



**North & South Essex**  
Local Medical Committees

**Essex LMC  
Workforce Overview:  
March 2026**



# North & South Essex

Local Medical Committees

## Essex GP Workforce & Patient Demand Report (March 2026)

This infographic compares the steady long-term growth of the registered patient population against the recent decline in the actual full-time working capacity of the GP workforce in Essex.

### RISING PATIENT DEMAND



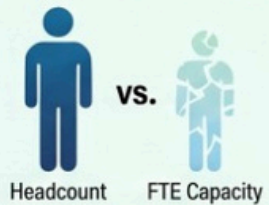
### Sustained Upward Trend

Patient numbers show consistent growth over the 3.5-year period ending March 2026.

### DECLINING WORKFORCE CAPACITY (FTE)



### Capacity vs. Headcount Gap



While total GP headcount remained stable at 961, the actual hours worked (FTE) fell.

### Decline Across All GP Roles



Both GP Partners and Salaried GPs saw a reduction in FTE between February and March.



## North & South Essex

Local Medical Committees

### Essex LMC Workforce and Patient Population Analysis: March 2026

#### Executive Summary

As of March 2026, the Essex LMC (Local Medical Committee) region is characterised by a significant divergence between patient demand and clinical capacity. While the total number of registered patients has grown by nearly 100,000 since late 2022, the full-time equivalent (FTE) workforce is experiencing a month-over-month decline.

The data reveals a workforce increasingly reliant on part-time arrangements, particularly among salaried GPs. Despite a marginal increase in the headcount of GP Partners, the total clinical hours delivered (FTE) across both partner and salaried categories decreased between February and March 2026. This trend highlights a critical pressure point: a growing patient list size being managed by a shrinking full-time equivalent workforce.

#### Patient Population Trends

The patient list size within the Essex LMC consortium has seen sustained growth over the three-and-a-half-year period monitored.

- **Long-term Growth:** In October 2022, the number of registered patients stood at approximately 1,920,000. By early 2026, this figure surpassed 2,015,000.
- **Peak Demand:** The list size reached a peak of approximately 2,018,000 in October 2025.
- **Recent Fluctuations:** Following the October 2025 peak, there has been a slight plateau and a marginal decline to approximately 2,015,000 by February 2026. Despite this recent stabilisation, the overall trajectory remains significantly higher than the 2022 baseline.

#### Workforce Composition and Dynamics

The workforce data, sourced from the NHS England workforce dataset, categorises GPs into Partners and Salaried roles. A comparison between headcount (the number of individuals) and FTE (the number of full-time equivalent roles) provides insight into actual clinical capacity.



# North & South Essex

Local Medical Committees

## GP Partners

GP Partners represent the larger portion of the permanent GP workforce in terms of both headcount and FTE.

- **Headcount:** 528 (An increase from 527 in February 2026).
- **FTE:** 470.6 (A decrease from 470.9 in February 2026).
- **Capacity Insight:** While the partner headcount rose slightly, the actual hours worked (FTE) dropped, indicating a shift toward reduced hours among partners.

## Salaried GPs

Salaried GPs show a decline in both personnel and hours worked.

- **Headcount:** 453 (A decrease from 454 in February 2026).
- **FTE:** 271.6 (A decrease from 272.3 in February 2026).
- **Capacity Insight:** The salaried GP workforce has a significantly lower FTE-to-headcount ratio than partners, suggesting a high prevalence of part-time contracts in this cohort.

---

## Comparative Workforce Metrics (March 2026)

The following table summarises the status of the permanent GP workforce (Partners and Salaried) within the Essex LMC as of March 2026.

Metric	GP Partners	Salaried GPs	Total Permanent GPs
Headcount	528 (↑)	453 (↓)	981 (↑)*
FTE	470.6 (↓)	271.6 (↓)	742.2 (↓)
FTE-to-Headcount Ratio	~0.89	~0.60	~0.76

*\*Note: The total headcount shows an upward arrow despite the sum of Feb 2026 figures remaining at 981, suggesting a marginal or fractional increase in the underlying dataset.*



## North & South Essex

Local Medical Committees

### Key Insights and Conclusion

- **Declining Capacity:** Across all sectors of the permanent GP workforce, FTE figures are declining. Between February 2026 and March 2026, the total permanent GP FTE fell from 743.2 to 742.2.
- **Workforce Attrition:** The salaried GP sector is seeing a reduction in both headcount and FTE, suggesting difficulties in retention or a shift in employment preferences.
- **Part-Time Prevalence:** There is a stark difference in how different GP roles contribute to total capacity. While GP Partners work at approximately 89% of full-time capacity on average, Salaried GPs work at only 60% capacity.
- **Pressure on Services:** The combination of a 5% increase in patient list size since 2022 and a contracting FTE workforce in early 2026 indicates that the remaining clinical staff are likely managing higher individual patient loads.

**North & South Essex Local Medical Committees Ltd**  
Unit 5 Whitelands, Terling Road, Hatfield Peverel, Chelmsford, Essex. CM3 2AG  
**Tel:** 01245 383430  
**Email:** [info@essexlmc.org.uk](mailto:info@essexlmc.org.uk) **Web:** [www.essexlmc.org.uk](http://www.essexlmc.org.uk)