lecturing for the Diabetes Diploma in the UK and overseas. She was appointed as the National Clinical Lead for Diabetes in Wales in 2014 and has responsibility for helping to deliver the National Diabetes Delivery Plan in Wales. She is also enthusiastically involved in all aspects of services for prevention, detection and management of diabetes. She believes that while COVID-19 has brought many challenges, the restoration of service phase brings opportunities for new and improved services.



Dr Rose Stewart

Consultant Clinical Psychologist

Dr Rose Stewart is a multi-award-winning Consultant Clinical Psychologist working in North Wales. She is the acting Diabetes Psychology Lead for Wales and the Chair of the UK Diabetes Psychology Network. She writes guided self-help books for people living with diabetes (the Talking Type 1 range), is a Diabetes UK Clinical Champion and member of the Council of Healthcare Professionals, and lectures at Swansea and Bangor universities.

Dr Stewart uses a range of third-wave therapeutic approaches to work with high-risk client groups, and has particular interests in working with young adults, the roles of shame, compassion and empowerment for people with long-term conditions, and creating psychologically informed care systems.

SPEAKERS



Dr Amir Ghanghro

GPwSI in Type 2 Diabetes and CVRM

Dr Amir Ghanghro is a General Practitioner Partner at St David's Court Surgery in Canton, Cardiff. In addition to clinical practice, Dr Ghanghro is a GP Tutor at Cardiff University, supporting medical education and training. Dr Ghanghro holds several leadership and representative roles, including Collaborative Lead for the GMS South West Cluster and Vice Chair of Bro Taf Local Medical Committee. Dr Ghanghro also serves as IMG Representative for the RCGP South East Wales Faculty and is actively involved with Muslim Doctors Cymru, advocating for professional development, collaboration, and inclusive healthcare leadership.

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