



100 Years of Arlington Road Medical Practice

2026 marks the centenary of the establishment of the Partnership of Arlington Road Medical Practice, its history makes an interesting read and demonstrates a Practice that has grown and developed over time to meet the changing needs of healthcare in an ever changing world.

The Practice was started by Dr Ethel Downing in 1926 initially at 6 Old Orchard Road with a branch surgery at 236 Seaside, the home of a Mrs Cook.



Dr Hebe Coghill
examining children in
the course of a large
scale medical inspection
of school children who
were being evacuated in
July 1940

In 1930 Dr Hebe (Elfreda) Coghill joined Dr Downing at 6 Old Orchard Road and later in the 1930's they were also joined by Dr Bridget Gurney. A partnership of 3 female GP's would be unusual today but must have been unique in the early 1900's!



Dr Ethel Downing

World War II commenced and bombing in Old Orchard Road in 1939 forced the Partnership to move temporarily to 9 Milton Crescent. The following year, in 1940, Dr Coghill took a job as Assistant Schools Medical Officer in Cornwall until 1945 and Dr Gurney joined the Royal Army Medical Corps.

In 1942 Dr Downing moved back to practice from 6 Old Orchard Road due to bombing in Milton Crescent then in 1946 Dr Coghill rejoined Dr Downing and they began practicing from the ground floor of our current site at 1 Arlington Road. The Partnership has therefore been at our current site for 80 years. 1 Arlington Road was built in 1902 as a private residence and had 4 previous owners before being purchased by Dr Downing & Dr Coghill.

1948 saw the Birth of the NHS and the Eastbourne Herald published a list of 49 doctors and ophthalmic opticians who have accepted service under the 'new Act' namely the National Health Service. Dr H B Coghill and Dr Ethel Downing are listed in this publication.



Dr Harry Clarke

Many of our older patients will remember Rebekah Keating who joined the practice as a receptionist in 1950, she worked for 35 years, retiring in 1985. In 1955 Dr Harry Clarke, Dr Downing's nephew joined the partnership.

In 1959 Dr Coghill retired after 29 years' service and Dr Nancy Lord joined the partnership. Dr Lord left the Practice to be married in 1967.



Dr Nancy Lord

During the 1960's the Branch Surgery moved from 236 Seaside to 203 Seaside the home of a Mrs Lower. In those days the consulting room was in the back room of the house and the patients waited in the front room!

National Health Service

Practitioners Who Are Available

For the convenience of readers we repeat the list given in the "Eastbourne Herald" on Saturday of local practitioners who have accepted service under the new Act.

In addition we rectify an omission from that list by giving the ophthalmic opticians who test sight and supply glasses:—

There are 49 doctors and they come within Eastbourne, Pevensey Bay, Westham, Stone Cross and Poligate.

They are: Drs John B. Adams, Frederic B. S. Barkworth, John A. Barlas, R. M. Barron, John A. Bell, George F. A. Caldwell, Norman R. Carlson, D. G. Chutcher, E. Venn Claydon, E. H. B. Coghill, David Craib, J. Craig, A. C. Crook, Daphne Dear, Ethel Downing, A. G. Emslie, J. A. S. Emslie, H. G. Estcourt, K. H. Gill, F. H. Gillett, E. W. Hall, R. V. Harris, H. S. Hogg, M. Hollenden, C. W. Holme, P. A. Hubbard, A. H. Jack, B. S. Kent, A. M. Lester, H. R. McAleenan, W. McAleenan, B. Macaulay, R. MacQueen, S. A. McSwiney, P. W. Mathew, J. W. Moran, P. G. L. Parry, R. W. Phillips, H. J. A. Pollard, H. F. Shaw, G. D. Sherwood, L. M. Smith, E. A. H. Snowball, I. Thomas, G. S. Trower, E. W. Bedford-Turner, J. Gordon Wilson, T. H. Wilson.

Dr Jackson G. Boal is for the Collee.



Dr Iain Paterson

1966 saw the retirement of the Practice's founder, Dr Downing, who retired after 40 years' service and Dr Iain Paterson joined the Partnership

In 1969 Dr Michael Walter joined the Partnership. The following year the Branch Surgery at 203 Seaside closed when the Winifred Lee Health Centre opened at Wartling Road and we shared the Health Centre with Dr Craib and Partners.



Dr Michael Walter

We became a Training Practice in 1979 with Dr Michael Walter taking our first GP Trainee, Dr Philip Jones who went on to Practice in Bath.



Dr Peter Williams

At this time the Practice List size had reached 10,300 and the workload was increasing all the time. Dr Peter Williams joined the Partnership from the RAF where he was a Squadron Leader, providing medical services to Officers, Airmen and their families. He became a GP Trainer alongside Dr Walter in 1982.

The workload was increasing but the space we had to work from was very restricted. In 1981 we were able to purchase the 1st and 2nd floor of Arlington Road and build a ground floor extension to create two additional consulting rooms. Until that time Dr Coghill had lived in the residential flat upstairs in 1 Arlington Road.

Dr Robert Deery joined in the partnership in 1984 having previously completed his own GP Training at the Practice and later became a GP Trainer himself.



Dr Jane Lofts

Dr Jane Lofts joined the partnership in 1988 and Dr Debra Stock (now Davison) joined in 1994, they had both previously completed their GP Training at the Practice.

In 1995 Dr Clarke retired after 40 years' service and Dr Paul Frisby joined the partnership having previously completed his GP Training at the Practice.



Dr Robert Deery

Even before Dr Clarke retired we were short of space again and, after considering many other possibilities, in 1997 we were able to purchase the ground floor flat of 18 Old Orchard Road (the other half of the semi-detached house that is number 1 Arlington Road) and expanded the original extension built in 1981 across the back of both properties, massively increasing the ground floor of the Practice.



Dr Debra Stock (Davison)

Dr Paterson retired after 33 years' service in 1999 and Dr David Higgs joined the Partnership. In the same year, The Winifred Lee Health Centre closed and we began to operate from one site at 1 Arlington Road.



Dr Paul Frisby

Dr Michael Walter retired in 2002 after 33 years' service and Dr Ilan Rajap joined the Partnership having previously completed his GP Training at Arlington Road. Dr Pravin Jain also joined the partnership until 2005 when he left to work at another practice.



Dr Ilan Rajap



Dr David Higgs



Dr Mark Jones

In 2010 Dr Mark Jones (current Senior Partner) joined the partnership having worked for the practice as a Salaried GP in 2009 and in 2012 became a GP Trainer himself.

The Arlington Pharmacy opened in 2013 taking up firstly 2 and then 3 of our ground floor consulting rooms. At this time the Practice expanded into the 1st and 2nd floor flats of 18 Old Orchard Road, replacing the consulting rooms lost to the pharmacy on the ground floor plus 2 additional consulting rooms, including our well-equipped minor surgery room and a lift to the first floor. Additional office space was also created on the 2nd floor.



Dr Iftikhar Ahmad

In 2015 Dr Iftikhar Ahmad joined the partnership having worked for the practice as a Salaried GP since 2012 and having previously completed his GP Training at the practice. The same year Dr Rajap left the partnership to focus on his Dermatology work after 13 years' service.

Dr Laure Berthelot-Cabaret and Dr Ben McFadden joined the partnership in 2016 having worked as Salaried GPs since 2015. Dr McFadden had also previously completed his GP Training at the practice.



Dr Ben McFadden

In 2018 Dr Lofts retired from the Practice after 30 years' service and the following year both Dr Deery and Dr Davison retired after 35 & 25 years' service respectively and Dr Higgs left the partnership after 10 years' service. Also in 2019 Dr Adam Zacks joined the partnership having previously completed his GP training at the practice and became a GP Trainer himself.



Dr Laure Berthelot-Cabaret

2020 saw Dr Grace Castronovo (now Getty) join the partnership having previously completed her GP training at the practice, Dr Getty has also become a GP Trainer.



Dr Adam Zacks

Dr Rose Moore-Moffatt also joined the partnership having been a Salaried GP since 2019.



Dr Grace Getty
née Castronovo

Dr Peter Williams retired after 42 years' service in 2021 and Dr Iftikhar Ahmad resigned from the partnership to return to his native Pakistan.

In 2022 Dr Conor Fee joined the partnership after having previously completed his GP Training at the practice and became a GP Trainer himself. The following year Dr Emma Pickering joined the partnership having also completed her GP training at the practice.



Dr Conor Fee

2025 saw the retirement of Shirley Moth. Shirley had worked for the practice for 45 years and had been our Practice Manager for 37 years. Dr Frisby, our then Senior Partner also retired after 30 years' service.



Dr Rose
Moore-Moffatt



Shirley Moth



Dr Emma Pickering

Also in 2025 we began converting our main admin offices behind reception into two additional clinical rooms and repurposed some of the rooms on the 2nd floor to accommodate the admin staff who had moved from the ground floor. This work was completed in early 2026 and was officially opened by local Liberal Democrat MP, Josh Babarinde.

In 2026, 100 years on from our humble beginnings of one GP operating from 6 Old Orchard Road, we have a large team made up of...

- Seven Partners and three Salaried GPs plus a number of Speciality Trainee Doctors – at time of publication we have five Trainee Doctors, (this number varies throughout the year).
- Five Advanced Practitioners
- Five Practice Nurses, and three Healthcare Assistants
- Two First Contact Physiotherapists
- Three Mental Health Practitioners provided by the Emotional Wellbeing Service
- Five Clinical Pharmacists provided by our PCN
- A Business manager, Practice Manager and two Office Managers
- An admin team of 25 support staff

A total of 38 clinical staff and 29 administrative staff. We have 19 consulting rooms across two floors and a third floor for administrative staff.

Our team are very proud to be part of a legacy that dates back 100 years and strives to continue to provide and develop a service that meets the demands on the current age, to provide healthcare services to the people of Eastbourne.



Arlington Road ranks top in Eastbourne for helpful reception and administrative teams!

You may have seen an article in the Eastbourne Herald on 19th June, that talked about a patient survey conducted by Ipsos, on behalf of NHS England, which looked at how patients perceived their interactions with their local GP surgeries.

The Survey asked people a range of questions, from how easy it is to contact the practice by phone to what happened the last time they were in touch with their local surgery.

We're pleased to say 93% of patients surveyed found the Arlington Road reception and administrative team helpful. Other practices ranged between 91 and 80%

Staff Changes

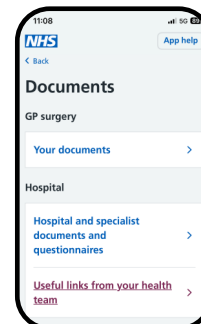
Dr Himanshu Kumar finished his placement with us on 24th June. We thank him for his contribution to the Practice and wish him well in his future career.

Dr Pickering returns from maternity leave in August, we look forward to her being part of the team again. Her working days will be Monday, Tuesday & Thursday.

We are delighted to be able to announce that Dr Ilesley, who was covering Dr Pickering's maternity leave will continue working for the Practice. Our recent transformation project which saw the development of two new clinical rooms on the ground floor has given us the space and capacity to retain an additional GP.

Incoming letters and Patient Online Services

Letters that we receive from third parties regarding your care eg. Hospitals, clinics etc, are added to your medical record and once seen by your GP are made visible on your patient online services account which you can view either by the NHS App or Patient Access.



There has been an IT glitch, associated with a recent update of the software that we use to upload incoming documents to your medical record, which is not allowing some of our administrators to add the documents into the patient record.

There may therefore be a delay in you seeing incoming correspondence on your patient online services account. Please be assured that whilst there may be a delay in the document appearing on your medical record, this is not affecting how quickly your GP is receiving, reviewing and actioning any correspondence.

An update on the Community Dermatology Service from Dr Mark Jones, Senior Partner

Many of you will be aware that Sussex ICB took the decision earlier this year to suspend the Community Dermatology Local Commissioned Service (LCS) across Sussex following concerns raised through a clinical review process.

As a practice, and as clinicians who have delivered this service for many years, we recognise the significant impact this decision has had on patients, practices and the wider healthcare system. The suspension has resulted in the loss of a valuable community-based service that enabled patients to access specialist dermatology care closer to home and reduced the need for referral into already pressured secondary care services.

Since the suspension was announced, we have continued to engage with the ICB and other stakeholders to better understand the rationale behind the decision and the evidence that informed it. We have also sought assurance that any actions taken are proportionate, evidence-based and focused on improving patient safety and quality of care.

A number of reviews and investigations have now been undertaken. Whilst concerns were originally raised regarding aspects of service delivery, it is our understanding that some of the investigations completed to date have not identified clear evidence of patient harm. As a result, we continue to seek clarification regarding the basis on which the wider service suspension remains in place and what criteria will be required for any future reinstatement or redesign of the service.

Our concern remains twofold. Firstly, we must ensure that patient safety and clinical quality are always maintained. Secondly, we must also recognise the consequences of withdrawing an established community service. These include increased waiting times, reduced local access to care, additional pressure on hospital services and uncertainty for both patients and clinicians.

The Partners here at Arlington Road remain committed to supporting a fair, transparent and evidence-led process. We continue to work collaboratively with colleagues across Sussex whilst ensuring that the interests of our patients remain at the centre of discussions.

We appreciate that this situation has created uncertainty for patients who would previously have accessed dermatology care through community pathways. Whilst we do not yet have a confirmed timeline regarding the future of the service, we will continue to provide updates as further information becomes available.

An Introduction to Neighbourhood Health and the Eastbourne Integrated Community Team

by Mike Leigh, Business Manager

Over the past few months there has been increasing discussion across the NHS about the move towards Neighbourhood Health. Whilst this may sound like another initiative or structural change, the reality is that it reflects much of what many of us have been trying to achieve for years – better coordination of services around patients and communities rather than around organisational boundaries.



I have recently taken on the Management Lead Role for the Eastbourne Integrated Community Team (ICT) programme and wanted to provide a brief update on where things currently stand.

The Eastbourne ICT brings together partners from primary care, community services, social care, mental health, the voluntary sector and wider stakeholders with a shared ambition to improve health and wellbeing outcomes for the Eastbourne population. The programme has now established its governance arrangements, leadership structure and delivery pillars, and attention is turning towards what this means in practice.

The discussions to date have focused on identifying the areas where a neighbourhood approach can genuinely add value. This includes supporting patients living with frailty, those with multiple long-term conditions, individuals who frequently access services, and those communities experiencing the greatest health inequalities.

Importantly, this is not about creating additional bureaucracy or more meetings. The objective is to improve how organisations work together, reduce duplication, strengthen communication and ensure that patients receive the right support at the right time from the most appropriate professional.

General Practice remains central to this work. As the part of the system with the closest relationship to patients and communities, practices will play a key role in helping to identify priorities, shape pathways and influence how neighbourhood teams develop. However, this must be a partnership approach and one that recognises the pressures already being experienced across primary care.

Over the coming months there will be further engagement with practices and clinicians across Eastbourne. We will be looking at practical opportunities to improve coordination around patient care, strengthen multidisciplinary working and make better use of the collective resources available across the system.

Whilst the programme remains in its early stages, there is a genuine opportunity to influence how services are designed locally and ensure that neighbourhood health develops in a way that is practical, proportionate and delivers tangible benefits for both patients and staff.

Mental Health Resources

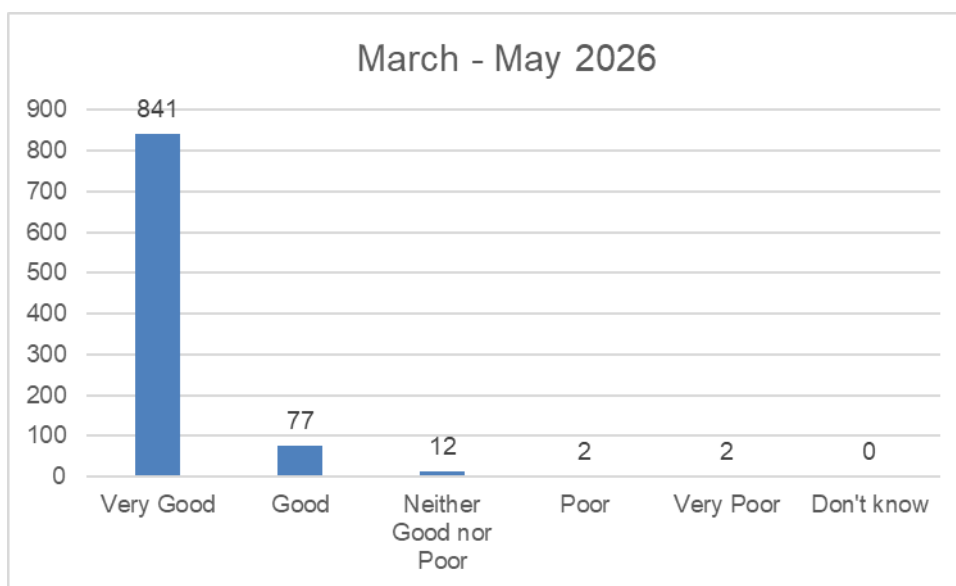
Arlington Road is part of the ALPS Primary Care Network (PCN). The network are currently working on a suite of information to support patients with mental health conditions to make it easier for them to access resources. More information will follow in our next edition of the patient newsletter.

Friends and Family Feedback

Thank you to everyone who has completed a Friends and Family Test (FFT) Survey recently. Patients who are signed up to receive appointment reminders will receive an SMS following their appointment giving them the opportunity to complete the survey. Alternatively, this can be completed online via our [website](#), or we have paper copies of the survey at reception which can be posted in our Friends and Family Box in Waiting Area A.

The FFT is a valuable tool to enable us to see when we are getting things right and equally highlights areas where improvement is needed. We read all of your comments every month and take your suggestions seriously. The high percentage of positive comments are greatly uplifting for the team. 98% of patients who completed the survey throughout March - May rated us as either Very Good or Good.

Our combined results for March 2026 – May 2026 are as follows:-



To give you an idea of how representative the survey is, it was completed voluntarily by 934 patients in three months. You can complete the survey at any time via our [website](#), patients who have opted for appointment reminders, will receive a text message after their appointment giving them the opportunity to complete the survey.



Meningitis B Vaccination Programme for Students

Following the Meningitis B outbreak in Kent earlier this year, a national review has concluded that this was the largest and fastest growing outbreak seen in the UK. In addition, there has been an increase in clusters of diagnosed cases, above what would normally be expected.

The UK Health Security Agency has therefore announced a one off MenB vaccination programme to protect Year 13 pupils and those under 25 who are starting university or residential further education in the autumn.

The programme will consist of two doses of vaccines, with the first offered from July and the second in August.

Eligible patients

- All individuals born between 1 September 2007 and 31 August 2008 (current school year 13)
- Individuals who turn 25 years of age after 31 December 2026 (born on or after 1 January 2002) and are due to start undergraduate higher education in Autumn 2026, including international students and those from the UK devolved administrations and Crown Dependencies
- Individuals who turn 25 years of age between 21 July 2026 and 31 December 2026 (born between 21 July 2001 and 31 December 2001) inclusive and are due to start undergraduate higher education in Autumn 2026, including international students and those from the UK devolved administrations and Crown Dependencies
- Individuals who turn 25 years of age after 31 December 2026 (born on or after 1 January 2002) and will be living in further education accommodation or halls of residence for the first time in autumn 2026, including international students and those from the UK devolved administrations and Crown Dependencies
- Individuals who turn 25 years of age between 21 July 2026 and 31 December 2026 (born between 21 July 2001 and 31 December 2001) inclusive and will be living in further education accommodation or halls of residence for the first time in autumn 2026, including international students and those from the UK devolved administrations and Crown Dependencies

This is a time-limited offer (with first doses offered until 31 December 2026 and second doses offered until 31 March 2027). This enables late attendees and international students who arrive in the UK after the summer months, to accept the offer of 2 doses.

Exclusions include:

- those aged less than 25 years, who are not entering HERFE for the first time in the autumn term 2026, and fall outside the current year 13 age group specified above
- postgraduates and other students who are not entering HERFE for the first time in the autumn term of 2026
- those who have completed a 2-dose course of Bexsero® within the last 5 years
- those who have completed a 2-dose (provided those doses were given at least 6 months apart) or 3-dose course of Trumenba® within the last 5 years

How eligible patients can access the programme:

General practice has NOT been commissioned to participate in this programme. **Vaccinations will be delivered via a nationally commissioned pharmacy service.**

NHS England has advised that eligible patients will be contacted directly via the NHS App, letter, or text message. Patients should therefore wait to be contacted.

Appointments will be available to book via the NHS website from 13 July 2026. The booking link can be found here: [Book a MenB vaccination appointment - NHS](#)



Learn more about what your pharmacy can do for you

A new website has been launched to provide information about several NHS services that pharmacies in England are providing.

The website <https://communitypharmacy.org.uk> provides information on the following three NHS services:

- Pharmacy First Service;
- Blood Pressure Check Service; and
- Pharmacy Contraception Service.

There is a separate page for each of the services on the website providing information about the three services and there are links to the NHS website to find a pharmacy that offers the service.

The website also explains that patients have a right to choose which pharmacy they use to receive NHS services.

A message from our Patient Participation Group (PPG)

The PPG was recently awarded a small grant designed to enable them to gather feedback from 18-24 year old patients on their experience of accessing and using the services provided by the practice.

The aim is to identify both areas of concern about this area of healthcare provision and what is working well.

Requests to participate in a short survey have already been sent out via SMS to a randomly selected group of patients in this cohort and responses are being received.

If we receive enough responses, we hope to hold small discussion groups relating to patients' experiences, and we would really value young people's participation in these. Personal details and answers will be confidential, and the groups will be held in a venue away from the surgery or online. The results will help to influence and improve services at Arlington Road.

If you are in the 18-24 age group have not received a survey and would like to participate, please use the [Contact the PPG Secretary form on the Practice Website](#) to request a survey link.





The Parenting Team

Being a parent is
a journey...
Let's make it a
positive one!

For more information
about our free courses,
groups webinars and
events.
Scan the QR code



Have your say on community safety in East Sussex

Concerned about anti-social behaviour,
violence against women and girls,
or serious violence where you live?

Tell us about the issues affecting your area and
help shape local priorities across East Sussex.

Share your views

Scan the QR code



or visit: eastsussex.gov.uk/safety

Survey closes 15 July

Need a paper copy?

SafeinEastSussex@eastsussex.gov.uk

