

UNDERSTANDING Allergies

SADIE BRISTOW FOUNDATION

This is an information led event to help
you cope more confidently

Our Awesome Speakers:



Dr Helen Cox

MBChB FRCP FRCPCH MD
Paediatric Allergy and
Immunology at St Mary's
Hospital, London and Bupa
Cromwell Hospital



Dr Ola Smith

MBBS; MRCP (UK); FRCPCH
(UK); PG Cert; MSc (Allergy,
Imperial; DCH (London)
Consultant Paediatrician



Heulwen Wyatt

RGN RSCN MSc
Dermatology Clinical Nurse
specialist at Woolos Hospital,
Wales



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**SADIE BRISTOW
FOUNDATION**

Our Awesome Speakers:



Misbah Primett

Allergy Dietician at Little People
Dietitian and St George's Hospital



Leah Kugelmass

Clinical Psychologist at
Evelina Children's Hospital



Odile Scherrer

Assistant Psychologist
Evelina Children's Hospital



Simone Miles

Allergy UK



Jay Dhanjal

Allergy Life Coach NLP
Practitioner/Master Practitioner
I specialise in working with
allergy mums or those living with
allergies.



Natalie Hopkins

Natalie Hopkins
Founder & lead trainer
The Allergy Badge



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Our Awesome Speakers:



**Dr Helen Evans-
Howells**

BM Hons DCH DOHNS MSc
Allergy. GP With Specialist
Interest in Allergy. Owner of
Dorset Allergy.



Catherine Sutton

Founder of
Airborne Allergy Action



Clare Bristow

Co-Founder
Sadie Bristow Foundation



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Catherine Sutton



Catherine Sutton is the Founder of Airborne Allergy Action CIC which raises awareness of the benefits of inhaled allergen avoidance and improved indoor air quality (alongside prescribed medication), for asthma and other allergic illnesses. Airborne Allergy Action also provides personalised advice and audits for home and school environments. Catherine was on the Advisory Panel for the RCPCH Report into Health Effects of Indoor Air Quality on Children and Young People, is on the Stakeholder Committee for the Strategic Priorities Fund Wellhome Project, and, for several years, has written blogs and articles for Healthy London Partnership's #AskAboutAsthma campaign.

Dr Ola Smith



Dr Ola Smith MB.BS; MRCP (UK); FRCPCH (UK); MSc (Imperial); DCH (London) Consultant Paediatrician with Allergy & Respiratory interests, William Harvey Hospital, East Kent Hospital University Foundation Trust (EKHUFT)

Honorary Consultant Paediatric Allergist, King's College Hospital, London

He has an MSc in Allergy from Imperial College, London. He established the Paediatric Allergy Service in East Kent in 2002 and has further developed the service with the comprehensive arrangement involving school nurses, health visitors, dieticians and other primary care professionals for whom he provides regular training.

He has General Paediatric, Respiratory & Allergy interests seeing children with general paediatric problems, food and respiratory allergies including asthma, hayfever and eczema.

Dr Smith is also responsible for the care of children with Cystic Fibrosis in the Southern half of East Kent for whom he has established a multidisciplinary unified service which has been well commended.

He is the Trust Paediatric Education lead and has served as College Tutor for the Royal College of Paediatrics & Child Health (RCPCH).

Dr O Smith's postgraduate work includes experience at the Hammersmith Hospital, London and Sheffield Children's Hospital amongst other hospitals. He worked as Clinical Research Fellow at the University of Aberdeen and the Royal Aberdeen Children's Hospital and has published and presented work on multigenerational studies in Asthma and Allergy at the European Respiratory Society (ERS) and the American Thoracic Society (ATS) conferences.

Dr Helen Cox



Helen is currently a Consultant in Paediatric Allergy and Immunology at Imperial College NHS Trust, London, and previous clinical lead of one of the largest paediatric allergy units within the UK. This is a secondary and tertiary care referral unit with a busy day case unit offering drug and food challenge testing and immunotherapy (web link). The unit has a state of the art paediatric research unit, where clinical trials into the pathogenesis and novel treatments of allergic disease are carried out. Together with her dermatology and nursing colleagues, she established and now runs a tertiary combined allergy/dermatology clinic, receiving referrals from all over the country. She regularly lectures at Imperial College and is one of the clinical course leaders for the MSC in Clinical Allergy, an international training course, based at Imperial College. (website) She is an annual speaker at the British Paediatric Dermatology Congress and the British Society of Allergy and Clinical Immunology. She is an invited guest speaker at numerous Allergy conferences

Misbah Primett



Misbah Primett is the founder of Little People Dietitian, a nutritionist and a registered Childrens Dietitian (RD) who has specialised in Allergy. She qualified from Coventry University in Dietetics and earned additional qualifications at Masters Level. Having worked for over 10 years she has spent the past 5 years at St George's Hospital in London as the Lead Specialist Allergy Dietitian where she has supported research within the field. She is also a committee member of the Food Allergy Specialist Group for Dietitians



Dr Helen Evans-Howells



**It's Dr Helen Evans-Howells BM Hons DCH
DOHNS MSc Allergy.
GP With Specialist Interest in Allergy.
Owner of Dorset Allergy**

Natalie Hopkins



Founder & lead trainer The Allergy Badge

Natalie is founder and lead trainer at the Allergy Badge, an accredited allergy training provider. She provides in-person allergy awareness and auto-injector training to schools, businesses, parents and carers.

She is a Mum to three young children, one of which suffers from life-threatening food allergies so the training courses not only provide key information but are delivered from real life experience.

Heulwen Wyatt



**Heulwen Wyatt RGN, RSCN, MSc
Clinical Nurse Specialist in Paediatric Dermatology,
Aneurin Bevan University Health Board, Gwent.**

Heulwen Wyatt is a CNS in Paediatric Dermatology. Having worked on acute paediatric wards and paediatric oncology units in South Wales, Heulwen started working as an eczema nurse in 1993.

In 1998, she commenced work as Wales' first CNS in dermatology. She is a non-medical prescriber and runs many nurse led clinics around Gwent .

Heulwen's particular interests within paediatric dermatology are the inflammatory conditions and safeguarding issues.

She lectures around the country to both nurses and doctors, and is the chair of the paediatric sub group of the British Dermatology Nursing Group.

Simone Miles



AllergyUK

Supporting people living with allergy
#itstimetotakeallergyseriously

Simone Miles – Operations Director

I have worked for Allergy UK for 3 years with an ambition to ensure that people living with allergy are able to access support services from Allergy UK that helps towards an improved quality of life. I am also passionate that as a charity we can shape change, which we hope the Patient Charter may contribute towards such change. I am honoured to be invited to the conference to share information about Allergy UK and to support the Sadie Bristow Foundation.

UNDERSTANDING
Allergies

Jay Dhanjal



Allergy Life Coach NLP Practitioner/Master Practitioner

I started this journey so that I could help parents with their children and those living with food allergies. It gives me great satisfaction knowing I can help encourage others to find ways to empower themselves, taking ownership, and not allowing the allergy diagnoses to define them, to be able to lead full and happy lives.

Sponsor



**Allergy
Companions[®]**

"Allergy Companions are proud to sponsor and support the Sadie Bristow Foundation. Allergies, as we know, are sadly on the rise and we believe that it is only by raising awareness of such important conditions that we will be able to educate the wider community and bring positive change."

Allergy Companions is a platform that helps anyone affected by a food allergy, as well as coeliac disease, find and review food venues that take allergies seriously and avoid those that unfortunately fall behind the necessary standards to keep those affected safe. It is our belief that no one should be left out and have to sit on the allergy table-there should be room around the table for everyone. We look forward to working with Clare and the Sadie Bristow Foundation over the coming months and years."

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“This is a wonderful event to highlight the importance of Allergies, we are happy to support and let the public know which allergy tests are available through their GPs”

Everything we do starts with our Mission: to enable our customers to make the world healthier, cleaner, and safer. The nature of our business is to enable growth and innovation within the global scientific community and to help researchers, organizations, and companies solve some of the world's most pressing issues.

**Sukh Sanger
Clinical Account Manager
ImmunoDiagnostics
South East**

Sponsor



“We are sponsoring The Sadie Bristow Foundation ‘Understanding Allergies’ event as we fully believe in and support the mission of the charity, and our founder Zak who lives with a severe nut allergy himself was deeply moved by Sadie’s tragic but inspirational story. We hope we can create a new standard for allergy care together by increasing awareness, battling the stigma, and providing accessible life-saving medications to all who need it.”

Leah Kugelmass



Dr Leah Kugelmass is a clinical psychologist who has been working within paediatric psychology services for the past four years. She joined the Allergy service at Evelina London Children's Hospital in June 2022.