Introduction to this guide

There has never been a better time to be a member!

This guide will provide you with a comprehensive summary of all the benefits provided to you as a member of the Royal College of General Practitioners. With over 60 key benefits, we continue to develop new services and initiatives to provide you with value for money; comprehensive support; enhanced professional status and a collective voice.

To quickly access a full list of benefits, please visit

www.rcgp.org.uk/memberbenefits
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreword</td>
<td>5</td>
</tr>
<tr>
<td>About the College</td>
<td>6</td>
</tr>
<tr>
<td>Continuing professional development</td>
<td>10</td>
</tr>
<tr>
<td>Clinical innovation and research</td>
<td>12</td>
</tr>
<tr>
<td>Engagement and support</td>
<td>14</td>
</tr>
<tr>
<td>Journals, newsletters and updates</td>
<td>18</td>
</tr>
<tr>
<td>Recognition</td>
<td>20</td>
</tr>
<tr>
<td>Getting involved</td>
<td>22</td>
</tr>
</tbody>
</table>

Version 2 2014
Foreword

Professor Mike Pringle is President of the Royal College of General Practitioners. Having been a general practitioner for 30 years, Mike is now retired from practice and the University of Nottingham, where he is Emeritus Professor of General Practice. You can find out more about Mike on our officers’ page of the College website.

General practice is at the centre of the UK healthcare system. The quality and extent of primary care in Britain is recognised and respected internationally. Your College believes in achieving the best care for our patients and the public. Your College promotes general practice and supports its development, and that is why it has over 50,000 members.

However, your membership is never taken for granted. The College Officers, Council Members, Trustees and dedicated staff are constantly aware that your future depends on the energy and effectiveness of their work today. We are actively engaged in lobbying for the roles and responsibilities of general practitioners in the NHS.

This is, above all, your College and if it goes in the wrong direction, please work to re-direct it. If it doesn’t offer what you seek, please ask. If you think it can do better, please join us in our efforts to improve. And above all, let’s believe together in a better future for our patients.

Professor Mike Pringle, President RCGP
About the College

We are the professional membership body and guardian of standards for family doctors in the UK, working to promote excellence in primary healthcare.

Our vision
Excellence in general practice for patients worldwide.

Our purpose and strategic aims
To promote the best possible quality of health and healthcare for the population by:

› Setting the highest standards for general practice.
› Ensuring that GPs have the best possible training.
› Supporting GPs throughout their professional lives to deliver the best possible service.
› Leading the profession and demonstrating the value of general practice.
› Developing general practice as the foundation of effective and sustainable primary care worldwide.
› Using resources efficiently to support our members and develop the College sustainably.

Corporate governance
The College’s Council, which is responsible for leading the development of policy and strategy, comprises 33 elected faculty representatives; up to 18 members elected by a postal ballot of all fellows and members; and observers, who cannot vote.

There are five Officers of Council each of whom is elected annually by and from the Council. The Chair of Council normally holds office for three years. The Honorary Secretary and Honorary Treasurer normally hold office for longer in order to provide continuity.

The College is governed by a Trustee Board, which is responsible for the College as a registered Charity. It has twelve members comprising the Chair (elected by Council), four elected members of Council, four lay trustees, ex officers, the Chair of Council, the Honorary Secretary and the Honorary Treasurer.

Find out more about our Officers and Trustees:

www.rcgp.org.uk/leadership-team
Our Headquarters at 30 Euston Square

Our Headquarters has state-of-the-art facilities for education, conferences, overnight accommodation, meetings and entertaining. It has become a home from home for our members when in London.

Centralised and accessible, 30 Euston Square helps us deliver core educational services, and makes it easier for the College and its members to work with key stakeholders to shape and influence the future of healthcare and share best practice for improved patient care. Special member rates apply so come and visit us soon!

Key services include: bedrooms; auditorium; business room hire; Café Caritas (free wifi); Members’ Lounge (exclusive member access); State rooms with a roof terrace and a gym.

[🔗 www.30eustonsquare.com]
Your guide to RCGP membership services
The membership services team provides a wide-range of services and support to current and prospective members of the College. The services offered to members include:

- Provision of letters of Good Standing and verifications of membership for employment and relocation purposes.
- Tax receipts for HMRC for your subscription.
- Support and advice on eligibility criteria and administration of new member applications, reinstatements, membership upgrades, Fellowship, etc.
- Maintenance of your membership, including membership renewals and payment processing.
- Maintenance of your record and contact details - though members are encouraged to update their profile online via ‘My RCGP’.
- New and replacement membership certificates (framed and non-framed).
- Website login assistance.

📞 +44 020 3188 7766
✉ membership@rcgp.org.uk

My RCGP: Dedicated online members area
We continually develop the members’ password protected section of the RCGP website, which enables exclusive access to a wide range of member benefits.

🌐 www.rcgp.org.uk/myrcgp
### Membership grades

<table>
<thead>
<tr>
<th>Membership Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Student Forum</strong></td>
<td>Medical students thinking about a GP career are welcome to register for the student forum. Student registration is free.</td>
</tr>
<tr>
<td><strong>Foundation Programme</strong></td>
<td>Foundation doctors are encouraged to join RCGP and learn about real-life experiences of GP trainees. The Foundation programme is free to join.</td>
</tr>
<tr>
<td><strong>AiT</strong></td>
<td>GP trainees who have registered with the College and chosen to become members.</td>
</tr>
<tr>
<td><strong>First5®</strong></td>
<td>Newly qualified GPs can receive support after completion of training to the first point of revalidation at five years.</td>
</tr>
<tr>
<td><strong>Member</strong></td>
<td>GPs on the GMC’s medical practitioner register and have passed the MRCGP exam or MAP assessment.</td>
</tr>
<tr>
<td><strong>Associate Member</strong></td>
<td>A fully GMC registered medical practitioner and have completed vocational training for general practice, but have not passed the MAP or MRCGP assessments? Associate membership is a suitable option for you.</td>
</tr>
<tr>
<td><strong>International</strong></td>
<td>Open to family physicians, practising overseas and have passed the MRCGP[INT] exams.</td>
</tr>
<tr>
<td><strong>Fellowship</strong></td>
<td>Open to full members and International members with over five years of continuous membership.</td>
</tr>
</tbody>
</table>
Continuing professional development

Introduction to Continuing Professional Development (CPD)
We offer a wide range of high-quality clinical and professional development opportunities that you can access in a variety of formats including face-to-face courses, elearning and publishing. Find out more about all the CPD provision we provide to members in this section.

CPD scheme
The College’s CPD system enables you to recognise the impact a learning activity has had on your practice and enhance its CPD rating accordingly.

Clarity
The RCGP has partnered with Clarity Informatics to produce the Appraisal Toolkit for GPs. The Applied Knowledge Test for GPs has been designed to make the collection of supporting information for appraisal and revalidation as straightforward as possible for GPs.

Courses, certificates and events
The College runs hundreds of courses, conferences and events across the UK ranging from large scale events such as our One-Day Essential series to regular minor surgery courses and local networking events. We ensure there’s something for all members regardless of career stage, location or interest.

www.rcgp.org.uk/cpdcredits

www.rcgp.org.uk/courses
First5 resources
Our membership package for newly qualified GPs is called First5. With dedicated events UK-wide, resources and online forums, we offer support through those crucial five years from qualification up to your first point of Revalidation.

First5 is based on five pillars:
- Facilitating networks - Encouraging peer support and mentoring through local networks.
- Connecting - Promoting a sense of belonging and representation for the First5 cohort.
- Career mentorship (requires login) - Making the most of a career in general practice.
- Supporting Revalidation.
- Continuing Professional Development (CPD).

Online Learning Environment
The RCGP eLearning portal, [www.elearning.rcgp.org.uk](http://www.elearning.rcgp.org.uk) hosts a wide range of online resources designed to meet the specific needs of GPs. It is a rapidly growing resource with over 53,000 GPs and other healthcare professionals accessing it to date.

- Essential Knowledge Updates and Challenges.
- Courses that form part of blended learning certificates on subjects such as substance misuse.
- Stand alone courses e.g. modules on cancer, commissioning, domestic violence, TB, self care, kidney and respiratory health.

‘It gives a unified platform for learning and professional development for all primary care clinicians in UK and overseas’.
Quote from Annual Membership Survey 2013
Clinical innovation and research

We provide the leadership and direction supporting the membership in developing better health and patient outcomes through developing prevention, intervention and new care models, producing well-founded clinical policy guidance for research governance and ethics, and supporting the evidence base that underpins these activities.

Carers programme
We have resources to help you identify, support and signpost the ten percent of your practice population who are likely to be unpaid carers. We are developing the Caring for Carers Hub, which will be launched in October 2014. It will bring together our resources as well as provide a platform for your CCG to add information about services to support carers in your local area. In addition, we have eleven GP Champions for Carers throughout England who can help you identify and support carers within your practice. To make contact with your nearest Champion you can email:

✉ supportingcarers@rcgp.org.uk

Clinical priorities
We carefully select from clinical areas to raise their profile and increase awareness both within general practice and across primary care. A senior clinician is recruited to the role of Clinical Champion to provide clinical leadership for each programme. The Clinical Champion works closely with us to plan, implement and deliver an innovative programme of work to help GPs and fellow primary healthcare professionals to improve the quality of life and care of patients.

Innovation Fellows
The College has partnered with the Peter Sowerby Foundation offering ‘time to innovate’. We support members to have the opportunity to apply for a Fellowship that enables them to develop their innovation solution for general practice.
Research and Surveillance Centre (RSC)
The RSC is internationally renowned for its work on the surveillance of disease as they present to general practitioners. This work is commissioned by Public Health England. The Centre is best known for its routine reporting of respiratory tract infections on a twice-weekly basis and for its involvement in national morbidity surveys, which it has conducted in cooperation with the Office of National Statistics. It maintains a continuing programme of research in a wide and varied number of fields.

Research awards
The latest evidence supporting best practice and patient care is translated from the latest research into practical advice; research highlights from the last twelve months are identified through the Research Paper of the Year Award and communicated to members.

Research grants
Research grants are available from RCGPs Scientific Foundation Board, members can apply for up to £20,000 to support general practice research.

Clinical Advisers
Becoming a Clinical Adviser gives members the opportunity to contribute to the development of clinical guidance and standards, representing the voice of primary care and the RCGP. Get involved here:

Patient Online Access
Our ongoing support for GPs includes enhancing the quality of the excellent services you are providing to patients. Patient Online will enable patients to book online, to cancel appointments, to order repeat prescriptions, and to have access to their medical records. We are also developing a series of toolkits and E-Learning modules with the aim of assisting general practices to be ready to provide these services by the end March 2015. Our aim is to help you to continue to deliver outstanding patient care.

‘The RCGP has always been a pivot excellence representing the voice of all GPs’.

Quote from Annual Membership Survey 2013
Engagement and support

Setting the policy agenda
As the first point of contact most patients have with the NHS, general practice is often the subject of significant public debate in the pages of national newspapers and amongst politicians across the UK.

The RCGP acts as a strong voice for high quality patient care in general practice in this public debate. Our national campaign – Put patients first: Back general practice – is calling on the four Governments of the UK to invest properly in general practice so that GPs can protect and strengthen care for their patients.

We also undertake in depth research and analysis of some of the biggest challenges facing the NHS, and propose solutions that will improve patient care.

We have established an independent Inquiry into Patient Centred Care in the 21st Century to explore how the NHS can meet the changing needs of patients at a time when a growing number of people are living with long term conditions.

www.rcgp.org.uk/news

National support across Scotland, Wales and Northern Ireland – Devolved Councils
The Royal College of General Practitioners in Northern Ireland, Scotland and Wales play a key role in contributing to strategic and policy development within the College, taking forward the aims and objectives of the College in each of the devolved nations.
Campaigning: Each Devolved Council works with colleagues across the four nations, engaging with local members and liaising with politicians and key stakeholders in primary care to improve the quality of services provided to patients across the UK.

Continuing professional development: Local initiatives and strategies are developed to facilitate continuing professional development of GPs, communicate with local members and rollout national initiatives at a local level.

Improving quality standards: National initiatives and local guidelines and standards to promote quality and leadership in primary care are implemented in each of the Devolved Councils. Annual awards are given in the devolved nations to recognise best practice and excellence in general practice and patient care.

Promoting the patient perspective: In addition, each Devolved Council has their own patient group to promote patient involvement in primary care, both locally and across the UK, engaging with members, developing local initiatives and working with key stakeholders to ensure the patient voice is heard.

Local and regional support – faculties
There are currently 31 local branches (known as faculties) in the UK, one in the Republic of Ireland and one faculty for international and overseas members.

Faculties undertake a wide range of activities (including seminars, conferences, workshops, research, educational and social events) which reflect the College’s aim to promote the highest possible standards of patient care.

On joining the College, you are automatically allocated to membership of one of the faculties of the College based on your main address.

International development
The College encourages the development of family medicine internationally through a number of projects and initiatives aimed to develop primary care around the world. Doctors based outside the UK can take an MRCGP [INT]-accredited exam in seven internationally recognised centres and upon completion, can apply for international membership.

Through our international development programme we offer advice on training the trainers, examiners, undergraduate and postgraduate curriculum
development, policy development, assessments and primary healthcare research. Our expertise is available to any medical training or examining body. The International department also provides UK visits and talks for groups of overseas doctors; International Travel Scholarships; and a ‘Hippokrates Exchange Programme’.

www.rcgp.org.uk/international

Annual Conference
The Annual Conference is the flagship event on the primary care calendar. Held in the autumn of each year, it brings together an impressive range of national and international speakers.

www.rcgp.org.uk/annualconference

Annual membership survey
Each year we contact you to ask for feedback on all the services we provide as a membership body. Remember to respond again this year when emails go out in the autumn.

Look at our key points from last year’s survey:

www.rcgp.org.uk/membership/resources-for-members/membership-survey

RCGP Medical Bookshop
The RCGP Medical Bookshop specialises in offering the latest and best books on general practice and primary care. RCGP members can benefit from a range of exclusive member discounts across a wide range of books, ebooks and gifts. Find us at various RCGP courses and events or online at

www.rcgp.org.uk/shop

‘95% of RCGP Bookshop customers are satisfied or very satisfied with the service’.

From a 2014 survey of RCGP Bookshop customers

Online Knowledge Resource Centre
The Knowledge Resource Centre collection and library catalogue
RCGP members can access online resources and journals, order items, save searches and check loans via the catalogue. Our extensive collection includes books and reports on all aspects of general practice, a comprehensive range of relevant journals in hard copy and electronic format, MRCGP and curriculum publications, and a unique collection of BSc, MD and PhD
theses written by GPs. The Library is currently available to members by appointment between 10:00-16:00 Monday to Friday. To book please email library@rcgp.org.uk, this will make certain that expert staff will be available to help with your enquiries.

A-Z journals portal
Log into the A-Z journals portal for a list of all the titles we hold. Journals include BJGP, InnovAiT, British Medical Journal, HSJ (Health Service Journal), The Lancet and Family Practice.

Databases
Medline -The world’s most comprehensive source of full text for leading medical journals ‘PsychINFO’.

✉ library@rcgp.org.uk
🌐 www.rcgp.org.uk/knowledge

BJGP Jobs and Careers service
If you’re looking for that perfect job or fancy a new challenge, why not find yourself a new opportunity using this brand new member service?

RCGP members and practice teams can:
› Search for a wide range of GP and practice manager jobs.
› Subscribe to weekly job alerts.
› Apply for new jobs.
› Save your favourite jobs and self manage your applications.
› Search for externally managed courses, events and conferences.

FileSync
www.rcgp.org.uk/bjgp-jobs
Journals, newsletters and updates

Chair’s blog
One of the College’s most popular email bulletins is written by the RCGP Chair, which provides key updates on RCGP activities and general practice news from around the world.

British Journal of General Practice (BJGP)
The BJGP is the College’s journal which is distributed monthly to members and subscribers. It is an international journal which publishes articles of interest to family practitioners worldwide. Members can also access the online version of the BJGP, where you can read the current edition and search back issues for content at:

www.rcgp.org.uk/bjgp

InnovAiT
InnovAiT is a journal for Associates in Training (AiTs). Rotating through the whole new curriculum for the MRCGP on a three year cycle, InnovAiT supports and assists the learning and development of AiTs as they progress through training.

www.rcgp.org.uk/innovait

Members of the College are entitled to subscribe to InnovAiT at a price of £62 per annum (£64 from January 2015) and GP Trainers and First5s may subscribe for a further discounted rate of £39 (£40 from January 2015).
‘The RCGP combines a high standard of academic rigour with an understanding of grassroots reality’.
Quote from Annual Membership Survey 2013

Regular member ebulletins
Each month, members receive dedicated ebulletins relating to their career stage and location (e.g. trainee/First5 and Faculty/Devolved Council based updates).

Visit www.rcgp.org.uk/myrcgp on our website to update your profile to ensure you receive important communications.

Clinical news
The Colleges clinical newsletter focusses on the innovation and quality improvement activities delivered by the College. This popular newsletter highlights the tools and resources produced by the College to improve patient care and includes opportunities for involvement in these activities by the membership.
Recognition

**Enhanced professional status**
Only members who have passed the College exam or successfully completed iMAP or MAP ([www.rcgp.org.uk/map](http://www.rcgp.org.uk/map)) may use the post nominal MRCGP. Those who have completed the International assessment route may use MRCGP(INT). Members who have fulfilled the requirements of Fellowship may then use the FRCGP/FRCGP [INT] post nominal.

**New Members’ Ceremonies**
New Members’ Ceremonies are held around four times a year to welcome those who become Members of the College by either passing the MRCGP exam or MAP. Members are presented in the company of their family, friends and peers as a celebration of their achievement in the beautiful surroundings of 30 Euston Square. New members have up to one year to attend a ceremony following qualification.

[www.rcgp.org.uk/ceremonies](http://www.rcgp.org.uk/ceremonies)
Fellowship
After five years of continuous membership, you are eligible to apply for Fellowship of your College. Fellowship is an important part of a GP’s career development, as well as an opportunity for the College to recognise the individual contributions being made to excellent standards of care. Over 3,300 members have received the Fellowship status to date and they come from a diverse background with enlightening experience and contributions towards general practice. In addition to the use of FRCGP post nominal and an invitation to a special ceremony, fellows now receive an official logo to highlight their achievement.

Feedback from one of our fellows:
‘To be recognised and nominated by others and presented with an award in such a grand setting is just reward for the hard work many of us are doing. I now realise that I need to urge the doctors who I initially thought were more worthy than me to think about going through this process. I would urge others to consider nominating those around them who until now have been working hard in a particular area and without just recognition’.

www.rcgp.org.uk/fellowship

Awards, prizes and life membership
In addition to Fellowship, the College has over 20 awards that are available both on application and by nomination. All are intended to give recognition and encouragement and to people in the different ways they work and can apply to different aspects of general practice, e.g. those in training, those who have spent a lifetime in practice as well as those outside of medicine.

www.rcgp.org.uk/about-us/rcgp-awards
Getting involved

Retired members
As well as demonstrating continued support for the College’s important work, keeping up your involvement with the College after retirement is a great way of staying in touch with colleagues. Retired members now receive a quarterly ebulletin to keep up to date with the College so longstanding members can get involved in social activities, mentoring, International development and much more. We also host a President’s reception exclusively for our valued retired members each year.

Consultations
The College responds to over 100 consultation exercises each year and involves several hundred members in the process. Topics range from clinical, practice issues, regulatory matters, ethics and medico-legal issues and areas of public policy where they impact on GPs.

Fundraising
As a registered charity (no. 223106) we run fundraising appeals to fund specific areas of College activity such as medical research and international programmes. Many donations come from members who wish to support the development of primary care in the UK and abroad. Over 330 members donated to have their inscription on the RCGP Foundation Wall, located next to the Auditorium. This formed
part of our Capital Appeal which helped us to purchase and renovate the Headquarters at 30 Euston Square. Our Sierra Leone Appeal also raised over £60,000 to support the training of primary care health workers. Both these appeals were made possible by members getting involved in our work.

www.rcgp.org.uk/support-our-work

Committees
Many members get involved with the College by applying being nominated for positions on our committees. For example, the ‘Associate in Training Committee’ gives trainees a key voice in the development of College policy and initiatives and the ‘Health Inequalities Group’ works to ensure that health inequalities are taken into account across all areas of College activity.

www.rcgp.org.uk/committees

Custodian tours
We offer members ‘custodian’ tours of the College where our volunteers (longstanding members) guide visitors through our historic grade 2 listed building during events including the new members ceremonies and the AGM. If you would like more information on these tours, please contact our archivist, Dr Sharon Messenger.

heritage@rcgp.org.uk
General meetings: AGM and SGM
The College’s general meetings are held in November and in May each year. The meetings involve the presentation of College awards, including Fellowship, an address by the College Chairs of Council and Trustee Board, a presentation of the College’s accounts by the Honorary Treasurer and an opportunity for College members to vote on issues relating to College’s governance.
RCGP Plus
Providing you with added value in practice and at home.
We have recently launched a brand new suite of value-added benefits exclusively for members.

These specially negotiated deals on carefully selected products and services are there for you to saving time and money in your practice and at home, so you can do what you do best, be a GP.

‘It is great to see the College utilise its collective bargaining power in order to better meet the needs of it’s members. I have high hopes for RCGP Plus and we hope to launch more practice supplier-specific offers and promotions throughout the year’.

RCGP President, Professor Mike Pringle

Access to RCGP Plus is available for FREE as part of your membership package.

Our exclusive offers include:

› Hiscox home and travel insurance
› Navigation Wealth Management
› Vauxhall
› DoctorsbagUK
› Make It Cheaper (Telecommunications and energy comparison)
› Academy of Medical Educators
› Parliament House Hotel Edinburgh
› Accor Group hotels UK
› 30 Euston Square discounts
› Investec

🔗 www.rcgp.org.uk/rcgp-plus
A summary of RCGP member benefits
Supporting You Through Your Journey

Membership
✉ membership@rcgp.org.uk
📞 020 3188 7766

Revalidation
✉ revalidation@rcgp.org.uk
📞 +44 (0) 20 3188 7400
rcgp.org.uk
@rcgp
facebook.com/rcgp.org

Registered charity number 223106 Royal College of General Practitioners