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 2022 ARM will be held from Monday 27 June to Wednesday 29 June inclusive.

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 and others. (NB: In addition to the 560 seats, a further eight are allocated to the voting members of the ARM Agenda Committee).

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 171 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 below.

Divisions must elect their representatives by 22 February (preferably earlier if possible) and must submit the names of their representative(s) via the EventsAir portal no later than 1 March 2022.

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 and/or the divisional webpages. 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).

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 contact their respective regional / national contact below who can provide information on how to get a seat via the regional / national council.

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:

(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
Branch of practice 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. 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, we would be grateful if you could 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: Emma Bennett 020 8655 8815  EBennett@bma.org.uk

**West Midlands regional council**
Regional coordinator/ IRO: Melanie Sutton 0121 452 7724  MSutton@bma.org.uk
Secretarial contact: Alicia Carson 02086558844  acarson@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

**East of England regional council**
Regional coordinator/ IRO: Nigel Mason 0208 655 8805  NMason@bma.org.uk
Secretarial contact: Melanie Rolf 02086558817  mrolf@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: Lorraine Lord 02086558862  LLord@bma.org.uk

**South west regional council**
Regional coordinator/ IRO: Abigail Moore 0117 945 3118  Abigail.Moore@bma.org.uk
Secretarial contact: Angie Nokes 01179453132 anokes@bma.org.uk

London regional council
Regional coordinator: Andrew Barton 020 8655 8863 ABarton@bma.org.uk
Secretarial contact: Paula Smylie 02086558829 psmylie@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: Dominique Maske 01312473035 dmaske@bma.org.uk

Wales:
(Council)
Member engagement coordinator: Georgina Tibbott 02920474636 gtbibott@bma.org.uk
Committee Executive Officer: Sarah Miller 02920474610 smiller@bma.org.uk

Branch of practice contacts

Armed forces doctors (including civilian doctor for the armed forces) should contact Jodie King - jking@bma.org.uk

Consultants should contact the honorary secretary of their RC in the first instance. If their places are full contact Caroline O’Regan - CORegan@bma.org.uk

GPs should contact Karen Day - KDay@bma.org.uk

Junior doctors should contact Melissa Isaac - MIsaac@bma.org.uk

Medical academics should contact Chris Fosten - CFosten@bma.org.uk

Medical students should contact Jonny Carey - JCarey@bma.org.uk

Occupational health doctors should contact Rosemary Hammond – rhammond@bma.org.uk

Public health medicine doctors should contact Chris Fosten - CFosten@bma.org.uk

Retired members should contact Laura Clark - Laura.Clark@bma.org.uk (please note that nominations for this group are sought from those in attendance at the retired members conference which is due to take place on 18 March 2022)

Staff, associate specialists and speciality doctors should contact Jodie King - jking@bma.org.uk

Other group contacts

Forensic doctors who would like to be nominated via the Forensic and Secure Environments Committee should contact Sian Goff - SGoff@bma.org.uk

Civil service doctors who would like to be nominated via the Civil and Public Services Committee should contact Nili Kotecha - NKotecha@bma.org.uk