

General Practitioners in England (Chronic Illness Clinics)

Name	City	Clinic/Practice	Email	Notes (Chronic Illness Association)
Dr. Tim Lebens	London	Private GP (Platinum Medical Centre)	info@drlebens.com	Private GP with specialist interests in general medicine and chronic disease management .
Dr. Isabelle Bénard	London	Palace Gate Practice / Medical Chambers Kensington	drisabellebenard@gmail.com	Bilingual GP managing patients of all ages with acute and chronic diseases , with additional training in nutrition to help prevent and control chronic conditions like cardiovascular disease and type 2 diabetes .

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Dr. Naresh Kanumilli	Manchester	Northenden Group Practice (NHS)	N/A (contact via practice)	GP with a special interest in diabetes and cardiology; leads community diabetes clinics and chronic care initiatives in Greater Manchester . (NHS England Diabetes Network Lead focusing on managing chronic conditions in primary care.)
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Dr. David Unwin	Southport	Norwood Surgery (NHS)	unwin5@btinternet.com	Award-winning GP known for pioneering a low-carbohydrate approach to treat type 2 diabetes – has helped many patients achieve drug-free remission of this chronic condition .
Name	City	Clinic/Practice	Email	Notes (Chronic Illness Association)
Prof. Carlos Rivas-Echeverría	Leicester	The Health Suite / SLEEPCARE Clinics	info@thehealthsuite.co.uk	GP (special interest in Sleep Medicine) experienced in managing chronic fatigue , sleep disorders, obesity and diabetes in the community .
Name	City (Orkney)	Clinic/Practice	Email	Notes (Chronic Illness Association)
Dr. Sarah Stevenson	Kirkwall	Skerryvore Practice (NHS)	ork.skerryvorepractice@nhs.scot	GP Partner; clinical interest in diabetes – oversees care for patients with this chronic condition .
Dr. Kirsty Cole	Kirkwall	Skerryvore Practice (NHS)	ork.skerryvorepractice@nhs.scot	GP Partner; Skerryvore runs annual clinics/reviews for chronic diseases (diabetes, heart disease, COPD, etc.) to manage long-term conditions .

Dr. Fiona Cook	Kirkwall	Skerryvore Practice (NHS)	ork.skerryvorepractice@nhs.scot	GP Partner; provides general medical care including routine chronic illness management (e.g. asthma, diabetes clinics run with nurses) .
Dr. Anne Tierney	Kirkwall	Skerryvore Practice (NHS)	ork.skerryvorepractice@nhs.scot	GP Partner; special interests in care of the elderly and polypharmacy (managing complex patients with multiple chronic conditions) .
Dr. Ingrid Norquay	Kirkwall	Skerryvore Practice (NHS)	ork.skerryvorepractice@nhs.scot	GP Partner; Skerryvore provides dedicated reviews for long-term conditions (e.g. annual COPD, asthma, diabetes check-ups) .
Dr. Richard Brunt	Kirkwall	Skerryvore Practice (NHS)	ork.skerryvorepractice@nhs.scot	GP Partner; involved in all aspects of general practice including ongoing chronic disease management for registered patients .
Dr. Liz Johnston	Kirkwall	Skerryvore Practice (NHS)	ork.skerryvorepractice@nhs.scot	GP Partner; provides general medical care and joint injection clinics, and contributes to chronic disease monitoring programs in the practice .
Dr. Jamie Stevenson	Kirkwall	Skerryvore Practice (NHS)	ork.skerryvorepractice@nhs.scot	GP Partner; provides full-spectrum family medicine, including management of patients with long-term chronic conditions (regular reviews, follow-ups) .
Dr. Marjolein van Schayk	Kirkwall	Heilendi Practice (NHS)	ork.heilendi@nhs.scot	GP Partner; leads primary care services (including chronic disease management) for patients in Kirkwall and linked isles (Heilendi covers mainland and island clinics) .
Dr. Angus Lyon	Kirkwall	Heilendi Practice (NHS)	ork.heilendi@nhs.scot	GP Partner; provides general practice care through Heilendi, including long-term condition reviews and integrated chronic care for Orkney patients .
Dr. Holly Tyson	Kirkwall	Heilendi Practice (NHS)	ork.heilendi@nhs.scot	GP Partner; involved in primary care and chronic illness management clinics for the practice's patient population (e.g. diabetes, hypertension monitoring) .
Dr. Ingrid Seatter	Kirkwall	Heilendi Practice (NHS)	ork.heilendi@nhs.scot	GP Partner; provides both NHS and contracted services (recently took on South Ronaldsay/Burray patients) – overseeing ongoing care for chronic illnesses in the community .
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Dr. Carolyn Sheehan	Stromness	Stromness Surgery (NHS)	<i>N/A (not publicly listed)</i>	GP Principal; provides general medical services in Stromness, including regular chronic disease clinics (e.g. diabetes, blood pressure, asthma reviews) for ongoing patient care .
Dr. Tony Wilkinson	Stromness	Stromness Surgery (NHS)	<i>N/A</i>	GP Principal; works alongside Dr. Sheehan – the practice delivers routine chronic disease management (annual health reviews for conditions like heart disease, COPD, etc.) as part of its services .
Dr. Rebekah Palmer	Stromness	Stromness Surgery (NHS)	<i>N/A</i>	GP Principal; provides comprehensive family medicine, including managing patients with long-term conditions through scheduled reviews and follow-ups (in line with Orkney’s chronic care protocols) .

Name	City (Orkney)	Clinic/Practice	Email	Notes (Chronic Illness Association)
Dr. Huw Thomas	Dounby	Dounby Surgery (NHS)	ORK.dounbysurgery@nhs.scot	GP Partner; special interest in dermatology – runs skin clinics and manages chronic skin conditions alongside general practice . Also involved in wider chronic disease care (e.g. training staff in diabetes management).
Dr. Shen Gills	Dounby	Dounby Surgery (NHS)	ORK.dounbysurgery@nhs.scot	Salaried GP; provides primary care including chronic disease monitoring – Dounby holds regular nurse/GP clinics for diabetes, hypertension, asthma, etc., to support patients with long-term conditions .
Dr. Joni Miller	Dounby	Dounby Surgery (NHS)	ORK.dounbysurgery@nhs.scot	GP (Salaried); part of the team delivering routine care and chronic illness follow-up (e.g. annual reviews for heart disease, COPD, and other long-term illnesses) for the Dounby practice population .

Dr. Tariro Gandiya	Dounby	Dounby Surgery (NHS)	ORK.dounbysurgery@nhs.scot	GP (Salaried); supports the Dounby practice’s chronic disease management program – ensuring patients with conditions like diabetes, asthma, or kidney disease get regular reviews and care planning .
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Westray & Papa Westray – Orcades Practice:

- **Dr. Amanda Cochran** – Westray – *Orcades (Westray Surgery)* – Email: ORK.WestrayGP@nhs.scot – GP providing 24/7 medical cover on Westray (also visiting Papa Westray); handles all primary care including chronic illness management, with regular medication and health reviews for island patients .
- **Dr. Jutta Meiwald** – Westray – *Orcades (Westray Surgery)* – Email: ORK.WestrayGP@nhs.scot – GP on Westray; part of the isles network ensuring continuity of care for chronic conditions (patients are *seen for repeat medication reviews at regular intervals* to manage long-term illnesses) .
- **Dr. Kate Done** – Westray – *Orcades (Westray Surgery)* – Email: ORK.WestrayGP@nhs.scot – GP on Westray; provides general and chronic care. The Westray/Papa Westray practice coordinates with nurses and first responders to monitor chronic diseases and perform scheduled health checks for those living with long-term conditions .

Hoy & Walls (Longhope) – Orcades Practice:

- **Dr. Iain Cromarty** – Longhope (Hoy) – *Orcades (Hoy & Walls Health Centre)* – Email: ORK.longhopesurgery@nhs.scot – GP serving the island of Hoy; one of a rotating team of three GPs providing 24/7 cover . Manages acute needs and chronic illnesses on-island (e.g. conducts home visits and clinics so patients with long-term conditions receive ongoing care without leaving Hoy) .
- **Dr. Marion McDowell** – Longhope (Hoy) – *Orcades (Hoy & Walls Health Centre)* – Email: ORK.longhopesurgery@nhs.scot – GP on the Hoy rotation; works with Dr. Cromarty to deliver primary care. Provides chronic disease follow-up clinics on Hoy (in collaboration with the practice nurse) so residents have regular monitoring of conditions like diabetes, BP, etc., locally .
- **Dr. Kevin Finn** – Longhope (Hoy) – *Orcades (Hoy & Walls Health Centre)* – Email: ORK.longhopesurgery@nhs.scot – GP on the Hoy rotation team; helps ensure continuity of chronic care on Hoy. Patients with long-term illnesses are seen by the Hoy GPs for routine check-ups, and urgent issues are coordinated with mainland specialists if needed .
- **Dr. Rebecca Payne** – Longhope (Hoy) – *Orcades (Hoy & Walls Health Centre)* – Email: ORK.longhopesurgery@nhs.scot – GP on the Hoy rotation; contributes to chronic care and multi-disciplinary case discussions. (The Hoy/Walls practice is part of Orkney's Isles Network, where GPs meet weekly via videoconference to discuss complex chronic cases and support each other .)

Stronsay – Orcades Practice:

- **Dr. Johnathan Cobb** – Stronsay – *Orcades (Stronsay Surgery)* – N/A (*contact via practice*) – GP for Stronsay; provides primary care on the island. Works with the island nurse to manage chronic diseases (e.g. arranges for periodic reviews of diabetic or cardiac patients, and coordinates care with Kirkwall specialists as needed) .
- **Dr. Vivienne Kirchin** – Stronsay – *Orcades (Stronsay Surgery)* – N/A – GP for Stronsay; co-manages the healthcare of Stronsay residents. Ensures patients with chronic illnesses receive regular assessments – for instance, the practice requests that anyone on repeat medications **sees the doctor for a review at regular intervals** to keep chronic conditions stable .
- **Dr. Wassim Malas** – Stronsay – *Orcades (Stronsay Surgery)* – N/A – GP for Stronsay; part of the team caring for this small population (approx. 300 patients). Provides ongoing care for chronic conditions locally (with support from visiting specialists or remote consultations when needed), aiming to minimize the need for patients to travel off-island for routine chronic disease management .

Sanday – Orcades Practice:

- **Dr. Carol Brodie** – Sanday – *Orcades (Sanday Surgery)* – ork.sanday@nhs.scot – GP for Sanday; resides on-island (Flebister House) to serve ~500 residents . Provides full primary care including chronic illness care –

patients are asked to email or see the doctor for **repeat medication reviews at regular intervals**, ensuring continuous management of long-term conditions .

- **Dr. Nicole Shaer** – Sanday – *Orcades (Sanday Surgery)* – ork.sanday@nhs.scot – GP for Sanday; works with Dr. Brodie. Runs regular clinics (in-person or via “Near Me” video) for chronic disease monitoring on Sanday – for example, diabetic foot checks, asthma reviews, and blood tests can be done on-island, with remote specialist input as needed .
- **Dr. Andy Warinton** – Sanday – *Orcades (Sanday Surgery)* – ork.sanday@nhs.scot – GP for Sanday; part of the rotation or recent team. Helps ensure that chronic disease **care plans are up to date** – patients on Sanday have local access to regular check-ups (the practice participates in weekly multi-island clinical videoconferences to discuss complex chronic cases and share support) .
- **Dr. Martin Linton** – Sanday – *Orcades (Sanday Surgery)* – ork.sanday@nhs.scot – GP for Sanday; provides comprehensive general practice. In addition to acute care, he contributes to Sanday’s chronic disease clinics – e.g. reviewing blood results for patients with hypertension or adjusting treatment plans for those with chronic illnesses without requiring them to travel to Kirkwall .