How to get a seat at the Annual Representative Meeting (ARM)
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Purpose of these pages
In 2005, the BMA’s Representative Body (RB) agreed changes to its constitution aimed at increasing access to the Annual Representative Meeting (ARM). The ARM is one of the BMA’s main policy making bodies and these pages will explain the ways in which members of the Association can obtain seats at the ARM.

The 2021 ARM is due to be held from Monday 28 June to Thursday 1 July inclusive, however, this is to be confirmed.

Membership of the RB and constitution
There are 560 seats on the RB. 280 of these are allocated to the BMA divisions and another 280 are allocated to the branches of practice (see the list below) as well as to minority groups, overseas branches and others.

The branches of practice are:

(a) academics  
(b) armed forces  
(c) consultants  
(d) general practice  
(e) junior doctors  
(f) occupational medicine  
(g) public health medicine  
(h) staff, associate specialists and specialty doctors  
(i) members in practice but not covered by (a) to (h) above  
(j) medical students  
(k) retired members

Routes to the ARM
There are three routes for interested BMA members to use for attendance at the ARM:

1. They can seek one of the 280 seats allocated to BMA divisions.
2. They can apply (via the regional councils in England and BMA national councils in the devolved nations) for division seats which the divisions have been unable to fill.
3. They can seek one of the seats allocated to their branch of practice.

More information about these routes follows:

1. Via BMA divisions:
Nominations are sought from the 172 BMA divisions to fill the 280 seats allocated to divisions throughout the UK. Representatives from divisions are divided into the branch of practice categories set out above.

Divisions must elect their representatives by 22 February (preferably earlier if possible) and must submit the names of their representative(s) via the events air portal no later than 1 March 2021.

Members interested in obtaining a place at the ARM via their division should notify their division’s honorary secretary of their interest when nominations are being sought. If members are unable to attend the division meeting at which representatives are being elected they should register their
interest in writing or by phone or email. The division secretary’s contact details can be found on the
division notices sent to members informing them of forthcoming meetings of their division. If
members are unable to get in touch with their division secretary they should contact their regional
centre (in England) or national office (in Northern Ireland, Scotland and Wales) in the first instance,
or email the BMA council secretariat ARMseats@bma.org.uk.

Please adhere to the following bye-laws when electing representatives:

31 (2) In any one year where a division is entitled to elect two representatives, not more than one
shall be in the same primary branch of practice as defined in bye-laws 56 (2) 2.2 and 58 (4).

(3) In any one year where a division is entitled to elect three or more representatives not more than
two shall be in the same primary branch of practice as defined in bye-laws 56 (2) 2.2 and 58 (4).

N.B Any seats that are unfilled by 1 March will be reallocated by the regional, national councils (see
below) once the deadline for notification of division representatives to the BMA council secretariat
has passed.

2. Via the regional councils / national councils:
There are ten regional councils in England:

Eastern
East Midlands
London
North east
North west
South central
South east Coast
South west
West Midlands
Yorkshire

There are three national councils:

Northern Ireland
Scotland
Wales

The regional / national council route is available to interested members who have not been able to
obtain a place at the ARM via their division, either because the division is inactive or because the
number of places allocated to the division has been filled. It is also available to interested members
who have been unable to obtain a place via their branch of practice group (see section 3 below).
Those who wish to apply for a seat via the regional or national council, should complete the
nomination form which will be made available on the website after 1 March and should be submitted
directly to your relevant BMA regional centre. Please do not submit the forms to council secretariat.
It will be the responsibility of the appropriate contact at the relevant BMA regional centre to notify
the council secretariat of the regional council’s representatives.

Alternatively, a nomination form may be obtained by emailing BMA council secretariat
ARMseats@bma.org.uk. Please apply for one of these seats after 1 March and your nomination will
be considered at the regional council meeting which will normally take place shortly after 8 March. National councils will consider nominations at an appropriate meeting of council or its executive, or by electronic means during the same period if no meetings are planned during this time. Members will be notified (by the relevant regional centre staff) shortly after the regional / national council meeting whether their nomination has been successful.

3. Branch of practice seats:
The number of RB seats allocated to the branches of practice and other nominating bodies is 280. The branches of practice are listed in the 'Membership of the RB and constitution' section on page 2 and their seats are either allocated by the annual branch of practice conferences or the branch of practice committees.

The number of seats allocated to each branch of practice reflects the average membership of each group over the previous 12 month period to October, apart from the smaller branch of practice groups where three seats are allocated to each. Members interested in obtaining a place via their branch of practice group should contact the appropriate secretariat below asap. The secretariats will be able to advise on the nominations procedure and deadlines for that branch of practice.

Where possible, please avoid applying for multiple ARM seats from different routes as this will disenfranchise other members. However, in the event that you have gained more than one voting seat please contact the relevant secretariat as soon as possible to release one of the seats.

Contact details for regional centres, national offices and regional coordinators:

North east regional council
Regional coordinator/ IRO: Adele Heeley 0113 261 8337  AHeeley@bma.org.uk
Secretarial contact: Nikki Heron 0113 261 8305  NHeron@bma.org.uk

Yorkshire & Humber regional council
Regional coordinator/ IRO: Elaine McAvoy 0113 261 8302  EMcavoy@bma.org.uk
Secretarial contact: Monique Barker 0113 261 8306  MBarker@bma.org.uk

North west regional council
Regional coordinator/ IRO: Shahnawaz Sadiq 0113 261 8330  SSadiq@bma.org.uk
Secretarial contact: Margaret Bell 0151 702 8401  MBell@bma.org.uk

West Midlands regional council
Regional coordinator/ IRO: Melanie Sutton 0121 452 7724  MSutton@bma.org.uk
Secretarial contact: Margaret Bell 0151 702 8401  MBell@bma.org.uk

East Midlands regional council
Regional coordinator/ IRO: Jim Stringer 0113 261 8300  JStringer@bma.org.uk
Secretarial contact: Anne-Marie McKay 0113 261 8323  AMcKay@bma.org.uk

Eastern regional council
Regional coordinator/ IRO: Nigel Mason 0208 655 8805  NMason@bma.org.uk
Secretarial contact: Lorraine Smith 0208 655 8809  LSmith@bma.org.uk

South central regional council
Regional coordinator/ IRO: James Steen 0208 655 8870  JSteen@bma.org.uk
Secretarial contact: Susanne Howard 0117 945 3128  SHoward@bma.org.uk
South east coast regional council
Regional coordinator/ IRO: Hugh Townsend 0208 655 8804 HTownsend@bma.org.uk
Secretarial contact: Nikki Heron: 0113 261 8305  NHeron@bma.org.uk

South west regional council
Regional coordinator/ IRO: Abigail Moore 0117 945 3118 Abigail.Moore@bma.org.uk
Secretarial contact: Suzanne Gowers 0208 655 8812 SGowers@bma.org.uk

London regional council
Regional coordinator: Andrew Barton 020 8655 8863 ABarton@bma.org.uk
Secretarial contact: Emma Bennett 020 8655 8815 EBennett@bma.org.uk

National offices

Northern Ireland:
(Council)
Head of member engagement: Avril Campbell 028 9026 9669 ACampbell@bma.org.uk
Senior policy executive: Patricia Mills 028 9026 9658 PMills@bma.org.uk

Scotland:
(Council)
Senior policy executive: Anne Jenkins 0131 247 3013 AJenkins@bma.org.uk
Committee policy executive: Fiona Dawson 0131 247 3010 FDawson@bma.org.uk

Wales:
(Council)
Committee Executive Officer: Sarah Miller 029 2047 4610 SMiller@bma.org.uk
Committee Executive Officer: Nadia Hughes 029 2047 4633 NHughes@bma.org.uk

Branch of practice contacts

Armed forces doctors should contact Catherine Steele – CSteele@bma.org.uk
Consultants should contact the honorary secretary of their RC in the first instance. If their places are full contact Iwona Mazurek - IMazurek@bma.org.uk
GPs should contact Karen Day- KDay@bma.org.uk
Junior doctors should contact Chris Fosten - CFosten@bma.org.uk
Medical academics should contact Alexei Starodoubtsev - AStarodoubtsev@bma.org.uk
Medical students should contact Catherine Steele – CSteele@bma.org.uk
Occupational health doctors should contact Daniel Carry - DCarry@bma.org.uk
Public health medicine doctors should contact Alexei Starodoubtsev AStarodoubtsev@bma.org.uk
Retired members should contact Laura Clark - Laura.Clark@bma.org.uk (please note that nominations for this group are usually sought from those in attendance at the retired members conference which is due to take place on 19 March 2021)
Staff, associate specialists and speciality doctors should contact Lucy Kerr - LKerr@bma.org.uk

Occupational health doctors should contact is Daniel Carry
Public health medicine doctors should contact Alexei Starodoubtsev
Retired members should contact Laura Clark - Laura.Clark@bma.org.uk (please note that nominations for this group are usually sought from those in attendance at the retired members conference which is due to take place on 19 March 2021)
Staff, associate specialists and speciality doctors should contact Lucy Kerr - LKerr@bma.org.uk
## Allocation of ARM branch of practice seats

<table>
<thead>
<tr>
<th>Branch of Practice</th>
<th>Allocating body</th>
<th>Number of RB seats to be allocated by the conference</th>
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<tbody>
<tr>
<td>Armed Forces</td>
<td>Armed Forces Committee</td>
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<tr>
<td>Consultants</td>
<td>UK Consultants Conference</td>
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<td>General practitioners</td>
<td>Conference of Representatives of LMCs</td>
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<td>Junior doctors</td>
<td>Junior Doctors Conference</td>
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<td>Medical academics</td>
<td>COMAR</td>
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<td>Medical students</td>
<td>Medical Students Conference</td>
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<td>Occupational Medicine</td>
<td>Occupational Medicine Committee</td>
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<tr>
<td>Public health medicine and community health</td>
<td>Conference of Public Health Medicine</td>
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<tr>
<td>Staff, Associate specialists and Specialty doctors</td>
<td>Staff and Associate Specialists Conference</td>
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<tr>
<td>Retired members</td>
<td>Retired Members Conference</td>
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<tr>
<td>Other medical practice</td>
<td>Council</td>
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### Allocation of ARM seats to other electing bodies

<table>
<thead>
<tr>
<th>Allocating body</th>
<th>Number of RB seats to be allocated by the conference</th>
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<tbody>
<tr>
<td>Honorary Secretaries Conference</td>
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<tr>
<td>Junior Members Forum</td>
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<td>Minority Groups</td>
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### Allocation of Division Seats

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<tr>
<td>Argyll and Bute</td>
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<tr>
<td>Ayrshire and Arran</td>
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<tr>
<td>Barnsley</td>
<td>1</td>
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<tr>
<td>Basingstoke and North Hampshire</td>
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</tr>
<tr>
<td>Bath District</td>
<td>2</td>
</tr>
<tr>
<td>Birmingham</td>
<td>5</td>
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<tr>
<td>Black Country</td>
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<tr>
<td>Blackburn</td>
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<tr>
<td>Blackpool and Fylde</td>
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<tr>
<td>Bolton and Wigan</td>
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<tr>
<td>Bradford and Airedale</td>
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<td>Brighton</td>
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Bristol ................................................................. 4
Buckinghamshire.............................................................. 2
Burnley, Pendle and Rossendale ........................................ 1
Burton and District.......................................................... 1
Bury ..................................................................................... 1
Caithness ............................................................................. 1
Calderdale........................................................................... 1
Cambridge, Huntingdon and Ely ......................................... 3
Cardiff and Vale of Glamorgan ........................................... 4
Chester ................................................................................ 1
Chesterfield ........................................................................ 1
City and Hackney ................................................................ 2
Clwyd North ........................................................................ 1
Cornwall ............................................................................... 2
Coventry & Warwickshire .................................................. 3
Crewe .................................................................................. 1
Darlington .......................................................................... 1
Dartford, Gravesend and Medway ....................................... 1
Derby .................................................................................... 1
Dewsbury, Pontefract and Wakefield ................................. 1
Doncaster ............................................................................ 1
The Dukeries ....................................................................... 1
Dumfries and Stewartry ..................................................... 1
Dunbartonshire..................................................................... 1
Dundee .................................................................................. 1
East Berkshire ................................................................. 1
East Cumbria ................................................................. 1
East Dorset ............................................................................ 2
Eastern (NI) ........................................................................ 4
Eastern Kent ........................................................................ 2
East and North Hertfordshire .............................................. 2
East Surrey .......................................................................... 1
East Sussex .......................................................................... 1
East Yorkshire ..................................................................... 2
Edgware and Hendon ................................................................. 1
Enfield and Haringey ............................................................. 2
Exeter and Mid-Devon ............................................................ 2
Fife ......................................................................................... 1
Forth Valley ........................................................................... 1
Furness ................................................................................. 1
Gateshead ............................................................................... 1
Gloucestershire ...................................................................... 2
Grampian ............................................................................... 1
Greater Glasgow .................................................................... 2
Great Yarmouth and Waveney ............................................. 1
Greenwich, Bexley and Bromley .......................................... 3
Grimsby .................................................................................. 1
Guernsey and Alderney ......................................................... 1
Guildford ............................................................................... 1
Gwent and South Powys ....................................................... 1
Harrogate ............................................................................... 1
Hartlepool ............................................................................... 1
Hexham .................................................................................. 1
Holland .................................................................................. 1
Huddersfield .......................................................................... 1
Inverness ................................................................................. 1
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Isle of Wight ........................................................................... 1
Islington .................................................................................. 1
Jersey ....................................................................................... 1
Kesteven ............................................................................... 1
Kettering ............................................................................... 1
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Lanarkshire ............................................................................. 1
Lancaster ............................................................................... 1
Leeds ..................................................................................... 4
Leicestershire and Rutland ................................................... 4
Lewisham ................................................................................ 1
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<td>Newcastle-upon-Tyne</td>
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Trafford.................................................................................................................................... 2
Warrington ................................................................................................................................. 1
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York ......................................................................................................................................... 1