



**North & South Essex**  
Local Medical Committees

**Essex LMC  
Workforce Overview:  
January 2026**



# North & South Essex

Local Medical Committees

## Essex Primary Care: Rising Demand vs. Shrinking Workforce (January 2026)

Data from January 2026 reveals a critical trend in the Essex LMC region: while the registered patient list size has climbed significantly to over 2 million, the number of permanent GPs (both Partners and Salaried) continues to decline in both headcount and full-time equivalent (FTE) capacity.

### Growing Patient Demand

#### Registered Patients Surpass 2 Million

Patient numbers have risen steadily from approximately 1.92 million in October 2022.



### Declining GP Workforce

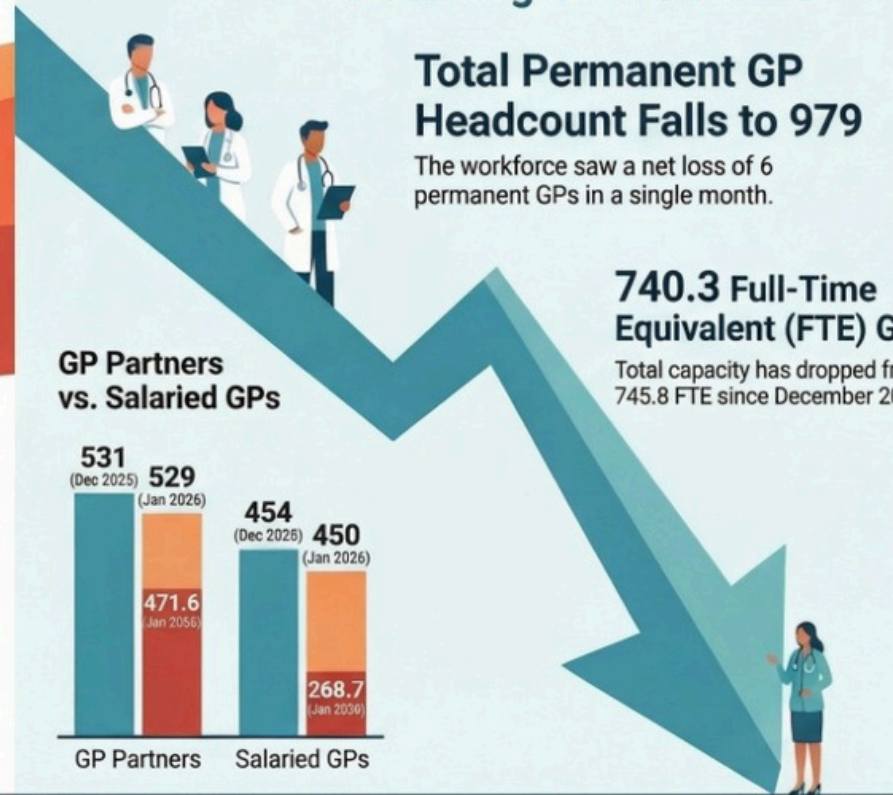
#### Total Permanent GP Headcount Falls to 979

The workforce saw a net loss of 6 permanent GPs in a single month.

#### 740.3 Full-Time Equivalent (FTE) GPs

Total capacity has dropped from 745.8 FTE since December 2025.

#### GP Partners vs. Salaried GPs





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## Essex LMC Workforce Overview: January 2026 Analysis

### Executive Summary

The Essex LMC workforce data as of January 2026 reveals a critical divergence between patient demand and General Practitioner (GP) availability. While the registered patient list size has seen consistent, significant growth since October 2022 - approaching 2.02 million patients by late 2025 - the primary care workforce is currently experiencing a decline.

Between December 2025 and January 2026, every key workforce metric for permanent GPs (both Partners and Salaried) saw a reduction in both headcount and Full-Time Equivalent (FTE) capacity. This reduction indicates a tightening of primary care resources at a time when the regional population requirements are at an all-time high.

### Patient Population Trends

The "List Size" trajectory for Essex demonstrates a sustained upward trend in registered patients over a three-year period (October 2022 to October 2025).

- **Historical Growth:** In October 2022, the list size stood at approximately 1,920,000 registered patients.
- **Recent Peaks:** By October 2025, the number of registered patients had risen to approximately 2,018,000.
- **Growth Pattern:** The increase has been steady, with a notable acceleration in the growth rate beginning in late 2023 and continuing through 2024 and 2025.

### Workforce Capacity Analysis

The workforce data, sourced from the NHS England workforce dataset, tracks the status of GP Partners and Salaried GPs. As of January 2026, the data shows a month-over-month decline across all categories.



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## Total Permanent GPs (Partners and Salaried)

The total permanent GP workforce represents the core clinical capacity for the region. Both headcount and FTE have decreased.

Metric	January 2026	December 2025	Change
Total Headcount	979	985	-6
Total FTE	740.3	745.8	-5.5

## GP Partners

GP Partners, who typically provide both clinical care and practice leadership, have seen a reduction in numbers:

- Headcount: Decreased from 531 in December 2025 to 529 in January 2026.
- FTE: Decreased from 474.2 in December 2025 to 471.6 in January 2026.

## Salaried GPs

The Salaried GP workforce has seen a more pronounced decline in headcount compared to Partners:

- Headcount: Decreased from 454 in December 2025 to 450 in January 2026.
- FTE: Decreased from 271.6 in December 2025 to 268.7 in January 2026.

## Conclusion

The data highlights a period of contraction for the Essex LMC workforce. With a total permanent GP FTE of 740.3 serving a population of over 2 million patients, the ratio of clinicians to patients is under pressure. The simultaneous decline in both the Partner and Salaried GP tiers suggests a systemic challenge in maintaining workforce levels against a backdrop of unrelenting patient list growth.

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