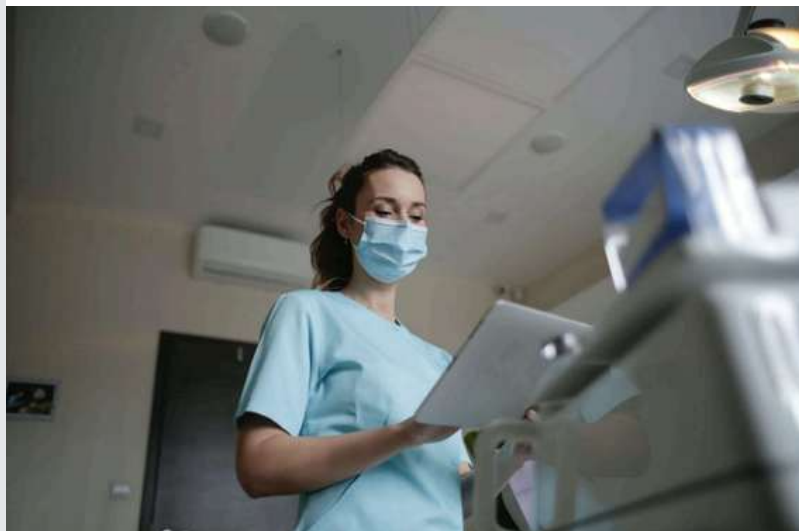


No images? [View in browser](#)



Trainee bulletin School of Anaesthetics

November 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

Introduction

Dear Colleagues

Welcome to the November edition of the London School of Anaesthesia Bulletin.

This month's edition has an update and information from Drs Hoogenboom and Dua who are responsible for helping to coordinate the Regional Training Days.

There is a brief entry with January dates for ARCPs. If you are due to have one then, remember many consultants are off over the festive period so try to get portfolio reviews and signoffs done early. You should receive an email regarding your January ARCP soon. If you are due to have one but have not heard by December, please inform the HET team.

There is also an invitation to take part in a survey from your reps on local teaching, please do complete it by following the link.

Next update will be a Christmas one from your reps!

Thank you all

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://lasepgmdsupport.hee.nhs.uk/support/home>
(trainee enquiries)

TPD Update

NW Stage 3 TPD Update

New NW stage 3 starters

- Welcome to those new stage 3 residents who are starting, or have recently started, ST6 in NW London!
- If we have not yet met to discuss your stage 3 training, please contact me to arrange.

Stage 3 Training in NW London

- I recently delivered an updated virtual induction for stage 3 training for NW London.
- A PDF file with this content has been shared to you all by our resident reps.
- I'd highlight the need to be explicitly aware of what the college curriculum requires of you for each stage 3 HALO, which will help in planning SLEs for each hospital placement.
 - This forms the basis of your PDP.
 - Ideally you should be arriving to each theatre list with a plan to collate targeted SLEs you require.
 - It's essential that all key capabilities are appropriately evidenced for each HALO.
 - Your ES and/or CT will advise on what learning opportunities each hospital placement can offer you.
- Consultant supervisors
 - Please ensure you are familiar with the college assessment guidance (on the college website) prior to approving your resident's HALOs.
 - Seek advice from your department CT if there any queries.

CCT

- I'm extremely pleased to announce a number of residents completing their training programme within NW London; an incredible achievement and congratulations on behalf of the school and your trainers:

- Dr Emily Bottle
- Dr Hariney Karunadalingham (dual anaes/ICM)
- Dr Tamal Ray
- Dr David Reicher

ARCPs

- We are holding regular ARCP panels so please keep in contact with me if yours is planned to fall outside of the regular windows (Jan/May/June).
- The next NW ARCPs will be on:
 - 15th & 20th January 2026
- Residents in this window will receive notification via the school officers with further details.
- Ensure you give sufficient time for your HALO leads/ES/CT to review your evidence and finalise your ESSR before these dates.

Final (CCT) ARCP

- I've had a few queries regarding this.
- There is no additional evidence you need for your final ARCP; follow the national RCoA ARCP checklist as per previous ARCPs.
- Ensure you read the 'ARCP' and 'recommendation to the specialist register' advice on the school website.

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!

Looking to build skills in **leadership, educational management, and communication**? Getting involved in RTDs is a great way to gain hands-on experience. If you're interested, let us know—we'd love to support you! **Your feedback shapes the programme!** Share your thoughts to help us improve.

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

LSA local teaching programme survey

We are conducting a short survey to understand how local teaching is organised across different hospitals in our region. The aim is to identify any variation in teaching provision and explore ways to improve the training experience for all anaesthetists in training. It will take 5 minutes to complete. Your feedback is really appreciated.

Please follow this link to the survey:

<https://forms.gle/KMryqQ5wM3VwDPje8>

If you have any questions about this survey or the project, or if you would be happy to take part in a short follow-up interview to discuss your views further, please feel free to contact:

Dr Olivia Morley, NHSE Education Fellow in Anaesthesia for LSA (o.morley1@nhs.net)

Dr Gunjeet Dua, Consultant Anaesthetist, TPD for Educational Delivery LSA (gunjeet.dua2@nhs.net)

Dr Emilie Hoogenboom, Consultant Anaesthetist, TPD for Educational Delivery LSA (emilie.hoogenboom@nhs.net)

Events

Regional Training days

Save the date - January 2026 Regional Training Days

Please save the date and book your study leave for the Pan-London January RTDs:

06/01/26 - Stage 1: Basic Sciences - Royal Free Hospital

Booking link -

<https://lasepgmddevents.hee.nhs.uk/events/regional-training-days/1e4ba3a2-3ab8-46ea-aaaf-5d23e7b65255>

27/01/26 - Stage 1 & 2: Paediatrics - King's College Hospital

Booking Link -

<https://lasepgmddevents.hee.nhs.uk/events/regional-training-days/57907f2f-eeb6-4981-b96f-5a7fc8c04d93>

30/01/26 - Stage 3: Out of Theatre Anaesthesia - Royal London Hospital

Booking link -

<https://lasepgmddevents.hee.nhs.uk/events/regional-training-days/7ff118cd-72c7-46ad-a425-799df6e88c6b>

Educators Development Programme Workshops for Resident Doctors: Managing Stress & Boosting Mental Fitness and Time Management Essentials

Managing Stress & Boosting Mental Fitness

Virtual Workshop on 25th November 2025 from 09:30-15:30

This workshop is designed to help NHS staff prioritise self-care to combat burnout and enhance overall performance. Participants will learn strategies to manage stress and boost mental fitness, ensuring they can deliver high-quality patient care while maintaining personal well-being and motivation.

Participants will acquire practical techniques for reflecting on recent challenges, understanding the impact of stress and fatigue, and managing their energy effectively. The workshop focuses on mental fitness, providing actionable strategies to improve well-being and sustain motivation in a demanding work environment.

Time Essentials Management

Virtual Workshop on 26th February 2026 from 09:30-12:30

This workshop provides professionals with practical strategies to enhance productivity and manage stress effectively. Participants will explore techniques for balancing work and personal life, managing energy, and overcoming procrastination, while also learning how to assertively say no, aiming to foster a healthier, more productive work environment.

Gain essential skills in energy management, setting work-life boundaries, and effective productivity strategies. The course addresses current challenges, helping professionals develop a

balanced approach to work and personal life, align with contemporary standards, and learn to say no to reduce overwhelm and improve overall well-being.
To book onto a workshop, please email: r.mallah@nhs.net

Novel online resource for those starting in obstetric anaesthesia

Approaching the start of your IACOA? Is your first day on labour ward a daunting prospect? Not sure how best to prepare? Then look no further than 'Obstetric Anaesthesia Essentials'.

This online interactive module puts anaesthetic trainees in the shoes of someone starting out in obstetrics through a variety of activities and virtual simulations. The course contains two parts: a day assisting with elective caesarean sections and a day covering the labour ward. Along the way, you'll be introduced to key concepts and common emergencies so you can feel confident about starting your initial assessment of competencies.

Follow the link below to explore the course:

https://rise.articulate.com/share/9PIKUz_sFPhM9E7wOASFTVaVeBCNnCUN#/

If you have any questions about the module feel free to contact one of the authors at alexander.butcher2@nhs.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

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



[Unsubscribe](#)