



Kernow LMC

Representing and supporting GPs in Cornwall

*A guide to
Kernow Local
Medical Committee*

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Welcome to this guide about Kernow Local Medical Committee (LMC) which will give you an insight into what we do and how you can get the best from us as your local representative body.

What is an LMC?

An LMC is a local, recognised, statutory committee representing all GPs, whether GMS, PMS, Principal, Sessional, Locum or Registrar.

We represent over 600 local GPs and more than 50 GP practices, covering a patient population of around 600,000.

LMCs were first established in 1911 and remain the only local elected and representative body for all GPs.

The LMC operates as the link – also known as the golden engagement thread – between local GPs and their national negotiating body, the General Practitioners Committee (GPC), which is part of the British Medical Association (BMA). Through this route we can influence the national GP contract.

The different aspects of the LMC

The LMC has a number of defined roles and responsibilities. These are:

✚ **A Body with Statutory Functions** – which has rights and responsibilities defined in the NHS Acts and Regulations. We are mandated as the local representative committee for all GPs in our area.

✚ **An Independent Body** – which represents the interests of general practice and acts as its advocate. The LMC remains independent from political constraints and the need to satisfy other interests. General practice is its core and only focus.

✚ **A Professional Body** – that promotes quality and maintains standards of professional practice through support and educational activity in collaboration with other professional and educational bodies.

✚ **A Representative Body** – that listens, debates and responds to feedback. The LMC represents the views of its GPs to NHS England, Cornwall and Isles of Scilly Integrated Care Board, and other national and local organisations.

✚ **A Democratic Body** – that is elected by and consists of local GPs who represent a diverse range of interests and experience.

✚ **A Resource** – that provides advice and support to all GPs in matters relating to their professional lives and actions.





Who is the LMC?

We hold elections every three years and all GPs in our area are invited to stand and to vote. The GPs elected by their peers then form the LMC Committee which meets to discuss policy and consider matters relevant to general practice locally.

Our Committee Members:

- Are the eyes and ears on the ground for the LMC
- Provide information to the LMC office on local issues
- Seek the views of colleagues and represent those views
- Provide expert opinion and knowledge for the work of the Committee
- Take part in the work of the LMC including attending national Conference
- Attend local meetings
- Contribute to LMC communications

We also have a small team of Executives and staff responsible for the every day running of the LMC including advising GPs and practices, raising awareness and understanding about key local and national issues and developments, co-ordinating meetings, planning events, and maintaining relationships with other organisations.

How we are funded

The LMC is funded by a levy collected from GP surgeries which allows it to function and run services. It is based on a number of pence per patient which is reviewed annually.

Helping you navigate your career in general practice

Being a GP in the NHS today is increasingly complex. Alongside your clinical responsibilities, you are expected to be a business person, bureaucrat, legal expert, finance manager and HR professional. The LMC is here to help and advise you on a wide range of issues such as workload, workforce and resilience.



Our work includes:

- contractual, employment and partnership matters
- GMS/PMS regulations and the Statement of Financial Entitlements
- negotiating with commissioners and other relevant bodies to secure the best terms and conditions for GP businesses
- supporting GP practices during and after contractual and quality inspections
- confidential practice support to vulnerable GP practices
- confidential pastoral advice and support to individual GPs for a wide range of professional and personal issues including stress, conflict and work-life balance. You can contact the team via our website
- representing the interests of GPs in the process of reshaping local healthcare
- premises
- patient lists and allocations
- pharmacy and dispensing matters
- professional standards, ethics, conduct and performance
- complaints and disputes
- appraisal and revalidation
- professional fees
- IT
- confidentiality and consent issues
- training/educational courses for GPs and practice staff
- Freedom to Speak Up Guardian responsibilities
- liaising with practice managers to provide information and listen to local issues – they are also represented on our LMC Committee



The LMC has specialist knowledge and expertise in matters relevant to GPs, so we are always a good place to start when you are seeking information or clarification.

We offer support by email, phone or one to one appointments with one of our team.

A substantial part of our work involves:

- responding to queries and issues from individual GPs and practices
- providing help and support to GPs and practices facing a difficulty

If in doubt, always contact us first and we will do our very best to help or to guide you to the most appropriate organisation.

How to get the best from the LMC

We aim to keep all our GP constituents informed and up to date about changes, developments and initiatives. We do this in a range of ways including:

- Newsletters
- Special bulletins
- Website
- Meetings
- Consultations
- Events
- LMC Committee Members linking in with their allocated GP practices
- Media
- Social media

To get the best from the LMC, please provide us with your up to date contact information, including your preferred email address.

Choose your level of engagement with the LMC

We encourage all GP constituents to engage with the LMC at the level that best suits their needs and interests:

Level 1 – The Basics

Take advantage of the resources we produce by reading our newsletter, using the website, and emailing us the occasional enquiry.

Level 2 – Engaged

Take a proactive stance and use the LMC to provide you with advice and support by email, phone and occasional one to one meetings. Take part in our surveys and webinars on hot topics.

Level 3 – Active

If you're interested in medico-politics, looking for a portfolio career or just keen to ensure that your voice is heard, then why not stand for election to the LMC?

Being an LMC member will allow you to:

- Have your opinion heard
- Represent your GP colleagues
- Influence the medico-political agenda locally and nationally
- Help shape the future of general practice



How to become an LMC Committee member

LMC members are elected for a three-year term. However, we do also have some occasional vacancies that occur mid-term. All GPs in our area are informed of forthcoming elections in advance and it is very easy to stand as you just need a GP to nominate you.

If you would like to know what goes on at an LMC meeting, you are welcome to attend a meeting as an observer. To arrange a visit, please contact the LMC and we'll be happy to organise a date with you.

If you are keen to contribute and influence events in your local area, please contact us at any time to discuss any of these possibilities.

Useful LMC links and contacts

Our normal working hours are:
Monday to Friday, 9am to 5pm.

✉ office@kernowlmc.co.uk

🌐 www.kernowlmc.co.uk

☎ Office phone/out of hours – urgent calls: 07405 114748

🌐 www.linkedin.com/in/kernow-local-medical-committee

✉ @KernowLMC

Benefits to sessional GPs being part of the LMC

The LMC represents all GPs, including Salaried, Locums and Portfolio doctors. Sessional GPs make up a significant part of the GP workforce in Cornwall and the LMC offers a number of services including:

- Provision of up-to-date information and support on any changes that affect the way GPs work
- Help to mediate between employers and salaried GPs
- Support and advice on performers list issues
- Education and career development opportunities
- Networking opportunities
- Giving voice to the concerns of sessional GPs arising from their clinical practice and taking up issues directly with relevant organisations
- Providing a supportive and pastoral role if a sessional GP has work or personal issues

Sessionals are encouraged to become members of the LMC and we provide opportunities to undertake GP leadership roles.



*Supporting a fit and healthy future
for Cornish general practice*

