

## AGM appoints new Trustees and reviews draft new Constitution

Members of the Pinn Medical Centre's Patients Association (PMCPA) elected three new Trustees at its AGM on 9th June 2015. Commenting on the appointments, **Jim Bradford** the Association's Chair said:

**" I am delighted officially to welcome three new Trustees to the PMCPA's Board, all of whom have already made valuable contributions to the work of the Association in their previous roles as Co-opted Members. The PMCPA has long been aware that its Trustee profile was not sufficiently representative of the patient community that it was set up to serve. This issue was re-iterated at last year's AGM. The new three appointments (see page 3 for details) represent a significant step in the right direction, adding not only more diversity in terms of age, national backgrounds and cultures but, as importantly, a most useful range of new and complementary skills, experiences and perspectives."**

The AGM also reviewed a proposed new Constitution for the PMCPA. The Chair explained that this had been painstakingly prepared over the last several months with the close involvement of expert charity lawyers. The Charity Commission had now formally approved it in the form it was presented to the AGM. Jim thanked Chris Daly, the PMCPA's Secretary, who had worked tirelessly for over 9 months to produce the Constitution, which now provides an appropriate and legally sound framework for a small voluntary charity representing the voice of 20,000 registered patients.

A clear majority at the meeting voted in favour of accepting the new Constitution, including the process whereby new Trustees are elected to the Board. Some Members present proposed a few minor amendments to the Constitution, whilst others commented that they had not yet had an opportunity to read it. The Chair therefore agreed to delay the

formal adoption of the new Constitution both to provide all Members who wished to review its contents sufficient time to do so and to allow the Board, in turn, to evaluate any proposed amendments received by 31 July 2015. With the guidance of its charity lawyers, the Board will then incorporate into a final draft of the document any points proposed not already covered in the existing version. Members are encouraged to study and comment on the current version of the new Constitution, available on the PMCPA's newly updated website [www.pinnpatients.org](http://www.pinnpatients.org). An EGM in November 2015 will meet to approve the revised final Constitution. Further details on this will be in the next Pinn Piper.



The PMCPA and the Pinn Medical Centre's senior management team took the opportunity to thank Jackie Thomas for her sterling contributions to the Association over the years. Jackie, a founding member of the Association, has raised hundreds of pounds for local charities through the annual social quiz night that she organized for many years. Sheila Cole was thanked for her boundless energy in managing the patient transport service through her team of dedicated volunteers. The Association also expressed its gratitude to Ivor Thomas, James Kincaid and Ivan Benjamin for their years of expert input and support.

There are vacancies for four more Trustees on the PMCPA Board. If you would like to get involved in the work of the PMCPA, either as a volunteer or to stand for election as a Trustee, please write to the Chair via [pinnpiper@gmail.com](mailto:pinnpiper@gmail.com)

## In conversation with...

The PPA's Board has appointed three new Trustees, all of whom were ratified by Members at the 2015 AGM: Brian Yim Lim, Jadish Kapur and Joanne Daswani. Each one brings a particular set of abilities, experiences and perspectives that the Board believes will add real value to the work of the PPA in coming years.

'In conversation with...' introduces them all to you.

### Brian Yim Lim

Brian Yim Lim is a familiar face to the Pinn Piper, having previously co-edited these pages with Lis Warren in 2009-10, following a PhD in malaria biology. He's written the occasional Piper article since and re-connected with the Pinn Patients' Association in 2014 through an employee-volunteering scheme at the Wellcome Trust. Brian works as a business analyst in grants management and systems development. He assists the Association with the management of our new website and the members' database.

Brian claims to have accidentally appeared in Batman Begins as an inmate of Arkham Asylum, and can often be found pontificating on the letters pages of Metro and on Twitter (@DrBrianYL). Follow him at your peril.



### Joanne Daswani

During a professional career spanning three decades in education and industry, Joanne has been a teacher, executive leader and school inspector. She has taught at secondary and primary levels since 1981, starting in Trinidad, where she was born and grew up, and in Harrow for the last 16 years.

Joanne moved to Pinner in 1994 from Little Venice with her husband and their two young children for the excellent local schools and 'village' vibe.

A keen gardener, allotment holder and cook, heaven on earth for Joanne is a balmy summer's day in her garden eating and drinking long into the evening with family and friends.

She aims to build on the PPA's admirable work over the years and currently edits the Pinn Piper.



## Staff News

Many of you may be aware of the huge national shortage of GPs. Recruitment in many parts of the country has reached crisis proportions. At the Pinn we are fortunate to have avoided that situation so far. Five years ago when we moved into our new centre here at Love Lane we did not envisage that we would ever be short of space - we had so much! Now with our ever-expanding team of dedicated and hardworking staff, managing the room plan so that we accommodate everyone is both a challenge and a pleasure.

The pleasure is in welcoming new members to our team such as Nurse Practitioner Loraine Redican who will be assisting our on-call team. Many of you will also be delighted to see Dr Hannah Bundock returning from maternity leave and Dr Ria Hayder, our new Registrar who is being supervised by Dr Lakhani.

It is not just the clinical team that is expanding; we also have new members of staff in our reception team, namely Shirley Adams and Shameem Anwar. We wish all of them a long and enjoyable time with the practice.

Finally we bid a very sad farewell to Dr Tricia Robertson. Dr Robertson has enjoyed a long association with the practice as a Clinical Pharmacist and has helped many of you with your medical reviews and repeat prescriptions over the years. She has made the very difficult decision to retire in order to spend more time with her family but has promised to come back and help on an ad hoc basis. We have not seen the last of her yet!

### Hilary Scott Practice Manager

### Jagdish Kapur

Jagdish brings a breadth of experience to the PPA. He has a background in IT and has taken a lead in building the PPA's website. Jagdish feels strongly that the PPA and its activities should be accessible to all and that patients should be able to express their views about the care and services they receive.

Jagdish has also worked in the NHS, delivering transformational programmes that have led to improvement in services at a PCT and an Acute Hospital. He is keen to improve and maintain services that meet the diverse needs of the community. Jagdish enjoys travelling and the theatre.



## An appointment with...

### Dr Deepen Patel



- **How long have you worked at The Pinn and what did you do before you joined?** I have worked at the Pinn for 9 months. Before joining, I was a GP registrar working at a practice in Dersingham, Norfolk.
- **What do you like, and dislike, about your job?** I love my job! I enjoy seeing patients and listening to them which allows me to help them in their journey to become better.
- **What makes you laugh?** Most things! I have a great sense of humour and always try to see the funny side.
- **How do you relax after work?** I enjoy eating out at restaurants, socialising and occasionally going to the cinema.
- **What's your favourite food?** Pizza!
- **If you were stranded on a desert island, what 3 things would you like to have with you?** Sunglasses, a toothbrush and my bed!
- **What 3 records/discs would you take?** Rudimental - Waiting All Night, Maroon 5 - Sugar, Toploader - Dancing in the Moonlight.
- **What's your favourite film, TV or radio programme?** Gone in 60 Seconds.
- **What's the last book you read?** Harry Potter and the Deathly Hallows.
- **If you could have dinner with any 3 people, living or dead, who would they be?** Mahatma Gandhi, Martin Luther King and Sir Winston Churchill.
- **If you were Health Minister for a week, what would you change?** I would make appointment times longer to allow GP's sufficient time to deal with patients' problems holistically.

### PPA website

The Pinn Patients' Association now has its very own website: [www.pinnpatients.org](http://www.pinnpatients.org). Two new Trustees, Brian Yim Lim and Jagdish Kapur, have designed and constructed it. The site aims to provide Members with up to date information about the Association and its various year-round activities, along with current advice on health and well-being. It also contains sections on the Association's draft new Constitution, Trustee profiles, and Minutes and Agendas of Board Meetings.

Brian and Jagdish warmly welcome your feedback and any ideas you may have on how to make the new website into a really useful resource for you and your fellow patients. Do feel free to email them at [pinnpatients@gmail.org](mailto:pinnpatients@gmail.org) with your suggestions or if you'd like to receive more regular updates directly.

### Online services at the Pinn

A number of online services are now available at the Pinn. These include our Electronic Prescription Service, which allows us to send your prescriptions or repeat prescriptions to a pharmacy of your choice. Ask for advice on how to do this at your local pharmacy or pop into reception for more information.

Other online services include booking appointments and accessing a summary of your medical record. Please visit reception to register for these services.



## Get on your bikes!

Interest in cycling has been on the increase since the London 2012 Olympics, and after the first ever women's race in the 2015 Tour De Yorkshire, women's cycling is reaching new heights undreamt of five years ago. However, you don't need to be a cycling superstar like Laura Trott or Sarah Storey to enjoy cycling. British Cycling are leading an initiative which should appeal to every woman, with an ambitious vision to get one million more women cycling by 2020.

**British Cycling's 'Breeze' is the biggest programme ever to get more women into cycling for fun. The aim is to help women feel confident and comfortable about going on a bike ride.**



Pinner resident, Veronica Chamberlain, is a local Breeze Champion and is keen to encourage women to discover the joys of cycling. 'Only one in out of every four cyclists is a woman,' claimed Veronica; 'The Breeze scheme wishes to change this statistic and provide opportunities for women to develop their confidence in a friendly and supportive atmosphere.'

The rides are planned along quiet roads and through local parks. There are routes to suit all abilities and rides are free. Visit the Breeze website for further information [www.goskyride.com/Breeze](http://www.goskyride.com/Breeze) or register at [www.breezebikerides.com](http://www.breezebikerides.com). You can also find your local group on Facebook: **Breeze Network Harrow**

Bike rusting in the shed? Pump those tyres! Oil that chain and get those wheels turning!

### Laughter is the best medicine

Recent controversial comments by Sir Tim Hunt, noted English biochemist and Nobel Laureate, about working with female scientists might make one consider how medicine could look if run by women.

If women controlled medicine



The Manogram

## Planning a holiday?

Whether you are planning a relaxing holiday or participating in a high risk or physically challenging activity, we recommend you make an appointment with one of the practice nurses. They will be able to offer advice on appropriate vaccinations, sun protection, insect repellants and tips on keeping yourself safe from physical injury or ill health while away.

Holidays to far-flung destinations are great experiences but do remember they also present additional risks to diseases such as:

- Hepatitis
- Typhoid
- Yellow fever
- Malaria
- Rabies
- Dengue fever

This list is by no means exhaustive so please take appropriate action or seek advice. If travelling to several destinations where malarial protection is required, you will need to have your travel itinerary, stating the duration of your stay in each place so that the nurse can assess the appropriate malaria cover required for you.

Make an appointment at least 4 weeks prior to travel. Appointments are available during the week and on weekends. Individual family members will require separate appointments.

*Useful websites to consult prior to your travel appointment:*

[www.fifortravel.nhs.uk](http://www.fifortravel.nhs.uk)  
[www.nathnac.org](http://www.nathnac.org)  
[www.malariahotspots.co.uk](http://www.malariahotspots.co.uk)  
[www.nhs-direct.org.uk](http://www.nhs-direct.org.uk)  
(for information on European Health Insurance Card)

**Happy holidays!**



  
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