



The reduction in health expectancy is a direct result of disinvestment in general practice and will continue to get worse unless national health policy is reversed says LLR LMC.

LLR LMC therefore calls upon all general practices to participate in the BMA co-ordinated action to persuade the government to rethink the imposed 2026/7 GP contract which will make things even worse.

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Further Information:

Leicester, Leicestershire and Rutland Local Medical Committee (LLR LMC) is the only independent body that has a statutory duty to represent the 700 general practitioners and 126 practices in Leicester, Leicestershire and Rutland by virtue of the NHS Act 2006.

Dr Grant Ingrams (GP and Chief Executive of LLR LMC) said: “the recent announcement that the Healthy Life Expectancy in the UK has dropped by 2 years¹ is to be expected and this continuing deterioration will not improve unless the government invest more into general practice. LLR LMC are encouraging all general practices to join the British Medical Association’s collective action to persuade the government to review their imposed GP contract for 2026/27 which will make the health of the nation worse and not better.”

Dr Grant Ingrams added: “Both national and international research has shown over and over again that the more a country invests in primary medical services (called general practice in the NHS) the better health outcomes are achieved for lower cost. This is further enhanced by continuity of care where patients can normally see the same GP every time. However national Health Policies of this and previous governments have continued to undermine general practice with a recent report

showing that general practices are now receiving the lowest proportion of the health care budget for the past decade.”

Dr Grant Ingrams added: “The government imposed a revised GP contract in 2025/26 which we predicted would be bad for the public and general practices. We were proved right and within days of the main provisions being enforced there was a 5% increase in attendances at Leicester Roal Infirmary Emergency Department by patients who could probably have been seen in general practices.”

Dr Grant Ingrams added: “The government has yet again imposed a revised GP contract for 2026/27 which again will not improve the health of the nation, but has the potential to further undermine general practice.”

Dr Grant Ingrams added: “Since the current government came into power there have been several reviews which have all concluded that whilst general practice continues to provide the majority of NHS health care and is the most productive and cost-efficient part of the NHS, it is woefully underfunded and working from inadequate premises.”

Dr Grant Ingrams added: “Practices are receiving approximately £40 less per patient than previously, and each general practitioner is now looking after 258 additional patients. Despite this, general practices have significantly increased the number of appointments they are providing. In March 2026 general practices in LLR provided 702,058 appointments, which means that they are providing enough appointments for every member of the public in LLR to be seen every 33 days!

Dr Grant Ingrams finally said: “It is not only a theoretical association between the number of general practitioners and health, but we are seeing the effect in life, and not only with the negative effect seen on life expectancy. Research has shown that there is a direct relationship between infant mortality and the number of general practitioners, so it is worrying but understandable that Leicester City has both the second worst infant mortality rate in England as well as the second worst ratio of GPs to population in England.

Notes to Editors:

- 1) The Leicester, Leicestershire and Rutland Local Medical Committee is an independent elected representative body with a statutory function to represent NHS GPs in this area. First established in 1911, they currently work under the NHS Act 2006.
- 2) All statistics and data are from NHS Executive or Government sources.
- 3) Dr Grant Ingrams, is a Consultant in Primary Care at Oakmeadow Surgery, Glenfield, Leicestershire and LLRLMC Chief Executive and Press Officer 07973 630838, grant.ingrams@llrlmc.co.uk

ⁱ [Healthy life expectancy trends in the UK: a watershed moment - The Health Foundation](#)