



# Arlington Road Medical Practice

1 Arlington Road · Eastbourne · East Sussex · BN21 1DH  
01323 727531 · [www.arlingtonroadsurgery.nhs.uk](http://www.arlingtonroadsurgery.nhs.uk)

## Surgery Easter Opening Hours

We will be closed for the  
**Easter Bank Holiday Weekend**  
Friday 15th April - Monday 18th April inc.

To contact the Out of Hours GP Service, for urgent problems that will not wait until we are next open, please call **NHS 111** by **Dialling 111** on your telephone keypad.

Alternatively, the Livi - See a GP by Video Service will also be available **Fri & Mon 07:00-22:00 Sat & Sun 08:00-16:00**. For more information visit <https://www.livi.co.uk>

Please remember to ensure you have sufficient medication to last over the long weekend. Calls to NHS 111 for routine medication put unnecessary strain on Out of Hours Services. Please save this service for genuine urgent treatment and advice that you cannot plan for.

Our normal opening hours will resume at **08:30 on Tuesday 19th April.**  
**Happy Easter!**



## Pharmacy Easter Opening Hours

The Pharmacy will be...  
**Closed: Friday 15th & Monday 18th April**  
**Open: Saturday 16th April 09:00 - 13:00**

Their **normal opening hours** will resume on **Tuesday 19th April** which are:  
**Monday-Friday 08:30 - 14:00 & 15:00 - 18:30**  
**Saturday 09:00 - 13:00 Sunday Closed**



## Prescriptions for Holidays

If you are ordering your medication early as you are going on holiday, please allow plenty of time for us to process your request and provide us with the following information...



Which items you need  
Your date of departure



How long you will be away for  
Whether your holiday is in the UK or abroad

The maximum amount of medication we can legally prescribe is 3 months worth.

Unless you are exempt, please continue to wear a face covering when attending the Surgery.  
Thank you

NHS

You need to wear a face covering in GP practices.



## Phoning for Test Results



Please remember we give out test results between 14:00-17:30. This is to avoid the busier time of day when we are booking the majority of the day's appointments and also means your results are more likely to have been seen by your GP at this time of day.

## Covid-19 Vaccinations

### 5-11 year olds

Children aged 5 -11 who are in a clinical risk group or who live with someone who is immunosuppressed are now able to get the first dose of the COVID vaccine.

Parents and guardians should wait for the NHS to contact them for when it is their child's turn to get the life-saving vaccine.



### 12-15 year olds

The appointments, available at vaccination centres, can be booked through the [national booking website](#) or by calling 119. You may also attend a [walk-in clinic](#) without an appointment. This can be for your first or 2<sup>nd</sup> vaccination.



### 16+

The appointments, available at vaccination centres, can be booked through the [national booking website](#) or by calling 119. You may also attend a [walk-in clinic](#) without an appointment. This can be for your first or 2<sup>nd</sup> or booster vaccination.



### 3rd or 4th Doses for Patients with Primary or Acquired Immunodeficiency

NHS England have sent letters to patients who were thought to be eligible for a 4<sup>th</sup> vaccination. Unfortunately, some patients who have received these letters are not actually eligible, meaning they have been turned away from vaccination centres. If you have received a letter from NHS England inviting you for a 4<sup>th</sup> vaccination (3rd for 12-15 year olds), please check your eligibility [here](#). If you are eligible, please take proof of your eligibility with you to your appointment, this can be in the form of a consultant letter that confirms your condition. You do not need a specific letter from your GP confirming your eligibility.



## Don't ignore your cervical screening invite

Two women die every day from cervical cancer, but getting your screening can help stop it before it starts.

So remember, if you missed your last one, book an appointment now. You can either call 727531 or log in to [Patient Access](#) if you are registered for online services, as cervical smear appointments are bookable online.

To find out more visit [nhs.uk/cervicalscreening](https://nhs.uk/cervicalscreening)

**Help Us Help You –  
Screening saves lives**

Information from the NHS.



Help us  
help you

## Booking Appointments Online



We are continually reviewing our appointments system and making adjustments to improve flexibility.

A number of our pre-bookable telephone appointments are now available to book online via Patient Online Services. If you are not already registered for online services and would like to register, you can download the registration form [here](#). Please read the information leaflet before completing your registration form [Patient Online Information Sheet](#).

Only pre-bookable, routine appointments are available for booking online. For urgent, on the day appointments you will need to phone the surgery.

## Staff Changes

There have been a number of staff developments over the past year or so.

Following the retirement of Dr Williams in April 2021 (see page 4), the 7 doctor partnership is now led by Dr Paul Frisby as Senior Partner. The partners are Dr Paul Frisby, Dr Mark Jones, Dr Ben McFadden, Dr Laure Berthelot-Cabaret, Dr Adam Zacks, Dr Rose Moore-Moffatt and Dr Grace Getty.

We are delighted to have Dr Bikram Suwal and Dr Conor Fee join the practice as Salaried GP's, both undertook their last year of training at Arlington Road, Dr Alex Graham continues to work as Salaried GP.

Our current Doctors in training are Dr Yan Raines, Dr Amber Khan, Dr Elsheik and Dr Mark Mansi.

Our Paramedic Practitioners continue to provide an integral part of patient care, working alongside our doctors. Kieran Cambell continues to work for us two days a week, Lindsey Thorpe is currently on maternity leave, Tamsin Ayers and Martin Colbourne have both joined the team in the past 12 months.

Our Nursing Team led by Lead Nurse Paul Lambirth has recently undergone some staffing changes and we welcome Advanced Care Practitioner Berni Lipscomb to the team. Berni is also a Diabetes Specialist Nurse and her expertise will be a great asset to the Diabetic Clinic. Our other nurses are Nurse Nicole Cunningham and Nurse Marion Hughes, the team are supported by Healthcare Assistants Jeanette Quanstrom, Mary Attoe and Annie Meekings.

We have also recently welcomed three new receptionists, Susan, Tracey and Chrissie, to our admin team.

 **Know Dementia**  
education, advice & support

Registered Charity No. 1154361

## Memory Moments Café Eastbourne

For people with memory problems and their families/carer

**EVERY Tuesday 1.30pm to 4.30pm**

**Langney Community Centre, Etchingam Road, Eastbourne, BN23 7DX.**

**Please come and join us for tea, coffee & cake, a little fun & laughter with games, talks, music dance and crafts.**

**For further information: Tel 01273 494300**

**email [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)**

**[www.knowdementia.co.uk](http://www.knowdementia.co.uk)** 



## Dr Peter Williams



Many of you will be aware that Dr Williams retired from Arlington Road at the end of March 2021, a year earlier than planned, having been diagnosed with liver cancer in 2020. Dr Williams' goal was to retire at the age of 72 in 2022. He would at that point have been qualified as a Doctor for 50 years and undertaken 40 years as a GP Trainer. He continues to battle the cancer with ongoing treatment, which at this stage seems to be helping.

One of Dr Williams' disappointments of having to retire before he planned and at the height of the pandemic, was not having the opportunity to say goodbye to his patients. He has been touched by the hundreds of cards and letters he has received.

Dr Williams' medical career began at the Welsh National School of Medicine at the age of 17, having excelled at school and taken his O-levels and A-levels a year early. This made him the youngest student in his year! At the end of his 2nd year of medical school, he was accepted into the RAF, leaving medical school as a Doctor and Flying Officer. Dr Williams completed his 5 year short service commission with the RAF as Flight Lieutenant and then Squadron Leader, providing medical services to Officers, Airmen and their families. Whilst he loved this work, his passion was to provide continuity of care to families. In the RAF families were transient and tended to all be under the age of 55 - not great preparation for working in Eastbourne, laughs Dr Williams!

In 1979 Dr Williams joined the partnership of Doctors Clark, Paterson and Walter, and thus began 41 years at Arlington Road. He has seen many changes in this time, and has been reflecting on Out of Hours cover being provided by the GPs at the Practice without the use of a mobile phone, handwritten notes and prescriptions and archaic manual registers for checking for groups of patients who were due for follow up, for example cervical smears.

Dr Williams was Senior Partner for 19 years and led the Practice through many developments. In 1981 he led the expansion of the Surgery into the 1st and 2nd floor, giving more consulting rooms and offices for district nurses and health visitors. Over time the Practice purchased the adjoining flats on Old Orchard Road and in 1998 the Practice was extended further in to the ground floor flat, with an extension at the back, which gave us more consulting rooms. Again in 2013 the Practice extended further into the 1st and 2nd floor flats, this renovation included the installation of a lift to the 1st floor and the development of the adjoining pharmacy. With Dr Williams' foresight and business sense the Practice have been able to meet the demands and changes of general practice.

Dr Williams became a GP Trainer in 1982 and has trained 50 GPs in that time. Dr Bikram Suwal, who is now one of our Salaried GPs was his 50th trainee! Sadly, due to his health, Dr Williams was not able to support Dr Suwal in his final year, but had been his Educational Supervisor for the previous two years. A GP Tutor since 1983, Dr Williams' has continued to be involved in arranging post graduate education for GPs post-retirement. His contribution to education was acknowledged in 2009 by the Educational Deanery, when he received the Education Award for his roles as GP Trainer and GP Tutor. In 1999 he was made a Fellow of the Royal College of GPs.

His roles and contribution at the LMC, Health Authority and in Education meant he became involved in a vast number of working groups. It's fairly safe to conclude that Dr Williams perhaps didn't heed the advice he would give GP Trainees today about the importance of finding a good work/life balance!

Fortunately, since retiring, Dr Williams has been well enough to enjoy family holidays, long walks on the Downs with his collie dog and worked hard at tending to his beautiful garden - something he used to have to 'somehow fit in' to his busy schedule!

Dr Williams has left Arlington Road a great legacy. His outstanding work ethic, optimism and the discerning forethought he manifested during his 41 years will be felt for many years to come. His past leadership and development of the Practice has enabled him to leave it in the safe hands of a very strong team of doctors, nurses, paramedics and administrative staff, to continue to provide high quality primary care to our patients.

Dr Williams sends his good wishes to all his patients and hopes to see some of you around Eastbourne over the coming months.