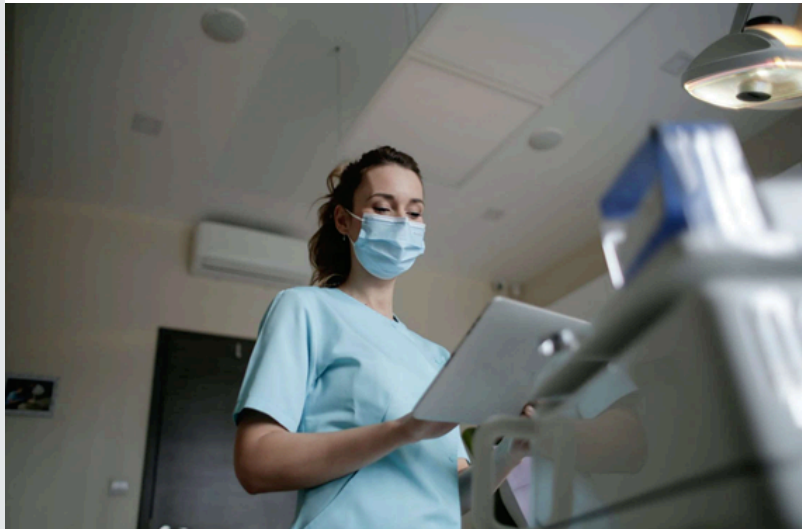


Trainee bulletin

School of Anaesthetics

January 2025



Hello and welcome

In this bulletin, you will find updates on:

- Introduction
- HoS DHoS updates
- School Resources
- TPD Update
- Regional Training Days
- HET updates
- Events
- Courses

Introduction

New Year, Fresh Focus: Wellbeing and Support for Anaesthetic Trainees in London

As we welcome 2025, we want to remind all anaesthetic trainees across London of the incredible resilience and dedication you bring to your roles. The past year may have been full of challenges, but your hard work ensures that patients receive exceptional care in their most critical

moments. This time of year, can be particularly demanding – the usual pressures of work and exams coupled with fairly miserable weather that drags on and on!

Your Wellbeing Matters

Taking care of yourself is not a luxury—it's a necessity. As an anaesthetic trainee, you're navigating uniquely demanding environments, and it's crucial to remember you're not alone.

There are multiple areas you can explore if you find yourself needing some help or support. Often the most valuable resource can be friends, family or colleagues. Make sure you take time to debrief, talk, socialise and share things when you are having challenging times.

A wealth of wider resources are also available to support you: These are some of the main examples, there are of course others.

1. Professional Support Unit (PSU)

Tailored for London trainees, the PSU offers confidential one-to-one support, coaching, career advice, and resilience training. Whether you're facing professional challenges or just need a space to reflect, they're here to help.

<https://london.hee.nhs.uk/professional-development>

2. Practitioner Health Programme (PHP)

A confidential service for NHS health professionals, providing support for mental health and addiction issues. PHP understands the unique pressures you face and offers a safe, judgment-free space.

<https://www.practitionerhealth.nhs.uk>

3. British Medical Association (BMA)

Provide a confidential 24/7 counselling line and peer support service for doctors

<https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-services>

BMA Charities is two charities which help all doctors, and their dependents, and medical students in times of financial crisis.

<https://www.bma.org.uk/about-us/how-we-can-help/how-we-can-help/bma-charities>

4. Occupational Health Services

Trusts have dedicated Occupational Health services.

Occupational health services will help keep your employees healthy and safe whilst in work and manage any risks in the workplace that are likely to give rise to work-related ill health.

5. **NHS Staff Support Line**

Call 0800 069 6222 for free, 24/7 mental health support.

There is also a confidential text support service, you can access support by texting **SHOUT to 85258** for support 24/7. This service is available to all our NHS colleagues who have had a tough day, who are feeling worried or overwhelmed, or who have a lot on their mind and need to talk it through.

Call 0800 069 6222 for free, 24/7 mental health support.

6. **Royal Medical Benevolent Fund (RMBF)**

The RMBF provides support for doctors and their families through all stages of their career and beyond. Help ranges from financial assistance in the form of grants and loans to a telephone befriending scheme for those who may be isolated and in need of support.

<https://rmbf.org>

7. **Freedom to Speak Up**

Local Trusts will have a freedom to speak up guardian. Their details should be available on the Trust intranet

<https://www.england.nhs.uk/ourwork/freedom-to-speak-up>

8. **ES, CT, TPD and DHOS / HOS**

Your Educational Supervisor, College Tutor, Training Program Director or even deputy head of school & head of school are all also available to talk with you. We've all had our individual struggles through our careers so can hopefully show compassionate understanding.

Looking Ahead

This year, make time to celebrate your achievements, set realistic goals, and reach out for support when needed. It's okay to not have all the answers or to ask for help. Prioritise rest, connection, and self-care.

Remember: Together, we can foster a culture of compassion—for ourselves, our colleagues, and our patients. Wishing you all a healthy, fulfilling, and inspiring 2025!

Stay connected. Stay supported. Stay well.

HoS and DHOs updates

London School of Anaesthesia Head of School – Dr Aasifa Tredray Deputy Head of School – Adreienne Stewart & Carlos Kidel				
London Anaesthesia Training Committees (STC)				
North London Anaesthetic Programme			South London Anaesthetic Programme	
North West TPDs	North Central TPDs	North East TPDs	South East TPDs	South West TPDs
Ruth Bedson (S1) Atika Sabharwal (S2) Amardeep Riyat (S3)	Abigail Whiteman (S1) Kate Sherratt (S2) Trudi Young (S3)	Naomi Hancox (S1) Stephan Hallworth (S2, S3)	Marina Choudhury (S1) Dev Mahtani (S2, S3)	Adam Shonfeld (S1) Daniela Mathew (S2) Anna Walton (S3)
Regional Advisor Sian Jaggard	Regional Advisor Sonia Brocklesby	Regional Advisor Roger Cordery	Regional Advisor Oliver Rose	Regional Advisor Rene Suite
Pan London and KSS Advanced Pain Training – London and KSS Pain Training Advisory Group (LKPTAG) Pain Training Programme Director – Fauzia Hasnie Faculty of Pain Medicine Regional Advisors – North London Ashish Shetty, South London – and KSS Sandesha Kothari				
Pan London Anaesthetics Educational Delivery TPDs – Gunjeet Dua, Emilie Hoogenboom				
Pan London Anaesthetic Simulation Leads – Janis Ferns, Ching Pang				
Pan London Anaesthetics Academic Training Programme Director – Gudrun Kunst				
Pan London Anaesthetic Less Than Full Time Training Advisor and SRTT Champion – Anna Fowler				
School Trainee Reps and NHS England Education Fellows				
Pan London NHS England Funded Anaesthesia Associate Training Programme – AA Training Lead – Dan Heaton, Ambassador Frances Marfleet				
Anaesthetics Health Education Team Service Delivery Manager (SDM) – Jemma Thompson, Operations Manager (OM) – Maureen Austin ICM and KSS Officer – Deborah Bunce Email: england.anaes.lase@nhs.net (trainer enquiries) PSP Link: https://lasepgmdesupport.hee.nhs.uk/support/home				
North London Anaesthetic Programme North London Officer – Rukayat Muhammed Administrators – Ben Owusu-Ansah (NE & NW) Mubeen Akhtar (NC)			South London Anaesthetic Programme South London and Pain Officer – Claire Bowden South London Administrator – Mohammed Rayhan	

Study Leave

Dear All

Following on from my previous message regarding study leave for interview and management/ leadership courses, I'm asking for your help once again, and request that you access one of the options available through the PSU and NHSE (outlined below), as well as explore e-learning options via the RCOA.

Resident doctors seeking leadership training should in the first instance be encouraged to access the free NHS Leadership Academy Edward Jenner or the LEEP programme delivered by an NHS Trust or NHSE. Resident doctors should only consider other options if these courses are not available.

There are two main LEEP centres in London, Chelsea and Westminster, and Epsom and St Helier. To book through Chelsea and Westminster, click here or contact the team via chelwest.leep.wm@nhs.net. To book through Epsom and St Helier, click here or to contact the team via Nicole.king@nhs.net. Numbered Resident Doctors can book

to attend LEEP virtually in either of these centres. Other London Trusts including UCL, Royal Free, St Georges, Guys and St Thomas and Kings College may offer LEEP locally. Please contact their Medical Education Centres to book.

If resident doctors wish to take any other funded leadership course, they will be required to obtain approval via the discretionary study leave process. However, these will only be considered in exceptional circumstances. There is no requirement to attend more than one interview or management or leadership courses.

We are following national advice regarding such courses and asking for your co-operation at the same time, as we have been warned that we have overspent on the budget, and if we don't start to make efforts, then we may be asked to curtail/ration access to study leave funding, something we are very much trying to avoid.

We have been very fortunate over the past few years in that access to study leave funding has been almost unlimited. The only change that has been made in recent years applies to interview and management/ leadership courses. Where we have been asked to make use of the resources detailed above, other than in exceptional circumstances. However, we have failed to comply with this to date as every resident feels that their request is exceptional, and in fact the numbers of these applications have increased exponentially with residents requesting to attend multiple interview preparation and leadership courses.

Interview preparation (including for consultant interviews) is provided locally through training programmes as part of career guidance. Career guidance is also available to all through the PSU.

Just to remind you all:

Discretionary study leave:

Discretionary leave must be judged on its own merit for the circumstances of the individual. However, typically, the following aspects would be considered when assessing the suitability of an application:

- Individual is achieving curriculum competences at/above the expected rate in their programme.
- The activity is truly in line with career trajectory and not a repeat of a similar activity (different learning objectives).
- Previous discretionary applications have been considered to promote fair use of study leave funding.

- The activity provides a skill/competence that is in demand at service level across the NHS or in the individual's intended place of work.

- The approver(s) must assess the educational benefit and value for money of the course. This requires consideration of the relative cost in comparison to other activities and the perceived benefit to the future NHS. The approver(s) must be assured that regional or more cost-effective alternatives have been explored.

International Courses:

Another change that comes into effect from January 2025 relates to international study leave:

For courses taking place at an international location from 1st January 2025 NHSE will reimburse the lower amount of either the course fee or the travel and accommodation expenses.

In summary, for all discretionary courses other than interview and management/leadership courses, please continue to request discretionary leave as before. For interview or management/leadership courses, please explore the local and regional options available to you, and endeavour to use the resources listed above, and only in exceptional cases request via the discretionary route. Please continue to discuss all courses with your educational supervisors and get approval from them as well as your TPDs.

The link below is a reminder of the process for discretionary courses.

<https://lasepgmdesupport.hee.nhs.uk/support/solutions/articles/7000081700-process-for-discretionary-courses-2023>

Thank you

Dr Adi Stewart
DHoS

TPD Update

South London & KSS Residents - SIA Offers for August 2025 & February 2026

South London & KSS residents who applied for SIAs to commence in August 2025 and/or February 2026 should receive their offers by the end of this week.

Please confirm if you accept/decline your offer(s) by completing the online form via the link below by the end of the day on 31st January 2025:

<https://app.onlinesurveys.jisc.ac.uk/s/healtheducationyh/sia-offer-acceptance-form-for-south-london-kss-residents-augu-1>

Should you wish to discuss feedback and scores from your SIA application please get in touch with your TPD.

Dr Dev Mahtani, Stage 2 & 3 TPD for South East London

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)

Getting involved

RTD organization also offers trainees a valuable opportunity to gain hands-on experience in management and coordination, building essential skills in planning, leadership, communication, and problem-solving.”

Please contact us if you are keen on organising and we will guide you.

Your suggestions and feedback are highly valued to continually enhance and refine the program so please provide regular feedback or email us with your suggestions.

HET Updates

LTFT

Following the removal of LTFT categories and central comms, you can find all the latest information on LTFT eligibility, when to apply and the form via the PGMDE portal FAQs here:

<https://lasepgmdesupport.hee.nhs.uk/support/solutions/folders/7000009142>

For specific timelines and information of windows you need to apply in, please refer to this FAQ:

<https://lasepgmdesupport.hee.nhs.uk/support/solutions/articles/7000018502-when-can-i-apply-for-ltft-what-is-the-notice-period->

*Please note you can only apply for LTFT, under the below grounds, within the windows for your rotation Month:

- Welfare and wellbeing
- Unique opportunities
- Religious commitment
- Non-medical development
- Flexibility for training and career development

Please ensure you discuss all applications with your TPD prior to submitting your application form.

Notice period for LTFT: 16-weeks for grounds you can apply for throughout the year, and within the rotation windows for the remaining grounds above.

Events

London Anaesthetics Trainee Conference

Venue: Mary Ward House

Date: March 11th 2025

<https://london.hee.nhs.uk/london-anaesthetics-trainee-conference>

HET Team

A Multidisciplinary Approach to Paediatric Perioperative

Medicine

If you are looking to increase your understanding of paediatric perioperative medicine, then this course is for you!

<https://www.futurelearn.com/courses/a-multidisciplinary-approach-to-paediatric-perioperative-medicine>

**Dr Yumna Haroon-Mowahed, Consultant Anaesthetist
UCLH, y.haroon-mowahed@nhs.net**

One Lung Course

Please join us the upcoming multidisciplinary "One Lung" course at UCLH Education Centre, on 7 February 2025!

One Lung is a simulation and practical skills course specifically designed for anaesthetists (Stage 2 and 3), surgeons, physicians, nurses and anaesthesia practitioners wishing to learn about lung isolation, single lung ventilation and the management of common thoracic anaesthetic and surgical emergencies. The course has been developed by a group of thoracic experts from across the UK and has been running at UCLH since 2017. We split the day into two parts: in the morning, we hold skills workshops to learn techniques and knowledge for lung isolation. In the afternoon we guide participants through four simulated scenarios in our state-of-the-art simulation suite, to practice strategies for preoperative management of patients undergoing thoracic surgery. These scenarios allow to integrate the skills, knowledge and human factors required for management of our patients.

All the techniques and scenarios are evidenced-based and peer-reviewed.

This is what our previous participants said about the course:

“What an excellent day! Thank you to everyone for giving up their time to share their knowledge and experience with us. The stations felt relevant to my daily practice and the simulation really brought the skills together nicely.”

“A fantastic update day – many thanks to all faculty. Will be recommending the course to consultant & senior trainee colleagues.”

“Excellent course and very approachable and friendly faculty. Would highly recommend!”

“Great to have mixed faculty – surgical presence especially beneficial.”

<https://www.uclhcharitycourses.com/courses/one-lung-course-february-2025>

**Emilie Martinoni Hoogenboom, Consultant Anaesthetist
UCLH, e.hoogenboom@nhs.net**

Career support courses for anaesthesia trainees

10th February 2025

Managing Stress and Boosting Mental Fitness

Pan London - Virtual

Doctor's Training

<https://lasepgmddevents.hee.nhs.uk/events/regional-training-days/1f7d0acc-6483-41a2-a713-24cc143674a1>

17th February 2025

Compassionate Leadership and Cultural Competence

Pan London - Virtual

Doctor's Training

<https://lasepgmddevents.hee.nhs.uk/events/regional-training-days/75fec49c-0a73-4460-a098-2a2c022b882f>

Courses

Please see link below for Anaesthetics Course list

<https://lasepgmdsupport.hee.nhs.uk/support/solutions/articles/7000076506-anaesthetics-course-list>

HET Team

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

NHS England is part of the NHS, and we work with partners to plan, recruit, educate and train the health workforce



[Unsubscribe](#)