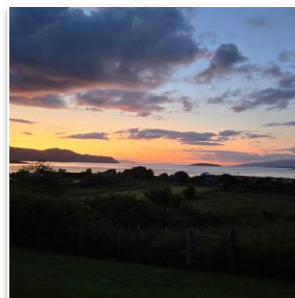




Rural GP Association Scotland (RGPAS)

Trustees' Annual Report

1 October 2024 to 30 September 2025 Year Two



Charity contact information



Rural GP Association Scotland (RGPAS)

Scottish Charity Number: SC053200

Registered Address: Cairndow

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Website <http://www.ruralgp.scot>

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Charity Trustees 2024 on initiation of the SCIO

RGPAS has 4 Trustees supported by a wider board / committee who represent the membership of RGPAS

1. Dr Alida MacGregor (Chair)
2. Dr Charles Siderfin (Treasurer)
3. Dr Mike McIver
4. Dr Jenny Davis



Objectives and activities

RGPAS is a forum for:

- Mutual, self-support for rural GPs
- Rural practice education and research
- Discussion and debate around rural healthcare issues
- Political representation and campaigning for rural General Practice
- Encouragement and training support for students interested in rural practice.

The annual RGPAS Conference is centrally important to bring together the disparate membership, providing the opportunity to:

- Meet face to face to develop friendships and create professional networks.
- Learn through the activities of the conference programme.
- Discuss topical issues.
- Hold the AGM and agree priorities for the coming year

RGPAS membership brings:

- Access to RGPAS members and the activities outlined above.
- A source of professional and personal support for practitioners who, by the nature of their work, are geographically isolated and often significantly challenged by the breadth and depth of care they need to deliver and the level of responsibility they hold.
- The opportunity to work with like-minded colleagues and contribute to the educational, research and political activities of the association to enhance and strengthen rural general practice.
- Access to the RGPAS private support forum and the development of communities of practice for discussion.

Structure, governance and management

RGPAS successfully became a SCIO in 2024

RGPAS has a “Two-Tier” constitution which came into effect on 19th March 2024. A minor change to include the role of *Rural Emergency Physician* (Doctor) as a member category was agreed for inclusion to ensure that this role was adequately represented and valued.

Trustee recruitment and appointment

Changes

Dr Kate Dawson resigned as Trustee and remains on the board as GP with thanks for her longstanding contribution to RGPAS.

The structure of the organisation consists of:- (a) the MEMBERS - who have the right to attend members' meetings (including any annual members' meeting) and have important powers under the constitution; in particular, the members appoint people to serve on the board and take decisions on changes to the constitution itself;(b) the BOARD - who hold regular meetings, and generally control the activities of the organisation; for example, the board is responsible for monitoring and controlling the financial position of the organisation.

The board consists of a diverse number of member representatives including Rural GPs, Newly qualified GPs and Medical Student representatives from Scottish Medical Schools. Membership remains steady at approximately 100. No increase to membership fees was agreed.

RGPAS Chair's Report – 2025 Dr Alida MacGregor.



The theme of our annual conference this year is collaboration, and the RGPAS trustees and business support team are working to centre the organisation as a focal point for Rural General Practice in Scotland. Through shared effort and strong governance, we aim to ensure RGPAS continues to grow as an influential, trusted, and supportive voice for rural general practitioners across the country.

In becoming a Scottish Charitable Incorporated Organisation (SCIO) in 2024, we enhanced our ability to secure funding, enabling us to further advance the goals of the organisation. The importance of robust business management support has become increasingly evident, and is central to the successes of this year.

We have had a committed board who have shown great enthusiasm to build the infrastructure needed to establish a productive way of working. This year, we successfully reworked both the finance and conference subgroups to strengthen their structures, improve communication, and clarify responsibilities. This process has already led to more effective planning and oversight, ensuring our financial processes and event organisation are both more sustainable and transparent. The active engagement of our board and committee members has been vital in driving this positive change, and their collaborative spirit continues to enhance how we work together as an organisation.

A newly established conference sub-group, chaired by Business Support and Clinical Leads. The group has been further supported by the Chair and Treasurer as required. To operate efficiently, the sub-group divided its work into two key areas: clinical oversight and event management. This has proven to be an effective and well-balanced structure, which we hope to continue and develop further in future years.

Membership has increased over the past year and despite the pressures rural GPs are facing, we are delighted to welcome 31 members to conference this year. The success of the conference for medical students and doctors in training is clear, with another year of good uptake of the ticket allocation for these groups. It is a joy to read the submissions from the medical students, the enthusiasm and commitment expressed is clear and really highlights the importance of RGPAS scholarships supporting students to attend. The continued success of the conference is testament to the commitment from the subcommittee, the student involvement led by our student reps, and now in the 3rd year of the posters, we were delighted to again have an increased number of applications this year.

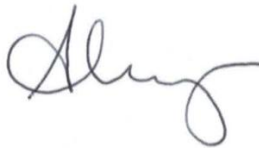
Peer support, representation and education remain the core aims of RGPAS, guiding where we invest our time and resources. The challenges facing rural

general practice in Scotland are ongoing, and the implementation of the 2018 GP contract has unfortunately largely ignored those of us working in rural settings. RGPAS is committed to being a strong voice for rural general practice and advocating for meaningful change.

As Chair, I represent RGPAS on the National Rural Centre strategic board; RGPAS is also represented on the national dispensing group. We often are approached to give input into various projects, the main limiting aspect of this is availability of board members to meaningfully engage. As we grow the RGPAS network and establish productive connections and collaboration on an organisational basis, we hope to be in a better position to ensure the needs of Rural GPs are met.

We have several committee members standing down this year; their input to RGPAS has been invaluable, so on behalf of the board and the membership, thanks to (names redacted) I encourage all members to consider getting involved and contributing to the future success of RGPAS.

Thank you for your continued support and commitment to rural general practice.



Dr Alida MacGregor

MBChB MRCGP DCH DRCOG DRFSH FFRRHH

Highlights – Fundraising Event for RGPAS and The Sandpiper Trust

In July 2025, a small but mighty group of us came together, brimming with excitement, to organise a fundraising event for The Sandpiper Trust and RGPAS. Thinking back, we count ourselves incredibly lucky – the weather played ball, the participants were marvellous, and the fundraisers went above and beyond. We really didn't know what to expect, but what a fantastic adventure it turned out to be! And even better, it gave us a wonderful chance to meet up in person as we travelled along the way...

We want to shout a massive thank you to everyone who got involved! From the very beginning in Stornoway on the Western Isles, all the way across Skye, Ullapool, Thurso and, at last, to the Island Games in Kirkwall, Orkney – your passion and energy were absolutely infectious. We're over the moon to announce that, together, we raised an incredible amount for both organisations – nearly £8,000!



To everyone who cycled, ran, walked, kayaked, sailed or cheered us along our epic 1,000km journey – your amazing dedication and generosity touched our hearts. You've truly inspired us all, and your extraordinary efforts were nothing short of sensational!

We'd like to extend a heartfelt thank you to Broadford Hospital, The Ullapool Harbour Trust, North Coast Visitors Centre in Thurso, and The Magnus Centre in Kirkwall for so kindly welcoming us and letting us share the "Dr Finlay, I Presume" exhibition along the way. And, of course, a huge thank you to the RNLI in Kirkwall for supporting us on the final leg around the islands. To everyone who donated so generously – we truly couldn't have done it without you. The photo above shows a tiny snapshot.

Statement of the charity's policy on reserves

RGPAS intends to build up and hold any reserves for the sole purpose of facilitating future business e.g. conferences, events and activities for the benefit of its members and the wider rural communities in which they serve.

Future

RGPAS will be aiming to extend membership and to participate in fundraising activities to create a resilient rural GP community for the future.

Declaration

Signed on behalf of the charity trustees:

Martine S Scott

Print name

Martine Scott

Designation

RGPAS Project and Business Support

Date

27 June 2026