

The largest and the oldest Sri Lankan organisation in the UK: non-racial & non-political



SLMDA UK

No. 38 March 2013

# 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)



*Visit the historic town of  
Hollingbourne for the  
Spring Event!*

The next **Annual General Meeting**, the **Spring Scientific Sessions** and the **Spring Dinner Dance** will be held on **Saturday 4<sup>th</sup> May 2013** at the **Mercure Great Danes Hotel, Hollingbourne, Maidstone, Kent ME17 1RE**. Tel: 0844 815 9045; [www.mecure-maidstone.co.uk](http://www.mecure-maidstone.co.uk). This hotel is within walking distance of the world famous Leeds Castle. *Special rates have been negotiated for those staying at the hotel.*

The theme of the Event is

***Leading On Trends, Challenges & Fusions  
in Medicine for 21<sup>st</sup> Century***

The Scientific Sessions will be from 9.30 AM to 3.00 PM with AGM to follow. There will also be young doctors' presentations and an Arts & Crafts Exhibition.

The Dinner Dance will be from 7.00 PM to 1.00 AM with live music by "Sky High". An authentic Sri Lankan 3-course meal will be served.

**The details are given in this Newsletter.**

*"I welcome you to  
this historic town.  
Enjoy the Event and  
visit the surrounding  
country side. It will  
be truly memorable."*

*- Dr. Ruvini  
Senasinghe*

**All events have to be pre-booked using the Form sent with this Newsletter.**

Registration fee for the Scientific Sessions: members - £5.00; non-members £20.00

Dinner Dance tickets: adults - £35.00; children under 12 - £20.00

**Event Organiser / Contact Person: Dr. Ruvini Senasinghe: Home: 01622 891963**

Mobile: 07753834326

E-mail: [Ruvini.senasinghe@btinternet.com](mailto:Ruvini.senasinghe@btinternet.com)

## *Pearl Anniversary Charity Ball 2012: A Pearl of an Evening*

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Last year the Sri Lankan Medical & Dental Association celebrated its Pearl Anniversary in grand style at the Ascot Racecourse on 22<sup>nd</sup> September. The Association prides its 30 year success as a non-religious, non-racial and non-political organisation.

The weather was glorious on that early autumn Saturday. Underneath the almost cathedral-like span of its vaulted ceiling, the awe-inspiring architecture of the new Grandstand provided ideal backdrop and was a pleasant change from the usual Bath Road Hotels. It was the perfect venue to host the Association's Pearl Anniversary. The event attracted more than 300 guests mostly but not exclusively of Sri Lankan origin. It was very encouraging to see that over the third of guests were youth.

The main message from the President Dr. Champa Sumanasuriya was to the next generation of doctors and dentists. She requested them to join the Association and to

share fresh ideas to drive the Association forward and to make it more relevant to them.

Music was provided by the band *Exceed* led by Mr. Praveen Karunasena which catered for all ages including the young. It exceeded everybody's expectations and kept guests on the dance floor. A short dance performance by the *Bollywood Dance London* provided a vibrant and colourful interlude. The evening's compere, Dr. Thushara Rodrigo kept the guests well engaged. The decor was simple but elegant.

The Ball finished at 1.30 am while the guests felt that the night had just begun. There were many comments that this was the best Ball that the SLMDA had for some years and was very fitting for the Pearl Anniversary.

The event raised a healthy profit which will go towards supporting undergraduate medical and dental education in Sri Lanka.

## **Other Dates for Your Diary**

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**SLMDA Masquerade Ball:** 23 March 2013 at The Guildhall, Watergate Street, Chester CH1 2LA

**10<sup>th</sup> Anniversary Law Medical Cricket Encounter:** Saturday 6 July 2013 at the McLaren and Grimson Fields followed by a Dinner Dance at the Holiday Inn, Wembley

**Charity Ball 2013: Saturday** 12 October 2013 at the Edwardian Renaissance Hotel, Heathrow, London

### **SLMDA Website**

Please visit the SLMDA website:  
[www.srilankan-mda.org.uk](http://www.srilankan-mda.org.uk)

### **Enrol a New Member**

In its efforts to boost the numbers, the SLMDA is seeking help from the current members to enrol at least one new member each. Please help us.

### **SLMDA Bursary Fund**

The Association has been providing bursaries to medical and dental students in need since its inception. The need for this assistance has never been greater. With the ever rising cost of living, many students are struggling to support themselves. For example, in Peradeniya, a room alone costs approximately Rs. 3000.00 per month. Food, clothing, travel and other miscellaneous expenses can amount to another Rs.10000.00. In comparison, the average wage of a teacher is only about Rs. 20,000 per month. One can understand the magnitude of the problem facing the students. Please support the SLMDA generously so that it can continue with its bursaries.

*Pearl Anniversary Charity Ball 2012*

*A Photo Gallery*



# The Spring Event Programme

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## Theme: Leading on Trends, Challenges & Fusions in Medicine for the 21<sup>st</sup> Century

- 09.00- 09.20 Registration & tea / coffee  
09.20- 09.30 Welcome address by President Dr. Champa Sumanasuriya
- Chair – Dr. Mahesh Nirmalan**
- 09.30 -10.00 **Human Development & Oral Health**  
**Prof. DYD Samarawickrama** BDS, PHD, FDSRCS, FHEA, FCGDP, FAACD, GSM  
*Queen Mary, University of London*
- 10.00 -10.30 **Junior Doctor Presentations (Each presentation 10 minutes)**
- 10.30 -11.00 **The Spine –What Can a Neurosurgeon Offer?**  
**Mr. Nick Thomas** FRCS  
*Consultant Neuro-surgeon, Kings College Hospital NHS Foundation Trust, London*
- 11.00 -11.15 **Coffee**
- 11.15 -11.45 **Military Medicine in 21<sup>st</sup> century**  
**Captain Nalin Navaratne** MBBS, BSc (Hons), DMCC, MRCS, RAMC
- 11.45 -12.00 **Post Traumatic Stress Disorder & EMDR**  
**Mr Pete Holloway**  
*Psychologist, Kent & Medway NHS Trust*
- 12.00 -12.20 **Medical Education in Sri Lanka: UK Medical Graduates' Perspective and Views**  
**Junior Doctor Presentation**
- 12.20 -12.30 **Junior Doctor Presentations (Each presentation 10 minutes)**
- 12.30 -13.00 **Lunch / Poster Viewing**  
**Presentation from Wesleyan (10 minutes)**
- Chair –Dr. Asanka Ranasinghe**
- 13.00 -13.20 **Vascular Surgical Trends in the 21<sup>st</sup> Century**  
**Mr. Lal Senaratne** MS, FRCS, D. Phil, (Oxon)  
*Consultant Vascular Surgeon and Surgical Tutor  
Kent & Canterbury Teaching NHS Foundation Trust*
- 13.20 -13.40 **Tele Medicine / Medical Tourism**  
**Mr. Saneth Wijyaratna**  
*CEO In Health Care Ltd*
- 13.40 -14.00 **Surgical Options for Obesity for Children and Setting Up the New Services**  
**Mr. Ashish Desai** MB, M Ch Paed Surg, FEBPS, FRCS (Paed)  
*Consultant Paediatric Surgeon, King's College London; Special Advisor in Bariatric Surgery to NICE*
- 14.00 -14.30 **Guest Lecture - Future Trends in Sports Medicine**  
**Prof Arjuna de Silva**  
*Head, Department of Medicine  
Faculty of Medicine, Kelaniya, Sri Lanka  
Director of Sports Medicine Unit, Sri Lanka*
- 14.30-14.45 **Panel Discussion**
- 15.45-15.00 **Presentations of Certificates, Prizes to Speakers and the Junior Doctors**  
**Vote of Thanks**  
**Dr. Ruvini Senasinghe** MBBS, DPM, MSc, MHSC, MRCPsych  
*Consultant Psychiatrist*
- 15.00- 16.30 **Annual General Meeting**
- 19.00- 01.00 **Dinner Dance**  
*Authentic Sri Lankan cuisine  
Music by Sky High*
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# SLMDA Spring Scientific Meeting & Dinner Dance



Saturday 4<sup>th</sup> of May 2013

## **Booking Form**

**Booking Deadline 25<sup>th</sup> April 2013**

**I would like to attend the Spring Scientific Meeting**

*Registration fee:* - £5 for members (and for those joining on the day) & AGM  
- £20 for non members (lunch provided)

Note: CPD points will be granted

**I would like to attend the Spring Dinner Dance**

*Please tick as appropriate*

**Total number attending Dinner Dance: Adults .....** **Children under 12 .....**  
*Tickets £35 for adults, £20 for children under 12*

**Total amount payable: £ .....**

**Name:** .....

**Address:** .....

.....

**Telephone Number:** .....

**E Mail Address:** .....

***(Please write legibly)***

**Please return the completed form & payment by cheque (made out to SLMDA UK) to:**

Dr. Ruvini Senasinghe, The Grigg Lane, Headcorn, Kent, TN27 9LY

Tel: Home: 01622 891963 Mobile: 07740306605

E-mail: [ruvini.senasinghe@btinternet.com](mailto:ruvini.senasinghe@btinternet.com)

Visit SLMDA website at [www.srilankan-mda.org.uk](http://www.srilankan-mda.org.uk)

**Registered Charity Number 800821**

## Accommodation in Maidstone for the SLMDA Spring Event

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### **1. Mercure Maidstone Great Danes Hotel: *the Venue for the Event***

Ref. No. for the Event: 37552730

Hollingbourne, Maidstone, Kent, ME17 1RE

Tel: 0844 815 9045

[www.mecure-maidstone.co.uk](http://www.mecure-maidstone.co.uk)

£85 for double rooms including breakfast

9 Hole Golf Link. Leeds Castle 2 minutes walk from the Hotel

Follow the M20 to Junction 8; follow signs for Leeds Castle at the first two roundabouts. At the third roundabout, take the third exit to the Hotel.

### **2. Tudor Park Hotel**

Ashford Road, Bearstead, Maidstone, Kent ME14 4NG

Tel: 01622 734334

Room rates vary at the time of booking.

4 miles away from the Event

Off Junction 8 of M20

### **3. The Village Hotel (a De Vere Hotel)**

Castle View, Forstal Road, Sandling, Maidstone, Kent ME14 3AQ

Tel: 0871 222 4598

Room rates vary at the time of the booking

At junction 6 of M20

### **4. Hilton Maidstone Hotel**

Bearsted Road, Maidstone, Kent ME14 5AA

TEL: 01622-734-322

At Junction 7 of M20

### **5. Days inn Maidstone**

Roadchef Motorway Svc Area, M20 Junction 8, Hollingbourne, Kent ME17 1SS

Tel: 0844 225 0768

Cheaper option £25 – 50 without breakfast

**Ref number for the event 37552730**

**Please keep the date free!**

**Bring your family and friends & make a weekend of it in historic Hollingbourne**

**You will be supporting a very good cause!**