

SOCIETY FOR  
ENDOCRINOLOGY

# YEAR IN REVIEW 2015



[www.endocrinology.org](http://www.endocrinology.org)



# WHO WE ARE

The Society for Endocrinology is a UK-based membership organisation representing a global community of scientists, clinicians and nurses who work with hormones.

Since 1946 we have been a leading voice of endocrinology worldwide. Together we aim to improve public health by advancing scientific and clinical endocrine education and research. We also seek to serve the public interest by engaging patients, policy makers, educators and the public with hormone science.

Our ambition is to be a world-leading authority on hormones. With this in mind we work towards the following aims:

- To advance scientific and clinical education and research in endocrinology for the public benefit
- To attract high quality scientists, doctors and nurses into endocrinology and support their professional development to advance science and medicine
- To engage the public with endocrinology and its impact
- To raise our profile and be the voice of endocrinology in the UK
- To promote and support the global endocrine community through collaboration.

## Stephen O'Rahilly: President

"My second year as President of the Society flew past – and with amazing results. We remain a small yet inspiring Society, and in 2015 our support of endocrinologists throughout all stages of their career, but particularly those in the early stages, was paramount. We delivered nearly half a million pounds in grants and awards, hosted an award-winning conference, published guidelines to inform clinical practice, and continued work on our five clinical research projects, which between them involve more than 50 centres across the UK.

We also launched a further six Endocrine Networks. Providing a dedicated forum in major areas of endocrinology, the networks cover adrenal and cardiovascular endocrinology, bone and calcium, metabolism, neoplasia, neuroendocrinology, reproduction, and thyroid endocrinology. Each network enables members with similar interests to come together, share best practice and ideas, and find solutions to the challenges they face within a focused environment. Each is guided by two leads, and their membership numbers continue to grow. If you have not yet signed up to your relevant Endocrine Network, please do so – it's a great chance to find others working within your area of expertise and your involvement will maximise knowledge sharing.

These successes highlight just a few of the things we achieved in 2015. As the Society continues to develop we move from strength to strength in our commitment to engaging with the endocrine field,

and disseminating advances in hormone science to the public. I must thank all members for their involvement and support, especially those who served on Committees and our Council. The Society would not be existent without you – and I look forward to many more years of support and collaboration.

In 2016 we will continue to increase our membership, furthering our reach across the field, and offering an extended support network throughout the UK and on to a global endocrine audience."



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# 10 things your Society achieved in 2015



**2,668**

**A new record!** The Society now has 2,668 members, with the largest increase amongst student and nurse groups



**87**

**87 members** took up positions across Society Committees and Council in 2015

The percentage of delegates who rated SfE BES 2015 as 'good' or 'excellent'



**97%**

**3**

## Three new grants:

The new Themed Scientific Meeting Grant, Regional Clinical Cases Meeting Grant and Equipment Grant will help support our members in their research



**32**

**New student ambassador scheme:** 32 ambassadors and endocrinology clubs are now in place across UK universities, hosting the UK's first student endocrinology meetings

## Six new Endocrine Networks:

Taking our current total up to seven networks and providing dedicated forums to advance major endocrine sub-specialities, around 500 members are now involved



**6**



**6,000**

## Six thousand people engaged:

From a presence at educational events like the Big Bang Fair to the Green Man music festival, compared to 2014 we reached out to more than four times the number of members of the public

## Masters level module in endocrine nursing:

In partnership with Oxford Brookes University, endocrine nurses can now complete a work-based learning Masters module



## Updated guidelines:

Our clinical guidance on the assessment of disorders of sexual development was widely anticipated and cited

## Four special issues:

From celebrating 60 years of neuroendocrinology to understanding ubiquitination and cancer, your Society journals bring you the best in the field



**4**

# YOUR SOCIETY

## Council and Committee Chairs

The Society is largely run by members – scientists, clinicians and nurses who volunteer their time and expertise to carry out and continually develop Society activities. Governance is maintained by a Council of Management, nine committees and one steering group.



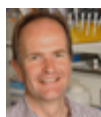
**Stephen O'Rahilly**  
President and Chair of  
Nominations Committee



**Mark Gurnell**  
Member of Council



**Eleanor Davies**  
Member of Council



**Graham Williams**  
President elect



**Wiebke Arlt**  
Chair of Clinical Committee



**Waljit Dhillon**  
Member of Council



**Karen Chapman**  
General Secretary & Chair of  
Science Committee



**Lisa Shepherd**  
Chair of Nurse Committee



**Neil Hanley**  
Member of Council



**Barbara McGowan**  
Treasurer



**Anna Mitchell**  
Chair of Early Career  
Steering Group



**Martin Hewison**  
Member of Council



**Simon Pearce**  
Programme Secretary



**Saffron Whitehead**  
Chair of Public Engagement  
Committee



**Melissa Westwood**  
Member of Council



**Ann Logan**  
Member of Council



**Ruth Andrew**  
Member of Council



**Paul Carroll**  
Chair of Corporate  
Liaison Board

## What is each committee involved in?

**Publications Committee** Assists in the management and development of all Society publications, the Committee inputs into the appointment of Editors in Chief, advises on publishing policy, and helps in the production of publishing-focussed education sessions at the annual SfE BES conference.

**Programme Committee** Develops the programme for the annual SfE BES conference.

**Financial Committee**  
Advises Council on financial strategy.

**Clinical Committee** Develops clinical practice and governance, supports clinical research and inspires clinical education, training and career development.

**Nurse Committee** Plays a leading role in the development of clinical practice, supports training and education, and raises the profile of endocrine nursing.

**Corporate Liaison Board** Fosters partnerships and collaborations between the Society and industry for mutually beneficial projects which further patient care and education.

**Early Career Steering Group** Looks after the interests of early career endocrinologists, including developing education programmes, providing career advice and organising educational sessions at the SfE BES conference.

**Public Engagement Committee** Reviews and develops Society strategy on public engagement, the committee oversees a programme of public events, develops resources and training opportunities for members.

**Science Committee** Supports research in endocrinology through assessing grant applications and seeking opportunities for collaborative research in the field. The committee has a focus on career development, education and training within research.

### Join us!

As well as helping the Society move forwards, our members benefit individually from the experience. Check our news alerts for upcoming vacancies on committees and Council.



# A YEAR OF GROWTH

*Our Society's strength is based on the knowledge and experience of you – its members. We must harness those qualities to maximise our impact on the science and practice of endocrinology."*

Stephen O'Rahilly, Society President

Including students, trainees, clinicians, researchers, nurses and seniors, our members represent the diversity of the endocrinology field.

To support them, a large proportion of Society funds are distributed in the form of grants which promote research, enable attendance at conferences, labs and events, and help fund projects to engage with the media and public.



**2,668**

members,  
our highest  
number  
ever



distributed  
as grant  
funding

**£425,000**



**426** applications,  
314 grants awarded



new grants launched

## Supporting our members

The **Themed Scientific Meeting Grant** was created to give scientists and clinicians the opportunity to address a specific endocrine topic. Awarded to Jason Carroll, he will use the £10,000 to fund a meeting in Cambridge in 2016 focusing on breast and prostate cancer.

Also launched in 2015, our **Equipment Grant** was awarded to four members to support them in establishing a lab through the purchase of vital equipment.

Finally, our **Regional Clinical Cases Meeting Grant** was developed with a focus on local knowledge transfer through the discussion of clinical cases. These meetings provide clinicians with opportunities to meet and learn from colleagues across the UK.

*"We hope this meeting will improve our reputation as an academic department, as well as attract future talent into endocrinology."*

Francesca Swords, Regional Clinical Cases Meeting Grant winner

### 314 Grants awarded in 2015:

<b>170</b>	Conference Grants
<b>60</b>	Travel Grants to attend SfE BES
<b>24</b>	SfE BES Registrations Grants
<b>11</b>	Summer Studentships
<b>11</b>	Patient Support Travel Grants
<b>8</b>	Journal of Endocrinology Travel Grants
<b>7</b>	Undergraduate Achievement Awards
<b>7</b>	Sponsored Seminar Grants
<b>6</b>	Practical Skills Grants
<b>4</b>	Public Engagement Grants
<b>2</b>	Regional Clinical Cases Grants
<b>2</b>	Equipment Grants
<b>1</b>	Clinical Department Grant
<b>1</b>	Themed Scientific Meeting Grant

*"The Society has really helped me with travel funding. It's enabled me to travel to lots of different conferences to meet with researchers and present my data all over the world – and that's such a fabulous thing to do"*

Travel Grant recipient

# DEVELOPING YOUR CAREER

With a focus on attracting early career scientists and doctors to endocrinology and encouraging them to specialise and remain within the field, we support training, education and career development at all stages.

In 2015 we:

- Launched the Futures series at SfE BES, comprising tailored sessions providing advice for the next step in your career
- Updated our careers booklet focusing on endocrinology and diabetes as a speciality
- Created a Student Ambassador scheme. Ambassadors are actively involved in providing a vital link between students, institutions, the Society and the endocrine community.

Our first two Student Ambassadors are medical students at the University of Cambridge, where they set up a hugely successful University-recognised endocrine society.

*"This experience has been invaluable and we would highly recommend other students to take up the rewarding role of bridging the gap between students and specialists. We leapt in and we hope you will too!"*

**Rakhee Vaja and Parisut Kimkool, Student Ambassadors**

## Enhancing collaboration

2015 also saw the launch of a further six Endocrine Networks, taking the current total to seven. Each focusing on a major area of endocrinology, most Networks held their first meeting at our annual SfE BES conference in November 2015. In support of their development, each also has the opportunity to apply for our Endocrine Network Research Grant.

*"The Networks allow members to come together, share research ideas and best clinical practice, and find solutions to the challenges they face"*

**Duncan Bassett,  
Bone and Calcium Network Convenor**

If you haven't joined your Network yet, find the full list and details on how to get involved on our Society website.

## Recognising and rewarding excellence

Society Medals are awarded to world-leading scientists and clinicians who have carried out landmark work during their career – work that continues to inform research and best practice in the field.



### Dale Medal:

**Professor Rajesh Thakker**, University of Oxford, UK

"For his seminal and fundamental contributions to the classification, diagnosis and molecular understanding of diseases of calcium metabolism."



### Society for Endocrinology Medal:

**Professor Waljit Dhillon**, Imperial College London, UK

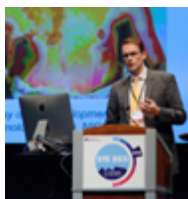
"For his significant contributions in the area of endocrine regulation of appetite and reproductive function."



### European Medal:

**Dr Frederic Jaisser**, Paris School of Medicine, France

"For his excellent record of translational research in identifying and validating biomarkers of MR activation in cardiovascular and kidney disease."



### Starling Medal:

**Dr Robert Semple**, University of Cambridge, UK

"For his major contributions to research into insulin resistance and related disease."



### Hoffenberg International Medal:

**Dr Geoffrey Hammond**, The University of British Columbia, Vancouver, Canada

"For his world-leading studies of steroid binding proteins and fundamental discoveries in this field."



### Transatlantic Medal:

**Dr Gordon Hager**, National Cancer Institute, Bethesda, USA

"For his research into the mechanisms through which changes in nuclear chromatin regulate gene activity."

# Sharing the latest knowledge and best practice

2015 was a big year for Society events. For the first time Clinical Update and Endocrine Nurse Update were merged and held at the same location. We also delivered our biggest ever SfE BES.

Providing informative, focused sessions and six cross-over lectures, the combined Clinical Update and Endocrine Nurse Update gave a wider perspective to both events and increased networking for 200 delegates.

*“The lectures were delivered well, by experienced endocrine nurses and consultants. I gained more knowledge of familiar topics, and improved my understanding of new ones.”*

**Endocrine Nurse Update delegate**

The year then culminated with SfE BES, our annual conference and the UK's largest meeting of endocrine professionals. Breaking all previous records, the 2015 conference was the largest to date. It featured a new 3-day format with a programme showcasing world-class speakers from around the globe.



## National Clinical Cases Meeting

2 February 2015, London  
96 delegates

## Endocrine Nurse Update

16-17 March 2015, Birmingham  
54 delegates

## Clinical Update

16-18 March 2015, Birmingham  
152 delegates  
56 abstracts submitted

## SfE BES

2-4 November 2015, Edinburgh  
1067 delegates  
610 abstracts submitted

## SfE BES 2015

**1067** Delegates – the highest number ever

Simon Pearce: Programme Secretary elect, reflects on SfE BES:

*“The Society is an important place for young researchers to present their work to peers, and a forum for building relationships with like-minded scientists, clinicians and nurses. My first SfE BES was in Bournemouth in 1994, and I have attended every one since.*

*The programme has always had a high standard, and over the next few years we will continue to enthral the UK endocrine research community with high quality science, whilst continuing to provide pertinent and varied continued professional development for clinical endocrinologists. The conference must reflect the diverse interests of the Society's members, and that's what ensures we evolve the conference into a truly inclusive and expansive event.”*

**97%** delegates rated event as 'good' or 'excellent'

**692** press articles across 46 countries





# Let's talk about hormones

Many of our members actively work to ensure that conversations about hormones are being informed by the latest science.

In 2015 we worked hard to:

- Provide expert responses to breaking news stories, ensuring that endocrinology is not misrepresented in the media
- Work with programme researchers and producers to shape TV broadcasts
- Organise public events promoting discussion of topical areas of endocrinology
- Deliver hands-on activities at public festivals

*"An important part of our remit is to excite the public's interest for endocrinology and its impact. But it is only with the input and help of members that we can undertake more of this public-facing work."*

**Saffron Whitehead, Public Engagement Committee Chair**

We also attended a number of other public events, including Cheltenham Science Festival and the Green Man music festival.

During our public engagement activities, we directed all of our visitors to our public-facing website You and Your Hormones, where they could learn more about the basics. Work also started on the redevelopment of this website to give it a fresh new look and make the content more accessible.

*"I've never done any public engagement before and I felt it was time to give something back."*

**Derek Renshaw, volunteer**

*"I have a passion for science which I want to share with younger children to get them inspired."*

**Vicki Poole, volunteer**

## Hormones on tour

In 2015 our public events focussed on the hormones involved in eating and sleeping, with activities including making body clocks, a hormone card game and carrying out 'blood' glucose testing.



**8**

regional  
events



**6,000**

people  
reached



**28**

member  
volunteers

We kicked off our calendar with the Big Bang Fair – the biggest science and engineering education event in the UK that attracts 75,000 visitors over four days. Society members worked tirelessly to engage the crowds and help them understand how hormones really do affect everything we do.

## Enabling outreach

In 2015 our Public Engagement Grants were opened up to non-member public engagement professionals to encourage diverse outreach projects. One of our grants was awarded to the organisation 'I'm a Scientist, Get Me Out Of Here!', allowing them to fund an online hormone zone in which 350 students had the opportunity to ask scientists questions about endocrinology.

Improve your science communication skills and instil others with your enthusiasm for endocrinology by applying for a Public Engagement Grant or volunteering at one of our public events. Check the Society news pages for details.





# Advancing research and clinical practice

We are dedicated to supporting research and training across endocrinology.

In 2015 the Society secured a partnership with Oxford Brookes University to provide a work-based learning Masters module in adult endocrine nursing – the first of its kind in the UK and Europe.

We also published a second addition of the Competency Framework for Adult Endocrine Nursing, which appeared in the Society's Open Access journal *Endocrine Connections*. The framework, which forms the basis of the nurse module, has a focus on skills, interventions and specialist knowledge that are specific to nurses working as adult endocrine nurses.

*“Endocrine nurses collaborated and utilised their knowledge and experience to develop this framework. That highlights what we can achieve in enhancing the care of adults with endocrine disorders.”*

**Lisa Shepherd, Nurse Committee Chair**

Continuing our mission to improve patient care, in 2015 we produced clinical guidelines on the assessment of disorders of sexual development, which were highly cited.

We also continued to manage **five clinical research and audit projects** to advance understanding and treatment of endocrine conditions through our network of contributing members based in regional centres.

The Society is also committed to supporting groups that represent patients with endocrine conditions by facilitating dialogue with the medical community. In 2015, we awarded 11 Patient Support Travel Grants to enable patient support groups to attend Society events.

*“We are very grateful to the Society for giving us the opportunity to attend events. We meet doctors and nurses and share our information with them, allowing them to inform and support their patients. Together we can improve understanding and awareness and improve the care of endocrine patients.”*

**Arlene Smyth, Turner Syndrome Support Society (UK)**



## Meeting your research needs

Our Society journals provide a place for publishing in endocrinology, whether your paper focuses on basic science or clinical research, case reports or molecular biology. **Four special themed issues** were published across the Society's official journals in 2015:

- Ubiquitination and cancer
- Anniversary of paraganglioma and pheochromocytoma
- Thematic reviews on stem cells and cancer
- 60 years of neuroendocrinology

In 2015, journal-based learning was launched across four of our official journals; an online learning portal aimed at early career scientists and clinicians working in endocrinology and related disciplines. The service provides free educational activities on selected articles published in Society journals.



# Financial report

## Message from the Treasurer



The Society reserves continue to exceed the reserve requirement, allowing a strategy of funding increased support for members, patient groups and the public in the process of reducing our reserves. Council agreed that core elements of this strategy should be to maintain substantial grant support of members, patient groups and public engagement activities; subsidising conferences and educational events and enhancing networking, collaboration and career activities. 2015 was the first full year following the change in year-end and as such was a transitional year. At the same time new requirements were implemented for accounts reporting. The change in year-end impacted the timing and take-up of grants, whilst the accounting changes have resulted in reduced costs associated with the revaluation of the office premises and consequent reduction in depreciation. This, coupled with the strong performance of Bioscientifica, has reduced the deficit to £177K from a budgeted deficit of £437K.

## Financial headlines

- Gift aid from the trading subsidiary, Bioscientifica, is the major source of funds supporting the Society's activities. Journal publishing remains a significant element of Bioscientifica's activities and the continuing challenges in the rapidly changing publishing environment mean the trading subsidiary must invest in new and diverse activities to maintain this funding for the future. Council recognises the importance of the gift aid and are supportive of Bioscientifica's plans to develop and diversify to secure future funding for Society activities.
- Grants awarded by the Society during the year represent 52% of the gift aid from Bioscientifica, falling within the Council-approved sustainable funding level of 45%-55% of available income. The grants paid during the year of £425K were lower than anticipated due to fewer high-quality applications for some categories, but still represents a healthy contribution to the community.
- Movements in the value of the investment portfolio can lead to gains or losses for the Society. 2015 saw a modest gain on the investment portfolio of £41K.



**£825K**

GIFT AID FROM  
BIOSCIENTIFICA



**£425K**

GRANTS  
AWARDED



**£218K**

DEFICIT BEFORE  
INVESTMENT  
GAINS



**£41K**

INVESTMENT  
GAINS



**£177K**

OVERALL  
DEFICIT

## Investment policy

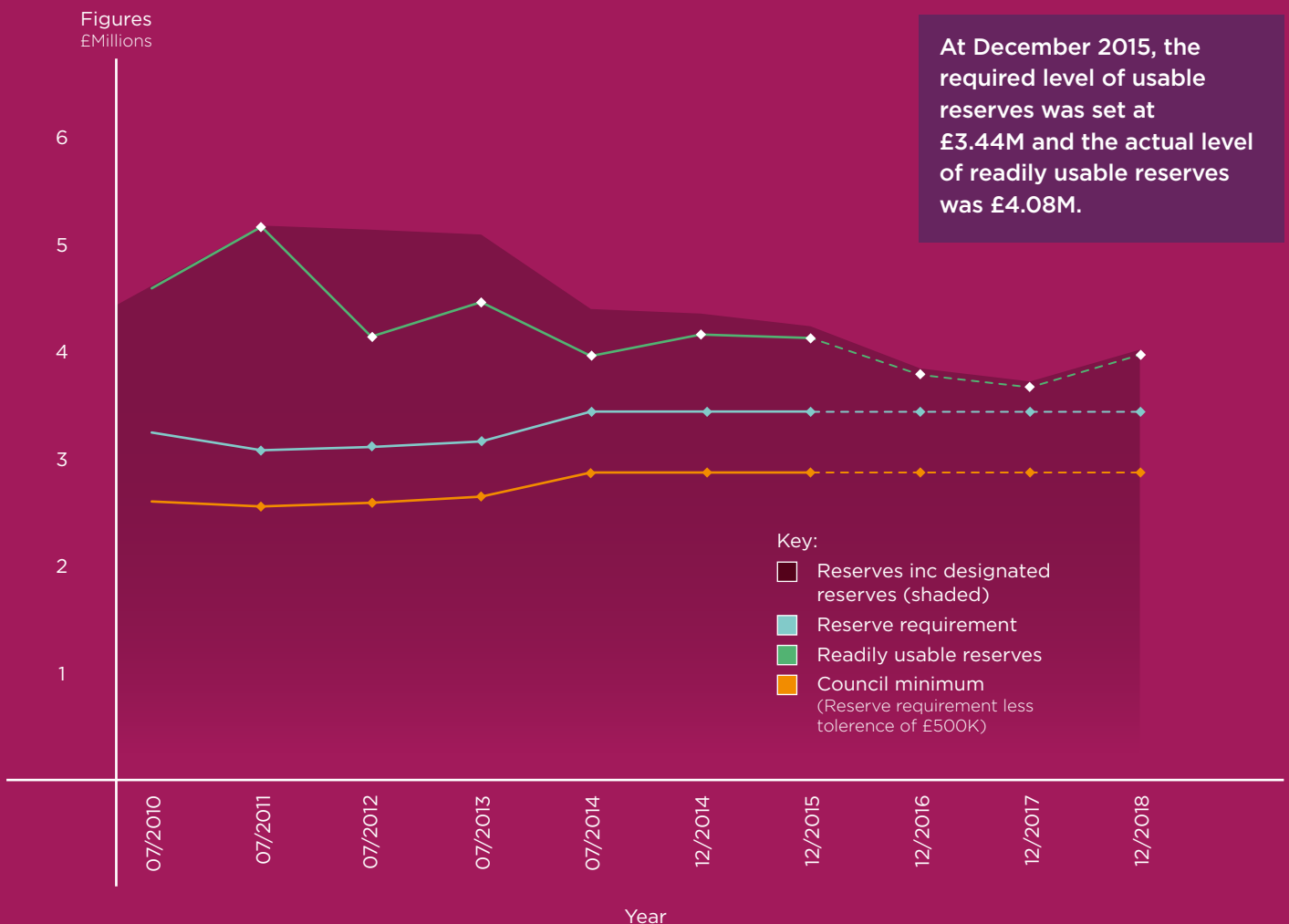
In accordance with the Company's Articles of Association, management of the Company's investments is delegated to an authorised investment manager. The portfolio is managed by reference to the investment policy which reflects the Society's aims and attitude to risk.

## Reserves policy

The Society maintains a reserve intended to provide support in case of a severe downturn in financial health. The purpose of the reserve is to maintain the Society as a going concern for a minimum of 2 years in the case of such an event. This is particularly important with regard to the dependency on publishing as a source of income through Bioscientifica. The reserve requirement was reviewed at the year-end and remains at £3.44M.

## Readily usable reserves

The pale cyan line ■ in the graph below shows the level of the reserves requirement of £3.44M, as set by the Trustees. This should be the maximum level of reserves retained and the Trustees are required to establish plans to utilise any surplus above this. The actual level of usable reserves is shown as the green line ■ and stood at £4.08M at 31 December 2015. The gap between the two represents the surplus reserves and stood at £637K over the reserve requirement. The dotted green line - - shows the budgeted level of reserves for the next three years. Deficit budgets are expected to reduce the surplus significantly over the next two years with an improvement in 2018. The reserve levels will continue to be monitored by Council and activities developed or moderated accordingly.





## Our Society is supported by the profits of its commercial subsidiary, Bioscientifica.



Bioscientifica collaborates with learned societies world-wide to provide bespoke, world-class publishing, events and association management to the biomedical community. Bioscientifica publishes four of the Society's five official journals and manages the Society's events. **[www.bioscientifica.com](http://www.bioscientifica.com)**

The Society for Endocrinology also receives excellent support through its Corporate Sponsors and Partners, and we gratefully acknowledge those we collaborated with throughout 2015. Together we are able to maximise the impact of the work we do.



## Partners

- Association of British Clinical Diabetologists
- Association of Medical Research Charities
- Association for Clinical Biochemistry
- Association of Physicians Specialising in Obesity
- Biochemical Society
- Brighton Science Festival
- The Big Bang Fair
- British Society for Paediatric Endocrinology and Diabetes
- Cheltenham Festivals
- Clinical Endocrinology Trust
- Diabetes UK
- Young Diabetologists and Endocrinologists
- The Endocrine Society of Australia
- European Society of Endocrinology
- Foundation for Science & Technology
- Green Man Festival
- British Society for Immunology
- International Society of Endocrinology
- Joint Royal Colleges of Physicians Training Board
- National Centre for the Replacement Refinement and Reduction of Animals in Research
- National Institute for Health and Care Excellence
- Obesity Health Alliance
- Oxford Brookes University
- Parliamentary and Scientific Committee
- Physiological Society
- Royal College of Nursing
- Royal Society of Chemistry
- Royal College of Physicians
- Royal Society of Biology
- Royal Society of Medicine
- Sense About Science
- Science Media Centre
- Understanding Animal Research
- Wiley

We also work with a large number of patient support groups, the full details of which can be found on our website.

**[www.endocrinology.org](http://www.endocrinology.org)**