



**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 Supporters 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 request 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
- Hints on resilience for you and your team
- NHS Structure
- Finance
- IT
- Stress & workload

It is important to know 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 ICBs. All support requested 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.



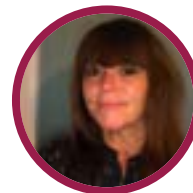
**Patricia Lee**  
North East Essex



**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 can choose any of the 5 supporter and does not need to be specific to your CCG. 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 urgent there is a lot of experience in the LMC office, which is open 5 days per week. All staff members 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).

