

*The largest Sri Lankan organisation in the UK: non-racial, non-political & professional*



**SLMDA UK**  
Founded in 1982

**No. 44 September 2016**

# Newsletter

**PUBLISHED BY THE SRI LANKAN MEDICAL AND DENTAL ASSOCIATION IN THE UK**

*Formerly known as the Sri Lankan Doctors' Association in the UK*

Registered Charity No. 800821 Web site: [www.srilankan-mds.org.uk](http://www.srilankan-mds.org.uk)

## From the President

*Dear friends,*

Welcome to the first SLMDA Newsletter for 2016/17 with its new office bearers. It is a great pleasure and an honour to address you as the new president for 2016/17. We are both honoured and privileged to have Professor DYD Samarawickrema continuing as the editor of this great newsletter.

The year started off with a successful Spring Scientific Meeting held at the Park Inn by Radisson which was well attended both by members and non-members. We were able to attract junior doctors both in terms of presenting and attending the meeting. We had a great positive response from those who had attended the meeting with a great majority definitely wanting to attend the meeting next year. We managed to get a healthy balance between invited speakers and junior presentations attracting 3 CPD points.

The meeting was followed by the AGM and the appointments of the new office bearers; we have managed to recruit 3 new Council members, Drs. Roshan Amarasena, Susantha Wijayasiri and Janaka Weerathunga.

We will strive to continue our core functions; book donations to the nine medical and dental faculties under Prof. Samarawickrema and bursaries/ welfare funds to medical faculties under Dr. Jayatunga. We have given a 2 year research grant to Drs. Asanga Fernando and Shivanthi Nayagam for work undertaken in Sri Lanka with CKD and mental health. Following our tour to Sri Lanka in October last year where we visited the Peradeniya, Rajarata, Jaffna and Galle medical faculties, we were able to grant funds for various deserving projects- 2 water purification plants to the Rajarata faculty and the refurbishment of the Jaffna medical students' canteen. We were also able to hold a communication skills workshop in Colombo for the postgraduate trainees.

We had an enjoyable Law-medical encounter with the lawyers clinching the trophy for the cricket 1<sup>st</sup> XI but drew the cricket 2<sup>nd</sup> XI. We managed to resurrect the Netball team and managed to clinch the trophy from the very competitive lawyers. There was a friendly tug-o-war which everyone enjoyed and games which the children of the lawyers/ doctors and friends enjoyed.

We are now preparing for our 34<sup>th</sup> Annual Charity Ball which will be held at the Radisson Edwardian, Heathrow, London on Saturday 1<sup>st</sup> October and would be grateful for your presence at this event.

With my Best Wishes,

**Melanie**

Dr. Melanie Weerasuriya



## The Council 2016 - 2017

**President:** Dr. Melanie Weerasuriya

**Secretary:** Dr. Supul Hennayake

**Immediate Past President:** Prof. Mahesh Nirmalan

**Vice-President:** Dr. Ruwan De Soysa

**Treasurer:** Dr. Mahadeva Manohar

### Members

Dr. Lankanatha Alwis  
Dr. Roshan Amarasena  
Dr. Asanga Fernando  
Dr. Udara Kularatne  
Dr. Janaka Weeratunga  
Dr. Susantha Wijayasiri

### Co-opted Members

Mr. Ajantha Jayatunga  
Dr. Andrew Nayagam  
Dr. Thushara Rodrigo  
Prof. DYD Samarawickrama  
Prof. Allistair Solomonsz  
Dr. Champa Sumanasuriya

### Advisory Committee

Dr. Sathi Ariyanayagam  
Dr. Auffer Asver  
Dr. Rasioka Jayatunga

## Spring Scientific Meeting, Annual General Meeting and Dinner Dance

More than one hundred participants attended this event held on 01 May 2016 at Park Inn by Radisson near Heathrow, London with several eminent speakers contributing to the Scientific Meeting. The programme included the following presentations: *-Prevention of Cardiovascular Disease and Sudden Cardiac Death; Healthy Smiles Leading to Better Lives; Chronic Kidney Disease and Mental Health; Prevention of Chronic Kidney Disease and Psychosis- Early Intervention to Improve Health Outcomes.* The highlight of the day was a lecture by Sir Sabaratnam Arulkumaran *on Human rights and Health with Illustrative Cases.* There were six oral presentations and five evaluated posters during the Junior Forum.

The high standard of presentations and enthusiastic audience participation were very significant features. The new Council elected during the Annual General Meeting is listed above. The day ended with the customary Dinner Dance.

## An evening to remember

Those who attended the Dinner Dance after the Spring Scientific Meeting and the AGM in May 2016 will recall that Mr. Kumar Sangakkara made a special guest appearance and made an appeal on behalf of Trail. A signed bat donated by Mr. Sangakkara and Mr. Mahela Jayawardene was auctioned to raise funds for both the SLMDA and Trail. From the proceeds, the SLMDA donated £500.00 to Trail recently. For further information, please visit the following:

<https://www.facebook.com/TrailSL/videos/1085175961534258/>

<https://www.youtube.com/watch?v=XGaos9NQ5jE>

**For further information about Trail, please visit the website:** [www.trailsl.com](http://www.trailsl.com)

### If you wish to make a donation to Trail:

Colours of Courage Trust (Guarantee) Ltd  
Account Number: A/c No. [003 010 491671](https://www.trailsl.com)  
Hatton National Bank Plc, Head office Branch,  
479, T B Jaya Mawatha  
Colombo 10, Sri Lanka  
Swift Code: HBLILKLX



## Obituary

**Dr. Esme Fernando**, who was the wife of one of our ex-Presidents, Dr. Terence Fernando passed away recently. She is survived by two daughters and grandchildren.

Dr. Veerasiri Punchihewa kindly represented the SLMDA at the funeral.

## Annual Law Medical Cricket Encounter 2016

### The Match Report

Summer finally arrived and so did the resurgent legal team for the 13<sup>th</sup> Law Medical Cricket match on the 16<sup>th</sup> of July 2016 at the Philatelic Grounds of the Harrow School.

The pitch looked immaculate and the captain of the Law team Ruwan Warnapala had no hesitation electing to bat first. There were several young recruits on both teams eager to showcase their talents.

#### The Lawyers Play the Medical Attack

The SLMDA attack missing some of their front line bowlers upfront looked rather innocuous. The youthful new opening partnership of the ASSLL (UK) Jayakrishnan Narayan and Pramesh Adhikari after a rather watchful start soon got the measure of the medical bowlers. They struck out with attacking stroke play and got into a steady stride. For once the spinners on the medical team were unable to ebb the flow of runs.

#### Records Galore

Young Jayakrishnan never looked in any trouble and marched on to a record score of 150 not out easily the highest score of the Law Medical series. This was riddled with 19 fours and 2 sixes. His partner Pramesh who found fluency in his strokes later on was also just as pugnacious and missed out on a century by 3 runs. He too scored 11 fours and two maximums. The record breaking partnership of 240 runs was finally broken by the persistent veteran Ajantha. The medics were to rue a few chances that were offered.

No. 3 batsman Hasith Senadheera 14 and Harsha Rupasinghe 23 not out chanced their arm in the final overs to push the score to a formidable 303 for two wickets, easily another record for the series.

The only bowlers to impart some control were Ajantha Jayatunga who returned 1 for 46 off 8 and Manoj Wickramasinghe 1 for 40 off 8 overs.

#### The Medical Reply Lacks Sting

The medics opened with the senior pair of Thilina Ambepitiya and Vinodh Elangasinghe. With only 16 on the board, Thilina was caught at the stumps. Much was expected from the young Sherwyn Fernando who unfortunately fell for two. When Vinod skied one, the writing was on the wall. The other youngster Mudara Senanayake batted on steadily but he fell for 17. Much depended on Youvan but he too fell for 9 runs and the medics were in total disarray with 5 wickets down for 73 runs.

#### Manoj Fights On

Combining solid defence and attacking forays young Manoj engineered a rear guard action and found an excellent partner in skipper Anura Malaweera. The pair took the score to 194 with another record breaking partnership of 121. Anura succumbed for 37 and Ajantha continued the recovery, rotating the strike allowing Manoj to flourish. With a century in his sights, Manoj was unlucky to fall just short for an excellent 96 runs when he was finally bowled by the nagging Hemantha Warnapala. The final score was 251 for the loss of 7 wickets.

#### The Score Card

**ASSLL UK 303 for 2 wickets off 40 overs**

Jayakrishnan Narayan 150 no, Pramesh Adhikari 97, Harsha Rupasinghe 23 no Hasith Senadheera 14  
Manoj Wickramasinghe 1 for 40, Ajantha Jayatunga 1 for 46.

**SLMDA UK 251 for 8 off 40 overs**

Manoj Wickramasinghe 96, Anura Malaweera 37, Ajantha Jayatunga 23, Mudara Senanayake 17; Hemantha Warnapala 3 for 32 Jayakrishnan Narayan 1 for 35  
Harsha Rupasingha 1 for 48 Anuradha 1 for 40 Adhikari 1 for 10  
Hasith 1 for 21

#### Seconds Play Out an Amazing Tie

Following last year's disappointment, the second eleven teams were very keyed up from the start. Doctors batting first scored 193 off 30 overs. Young Dinath Alwis led the way with an unbeaten 46 helped by skipper Priyantha 31, Uditha Rtd 28 and Sam unbeaten 21.

The lawyers reply was dominated by Dilshan who scored 86. Lalith 23 Shavin 11 helped the chase which ended in a thrilling identical score of 193 when the last two runs were scrambled off the last ball of the match.

## The Score Card

### SLMDA Second XI

193 for 4 off 30 overs; Dinath Alwis 46 not out, Priyantha Siriwardena 31, Uditha Jayatunga 28 rtd, Upali Samarage 21 no  
Duminda Warnapala 2 for 38, Shavin 1 for 25

### ASSLL UK Second XI

193 for 4 wkts.  
Dilshan 86, Lalith de Kauwe 23, Shavin 11 no  
Priyantha Siriwardena 1 for 46, Upali Samarage 1 for 21

## Belles Excel at Netball

The netball encounter was revived and was won by the doctors yet again. Ably led by Dr. Sandy Kenyon medics ran out winners by 21 to 11.

It was nice that the ladies could have some fun on the field as well. A keener competition is anticipated in the future.

## Pull the String

The festivities included a tug of war which was enjoyed by all including the youngsters who formed part of the cheer party.

## Conclusions

It was great to see the friendship renewed by the two premier professional organisations. Clearly the recruits of the legal team were far superior to the youngsters from the medical side. Many thanks again particularly to Wasantha Tennekoon who always delivers on all aspects of organizing this annual event.

*Ajantha Jayatunga*



## In Appreciation

### **Dr. Don Sarath Munasinghe**

*MBBS DCH DCCH MSc DME DHMSA FRCGP*

8.10.1938 - 27.6.2016

A former President of the SLMDA (2001)

Dr. Don Munasinghe was an outstanding General Practitioner in Strood, Kent for over 33 years. He was a dedicated and a compassionate professional who was highly regarded by his patients and colleagues. He worked in a group practice and was always known for the one to go out of his way to help his patients beyond the call of duty of a GP.

Dr. Munasinghe was educated at the prestigious Royal College in Colombo, and studied medicine at the University of Peradeniya. He migrated to the UK in 1974, and trained in Paediatrics in hospitals in Watford and London. After being successful in the DCH and DCCH examinations, he went into General Practice. After passing his membership examinations and numerous other postgraduate achievements, he went on to guide many Sri Lankan medical colleagues to establish successful careers in the UK.

He was an appraiser for NHS Medway and served for many years as a trainer in general practice. He was responsible for training of some 35 GP vocational trainees and the registrars who became very successful GPs in the UK and abroad. He also trained medical students and trainee nurse practitioners from Kings College and Imperial College, as well as junior doctors at ST1 and ST2 level. In appreciation of his contribution to medical education, the KSS Deanery honoured him with an Educational Award in 2004. As a member of the Committee for Continuing Postgraduate Medical Education in Medway, he contributed to planning and facilitating educational programmes for local General Practitioners and members of the primary care team. He also served as a Board Member in South East Thames Faculty. In 2008, he was awarded the Fellowship of the Royal College of General Practitioners. He was nominated by a local Counsellor for the Best of Health Awards for Health and Social Care. In 2014, he was nominated the "Health and Hospital Champion" in the *Pride of Medway* Awards.

He participated in many voluntary, charitable and social organizations both in his local community and amongst the wider Sri Lankan community. He will be fondly remembered as the 'Singing Doctor' as he was a talented musician. He has produced several songs in both Sinhala and English, and made multiple appearances on television and radio shows both in Sri Lanka and in the UK. His stewardship of the SLMDA will be remembered for setting a new standard in cultural and social activities, and for raising considerable funds for the organization.

After a long battle with Parkinson's disease, he sadly passed away at the end of June. He is missed by so many, and is an immeasurable loss to the professional Sri Lankan community.

*May he attain nibbana*

*Dr. Cyril Pattapola*



## Flood Relief Provided by the SLMDA

The members will recall that the Association donated money towards flood relief a few months ago. The letter below received by the President, Dr. Melanie Weerasuriya shows how the donation has been used.



Dr Melanie Weerasuriya  
President  
Sri Lankan Medical & Dental Association in the UK

31<sup>st</sup> July 2016

Dear Dr. Weerasuriya

**RE: GAMINI VIDYALYA, KELANIYA – FLOOD RELIEF 2016**

I am writing to 'thank you' and your association for your overwhelming support and generosity. I am pleased to confirm receipt of LKR 217,036.00 on 23<sup>rd</sup> June 2016 to our Rotary Metropolitan bank account.

Following the floods in Sri Lanka in May 2016, our Rotary club has been working tirelessly to assist the destitute and homeless re-establish their lives. In particular our long term service project Gamini Vidyalaya, Kelaniya; home to over 350 children lost everything in the floods and so it is with your generosity and support that we have been able to re build the school and the lives of the children.

There is much more work to be undertaken and we will continue to raise funds and commit our time and energies to this worthy community project.

I have attached for your information our newsletter, which gives you some idea of our progress on this project.

Thanking you in advance

Yours in Rotary,

**Dinali Bandaranayake – Dandeniya  
President**



**President**

Dinali Bandaranayake-Dandeniya  
3/2 Havelock Road, Colombo 5  
Email: dinalibd@hotmail.com

**Secretary**

Ruwan Gunasena  
Email: ruwan\_gunasena98@yahoo.com

**Treasurer**

Palitha Gunathilake  
Email : palitha\_gunathilake@hotmail.com



## The Sri Lankan Medical and Dental Association in the UK

*Presents*

**the 34th Annual Charity Dinner Dance**

**Saturday October 1st 2016**

**Radisson Blu Edwardian Heathrow Hotel**

**140 Bath Road, Hayes**

**Middlesex UB3 5AW Tel: 020 8759 6311**

Email contacts-

Melanie Weerasuriya

[melanieweerasuriya@yahoo.co.uk](mailto:melanieweerasuriya@yahoo.co.uk)

Mahadeva Manohar

[manohar@ntlworld.com](mailto:manohar@ntlworld.com)

**Reception 7.00pm Carriages 1.00am**

**Band: EXCEED**

**Tickets £70 /head**

**Dress code: Black Tie.**

**Hotel room booking link-**

**<https://www.radissonblu-edwardian.com/offers/displayDetail.do?offerId=11711755&campaignUrl=srilankanmedicalanddentalassociation&hotelBrandCode=RADEDW>**

