

Learn and apply day 

Advancing equity in diabetes and pregnancy for Black women

Thursday 30 April 2026 • London • Coin Street Conference Centre



Organised by



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In partnership with



About the event

It's easy to imagine that pregnancy preparation happens neatly in advance. In reality, it rarely does, and the gap is widest for Black women living with diabetes.

This day focuses on what actually happens in practice, drawing on work in real NHS services to explore how earlier conversations, cultural understanding and better use of data can shift outcomes.

Open to all healthcare professionals, and particularly relevant for nurses and midwives, it offers practical ideas you can take straight back into your work.

This event supports Continuing Professional Development (CPD) for midwives, with up to 7 hours available for registered attendees.

Programme at a glance

09:00-09:45	When we say “pregnancy preparation...”
09:45-11:05	What progress looks like inside services
11:25-12:20	See-and-taste: African and Caribbean foods
12:20-13:00	Insights into African and Caribbean culture and beliefs
13:45-14:45	Strengthening community and primary care links
14:45-16:10	Training, reflection and testing the tools
16:20-16:50	Reviewing progress and next steps

Time	Session
08:30-09:00	<i>Arrival and registration</i>
09:00- 09:45	<p>When we say “pregnancy preparation”, what are we assuming, and what does this mean for frontline care?</p> <p>“Pregnancy preparation” sounds simple. Yet only a small proportion of Black women living with diabetes meet preparation benchmarks before pregnancy. We begin by looking directly at that gap and what sits behind it. Nurses and midwives are often the ones having these conversations first (and most often). Their role is critical to changing what happens in practice.</p> <ul style="list-style-type: none"> ▶ Bernadette Adeyileka-Tracz, Executive Director, Diabetes Africa ▶ Wendy Olayiwola, National Maternity Lead for Equality at NHS England ▶ Professor Dame Donna Kinnair, Trustee, the Burdett Trust for Nursing
09:45-11:05	<p>What progress looks like inside services</p> <p>Teams from Guy’s and St Thomas’ and Lewisham & Greenwich share what happened when they examined their own data more closely. How was pregnancy preparedness defined? What did the baseline reveal? What had to change to track improvement properly? Proxy measures such as pre-conception conversations and follow-up were introduced to make progress visible while longer-term outcomes develop.</p> <ul style="list-style-type: none"> ▶ Anna Brackenridge, Consultant in Diabetes, Guys’ and St Thomas’ NHS Foundation Trust ▶ Oluwaseun Labisi, Development Consultant Midwife for Public Health, Lewisham and Greenwich NHS Trust
11:05-11:25	<i>Coffee break and networking</i>
11:25-12:20	<p>See-and-taste: African and Caribbean foods for diabetes and pregnancy</p> <p>An interactive segment with food samples, led by specialist dietitians. Understand what women may refer to during a consultation and get a practical understanding of cultural foods and how they may affect diabetes and pregnancy.</p> <ul style="list-style-type: none"> ▶ Shola Oladipo, Registered Dietitian and CEO, Food for Purpose ▶ Jasmine Carbone, Principal Dietitian for Adult Integrated Dietetic Care Team, Guy’s and St Thomas’ NHS F. Trust

12:20-13:00	<p>Preparing for pregnancy: insights into African and Caribbean culture and beliefs</p> <p>A facilitated discussion exploring how cultural beliefs and national guidance intersect before, during and after pregnancy. The session considers how clinicians can navigate these conversations confidently and respectfully in busy practice.</p> <ul style="list-style-type: none"> ▶ Manju Chandiramani, Consultant Obstetrician, Guy's and St Thomas' NHS Foundation Trust ▶ Shola Oladipo, Registered Dietitian and CEO, Food for Purpose ▶ Tolu Shonibare, Consultant in Diabetes and Endocrinology, Mid Yorkshire Hospitals NHS Trust
13:00-13:45	<i>Lunch</i>
13:45-14:45	<p>Beyond the clinic: strengthening community and primary care links</p> <p>How do we start conversations earlier? This session looks at outreach to GP practices and community settings, and what it takes to shift preparation beyond hospital walls.</p> <ul style="list-style-type: none"> ▶ Jade Deacon-Cummings, Community Midwife, Guy's and St Thomas' NHS Foundation Trust
14:45-16:10	<p>Building confidence in practice: training, reflection and testing the tools</p> <p>A practical working session. Participants will test structured learning tools used within the programme and reflect on how they could apply them in their own teams.</p> <ul style="list-style-type: none"> ▶ Emma Hall, Midwife, Community Matron, Guy's and St Thomas' Foundation NHS Trust ▶ Sarah Hopkin, Diabetes Specialist Nurse, Lead Nurse for Women's Health, Guy's and St Thomas' Foundation NHS Trust
16:10-16:20	<i>Short break</i>
16:20-16:50	<p>Reviewing progress and next steps</p> <p>The day closes with a collective reflection on what has been achieved so far and what needs to happen next. Participants will consider how learning from the day can be sustained and embedded within their own teams.</p>