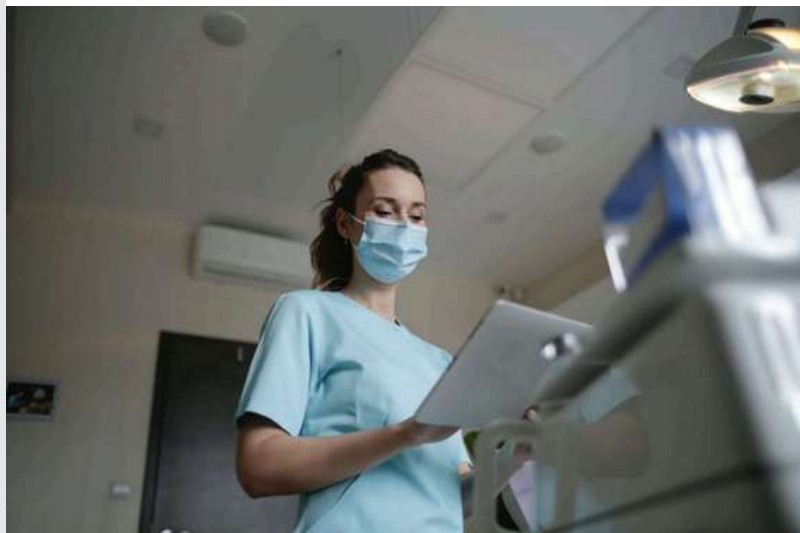


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Trainee bulletin School of Anaesthetics

December 2025



Hello and welcome

In this bulletin, you will find updates on Regional Training Days

- Introductions
- HoS DHoS Updates
- School Resource
- TPD Update
- Regional Training Days
- HET Updates
- Events

Introduction

Welcome to the December edition of the bulletin. This month we welcome a contribution from the trainee (resident) reps.

There is an interesting account of how to arrange a fellowship abroad titled a 'Rough guide to the international fellowship'. Sounds like an exciting opportunity. We obviously don't want you all to submit an application after reading it though!

A reminder to those with ARCPs in January, please make sure all your paperwork is up to date early. Educational supervisors are often on leave around the festive period so do try to be organised in advance. Make sure dates on Form R and ESSR are consistent too.

There is an invitation to join the committee for PLAN who are doing some really interesting projects in London. It's a great opportunity to get involved.

Finally, we wish you all season's greetings over the festive period. If you are working over these days, thank you for covering, we hope the shifts are not too arduous and you get some time off to be with family, loved ones and friends.

Thank you

Carlos, Adi and Aasifa

School Resources

HEE London School of Anaesthesia website

The London school of Anaesthesia website with links to key information, training days & ARCP information can be found here:

<https://london.hee.nhs.uk/specialty-schools/anaesthesia>

London and South East Support Portal

<https://lasepgmdesupport.hee.nhs.uk/support/home>

For curriculum, LLP, and Exam information

<https://www.rcoa.ac.uk/>

If you have any queries where the answer isn't on either the school website, LASE support portal or RCOA website, and your ES and College Tutor can't help you, please raise a ticket through the support portal and/or contact the TPD for your

stage of training. We now have a named TPD for each stage of training for each rotation within the 2 programmes.

PSP link: <https://lasepgmdesupport.hee.nhs.uk/support/home>
(trainee enquiries)

Regional Training Days updates

RTDs are expertly designed and delivered by faculty across the region, aligned with the 2021 RCoA curriculum. Here some key information.

Programme Leads (TPDs for Educational Delivery): Dr. Gunjeet Dua (GSTT) & Dr. Emilie Martinoni Hoogenboom (UCLH)

View the full RTD schedule and up-to-date information: [RTD Calendar](<https://london.hee.nhs.uk/regional-training-days>)
Next dates (2026 calendars) will be available in the next couple of weeks.

Format

- Mostly in-person (limited capacity)
- Occasional virtual/hybrid sessions via MS Teams
- Past Recordings available on the [NHS Learning Hub] (<https://learninghub.nhs.uk/Catalogue/Isa>)

Booking & Attendance

- Register via the event booking link on the website and follow your local study leave process.
- Not sure which sessions are most relevant? Speak with your educational supervisor.
- Keep an eye on the website—not all events will send direct invitations.

Can't attend?

Please cancel promptly via the link in the registration confirmation email, so others can take your place. If it's within

two working days of the event, contact the organisers directly (details in the RTD calendar).

Get Involved!

HET Updates

Dates for residents who require a January ARCP has now been confirmed so please see below the dates for your region. A formal ARCP email will also be sent very soon to all those that require an ARCP in January 2026.

UPCOMING JANUARY ARCP DATES.

- 7th January – South-East London
- 9th January – South-West London
- 15th Jan – North-Central and North-West London
- 19th Jan – North-Central London
- 20th Jan – North-West London
- 21st Jan – North-East London

Trainee Rep Updates

Rough Guide to the International Fellow

A Rough Guide to the International Fellowship

As the days grow shorter and darker, you may be yearning to spend your next December in sunnier climates. An international fellowship can give opportunities to gain specific experiences, stand out at consultant interviews and add a bit of adventure to your training portfolio.

Having undertaken a 12 months pre-hospital and retrieval fellowship in Australia with Sydney HEMS, this article will attempt to lay out the basics of the process of moving abroad for a year.

Arranging a Fellowship:

If you don't have a specific role in mind, this can be challenging - there are no NHS jobs website equivalent - most regions seem to have separate systems for job applications.

Speak to others who have done something similar or locals from the area as they are likely to have a much better understanding of different roles and sites. They may also be able to help you with contacts - just getting emails from websites can have a variable success rate.

Early contact with the organisation you want to work with is key - for example my role was advertised 15 months before the start date, with just one application cycle a year. I would recommend starting to investigate at least two years before expecting to look.

Following appointment, the next challenges will be visa applications and medical registration with the national medical council. If your visa is sponsored by the hospital you will be dependant on them for much of this process, whereas the medical registration process is mainly in your own hands, but expect a protracted process involving paperwork and payment - start as early as possible.

Next up will be the more practical steps of organising flights, housing, furniture, schools, bank accounts, mobile contracts and cars. Despite considerable early expenditure, at senior registrar pay level in Australia our whole year came out around cost neutral. Whilst the clinical medicine is very similar, you will need to adapt to many new systems, be it referral pathways, IT or cultural nuances.

Approval for training:

Pre-CCT trainees will need to apply for out of program (OOP) time in advance via the HEE application windows. Stage 3 trainees are eligible to to apply for the time to be approved for training (OPPT), however this is unlikely to be approved unless the fellowship is offering experience that is not available in the UK. My HEMS OPPT was approved for 11 months of training as the ST6 year and mapped to the special interest modules of Trauma and Transfer Medicine.

A conversation with your TPD is generally the best starting place, but you will need to have approval from three organisations before it is approved: GMC will vet the location for training, you will need to map your learning opportunities against the RCOA stage 3 curriculum and apply for RCOA approval before requesting final sign off from HEE.

Summary

An international fellowship can be an amazing opportunity to gain unique experiences, both clinical and outside of work. There is a substantial paperwork burden, and the earlier you plan the better, but there is a great chance of having a fantastic time outside of the usual training pathway.

James Arthur

SW Stage 3 Rep - james.arthur2@nhs.net

PLAN Update

Welcoming Applications to Join the Committee

PLAN, the Pan-London Perioperative Audit & Research Network, is a collaborative approach to delivering resident-doctor led multisite audit and research across London. We aim to deliver largescale quality improvement and research projects, with opportunities for residents working in London to get involved.

1. Applications for new trainee representatives in North-East, North-West and South West London

We are recruiting for three motivated and organised anaesthetic residents to join the committee as new Regional Representatives for the North East, North West and South West London rotations (one in each region). This is a fantastic opportunity for you to get involved in largescale regional research projects, contributing to project selection and development and help to run the network.

Responsibilities include:

- Promoting PLAN at a local level
- Providing a point of contact for residents in your region
- Support project leads to facilitate project implementation at a local level and troubleshoot local issues for project implementation
- Primary responsibility for recruitment of local consultant and trainee leads for PLAN-adopted projects at all sites in your region
- Attend committee and project meetings

Please review the job description and selection criteria here (https://drive.google.com/file/d/1f-CEWAnr3jLuKy9Q5IF69p_Untq_rELQ/view).

Applicants should email plan@uk-plan.net with:

- A 2-page CV
- A 250-word summary on why you would be keen to take on the role (please include the region you work in/ are applying for).

Deadline for applications is 1st February 2026.

2. Applications for Associate PI Champions

We have launched an exciting new collaboration (<https://sites.google.com/view/uk-plan/participate/associate-pi-scheme?authuser=0>) with the NIHR Associate Principle Investigator scheme, with the aim of supporting resident doctor-led studies to register for the Scheme, link to NIHR Research Delivery Networks and signpost training opportunities. We are looking for 2 highly motivated and enthusiastic resident doctors to take on the role of API Champions, who would join the PLAN committee and act as source of information on the Scheme, connecting resident doctors with relevant resources and improving uptake.

Applicants should email plan@uk-plan.net with:

- A 2-page CV
- A 250-word summary on why you are interested, detailing your understanding of the API Scheme and your ideas for developing the role.

Deadline for applications is 1st February 2026.

Mayur Murali, PLAN Chair. E: plan@uk-plan.net

If you have any questions or queries, please do get in touch with the HET team here at NHSE, either [via the PSP portal](#) or School line below.

Best wishes

Anaesthetics Specialty HET team & HoS Dr Aasifa Tredray

Healthcare Education Team, London and Kent, Surrey and
Sussex

NHS England

KSS & LDN HEE Website: <https://kss.hee.nhs.uk/>
<https://london.hee.nhs.uk/>

PGMDE support portal:

<https://lasepgmdesupport.hee.nhs.uk/support/home>

School line: 0207 866 3237

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plan, recruit, educate and train the health workforce



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