Thyroid UK
International Thyroid Awareness Week
Webinar
28th May 2026

Speakers

Lyn Mynott, Chief Executive of Thyroid UK

Lyn Mynott is the founder of Thyroid UK. Lyn was ill for 15 years with many signs and symptoms of hypothyroidism. Her thyroid blood test results were normal and so were many other tests that she had done.

When she was finally put onto levothyroxine, her symptoms slowly went away and she was able to work again and take part in normal family activities.

She decided that she didn't want other people to go through the same thing and started campaigning, eventually setting up Thyroid UK and becoming a trustee.

She is the Chief Executive and runs the office, working on projects that she believes will change the way patients with thyroid disease are diagnosed and treated.

Aggie McCabe
Registered Nutritional Therapist (mBANT CNHC), specialising in Thyroid Disorders

Aggie is a certified functional nutritionist and somatic coach, a UK leading thyroid specialist with particular interest in Hashimoto's and Graves' disease. With thousands of hours of education and professional clinical experience, she has helped hundreds of women with thyroid issues in the UK and world wide reverse their thyroid symptoms and THRIVE.

She is a fellow Hashimoto's warrior (in full remission) and is on a mission to show you how to heal your thyroid and reclaim your body with joy and ease.

Caroline Webb, The Thyroid Nutritionist and Certified Thyroid Practitioner

Caroline takes a holistic approach to help her clients find and address the reasons and triggers behind their thyroid, digestive and hormone concerns, to help them finally feel more balanced, energised and like themselves again.

Her own thyroid issues developed in the post-partum period and she has graduated through perimenopause into menopause keeping both her Hypothyroidism and autoimmune Hashimoto's in remission.

She supports all thyroid conditions as well as digestive health conditions, and the menopause transition. She's a multi-award-winning thyroid practitioner, a Board-Certified Strategic Thyroid Specialist, Health Coach, Nutrigenomics specialist and a registered Naturopath and Nutritional Therapist.

Julia Priestley, CEO, British Thyroid Foundation

Julia Priestley is the CEO of the British Thyroid Foundation where she has worked since 2011.

The charity works in partnership with patients and healthcare professionals to provide peer support and accessible, patient friendly information that is based on the latest evidence.

The BTF has a dedicated research fund and is actively involved in research projects whose purpose is to improve outcomes for people living with all thyroid diseases.

Tara Riddle, Co-Lead, Improve Thyroid Treatment Group

Tara's thyroid journey began with Graves' disease in 1987. After treatment with anti-thyroid medications and radioactive iodine, she became hypothyroid. She was stable on levothyroxine until 2014, when she became severely unwell. She was largely housebound for two years with many debilitating symptoms including extreme fatigue, awful brain fog that stopped her driving, and she was too weak to stand unsupported.

Her research via Thyroid UK and their HealthUnlocked forum led her to liothyronine (T3) which, for her, was transformational. Since then, she has campaigned locally and nationally to improve access to T3 for those who need it.

She co-leads ITT (Improve Thyroid Treatment), a national online patient support and campaign group founded in 2017, now with over 5,000 members. They advocate for better thyroid diagnosis and treatment in the UK, and supports patients in becoming informed advocates for their own health.

Alongside the thyroid charities, ITT has contributed to major reports for NHS England and the Department of Health and Social Care on restricted access to T3.

Tara also helps run Thyroid Support Group Norfolk. They spent 3 years in negotiations with Norfolk and Waveney CCG fighting to get Liothyronine (T3) reinstated in Norfolk. And they won.

Her profession was infant and special needs teacher, but she has spent much of her retirement so far on thyroid campaigning – not what she originally had in mind!

Lisa Donnarumma, Mindfulness Coach and Holistic Life Coach

Lisa Donnarumma is a mindfulness teacher who supports people living with chronic pain, fatigue, and stress to reconnect with themselves in a gentle and supportive way.

Drawing from her own experience of living with long-term health conditions, her approach is grounded, accessible and focused on meeting the body as it is. Her work focuses on helping individuals build a more compassionate relationship with their body and navigate the challenges of ongoing symptoms with greater ease.

Through courses, workshops and 1:1 sessions, Lisa creates safe, supportive spaces to explore mindfulness and build sustainable practices for everyday life.