

Senior Fellows Club - Summer Newsletter 2025

The Senior Fellows Club is a community of over 200 retired doctors who meet up regularly. They have a [programme of events](#) throughout the year, including monthly Lecture & Lunches, an annual Guest Lunch & Exhibition, and an annual Summer Outing.

To find out more, please see the SFC pages on the [RCPE Website](#).

If you are interested in joining this thriving community, please complete this online [SFC application form](#) or email the clubs administrator – sfc@rcpe.ac.uk.

Welcome to the SFC Newsletter for Summer 2025. Since the turn of the year, we have enjoyed a varied programme of speakers, a successful Exhibition and Guest Lunch, and a Summer Outing to Edinburgh Zoo which was both entertaining and informative.

The 2025 lecture programme started with a presentation by Dr Ines Aščerić-Todd from the Department of Islamic and Middle Eastern Studies, Edinburgh University, on the wide-ranging topic of 'Islam and Medicine'. Professor Peter Blain, who is Emeritus Professor in Environmental Medicine at the University of Newcastle, then led us through some of the lesser-known details of 'Covert Assassination'.

We are grateful both to Stefan Slater and College staff for helping to organise another highly successful exhibition. The Guest Lunch which followed was well attended and we were musically entertained by Paul Cormie and colleagues – billed as the Medico-Legal Quintet as one of their number is a retired Procurator Fiscal.



SFC members enjoying the annual Arts, Crafts and Collectors exhibition



Guest lunch attendees listening to the welcome speech from SFC Chair Nick Bateman

Dr Alastair Blair, retired paediatrician from Fife (though now living in Skye), took us through some of the intrepid characters and unlikely machines involved in the early 'History of Flying'. The Scottish sports historian John Hutchinson then addressed the topic of the link between 'Edinburgh Doctors and the World's First Football Club', along with an exploration of the social context within which the Club was formed and thrived.

In May we hosted colleagues from the Royal College of Surgeons of Edinburgh for our annual joint SFC Lunch. This was the last of our lunchtime lectures and was delivered by Professor Robin Ferner, Honorary Professor of Clinical Pharmacology at the University of Birmingham. Professor Ferner gave us the benefit of his expert pharmacological knowledge in relation to several highly publicised court cases over the last couple of centuries in a talk entitled 'Medicines and Murder'. With over 70 in attendance, we ended this years lecture series on a high.



Over 70 members from the RCPE & RCSE SFC enjoy May's lecture



The RCPE & RCSE SFC Honorary Chair and Secretaries

Members of the SFC can watch all available lecture recordings from this lecture series on the RCPE website. If you'd like to find out more, please email sfc@rcpe.ac.uk.

We are looking forward to the 2025/26 lecture programme starting in October this year. The list of upcoming Autumn lectures can be found below and to see the full programme, please see the [RCPE website](#).

Date	Speaker/Event	Title of Talk
Monday 6th October 2025	<i>Professor Jim Drife, Emeritus Professor of Obstetrics and Gynaecology, University of Leeds</i>	<i>Reducing Maternal Mortality – Forgotten Heroes and Heroines</i>

<i>Monday 3rd November 2025</i>	<i>Dr Frank Dunn, Honorary Professor University of Glasgow and Retired Consultant Cardiologist</i>	<i>The Health Challenges of Two Golfing Legends</i>
<i>Monday 1st December 2025</i>	<i>Major Gordon Corrigan Author and Historian</i>	<i>Putin's War in Ukraine</i>

SFC Summer Outing

Our Summer Outing to Edinburgh Zoo was well attended by 38 members and guests. The day started with a lecture by a delightful Edinburgh Zoo veterinary surgeon, Barbara Ferreira. Barbara rose superbly to the topic of sharing with us some of her Challenging Cases, starting first with a penguin who had a headache and focal epilepsy, through the difficulties of performing surgical procedures almost literally “in the field” and included advice on how best to lure a cheetah into a steel cage – the role of the perfume for men by Calvin Klein labelled Obsession played a prominent part! Should you wish to contribute to her field work in Africa, this can be through the charity [AfriCat](#) to Lloyds bank account number 18915462 sort code 30 99 50. Please mention Cheetah Collars and Barbara Ferreira when donating.



SFC members exploring Edinburgh Zoo



Edinburgh Zoo's veterinary surgeons, Barbara Ferreira with members of the SFC

SFC Walking Group

The Walking Group's first walk of 2025 was in April on a horrendously wet day. Not surprisingly, the forecast resulted in a very small group of keen walkers who started at Borthwick Castle before walking up and down the local hills to reach Crichton Castle and return via Crichton Church, where they paused for picnic lunch. The May walk was on a lovely sunny day to Bonaly Country Park with an enthusiastic group who enjoyed being together on such a lovely day. June was a rather different walk in and around Newburgh in Fife - climbing a hill to the reservoir for a picnic lunch, exploring the town, including the ruins of Lindores Abbey and its neighbouring Distillery, before finalising the walk along the River Tay.

The next walk will take place on Thursday 17th July and will feature fields of wheat, a Roman Fort, and a magnificent bridge. The group is happy to welcome new SFC members, so if you would like to find out more please contact sfc@rcpe.ac.uk.

Catering Survey

We have recently sent round a survey to all SFC members on the topic of catering in relation to our regular lunchtime meetings. Do please fill this in as we very much value your views and would like any proposed change to reflect the preferences of our members.

SFC Visit to Alpine Houses

Jean Keeling kindly arranged a visit on 10th June for members to the Alpine Houses at Edinburgh Royal Botanic Gardens, and this was a great success. Jean is in the process of organising a further visit to the Herbarium. Details of this will be circulated to SFC members by the SFC Administrator shortly.

TENOVUS - Supporting innovative research by young medical researchers in Edinburgh

The Edinburgh Branch of [Tenovus Scotland](https://www.tenovus.scot.nhs.uk/), which is a medical research charity, seeks further funding for high quality research applications.

Pilot projects test innovative ideas and frequently provide the spring-board for successful applications for larger grants from well-established national and international medical research funds. PhD grants allow talented students from clinical and biomedical backgrounds the opportunity to participate in innovative developments.

Interest is growing steadily and the challenge in recent years is to be able to support the increasing number of high-quality applications they receive. For example, last year they

had 30 registrations of interest, 18 applications and funded 7 although others were deserving.

Any support you, friends or colleagues could provide now or in the future for TENOVUS Edinburgh would be greatly appreciated and would continue to support future research for patients. If you would like to donate or leave a legacy that could be the start of an exciting new medical development, then please consider TENOVUS-Scotland. More information is available on [their website](#).

Chest, Heart and Stroke Scotland

Roger Smith, our Treasurer, has a long-standing association with Chest, Heart and Stroke Scotland, having served as Chairman for 5 years and thereafter as a volunteer in the CHSS shop. Please find more information from Roger below, you might be encouraged to volunteer as well!

From 2013-2018 I had the honour of being Chair of Chest Heart and Stroke Scotland (CHSS). During that time there was a change of Chief Executive as well as a change of direction. Aware of bigger organisations like British Heart Foundation and British Lung Foundation doing similar things we looked where in the spectrum of care there was an unfilled need. It was identified that the immediate post-discharge period was one such gap. As a result CHSS provides Advice and Support Services, Health Information leaflets, Community Support Groups, Stroke Nurses and Peer Support Groups to cover this part of the spectrum. They also have a 6 week self-management programme. The Advice Line can be accessed by ringing 08088 010899. CHSS has recently taken the important role of helping with Long Covid which is impacting on a considerable number of people. After finishing my time as Chair I had intended to step away but one day I was handing in a donation to the Morningside CHSS shop when I was "encouraged" to become a volunteer in the shop! I now volunteer for 4 hours on a Wednesday morning and thoroughly enjoy working with the other volunteers and customers. I can recommend volunteering to any SFC member who has time to spare. You might even have Chairs of the SFC as customers!! For more information, please see [their website](#).

May I close by wishing you a pleasant and rewarding summer, and I look forward to seeing as many of you as are able at our next meeting on Monday 6th October.

With kind regards,

John Wilson

SFC Honorary Secretary