Welcome, and congratulations on being elected or re-elected as a BMA elected member.

This is a summary of essential information to get you started. Please read the full guide for further details.
What is the BMA?
- A trade union representing and negotiating on behalf of all doctors and medical students in the UK
- A leading voice advocating for outstanding healthcare and a healthy population
- A provider of excellent individual services and support for doctors throughout their lives.

What are the responsibilities of an elected member?
- Ensure that members’ voices are heard — nationally, locally and in the workplace
- Contribute to the work of the committee. Prepare for meetings to ensure you can participate fully in debates, take into account both your own views and the views of those you represent, and help with projects in your area of expertise
- Provide a steer to the work of the secretariat, which supports the committee and feeds its views into policy development
- Respect the values and policies of the BMA, follow our code of conduct and work in accordance with the BMA’s behaviour principles
- Declare conflicts of interest to your committee chair/head of committee secretariat
- Uphold the confidentiality of your committee; if in doubt, ask the committee chair
- Represent the views of the BMA when speaking to the media as an elected BMA representative, or explicitly ask not to be identified as such when speaking in a personal capacity
- Observe guidance for the use of electronic communications set out in the email guidelines, technology T&Cs and GDPR guidelines, and social media policy
- In BMA elections, abide by elections guidance, respect other candidates, and don’t put pressure on other members or staff to favour a particular candidate.
How is policy made?

The BMA’s main policy-making meeting is the **ARM (annual representative meeting)**

- Motions for debate at the ARM come largely from our divisions, regional councils, branch of practice conferences, and national councils
- The **RB (representative body)** consists of 600 members who attend the ARM and are elected geographically and by branch of practice
- When a motion is passed by the RB, it becomes BMA policy.

What training and support is available?

- As a new committee member, you have the opportunity to be paired with a ‘buddy’ and/or a **mentor**
- A comprehensive bespoke training programme includes courses on **inclusive culture, and active bystander, leadership (foundation and advanced), and effective influencing at the BMA**. For more information, contact corporate.edi@bma.org.uk
- Each BMA committee is supported by an email discussion list known as a listserver. These are used for the circulation of information and consultations, and as a discussion forum
- **Support for carers** is available to allow committee and board members to participate fully in BMA activities
- Confidential counselling and peer support is available 24/7 to all doctors and medical students, plus their partners and dependants. Call 0330 123 1245 or **find out more**
- The BMA media office arranges media training for committee members, and you must attend a training session if you anticipate communicating with the media. Email mediaoffice@bma.org.uk
- If you encounter any behaviour from members that may not be in line with the BMA’s behaviour principles, you can raise your concerns through the 24-hour code of conduct support line at 033 3212 3618; it is staffed by accredited counsellors who will help you to deal with the impact of the behaviour and decide how to act on it. You can also raise the issue with your committee secretariat
- Alternatively, our **speak up guardian service** is an independent and objective person to whom committee members can raise concerns that they may feel unable to raise by other routes
— An equality champion works across committees as a point of contact for equality issues, and feeds equality, diversity and inclusion considerations into discussions and decisions

— The network of elected women is a BMA-wide group that supports elected women members and champions female leadership

— The national BAME member forum aims to unify and empower the voices of our Black, Asian, and minority ethnic members and influence positive change in the pursuit of race equality, in our association and across the NHS

— Our services for international doctors include immigration advice, learning and career development resources.

How do I claim expenses?

— Committee members can claim expenses incurred when attending meetings, such as the costs of travel, subsistence, and accommodation. Locum costs incurred while on BMA business can also be reimbursed, subject to a maximum limit. See the rates and limits, and expenses policy

— The BMA uses a web-based system called Concur. You will need to apply for an account if you don’t have one. If you have any queries about Concur, contact John O’Connor on 020 7383 6458

— Members can claim honoraria for attendance at committee meetings or on business on behalf of the committee (including participation by video or teleconference). See the BMA Committee policies and expenses

— Honoraria payments only apply to members of national committees and regional councils.

For information on all guidelines and expenses, please refer to the committee policies.