

Who's who in Halesworth Health?

More about the people involved in Halesworth Health



Dr Annette Abbott (Vice chair)

Dr Annette Abbott is a GP partner at Cutlers Hill Surgery. She moved to East Anglia because of family connections, after qualifying in 1978 at the Welsh National School of Medicine. She worked in hospital medicine in Norwich and then spent a year in 1979-80 as a trainee GP in Halesworth. After several more hospital jobs in Norwich she worked part time as a Community Paediatrician for seven years covering South Norfolk. During this time she had three children.

In 1989 she went back to hospital medicine and went on to get Diploma in Child Health and Diploma in Obstetrics and Gynaecology in 1990- 91. After that she worked in General Practice in Beccles for 3 years before becoming a partner in Halesworth in 1994.

Since 1995 she has been involved in trying to shape and develop health services in Halesworth and the wider North Suffolk area, working with various different health organisations through the years (Primary Care Group, Primary Care Trusts, and latterly with Health East – a clinical commissioning group led by GPs for the Great Yarmouth and Waveney area). She also represents the wider community of local GPs at the Norfolk & Waveney Local Medical Committee which she has done for the last 12 years. She became a Member of the Royal College of GPs in 2010.

She has been involved in the management of Patrick Stead Hospital and Rayner Green Centre and the development and building of the Cutlers Hill Surgery – first and second phase and latterly the new pharmacy on site.

Annette is committed to providing compassionate holistic care for the community and is keen to ensure that the great advantage of the integrated health services we have on one site is maintained and developed. She believes that working with such a great team of committed staff, medical and nursing colleagues, means that the best possible outcomes can be achieved for patient care. She is a keen supporter of and very grateful to all the local voluntary health organisations which together with the local NHS services, make Halesworth health care special.

She also represents health interests at Halesworth Campus Group, to facilitate joined up thinking about all the community projects alongside local health needs for the future.



David Fosdike (Trustee)

David Fosdike became a Halesworth Town Councillor in February 2010. In 2011 he became the health link councillor, enhancing the links between the Town Council and all aspects of health in the area. David has lived all his life in Halesworth. He is keenly interested in the development of the local area and in working for people to benefit their community.

David is also a Holton Parish councillor and sits on other community organisations and groups in and around Halesworth. He contributes as much as he can to support Halesworth Health with its aim of safeguarding and developing community health and care locally health and securing it for future generations.



Deborah Holmes (Secretary)

Deborah grew up in Essex and has been visiting Suffolk for many years. She moved permanently to the Halesworth area in 2011.

Deborah is a lawyer who worked for many years in local government, finishing off her career as a senior administrator and Director of Legal services in London. She has worked for a variety of councils all over the country.

Deborah is particularly interested in health support care for the elderly, but believes that Halesworth health services are excellent across the whole range, and that it is important to everyone that strong local healthcare provision continues. She is looking forward to working with the group on this interesting project.



Dr Richard Kell (Chair)

Dr Richard Kell is a GP partner at Cutlers Hill Surgery. He came to Halesworth in 1986 as a trainee GP, after spending several years in hospital medicine.

Richard enjoys all clinical aspects of General Practice and for the last 20 years he has trained new GPs and medical students as well as co-ordinating Cutlers Hill Surgery's 'in house' educational programme.

He believes that medicine has to be practised with care and compassion and that good communication and a holistic approach are vital. He is also convinced that the importance of an integrated primary and intermediate health care team, where others' roles are valued, cannot be overemphasised.

After qualifying in Medicine at The London Hospital in Whitechapel in 1979, Richard attained Membership of the Royal College of Physicians and the Diploma in Child Health. Subsequently, as a Police Surgeon for 20 years, he added the Diploma in Medical Jurisprudence. More recently he gained Membership of the Royal College of General Practitioners.

Richard has been Chair and Trustee of The Halesworth Community Nursing Care Fund (HCNCF) for 10 years. His wife Barbara Kell, Nurse Co-ordinator at Cutlers Hill and Trustee and Secretary of HCNCF, has been an integral part of the HCNCF for over 20 years, in all the officer roles, and the HCNCF is hoping to develop her idea of a local information and support centre for patients with serious illness.



Karen Kerridge (Trustee)

After leaving school in 1988 Karen started work at the local branch of Barclays Bank, where she worked full time, leaving in 1996 to start a family. Five years later she joined Lloyds TSB on a part time basis.

2005 brought a total change in her working life, when she joined the voluntary sector. Working as Assistant Co-ordinator at Halesworth Volunteer Centre she was – and still is – responsible for organising the Community Car Service.

Karen also works hard for, and with, local people on a voluntary basis. For the last 20 years she has volunteered as an assistant guider with 2nd Halesworth Brownies.

Karen joined the League of friends in 2006, wanting to give something back after the hospital cared for her grandad so well. She was elected as Chair last November, and since then has been involving younger people as well as the older generation. She is trying to inject fresh ideas, move with the times and involve the whole community, and strongly believes this is the way forward for the League of Friends to best support health care services at Patrick Stead.



Dr Rishi Nair (Trustee)

Dr Rishi Nair began working as a GP in Halesworth in Nov 2010. He has a special interest in the care of the elderly and palliative medicine.

After having attained his medical qualification from Nepal in 2000, Rishi further trained in general medicine and general practice at the Princess Alexandra Hospital in Essex. This involved posts in several medical and surgical specialities including Orthopaedics, Paediatrics, Obstetrics & Gynaecology and Urology.

Rishi became a registered General Practitioner in March 2008 and subsequently spent over two years working at a busy market town surgery in Bishops Stortford, Hertfordshire. During this time he was also involved in providing weekend medical cover to a local 8-bedded hospice, which he found very rewarding. The experience in caring for terminally ill patients strengthened and confirmed his interest in palliative care. Rishi holds a Diploma in Obstetrics & Gynaecology, and a Certificate in Palliative Care.

Nikki Sawkins (Trustee)



Nikki Sawkins now works in Nurse Consultancy following a 40 year career in the NHS. She trained as a nurse at the University College Hospital London and as a midwife at the Norfolk and Norwich Hospital. Nikki spent 28 years nursing in the community, initially in a dual role of District Nurse/Midwife, then as a Specialist Practitioner in District Nursing.

She represented the Waveney Primary Care Trust (PCT) as Cancer and Palliative Care Lead for eight years and also as nurse representative for five years on the PCT Executive Board. Experience of project management with the Norfolk and Waveney Cancer Network led to an opportunity of a national end of life care nursing role with the National Gold Standards Framework team. She continues to contribute to the National Council for Palliative Care as a member of the Older Persons Policy Group.

Recently retired from the NHS, Nikki continues to support local projects in service development and charity work. She is a founder member of the Halesworth Community Nursing Care Fund, supporting people at end of life.

Mat Waters (Trustee)



Mat is a local accountant who lives and works in Halesworth for Lovewell Blake. He first became involved with Halesworth Health by way of his treasurer role for the League of Friends of Patrick Stead Hospital before being formally invited to join the board to provide the appropriate financial and accounting guidance to the trustees. He is responsible for maintaining the charity's financial records and preparing the year end financial statements.

Through his work, he is involved in charity accounting and has presented at seminars on subjects such as trustee responsibility, charity structures and recommended practice.

In 2014 he became a trustee and director of a Halesworth Campus Limited, joining Annette Abbott in representing Halesworth Health.