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Dr Swarbrick grew up in Western Australia and completed a Bachelor of Medicine and Bachelor of Surgery from the University of Western Australia in 2012. During his 4-year specialist training in Dermatology, he worked at the National Skin Centre in Singapore for 6 months and completed the remainder of his training working across the adult and paediatric tertiary hospitals in Perth. He was the winner of the Kossard Dermatopathology Award for his performance in the Australasian College of Dermatologists' Fellowship Examinations in 2021 and was subsequently admitted as a Fellow of the Australasian College of Dermatologists in 2022 upon completion of training. Dr Swarbrick is happy to accept referrals for all aspects of dermatology both adult and paediatric and has a particular interest in skin cancer, acne, eczema, and psoriasis. He is also committed to furthering ongoing medical teaching, clinical research, and has published in peer-reviewed medical journals such as the Australasian Journal of Dermatology. We use necessary cookies to make our site work. We'd also like to set optional cookies to help us measure web traffic and report on campaigns. We won't set optional cookies unless you enable them. Doctors, medical appointments, hospitals, medical staff. With Doctuo you can find the doctors you need. You can book online your appointment and hire medical insurance online. Privacy Policy Cookies Policy Terms and Conditions Legal notice Contact Contents hosted on Doctuo should not be used as substitutes for professional medical advice, diagnosis or treatment. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Doctuo © 2025. All Rights Reserved. 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A conscious, deliberate process that requires a person to become aware of and make choices for a more satisfying lifestyle. inspired by Dr. Jerry Johnson's "Wellness and Occupational Therapy" (1986), stemmed from a greater desire to address disparities facing people with or at risk of developing mental or substance use disorders. Interested to learn more about the creation of the model, I spoke with Dr. Swarbrick about the ideas and concepts behind its invention. "This model has evolved over many years based on the lived experiences of people facing traumatic life experiences, substance use, and mental health challenges", she said. "Initially, the model included only 5 dimensions, but over time evolved to 8 based on the many needs and issues facing people on the field and in the street." Swarbrick's '8 Dimensions' model has been used to craft an effective framework for the pursuit of wellness. In no particular order, these dimensions are: Physical, Spiritual, Social, Intellectual, Emotional/Mental, Occupational, Environmental, Financial. The model (below) prominently features adjacent dimensions overlapping to convey the idea that all dimensions are connected and reliant on one another. When teaching the model, Dr. Swarbrick discusses how each dimension can impact one another both positive or negative. What has been the most successful aspect of this model is that it is strength focused building on people daily habits and routines, to build and strengthen new habits. People often identify key activities they do each day for example sleep, helps in multiple dimensions including physical, emotional and social. For short- and long-term recovery many people benefit on regularly checking in to consider what they do each day or week physically socially emotionally etc. We find that very often people can identify what they are doing and consider how they can continue to strengthen this daily habits and routines. In time, Swarbrick would go on to organize a peer coaching program based on the concept of wellness and the '8 dimensions' featured in the wellness model. Peer providers worked as wellness coaches to help support other peers to create realistic, achievable goals for self-betterment. Opening statements with 'I will' rather than 'I will try' allows people to commit to their self-betterment plans, and coaches work to offer the positive reinforcement needed to maintain and achieve long-term goals. Interestingly, the long and successful 23-year lifetime of the 8 Dimensions of Wellness model has also given birth to several branching takes on Swarbrick's wellness formula. I've yet to find a model that seeks to increase the number of dimensions to 9, but several models have taken steps in the opposite direction. While searching for alternate Wellness models, I found two separate and unrelated models featuring 7 Degrees. The first populated various websites, with in-depth guides to the model varying stylistically from scholarly lessons to everyday, casual walkthroughs. Both guides appeared to provide the same general definition for 'wellness' as the one used by Dr. Swarbrick, and dropped the 'Financial' dimension. To compensate, they created a new segment: Career. Career acts as a fusion between 'Financial' and 'Occupational', but with a few major differences. First, it asks the viewer for a more individualized assessment of wealth than Swarbrick's model. Most employed persons thinking about their finances when oriented around the word 'career' will center around their own salaries: The amount of money they contribute to their personal or familial economy. In contrast, Swarbrick's model uses the term 'financial', which asks users for a more holistic assessment of each source of income and spending in their local economy. This can include gifts from families or others in one's household, which may be more relevant for the individuals living with mental and substance use challenges. Second, 'career' does not refer to a current 'occupation', but a path that leads into future opportunities. It asks viewers to look into the future and assess the likelihood that their current career path will be able to support them as they grow older. These differences reflect a deliberate shift in design philosophy to better align this wellness model with its intended audience. Swarbrick's model is meant to aid those struggling with mental disabilities, but this model has no such focus; both sources featured above directly encourage all readers to take tangible steps towards improving their own wellness. This suggests that the 7-degree model is intended for use by the general public as a framework for them to manage their own lives, rather than a framework upon which trained peers can construct life coaching sessions for the mentally ill. When I looked at most of the other similar-but-different models, I was met with similar findings: Rather than simply re-hashing the same concepts with a marginally different graphic, each take on wellness was tweaked to suit the needs of a specific group of individuals. One model, for example, focused more on an individual's view of how past events continue to affect their current well-being, and was featured on a website advertising a retirement home. As my interview with Dr. Swarbrick came to a close, I presented to her my findings on differing models across the net. This came to no surprise to her, and she seemed grateful that her model has had such an impact. "It has been amazing how well received this model has been", she said. "[It has been] embraced by many people in the field, as well by as groups who are at risk of experiencing stress that impacts their own well-being and quality of life." Auction Set Sale Auction \$1,850,000 \$1,100,000 \$1,250,000 \$2,350,000 \$671,000 \$1,097,000 \$1,515,000 \$480,000 Stay up to date with our latest news, tips and tricks. View all posts 2025 Michael Swarbrick - Harcourts Cooper & Co. All rights reserved. Powered by Rex Websites. Partner MB ChB MRCPG DFFP (Glasgow) 1996 Surgeries - Monday Am Tuesday , Wednesday, and Friday AM. Dr Richardson qualified as a GP in 2003 and has been at the Bewicke Medical Centre since 2006. Her interests are Mental Health, Pain Management and Women's Health. She fits intrauterine devices (Coils) for contraception and heavy menstrual bleeding, and implants for contraception. She is the practice lead for the North Tyneside Clinical Commissioning Group (CCG), and the Wallsend Locality Director for the CCG and so is involved in policy making and priorities for health in our area. Dr Richardson also works in the Extended Hours Service for Wallsend, providing routine appointments at weekends. Partner MBBS,MRCP,DRCOG,MRCPG 1989 Surgeries Monday, Tuesday and Wednesday Partner MBBS MRCPG DFFP 1999 Surgeries - Tuesday am, Thursday and Friday all day MB BS MRCPG (Newcastle) 1984 Surgeries Monday, Tuesday, Dr Coomber has been a GP at the Bewicke Medical Centre Surgery since 1990. He is the pharmacy lead at the practice and works closely with our community pharmacist. Dr Coomber has a real passion for teaching and mentors our attached Junior Doctor at F2 Grade and supports in the teaching of medical students from Newcastle University. He does joint injections and remains a generalist covering all patients for physical and mental health conditions. Dr Coomber will be reducing his surgery sessions and will only be available Monday and Tuesday. Due to the reduction in hours some patients may have been allocated a new usual GP so we can continue to provide the best level of care. This does not mean that you can not see Dr Coomber for future appointments. BM BS MRCPG DCH DFFP (Nottingham) 1989 Surgeries- Monday, Tuesday and Wednesday Dr Petrie is one of the GP tutors for undergraduate medical students at the practice. She is also involved with early clinical and community experience for 1st year medical students. This involves the medical students first visit to primary care as she is dedicated in supporting the development of future doctors into general practice. A clinical lead for Diabetes and her interests include women's health, contraception (coil and implant fitting) MBChB MRCPG (Dundee)2000 Surgeries - Monday & Tuesday AM BM BS MRCPG DCH DFFP (Nottingham) 1989 Surgeries- Tuesday, Wednesday, Thursday and Friday Surgeries- Monday AM ,Thursday and Friday The pharmacy team deals with all medication queries from new medication to discharge medication and medication reviews to ensure safe prescribing. Surgeries Tuesday,Wednesday and Thursday Our Practice Nurses provide chronic disease management; cervical smears; childhood vaccinations; smoking cessation; travel vaccines and advice and contraceptive services. There will be a charge for some travel vaccines such as Hep B. Chronic Disease & Nurse Manager Our Healthcare Assistant carries out new patient checks; takes blood and offers routine blood pressure checks as well as doing some elements of the chronic disease management. Healthcare assistant works Tuesday AM to Friday AM The team consists of the Practice Manager, Operations Manager and Reception Supervisor. There is also A QoF Manager and Nurse Manager A team of around 12 administrative staff ensure the smooth running of the surgery. The Midwives attached to our Practice provide specialist ante-natal care in the surgery and post-natal care at home. The Community Nurses (District Nurses) attached to our Practice provide wound management; continence care and assessment; palliative/terminal care; catheter care. They work both in the surgery and in the home. The District Nurses are not based in the surgery. To contact a District Nurse call 0191 2380044 Out of Hours 0845 6080320. The Health Visitors attached to our Practice provide a range of services for children and their families including child health surveillance, immunisations and well baby clinics. Their telephone contact number is 0191 2968401. Jacques Lacan Theory and practice of psychoanalysis Enlightenment Studies Avant-Garde Katharine Swarbrick began her research career by writing on Lacanian perspectives on the psychopathology of Jean-Jacques Rousseau about which she is currently completing a monograph. Her exploration into interrelations between psychoanalytic theory and aspects of Enlightenment has extended into the life and works of Jean-Francois Marmontel and, more recently, Voltaire. In the field of Twentieth century European literature, Dr Swarbrick has recently published psychoanalytic interpretations of novels by Virginia Woolf, Marie Darrieussecq and Jacqueline Harpman. In 2012 she opened the Edge of Words research panel at Edinburgh with an inaugural discussion of Lacanian perspectives on the borders of symbolic structures. She also works on interdisciplinary topics including the relations between avant-garde and neo-avant-garde productions and the psychoanalytic theories of Freud, Lacan, Zizek. She has recently examined the poetic dialogue between French surrealist Georges Hugnet and Gertrude Stein. Lizzie Swarbrick's work focusses on high and late medieval Scotland, and explores a variety of media related to the pre-Reformation church, including architecture, sculpture, furnishings, tombs, paintings, music, and liturgical performances. She joined the department in Autumn 2017 as an Early Career Fellow funded by the Leverhulme Trust to work on a three-year project about Roslin church (alternatively Rosslyn Chapel). She was recently awarded her PhD at the University of St Andrews for a thesis entitled 'The Medieval Art and Architecture of Scottish Collegiate Churches' supervised by Prof. Richard Fawcett and Dr Julian Luxford. Lizzie's doctoral work examined the material culture of Scotland's forty-nine colleges, between 1250 and 1560. This was funded by the AHRC (as part of the Corpus of Scottish Medieval Parish Churches project) and an Ochs Scholarship awarded by the British Archaeological Association. She has presented widely on her work and has contributed an article, 'The Patronage of the Collegiate Church at Cullen', to the British Archaeological Association volume on Medieval Art, Architecture, and Archaeology in the Dioceses of Aberdeen and Moray (2016, edited by Prof. Jane Geddes). She has a forthcoming book chapter co-authored with Prof. Richard Fawcett on Scottish collegiate church buildings and is working her PhD thesis up into a monograph. Before her PhD, Lizzie undertook both her undergraduate and masters degrees at the Courtauld Institute of Art. The latter was funded by the AHRC and specialised on Gothic cathedrals under the supervision of Prof. Paul Crossley. Her MA dissertation on the marginal sculptures at Heckington church won the Berger Foundation prize for the best dissertation on a topic of British art from any period. Lizzie Swarbrick's current research project centres on the art and architecture of the 15th century church of St Matthew in Roslin, Midlothian. Roslin (alternatively Rosslyn) has long intrigued visitors, and its place within the popular imagination of medieval Scotland has only increased in recent years due to appearances in fiction and film. However, despite its fame, this important medieval building has not previously been the subject of a sustained scholarly work. Yet Roslin remains an extraordinarily rich building for study, comprising a great deal of the figural sculpture to have survived from late medieval Scotland within an unusual, ambitious, and imposing building. Roslin has long been seen as supremely idiosyncratic, but Lizzie's work connects the building's material culture with the wider cultural context of late medieval Scotland, Britain, and Europe. More specifically, her work on Roslin sheds light on issues surrounding the church's institutional history, its patronal involvement, audience, access, and the liturgical and musical performances it once housed. This focus on the working life of the church stems from Lizzie's interest in the devotional and practical functions of medieval architecture, objects, and imagery. A public programme will run alongside her project on Roslin, beginning in 2018. More broadly, Lizzie's research interests include Gothic architecture, church furnishings, ecclesiastical ornaments and textiles, late medieval sculpture and painting, monumental marginalia, tombs, commemoration, medieval liturgy, pre-Reformation Scottish music, performance, Scottish history, and nationalisms.