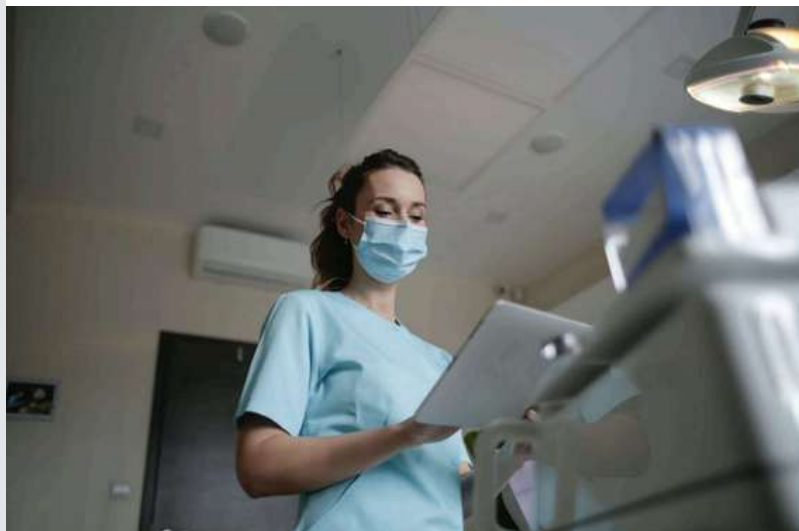


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Trainee bulletin School of Anaesthetics

October 2025



Hello and welcome

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

- Introductions
- HoS DHoS Updates
- School Resource
- Application for Higher Training
- Events
- London School of Anaesthesia Resident Representatives List

Introduction

Dear Colleagues

This bulletin contains information on preparation for your ARCP. Although it is not 'ARCP season', we felt it would be useful to send the reminder because you should effectively be preparing for your ARCP throughout the year rather than a quick rush as the deadline approaches!

Rather than reproduce a long document here, there are links below to the NHSE website and RCoA for information. Both have further information. There is also information on the ARCP workshop being held on Teams on November 25th.

The general outline is below. I would draw your attention to the instructions for the Form R. Please make sure you follow the instructions for the dates on the form. They must also correlate with what is on your ESSR, including sickness or time out of training. This is a common reason for people getting an outcome 5.

Preparing for your ARCP

Good preparation is key to a successful ARCP. The steps to achieving this are detailed below.

STEP 1: Following every ARCP, review the outcome form, make a note of any training recommendations or SMART targets made by the panel and whether the panel have recommended you for an ARCP sooner than the following year

STEP 2: Inform your ES of the when your next ARCP is due to take place at your initial review. Run through the RCOA National ARCP Checklist together so you can plan what you need to do.

STEP 3: Meet with your ES throughout the year and ensure meetings are documented in your LLP

STEP 4: Plan your MSF's early

STEP 5: Arrange to meet with your ES in advance to prepare the Educational Supervisors Summary Report (ESSR). Complete your FORM R (part B) and link this to your ESSR prior to ES sign off.

ESSR - Please submit one ESSR for your ARCP for the full period under review where the start date is the day following on from the end date set for your previous ARCP.

Form R - The Form R must cover the entire period from the date of your last Form R to this one. You must include all periods of time out of training in your TOOT declaration. This includes OOPC, OOPE, OOPR (if not being counted for training and maternity/paternity leave.

STEP 6: Remember to allow time for final ESSR sign off by your College Tutor

Link to NHSE website

[Information for Anaesthetists in Training | London
london.hee.nhs.uk](https://london.hee.nhs.uk)

Link to RCoA ARCP site

[Guidance for ARCP
rcoa.ac.uk](https://rcoa.ac.uk)

Do stay on top of the paperwork, it makes life much easier when the APCP approaches for you, your ES and the College Tutor

Thanks,

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)

National ARCP Checklist

<https://rcoa.ac.uk/sites/default/files/documents/2025-06/National%20Anaesthetic%20ARCP%20Checklist%202021%20curriculum%20v3.0.pdf>

Applications for Higher Training

New information for application to higher training has just been published – see below

Personal specifications for 2026

<https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/person-specifications>

Applications for the main 2026 recruitment rounds (for programmes starting from August 2026) are opening over the next two months.

- Academic Clinical Fellowships: opens at 10am on **Thursday 2 October**, closing at 4pm on **Thursday 30 October**.
- National Round 1 – primarily for entry to specialty training at CT1 or ST1 level: opens at 10am on **Thursday 23 October**, closing at 4pm on **Thursday 20 November**.
- National Round 2 – primarily for higher specialty training: opens at 10am on **Thursday 20 November**, closing at 4pm on **Thursday 11 December**.

Applications are made via the [Oriel application system](#) and the [Medical Training Recruitment](#) website has guidance on the process for clinical programmes. Further information on the ACF recruitment process can be found on the [National Institute for Health Research \(NIHR\)](#) website.

Late applications cannot be accepted so please make sure you apply before the deadline if you are interested.

Lastly, the 2025 [National Education and Training Survey \(NETS\)](#) will run from **Tuesday 7 October** to **Tuesday 2 December**. It offers a unique insight into the multi-professional practice learning environment and the experience of the current and future workforce. The NETS is an opportunity for learners and trainees to reflect on their experience and identify what is working well and what could be improved.

NETS findings will provide crucial insight into the learner and trainee workforce. The results give NHS England, providers, and ICBs valuable information to support their workforce helping with retention and recruitment.

Please try to find the time to complete this. We know there are many challenges for residents at the moment, this is your opportunity to highlight them!

Thanks

[Carlos, Adi and Aasifa](#)

Events

Anaesthetics ARCP Workshop

Date: November 25th 2025

Venue: MS Teams (Virtual)

The workshop will be most suitable for anyone having a January 2026 ARCP.

Stage 1 08:30 – 09:30

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 342 218 779 988

Passcode: 4jJ7A7uS

Stage 2 09:30 – 10:30

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 318 883 057 258 4

Passcode: um3mF3sa

Stage 3 10:30 – 11:30

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 348 086 209 741 8

Passcode: ng9ye2Qt

HET Team

[LSA Resident Representatives](#)

Rep Position	Name	Role	Email
North London Lead	Jonny Kaberry	-	Jonathon.kaberry@nhs.net
South London Lead	Rana Mallah	-	r.mallah@nhs.net
NE Rotation:			
Stage 3	Shreya Bali	Lead NE	shreyabali@gmail.com
Stage 2	Aastha Chawla		Aastha.chawla96@gmail.com
Stage 1 Core	Sian See Tan		sian.tan2@nhs.net
Stage 1 ACCS	Aditi Nijhawan		aditi.nijhawan1@nhs.net
LTFT	Hadia Farooq		hadia.farooq@nhs.net
NC Rotation:			
Stage 3	Salem Shawaf	Lead NC	salemshawaf@gmail.com
Stage 2	Joseph Reason		joseph.reason@nhs.net
Stage 1 Core	Shayan Simakani		shayan.simakani@nhs.net
Stage 1 ACCS	Wise Lim		cheehwai.lim2@nhs.net
LTFT	Prashant Khadanga		drprashantk6587@gmail.com
NW Rotation:			
Stage 2 & 3	Kristina Ooi + Pooja Kamath		kristinajtooi@gmail.com, poojakamath27@gmail.com
Stage 1 Core	Shriya Kumar		shriyabkumar@gmail.com
Stage 1 ACCS	Louise Young		louise.young33@nhs.net
LTFT	Flora Kormendy		jemije20@gmail.com
SE Rotation:			
Stage 3	Charlotte Brathwaite Shirley	Lead SE	c.brathwaiteshirley@nhs.net
Stage 2	Sonia Mason		soniainason@hotmail.co.uk
Stage 1 Core	Reshma Shanmugam		reshma.s@hotmail.co.uk
Stage 1 ACCS	Richard Lyon		richard.lyon@nhs.net
LTFT	Christine James		christine.s.james@gmail.com
SW Rotation:			
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Stage 2	Matt Edmunds		mattedmunds25@doctors.org.uk
Stage 1 Core	Nuwan Dahanayake		nuwan.dahanayake2@nhs.net
Stage 1 ACCS	Charlotte Brock		c.brock1@nhs.net
LTFT	Francesca Elwen		francesca.elwen@gmail.com

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](#)