

PINN PIPER NEWSLETTER

by Patients, for Patients

www.pinnpatients.org



News from The Pinn Medical Centre
and the
Patients' Association

“Keep your eyes on the stars, and your feet on the ground.”
Theodore Roosevelt

Welcome to the latest edition

Downloadable either via:

www.thepinn.co.uk or

www.pinnpatients.org

Please contact me if you require a paper
version:

pauline@pinnpatients.org

Polly Angel - Editor

In this issue:

- Congratulations Dr Deepen Patel - Top GP
- From the Dr's Desk - Staying well with Type 2 Diabetes
- Tribute to Philip Snell - Loyal PMCPA Trustee

We hope you find this edition useful.
Please send any comments or suggestions
for topics for future issues:

contact@pinnpatients.org

Or follow us on Twitter: [@PinnPatients](https://twitter.com/PinnPatients)

To directly contact the Pinn Medical Centre,
Please email Jacky Rayner at:
pinn.mc@nhs.net.

REMEMBER: Please scan the QR code to register
your membership of the PMCPA



Congratulations Dr Deepen Patel GP of the Year



We are pleased to share some good news and announce Dr Deepen Patel, a GP Partner of the Pinn Medical Centre, had been nominated and won an award for General Practitioner (GP) of the Year 2025 at the Global Health Awards which took place in the House of Commons on Thursday 10th July 2025.

Dr Deepen Patel is a highly respected General Practitioner and Partner at the Pinn Medical Centre. He is known for his unwavering commitment to patient care, innovation and community engagement. A graduate of Barts & The London School of Medicine, Dr Patel also holds a degree in Biomedical Science, with a focus on Stem Cell Genetics and Regenerative medicine.

His clinical interests span paediatrics, psychiatry and musculoskeletal medicine, enabling him to offer a holistic and personalised approach to care.

At the Pinn Medical Centre, Dr Patel has played a transformative role, both clinically and operationally. He has introduced AI-driven systems to enhance access and efficiency and leads multidisciplinary teams that ensure high standards across reception, admin and clinical services.

As a GP trainer and course convenor for the Central Middlesex VTS (vocational training scheme), he is actively shaping the future of primary care. Dr Patel also serves as an executive board member for his Primary Care Network, leading service development across a wider population. He is the driving force behind many initiatives like supporting the Patients' Association and helping with local health fairs, promoting preventative care and health education.

We wish to congratulate him on his success and wish him the very best in all future endeavours.

PMCPA FUNDRAISING NEWS CONGRATULATIONS TO JANO AND HIS TEAM

They have raised over £300 at the last quiz
night held in March.

Please join the PMCPA to register your
interest for future events!



Philip Snell -
Stalwart of PMCPA
requiescat in pace

Philip Snell – long-serving and dedicated stalwart as vice-Chair and Trustee
It is with a heavy heart that I have to inform you of Philip's passing in May 2025.

Philip had been a stalwart of the Board since 2015. He had held a range of responsibilities from supportive colleague to Treasurer to vice-Chair. He was a steadying governing influence on all our work. Never afraid to offer a strong opinion, and always placed in such a courteous and considerate manner, Philip had been a colossal figure throughout his professional and public life.

I was first made aware of him as a young teacher when an HM Inspector breathed his name into my ear as a fine example of an outstanding headteacher and a role model to emulate. His school, Kingsbury High, was a beacon of excellence, and his work as a headteacher established such fine provision in a local school that leading national figures would come to shake his hand and marvel at his unfolding vision realised in practical form before their eyes.

Her late Majesty Queen Elizabeth II was one such distinguished visitor

Philip was also more than instrumental in the setting up of the Heath Robinson Museum and as an adjunct, the founding of the well-loved local facility, 'Daisy's in the Park'. Philip brought his fabled tenacity and intelligent hard work to the PMCPA and we were all the better for his fine contribution to our Association.

I am personally indebted to him and his steadfast loyalty to the Association.
Thank you Philip for everything you did for us and for the wider community.

Our heartfelt sympathies and condolences to Philip's loving wife, Rose, and indeed all the Snell family, both far and wide.

Please help us to continue Philip's work by becoming a member of the PMCPA.

Kevin Mahon
Chair PMCPA



Know Your Diabetes

The Know Your Diabetes London programme helps people with diabetes understand their condition and the factors that influence it. Knowing your own results and what they mean can help you stay in control and spot any problems early.

Website: <https://www.knowdiabetes.org.uk/>

Your Annual Diabetes Review

NICE (National Institute for Health and Care Excellence) diabetes guidelines recommend that everyone with Type 2 diabetes has a full review at least once a year. This should include:

- Blood tests to check your HbA1c (glycosylated haemoglobin, a measure of long-term blood sugar control), kidney function, and cholesterol/lipid levels
- Blood pressure measurement
- Weight and BMI check
- A chance to review medications, lifestyle, and any symptoms or concerns

Please make sure you attend your annual appointment when invited—it's one of the most important ways to protect your long-term health.

Annual Eye Screening

Diabetes can affect the small blood vessels at the back of the eye. Because early changes usually cause no symptoms, it's essential to attend your annual diabetic eye screening.

This is arranged by the North West London (NWL) Diabetic Retinal Screening Service or your local eye hospital.

Know Your Key Readings and Tests

Understanding and keeping track of your results helps you stay in control. Key test results:

- HbA1c – Gives an indication of your average blood glucose control over the previous 2–3 months
- Kidney function – eGFR (estimated glomerular filtration rate) and urine ACR (albumin/creatinine ratio)
- Cholesterol and lipid levels
- Blood pressure
- Weight and BMI

Your GP or practice nurse can explain your targets and what they mean.

Helpful Resources

- Know Your Diabetes website: <https://www.knowdiabetes.org.uk/>
- "Carbs & Cals" book (available on Amazon) – a helpful visual guide to portion sizes and carbohydrate counting by Chris Cheyette & Yello Balolia – Also a handy pocket guide is available
- LabTestsOnlineUK (<https://labtestsonline.org.uk/>) – Information on Pathology tests

If you have any questions about your diabetes care or appointments please contact the Practice—we're here to support you.