



# ANNUAL REPORT

## 2022 / 2023

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**"Tell me, what is it you plan to do with your one, wild and precious life?"**

*Dr Grant Ingrams - Chair LLR LMC*



**W**elcome to the LLR LMC annual report for 2022/23.

I was struck by the quote above from the American poet Mary Oliver that I came across on the website of the inspirational speaker for our Annual General Meeting, Rachel Morris. It chimes with what I hope to achieve whilst chair of the Local Medical Committee.

Firstly, I would like to thank the LMC Board for electing me to this role. Secondly, a huge thank you to Dr Nainesh Chotai, during his chairmanship, the LMC has been completely reconfigured to become a more nimble, economical and effective organisation; and developed effective links with other local health related organisations.

I would also like to thank Dr Fahreen Dhanji for taking on the role as Deputy Chair, Dr Vikram Bolarum for agreeing to take over as Treasurer, Charlotte Woods and Meera Tailor for running the office and back-office functions smoothly, and all the other board members for their ongoing dedication and work for the profession on behalf of the LMC.

I would like to thank the ICB, UHL, LPT and other bodies, with who we continue to have meaningful engagement.

I take over at a time of the greatest crisis in general practice and the NHS I have experienced in my 29 years working as a GP. We continue to haemorrhage GPs, and practices continue to close.

Those left, frequently report working beyond safe limits on a daily basis. This is not sustainable, and services provided by a tired, burnt out, or just demoralised workforce is not in the interest of general practice, NHS management, or our patients.

I am proud of general practices who responded to the pandemic by rapidly changing work processes to enable them to continue to provide a high-quality and safe service despite the challenges. The recently published GPAD data showed that practices in LLR are providing more appointments for their patients than anywhere else in England: in November local practices provided 654,370 appointments, a 16% increase compared with November 2019. During this time the number of LLR fully qualified FTE GPs fell from 554 to 527.

The response of parts of the press, government and NHS England has been to scapegoat general practices for the problems in the wider NHS, despite us doing what was needed and working harder than ever before. The ICS recently forwarded comments from NHS England in response to the sudden surge in demand, which, in effect, not only said they were unwilling to take any action themselves, but also barred the ICS from flexing their devolved responsibilities. General practice cannot rely on any support from the centre and must look at protecting our own services and businesses.

Turning back to the quote, 'wild and precious' is a good description of the tumult of feelings and experiences of our patients who we help on a daily basis. It is also a description of the

current experience of working in general practice, as well as our lives away from work.

So, what can you expect from the LMC? We will continue to work as a BOAT (Board of All Talents) with every Board Member working to support, protect and develop general practice. We will continue in the role of a critical friend to the ICS, and will robustly defend general practices from being seen as a boundless 'free resource' which can continually absorb whatever work other organisations try and pass to us.

We will continue to support individual GPs, practices and PCNs with information and when problems arise. The main themes for next year will be pushing back on inappropriate workload and safe working for practices.



I will look forward to welcoming you to the LLR LMC Annual General Meeting on Wednesday 8<sup>th</sup> February 2023.



## Our mission is to look out for and look after GP's and their teams

### We Advise

From partnership issues to business planning, we provide valuable, up to date and expert advice to GPs and their practice managers on essential subjects including premises and contractual matters.

Alongside our in-house experience and knowledge, members benefit from our close relationships with the BMA, the General Practitioners' Committee (GPC), the CQC, other LMCs, and specialist legal support.

### We Represent

We represent practices on bodies including NHS England regional team, Clinical Commissioning Groups, Public Health, Local Authorities, Health Watch and the Care Quality Commission.

We represent GPs' view to the local media, and we help practices dealing with media enquiries. When GPs are being investigated or their contracts are at risk, we are there to help and support.

The LMC is a completely independent body recognised by statute. We are a democratic organisation with a governing body of representatives, elected by our members.

### We Support

We provide support for members' health, welfare and careers. Because we understand the challenges of working in General Practice, with increasing demand and workload, you can be confident of confidential and experienced support from us whenever you need it.

We support GPs in dealing with issues with appraisal, revalidation and performers list membership, even when the medical defence organisations are unable to help. We support GPs returning to work, undertaking remediation or involved in enquiries into their performance by the GMC or NHS England.



# HOW WE ARE FUNDED

## The Statuary Levy

All LMCS are funded by a statutory levy. This amount is collected from practices and is based on an amount per patient. This is reviewed yearly and set by the LLR LMC. It is currently set at 42p.

This money funds the office and LMC board members. It also funds board members representing general practice with the CCG, Local Authorities, NHS England and other bodies from time to time.

## The National Levy

In addition to the statutory levy, the LMC also collects a national levy. This is a separate levy which is collected to fund the National Negotiating Committee (GPC) and the GP Defence Fund (GPDF) and supports national negotiations regarding General Practice.

This rate is set by the GPDF and is also based on an amount per patient. It is currently set at 6p.

## A brief guide to the General Practitioners Defence Fund Levy

The General Practitioners Defence Fund continues the work of the fund established in 1911 to support General Practitioners' negotiations with the Government. The Fund is presently established as a company limited by guarantee, the members being the voting members of the GPC.

The main expenditure of the fund is supporting the GPs, who work for the GPC, and its national subcommittees in Wales and Scotland and who need to take time out of their medical practice, and the Annual Conference of LMCs. The Annual Conference provides the principal channel of accountability between the GPDF/GPC and LMCs.

The fund also supports legal, accounting and other professional advice and, where required, contributes to the cost of legal challenges which are deemed of national importance. The GPDF works closely with the BMA, but it is not, unlike the BMA, registered as a Trade Union.

# DEPUTY CHAIR'S REPORT



*Dr Fahreen Dhanji - Deputy Chair LLR LMC*

Since my last report, I am thrilled to have been elected to the LLR LMC board for a new electoral term and I am delighted to be appointed as Deputy Chair.

The landscape has changed with the formation of LLR ICS instead of CCGs, but it appears that the challenges in General Practice seem to have got worse with increasing negative press articles and the seeming lack of support from NHSE, DOH and government

It has felt tough as practices have had to navigate through the bureaucracy and ever rising demand, and we can indeed pride ourselves for the continued work done of providing patient care above pre-pandemic levels.



There has been a change in the set up from what we recognise from CCG days, and we have continued to work with the ICS and make sure that the voice of general practice is clearly represented. I regularly attend various meetings to ensure we can implement relevant guidance in a safe yet effective manner, keeping in mind the many changes and challenges that have come our way.

We recognise we don't win every battle – but we certainly try! I feel privileged to be able to be at the forefront of this challenge and to continue to steer us as jobbing GPs to provide for our communities.

I continue to be an advocate to enable PCNs to flourish in LLR and making sure that all the funding related to PCNs like the ARRS monies are passed to PCNs. I hope to continue to make sure that all practices in LLR are treated fairly and equitably and would like to thank you all for your ongoing support that enables me to serve our practices to the best of my abilities.



# LLR LMC STAFF & BOARD PROFILES

## County Representatives



**Dr Fahreen Dhanji - Deputy Chair**  
Elected Board Member

Formerly a GP Partner at a large County practice in Leicestershire, where she had worked since 2009 after completing her VTS training. Dr Dhanji joined the LLR LMC Board after she was co-opted onto the board at the August 2016 board meeting. Re-elected for the new electoral term, 2022 - 2026, and has recently been appointed as Deputy Chair of the LMC. She is a GP trainer and has a specialist interest in ENT and minor surgery.



**Dr Vikram Bolarum - Treasurer**  
Elected Board Member

GP at The Burbage Surgery in Hinckley. He has been a GP trainer for the last 12 years and also a lead for Undergraduate training at Burbage Practice for Hinckley and Bosworth Academy. Dr Bolarum has been on the LMC board since March 2018, and was appointed as Treasurer in September 2022. He is on the local Fellowship committee of the RCGP.



**Dr Shiraz Makda**  
Elected Board Member

GP partner in Oadby and the current Chair of the local RCGP faculty. An LMC board member for several years, and after completing the case investigator training is the cases lead. He also has educational roles at Leicester and London medical schools.



**Dr Sumit Virmani**  
Elected Board Member

Associate Clinical Director for North West Leicestershire PCN. GP Partner since 2009. LMC board member representing County GP Practices since 2016. Special interest in Rheumatology, Dermatology and Minor Surgery.



**Dr James Ward-Campbell**  
Elected Board Member

Elected to LLR LMC board in August 2019. He has been a GP in Castle Donington for the past 16 years. A regular attendee at the locality meetings and a board member of the local GP federation.



**Dr Rakesh Desor**  
Elected Board Member

Dr Desor joined the LMC board in September 2022 as County representative.

## Rutland Representative



**Dr Adam Crowther**  
Elected Board Member

GP Partner at Oakham Medical Practice and Market Overton and Somerby surgeries since 2020. Dr Crowther is a Board member for Rutland PCN. He previously worked in Northamptonshire where was a member of Northamptonshire LMC for a number of years.

# LLR LMC STAFF & BOARD PROFILES

## City Representatives



**Dr Grant Ingrams - Chair**  
Elected Board Member

Managing Partner of a Leicester City practice since 2016. Member of GPC for majority of years between 1994 and 2019, where he was deputy chair of commissioning, chair of IT Sub-Committee and co-chair of JGPITC. Secretary of GPC West Midlands for 10 years and the current LMC Press Officer. In

September 2022, Dr Ingrams was appointed Chair of the LLR LMC.



**Dr Amit Rastogi**  
Elected Board Member

Elected to the LLR LMC board in 2019 as a Leicester City representative. He is an Executive Partner at Saffron Health in Leicester City. He is also involved in Undergraduate teaching at Leicester Medical School and is the Named GP for Safeguarding Children across LLR. He is also the Clinical Director for Leicester City South PCN.



**Dr Rajiv Wadhwa**  
Elected Board Member

Senior GP Partner and Training Lead-Highfield Surgery. Senior GP Partner-Manor Park Surgery. Lead for Leicester City on LLR LMC Board. Clinical Director for Leicester Central PCN. Chair, LLR Partnership Board. GP Mentor and CQC Advisor.



**Dr Rakesh Choudhary**  
Elected Board Member

Joined the LMC board in September 2022 as a City representative. He has been a GP since 2006 and has been a GP partner at Spinney Hill Medical Centre since 2013. Dr Choudhary leads the practice in cardiovascular health, anticoagulation and is heavily involved in teaching and training of GP registrars at his practice and clinical staff at his Belgrave and Spinney Hill PCN.

## Office Staff



**Charlotte Woods**  
Operations Manager

Charlotte joined the LMC team in 2014 and oversees the day to day running of the LMC office. Duties include representing the LMC at a variety of meetings, including Practice Managers Forums and CCG liaison meetings. Charlotte has a vast amount of knowledge and can support practice managers with queries, as well as managing our case management system.

Prior to working at the LMC, Charlotte had a variety of successful roles within organisations including Arts Council England, Nottinghamshire Police and University of Leicester.



**Meera Tailor**  
Administrator

Meera joined the LMC team in June 2019 having previously worked for a Housing Association with over 12 years experience. Meera's main responsibility as an administrator is being the first point of contact for our members via telephone and email as well as supporting the daily running of the LMC office.

She enjoys spending time with her family and friends and going out for meals and social events.





*Dr Shiraz Makda - Case Lead LLR LMC*

**T**his year I have the opportunity to reflect upon my 4th year as Cases Lead. The LMC continues to support our GPs who face difficulties with the regulators as well as offering neutral support to practices facing internal challenges between colleagues.

Over the last year the team has responded to 291 cases and we have seen an increase in the overall demand which most likely reflects the current climate that we are facing as a profession.

I would like to take this opportunity to thank the team that is paramount in advising, supporting and representing our colleagues on a daily basis and I can honestly say that over the years our processes have strengthened and we are much more effective in delivering sincere, honest and critical advice as well as ensuring fairness.

As GPs we continue to interact with PCNs, CQC, NHSE, the Coroner's office, ICB, UHL, LPT and many more organisations with each one coming with challenges and strains on our already busy day job. Hence, it is no surprise that the cases have incorporated interactions with all of those said organisations and as your LMC we aim to support based on your needs and interests.

We understand the immense pressures that we face on a daily basis and we take pride in knowing we are here to support one another and the profession through the next set of hurdles that are coming our way. As a team we are looking in to strategies to be more proactive and we look forward to sharing these with you over the next year.





We attend various meetings with different organisations to ensure general practice is represented.



# VIEW FROM ELECTED MEMBERS



*Dr Amit Rastogi - LLR LMC*

I am really pleased to have recently been re-elected as a City representative on the LMC for the next electoral term and I hope to serve our members well. I recognise that it has been another challenging year for all in general practice, but the LMC continues to strive to support practices and practitioners.

I have been supporting practices with CQC reviews and also practitioners that have come into individual practice issues. I am looking forward to continue to embed myself into the work of the LMC to ensure we provide as best possible service to our members, and have recently taken on the role of being the LMC clinical representative at ICB IM&T boards and CQC liaison meetings.



*Dr Rakesh Choudhary - LLR LMC*

I joined LLR LMC board in July 2022 as a City representative.

I was motivated to make a difference to general practice in LLR by tackling the issues that we face in our daily work. Like many colleagues, I felt I had ideas and suggestions to offer, but in the absence of a proper forum, they would be bootless.

Even though we all have a sense of concern and despair over the state of today's NHS; since joining the LMC, I have felt a sense of both hope and frustration. Hope in that we can be the voice for all our constituents. In the last 6 months we have been able to gather a lot of intelligence from our colleagues on the ground about problems of the interface between general practice and secondary care through our surveys on the transferring care safely (TCS) and the issues highlighted are now acknowledged by others. The LMC have been quickly able to respond to and reverse the unplanned and imposed changes in radiology requests imposed on the GPs.

At the LMC, every month we have started to take up and tackle burning problems affecting general practice under a section aptly called "Can we fix it?". This gives me hope and enthusiasm for the future.

At the same time I have felt a sense of despair at discovering that many of the problems affecting general practice are systemic without a quick solution. We very much depend on factors operating at a national and regional level over which we have very little control.

I am particularly interested in analysing the referral pathways. They are often imposed unilaterally without consulting general practice. I am keen to contribute to identifying and solving barriers to the constituents in making referrals to secondary care.

Overall I feel we can become the unified voice of general practice by championing the cause of our constituents.



*Dr Vikram Bolarum - Treasurer LLR LMC*

I am delighted that I was elected as the Treasurer for the newly elected Leicester, Leicestershire & Rutland Local Medical Committee (LMC) board.

I would like to thank Hisham Haq, our outgoing Treasurer, for all his efforts in managing the LMC accounts for the past 2 terms.

The post of Treasurer was established to provide oversight of the accounts for the LMC and LMC Ltd, independently of the chair of the LMC, reporting back to the board. This is intended to provide confidence to the constituent members as well as transparency to the board and committee members.

Whilst 2021/22 has been a challenging year for us all, I am pleased to report that the LMC accounts remain in a financially stable position. I would like to thank the administration team for their hard work, dedication and professionalism in ensuring that we operate efficiently, but effectively, with practice levy payments.



# FINANCIAL INFORMATION

## Leicester, Leicestershire and Rutland Medical Committee

### Trading and Profit and Loss Accounts for the year ended 31 March 2022

	2022	2021
	£	£
<b>Turnover</b>	<b>541,695</b>	<b>540,834</b>
Cost of sales	-	-
<b>Gross surplus</b>	<b>541,695</b>	<b>540,834</b>
Administrative expenses	242,913	292,793
<b>Operating surplus</b>	<b>298,781</b>	<b>248,041</b>

The above results were derived from continuing operations.  
The company has no recognised gains or losses for the year other than the results above.

## Leicester, Leicestershire and Rutland Medical Committee Limited

### Trading and Profit and Loss Accounts for the year ended 31 March 2022

	2022	2021
	£	£
<b>Turnover</b>	<b>254,867</b>	<b>304,102</b>
<b>Cost of sales</b>		
Project expenditure	(20,820)	39,227
<b>Gross surplus</b>	<b>275,687</b>	<b>264,875</b>



# FINANCIAL INFORMATION

	2022	2021
	£	£
<b>Administrative expenses</b>		
Accountancy	8,045	8,443
Rent and services	9,880	9,188
Depreciation of fixtures and equipment	227	153
Wages and salaries (non directors)	34,421	36,097
Social security costs (non directors)	2,854	2,557
Other staff costs (non directors)	3,972	3,621
Salaries and fees, directors	34,425	39,330
Medical secretary and committee costs	130,879	138,269
Legal and professional	4,836	675
Bank charges	226	207
Licences and insurance	4,035	2,624
IT and computing	2,116	1,976
Telecommunications	2,536	3,908
Printing, postage and stationery	829	848
Hire of rooms and refreshments	531	0
Conference and seminar expenses	1,009	419
GP defence fund	31,500	16,400
Sundry expenses	3,366	160
	<b>275,687</b>	<b>264,875</b>
<b>Operating Surplus</b>	<b>0</b>	<b>0</b>

Although the figures are considered correct at the point of going to print, they are yet to be put under an independent review. This could lead to other adjustments being required.



## Invitation to LLR LMC Annual General Meeting



AGM - 2023

Wednesday 8 February

*"Tell me, what is it you plan to do with your one, wild and precious life?"*

**All LLR GPs and Practice Managers are cordially invited to our Annual General Meeting on the evening of Wednesday 8th February 2023 at Hilton Hotel, Leicester.**

We are excited that the renowned Rachel Morris will be help us to once again become masters of our own destinies, and to craft our jobs and careers so that we can thrive even in the most difficult of situations. More information about Rachel and her work can be found at [You Are Not A Frog](#).

As we all know, Professionals in General Practice are experiencing overwhelming workloads, and the pressure on our services is increasing. But it is just not possible to cram yet more into an already overscheduled day. The only answer is to prioritise what is really important, set boundaries and say no.

During the evening, Rachel will help us to learn how to focus on what we can control, explore how embracing our limits as a human can actually help us to prioritise and set boundaries, and then learn some strategies to deal with the inevitable yet uncomfortable pushback that can cause our boundaries to crumble.

### AGENDA

6.30 - 7.00pm: Arrival, Dinner & Networking

7.00 - 7.10pm: Opening remarks and questions from members on annual report from Dr Grant Ingrams, LLR LMC Executive Chair

7.15 - 8.30pm: Rachel Morris - How to prioritise powerfully, say no, set boundaries and deal with pushback

8.30 - 9.00pm: Next steps for LLR LMC

### DETAILS

DATE                      Wednesday 8th February 2023

VENUE:                  The Hilton Leicester, Junction 21 approach, Leicester, LE19 1WQ

TIME:                    6.30 – 9.00pm

**RESERVE YOUR SPACE:** All LLR GPs and Practice Managers are welcome to attend the LLR LMC Annual General Meeting and there is no cost, we just ask you confirm your attending by emailing [enquiries@llrlmc.co.uk](mailto:enquiries@llrlmc.co.uk) in advance of the session



# CONTACT

LLR LMC is open to hear from all our members.

Get in touch and connect with us.

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