Message from the Associate Dean

NHS England London

Dear colleagues,

As 2025 draws to a close, I want to take a moment to thank you for your outstanding commitment and compassion throughout what has been another demanding year in healthcare. Your development as doctors continues to inspire, and your resilience in navigating the complexities of modern medicine has been truly impressive.
Whether you are celebrating this month or simply looking forward to some well-deserved downtime with friends/ family– I hope this season brings you rest and the chance to reconnect with what matters most to you.

Looking ahead to 2026, I'm looking forward to the National Foundation Doctors Presentation Day in January. I'm always impressed by seeing some of the fantastic achievements of our Foundation doctors. Please also think about your Horus portfolios and be prepared for mid-year reviews in January. Remember, 'your portfolio is for life (not just for Christmas)' and it's an opportunity to demonstrate all the fantastic work you're undertaking. For our FTPDs, I'm also looking forward to attending the FTPD development days that the school will be hosting in January and March.

With appreciation and best wishes for a restorative break,

Ali

Dr Alice Carter
Associate Dean Foundation

Enhance

Contact details and additional information for Enhance can be found below. Enhance webinars can be found further into the bulletin on the 'Webinar' page

Enhance Clinical Fellow: Dr Sana Mallick. She is very happy to come and do a teaching session for Foundation Doctors in Trusts and can be contacted on:
Sana.Mallick@stgeorges.nhs.uk

The foundation doctor enhance reps contact details can be found below
F2 Diego Abelleyra Lastoria Diego.AbelleyraLastoria@stgeorges.nhs.uk
F1 Bishoy Yasser bishoy.yassa1@nhs.net

Enhance Explore Rotations
We currently have nine foundation doctors who are piloting the Enhance Explore Programme within their rotations. They have been attending study days, simulation and LEEP courses.

Next Explore Study Day: Friday January 30th 9-5pm

In August we have a new public health F2 foundation post that will be incorporating Enhance Explore work.

Enhance Enable
For those who are interested in completing modules in the Enhance Enable programme, the modules are found on NHS learning hub:
https://learninghub.nhs.uk/catalogue/enhancinggeneralistskills?nodeId=4992

NHS England London

Reminders & Guidance

REMINDER: PSA Sittings 2025/26

Please note that PSA is an F1 exit requirement, not an entry requirement for Foundation. We do appreciate that PSA is undertaken by the majority of UK medical schools in the final year, and thus the majority of UK trained F1s will start with PSA. However, many F-IMGs will start F1 without PSA. We also acknowledge that many trusts will have their own independent prescribing assessments to ensure compliance with local prescribing policy, but this should be applied equitably to all F1s.

F1s who have still to pass the PSA can prescribe independently, with counter-signatory **where possible**. Where counter-signatory is not possible their prescriptions are equally valid to those of their colleagues. Like all F1 doctors, with or without PSA, they should seek advice when uncertain about prescribing. There is no need for any out of hours adjustments to F1s working who have not yet passed the PSA".
Please note the dates for PSA sittings for 2025/26 ***(all held at 1pm)***

- **Thursday 26 March 2026**
- Thursday 23 April 2026

IMPORTANT: Foundation Doctors Resignations
Foundation doctors must resign from both the local employer (trust) **AND** the Foundation school with a minimum of one month notice. Individuals can provide a longer notice period (example current F1s that know they will not undertake their F2 year can let the school know now). Please use the PDMDE Support Portal to inform us click here to be directed to the PGMDE Support Portal.

Please can trusts also advise us of any Foundation Doctors who have resigned from training (if you've not already advised us already). Unfortunately, we aren't always made aware.

TAB Dates

Upcoming TAB windows are below

Tab 1: Completed 3rd December

Tab 2: Monday 9th February 2026 – Wednesday 1st April 2026

Tab 3: Monday 27th April 2026 – Wednesday 20th May 2026

REMINDER: TiS Checks
Please can we remind Trust Medical Education colleagues to work with their Medical Staffing teams to regularly check Foundation Doctors' posts on TiS, against internal records. Early recognition of any discrepancies can help us all to resolve issues quickly.

REMINDER: The London Foundation School Webpage

The London Foundation webpage has moved to London Foundation School | London

REMINDER: Contacting the London Foundation School
Please be reminded that contact with the Foundation School Team should be through the PGMDE Support Portal, rather than to individuals email addresses or shared mailboxes. This will ensure that your query can be directed to the correct person and dealt with as quickly as possible. Please click here to be directed to the PGMDE Support Portal.

REMINDER: F2 Responsible Officer Details
F2s MUST ensure they are connected to the correct Responsible Officer for Revalidation. It is essential you do not connect to an NHS trust and do not contact the Responsible Officer asking them to connect to you.

You must do this yourself by following the guidance on the GMC website: https://www.gmc-uk.org/registration-and-licensing/managing-your-registration/revalidation/my-db-tool
Current Responsible Officer for Foundation Doctors in London:

- Dr Gary Wares – NHSE Education North London (North Central and East London and North West London)
- Dr Gary Wares – NHSE Education South London

REMINDER: SCRIPT – supporting safer prescribing practices
The SCRIPT programme is a collection of innovative eLearning portfolios designed to encourage safe and effective prescribing and medicines management among healthcare professionals.
For the London Foundation Doctors, SCRIPT is not mandatory but highly advisable. ***The London Foundation School*** **recommend 6 modules are completed per year as a minimum.**

SCRIPT will enhance your knowledge and confidence in prescribing correctly, improving patient safety, therapeutics and medicines management. You will receive a certificate for each module that you complete, which can be used in your online learning portfolio. SCRIPT is easy to use. You can access the modules at a time which suits you and revisit them even after completion. SCRIPT modules are particularly useful in preparation for the PSA Exam.
You can learn more about the SCRIPT eLearning programme and how to sign up by visiting Medicine & Surgery | Safe Prescriber

REMINDER: Study leave
F2 doctors can undertake **one activity** aligned with their career intention as optional study leave. This can be approved by your local F-TPD.

F2s presenting as first author at a conference may also request one discretionary study leave event per programme. Please see below the steps of how F2 Doctors can apply for Discretionary Study Leave.

1. Foundation Doctor (FD) seeks support from Educational Supervisor and trust (local) Foundation Training Programme Director (FTPD).
2. Local FTPD seeks approval from the area deputy Foundation School Director (FSD)
3. Deputy FSD replies to trust TPD, including study leave team.
4. Local TPD can then reply to FD with outcome.
5. If approved, FD completes study leave form on the study leave portal.

We are not able to reply to direct emails about Study Leave, but if you have any questions please do contact the school via the PGMDE Support Portal click here to be directed to the PGMDE Support Portal.

REMINDER: Provisionally registered doctors (F1) must not undertake formal locum posts or activities.
Provisionally registered (PR) doctors can undertake occasional ad hoc additional/overtime shifts on their current FY placement or previous F1 placements that have formed part of their F1 rotation, where such work is undertaken only within the limits of their current competence and with the support of their educational supervisor. When undertaking such occasional ad hoc additional/overtime work PR doctors should be clear with other members of their team about their current experience and level of competence.

REMINDER: Foundation year 1 induction survey

Many thanks to those of you who participated in part one of the induction survey. This second survey is designed to provide further information which will be used to develop our induction programme for trainees in the future. We plan to share this information as widely as possible so your contribution could potentially make a significant difference to future trainees.
Please complete Part 2 whether you completed part 1 or not.

There is an opportunity to provide more in-depth feedback as outlined in the final question.

To access the survey please log onto:
https://www.surveymonkey.com/r/FollowUpFY1inductionsurvey2025

If possible, please complete the survey in one sitting since you will not be able to access it later. It should only take you approximately 10 minutes to complete. The questionnaire is anonymous and your thoughts and comments are greatly appreciated.

GUIDANCE: Less Than Full Time (LTFT) Training for London
All FDs can apply to work less than full time for a wide variety of reasons. This can improve work life balance while enabling doctors to maintain a fulfilling career.

Requests to change LTFT % (increase or decrease) require *16 weeks notice* period. This will enable departments, trusts and the school to have sufficient notice period and enable us to work to the Code of Practice. Both Foundation curriculum and Gold Guide advise that the Foundation Programme takes 2 years to complete when working full time. Timelines will therefore be adjusted pro rata when individuals undertake training LTFT.

EXAMPLE.

F1 working at 0.5 whole time equivalent (WTE): 12 DIV 0.5 = 24 calendar months

F2 at 0.8 WTE: 12 DIV 0.8 = 15 calendar months

In this example the whole Foundation programme would take 39 calendar months.

FDs will be issued a new end date and placement composition (specialty and possibly site of working) may change. FDs will still rotate 4 monthly to ensure they are able to attend local induction and stay in sync with colleagues. Additional 4-month posts will be allocated by the Foundation School to ensure that LTFT doctors have an educationally balanced programme. We will also liaise with Trusts regarding the timing of ARCPs.

You can apply to work LTFT via the portal. If you have any queries about working LTFT please contact us via the portal.

Please click the link below for guidance regarding Less Than Full Time (LTFT) training. London Foundation School | London

UKFPO Bulletin
To read the latest UKFPO Bulletin access the link below:

UKFPO Bulletin - UK Foundation Programme

Courses, Events, Research, Surveys and Competitions

UKFPO Humans of the Foundation Programme

We are delighted to announce the launch of the UKFP 2024-25 Humans of the Foundation Programme e-book!

The e-book is also available on our Humans of the Foundation Programme webpage

UCL Medical Emergencies Course For Resident Doctors - Saturday 10th & Sunday 11th January 2026 - VIRTUAL COURSE

Full programme now available – Programme

Further details can be found on the meeting website - 61st Medical Emergencies Course for Resident Doctors

Registration

Registration Fee - £125.00
(A discount is available for UCL/UCLH staff (please email alex@collaborativeconferences.co.uk for further details)

Online registration now open – Register

Registration fee includes:

- Access to the virtual course on 10th & 11th January 2026 to watch the presentations and put questions to the speakers.
- Post-course access to the video content (pre-registered delegates only). The content will be available from approximately 2 weeks after the course until the end of April 2026.
- CPD certificate (provided by email to those who attend the course)
- Opportunity to self-certify for CPD for watching the course content later (one CPD credit per hour).

A Day at St John's – Thursday 15th January 2026

St John's DermAcademy is pleased to invite junior doctors interested in dermatology to a 1-day live face-to-face course at St John's Institute of Dermatology.

You will have the opportunity to find out about a career in dermatology, including tips and advice from current Specialist Registrars in Dermatology on the NTN application process. The course also comprises lectures on core topics in dermatology from world leading experts and the chance to participate in the St John's Institute of Dermatology Grand Round.

More information can be found here

BPSC National QI and Patient Safety Competition 2026 – entry deadline 2nd March 2026

We have up to 160 places at our online conference. The conference will be online **13th May 2026**
Shortlisted entrants receive:

- An invitation to submit a poster and give a live oral presentation at our national online conference*
- A discounted delegate rate of £189 (no VAT)**
- An oral presentation certificate, your abstract and poster published in our conference abstract book
- 1st prize and runner-up in each group (10 presentations per group)

* 3-minute presentation followed by 3-minute judge-led Q&A
** Co-authors also qualify for discount

Further competition details can be found at https://bristolpatientsafety.com/poster-competition.html

Contact info@bristolpatientsafety.com for more information

Mental Health Research Incubator - career development support for students

Explore opportunities and progress your mental health research career. Connect and collaborate with mental health researchers and professionals.

For more information, please visit the website below.

Mental Health Research – Develop your career. Change lives.

NHS Learning Hub: August 2024 Update

Welcome to your August 2024 update from the Foundation elearning programme

The Foundation elearning programme covers key areas in your Foundation curriculum. It has been developed specifically for Foundation doctors by the Academy of Medical Royal Colleges in partnership with NHS England elearning for healthcare (NHSE elfh) and is approved by the UK Foundation Programme (UKFPO).

Please also look out for our posts on Twitter (@NHSE_TEL)

Access the point of care tool BMJ Best Practice for free
BMJ Best Practice takes you quickly and accurately to the latest evidence-based information, whenever and wherever you need it.
Our step-by-step guidance on diagnosis, prognosis, treatment, and prevention is updated daily using robust evidence-based methodologies.
This tool is freely available to all healthcare professionals who work for the NHS in England. You can register for free here https://www.bmj.com/company/hee/
If your institution would like to receive further information on BMJ Best Practice, please contact Dr. Kieran Walsh, Clinical Director at BMJ. Dr. Walsh can deliver talks for Foundation Programme doctors at their training sessions or provide information on areas such as the local HEE/BMJ clinical champion scheme. Contact Dr. Kieran Walsh at kmwalsh@bmj.com.

New video resource for foundation doctors
A new video for all foundation, foundation schools and trusts, helping them to understand more about the Foundation Programme Charter, has been shared.
Please click here to launch the Foundation Programme Charter video.
Further videos including Foundation Programme Review and Self Development time can also be found here

NHS Induction Programme for International Medical Graduates - e-learning for health
The National Induction programme has been designed to ensure that all international medical graduates (IMGs) recruited to the NHS are welcomed, valued, and supported as they transition to UK clinical practice.
Please use the following link to access the programme: https://www.e-lfh.org.uk/programmes/nhs-induction-programme-for-international-medical-graduates/

Foundation Careers & Coaching Events Team
Careers Conversation
All foundation trainees can have an individual careers conversation with one of our career coaches which can be arranged by completing the application form at the following link:
https://london.hee.nhs.uk/professional-support-and-development/careers-unit/apply-careers-advicecontact-us/careers-application-form
Self-Awareness | London (hee.nhs.uk)
Career Exploration | London (hee.nhs.uk)
Please find links to revised Career Planning webpages for Foundation doctors in training containing new content, resources and videos.

Foundation Doctors | London (hee.nhs.uk)

All current F1/2 Doctors in London can also access up to three 1-2-1 careers appointments with experienced PSU careers consultants. Application form can be found here:

Careers Application 2024 | London (hee.nhs.uk)

Please note previous London foundation doctors who are taking an F3 can still access 1-2-1 PSU careers appointments up to 3 months after they complete their Foundation training

Webinars

The below webinars have been added to the UKFPO webinars page

- Making the most of your e-portfolio - Tips, tools and reflections
- Myths and misconceptions about fitness to practice – UKFPO in conversation with the GMC
- GP as a career – pathways, possibilities and perspectives

All webinars can be accessed through the UKFPO webinars page

Enhance Leadership Webinars

We have had some excellent and informative Thursday lunchtime Webinars from medical leaders in London. I would very much like to thank the speakers for giving up their time to educate our Foundation Doctors.

September 11th – Dr Ali Carter 'Why Leadership is Important for Foundation Doctors'

October 1st – Dr Camilla Kingdon 'Child health challenges: the case for a new leadership paradigm'.

November 13th – Dr Bhanu Williams 'Refugee Child Health in UK'

December 11th – Drs. Will Marmaris and Damani Goldstein 'Understanding Public Health Issues in London and in a London Local Authority'

Dr Marmaris and Dr Goldstein have said that they would be very happy to be contacted by any trainees that are interested in a career public health and have any questions.

will.maimaris@haringey.gov.uk
damani.goldstein@haringey.gov.uk

We will make recordings of these Webinars available to your FPCs in postgraduate departments.

Next Webinar:
Thursday January 8th – Professor Jonathan Round 'Cutting through. Making a difference in Medical Leadership'

School Foundation Reps

NHS England London

If you wish to contact us as the Foundation School representatives, please email us.
Please see contact details for appointed London Foundations School Reps below:

Sub-Region/Group	Grade	First Name	Surname	Email Address
North East London	F1	Bishoy	Yassa	Bishoy.yassa@nhs.net
North East London	F2	Alisha	Kassam	alisha.kassam@nhs.net
North Central London	F1	Jessica	Falk	j.falk@nhs.net
North Central London	F2	Kinan	Wihba	k.wihba@nhs.net
North West London & SFP	F1	Grace	Waterman	Grace.waterman@nhs.net
North West London & SFP	F2	Federica	Re	federica.re1@nhs.net
South East London	F1	Ridthwan	Adigun	Ridthwan.adigun3@nhs.net
South East London	F2	Alexander	Martindale	alexander.martindale@nhs.net
South West London & SFP	F1	Archie	Ajayi	Archie.ajayi@stgeorges.nhs.uk
South West London	F2	Diego	Agustín Abelleyra Lastoria	diego.abelleyralastoria@stgeorges.nhs.uk
IMG Pan London	F1	Girishkumar	Sivakumar	Girishkumar.sivakumar2@nhs.net
IMG Pan London	F2	Maria	Mankarious	Maria.mankaruis@gstt.nhs.uk