



**North & South Essex**  
Local Medical Committees

# Practice Manager Supporter Scheme



## North & South Essex LMCs are delighted to offer support to Practice Managers through our new Essex Practice Manager Supporter Scheme.

Practice Manager Supporters can provide ad hoc advice and support for their practice manager colleagues. New, experienced and assistant practice managers can submit support requests via our new online platform. Support can be offered in person, virtually or on the telephone.

### What special skills and general advice can Supporters offer?

- An informal chat with new Practice Managers and assistant Practice Managers
- Coaching & Mentoring
- Tips on resilience for you and your team
- NHS Structure
- Finance
- IT
- Stress & workload

It is important to note that the supporters are not able to offer any legal advice but can signpost their colleagues towards useful resources and assistance.

### Meet The Supporters

There are five Practice Manager Supporters who work in practices across the County in Mid and South Essex, West Essex and North East Essex. They are funded for up to six hours each per month by all Essex CCGs. All support requests are strictly confidential between you and your supporter. However they are duty bound to take forward any issues that are brought to their attention that may be unsafe in any way.



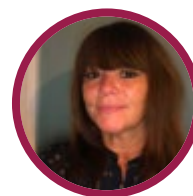
**Patricia Lee**  
North East Essex



**Katie Francis**  
Mid & South Essex



**Kerri-Ann Lee**  
Mid & South Essex



**Lorna Galforg**  
Mid & South Essex



**Deborah Bodhanya**  
West Essex



## How do I contact a Practice Manager Supporter?

Get started by [clicking here](#) and you may choose to contact any of the 5 supporters regardless of whether they are from your CCG area or not. Follow the steps online to submit your support request and your supporter will be in touch.

## What if I have an urgent request?

The Practice Manager Supporters will respond to your request for help as quickly as they can. If your request is particularly urgent there is a lot of experience in the LMC office, which is open 5 days per week. All LMC officers are keen to offer support and help with any query you might have. Please contact the LMC office on 01245 383430 or [info@essexlmc.org.uk](mailto:info@essexlmc.org.uk).

