Thyroid UK
International Thyroid Awareness Week
Webinar
Thursday 28th May 2026

Programme

Time	Title	Speaker
12.30pm	Welcome and Thyroid UK Updates	Lyn Mynott – CEO, Thyroid UK
1.00pm	The Gut-Thyroid Connection: Latest research and practical applications	Aggie McCabe – Registered Nutritional Therapist (mBANT CNHC), specialising in Thyroid Disorders
1.45pm	Refreshment break	
2.00pm	Iodine – Friend or Foe?	Caroline Webb – The Thyroid Nutritionist, Certified Thyroid Practitioner
2.45pm	James Lind Alliance Priority Setting Partnership	Julia Priestley –CEO, British Thyroid Foundation
3.00pm	Refreshment break	
3.15pm	#T3 Campaign	Tara Riddle – Co-lead, Improve Thyroid Treatment
3.45pm	Mindfulness: Living Well with Chronic Illness	Lisa Donnarumma – Mindfulness Teacher & Holistic Life Coach
4.15pm	Q & A	Lyn Mynott – CEO, Thyroid UK
4.45pm	Webinar Ends	