

Programme Preferencing South London 2025

NHS

England



London Foundation School

Dr Charlotte Huddy
Enhance TPD (Foundation)

Overview

- Who's Who & Meet the LFS Team
- Programme Preferencing South London
- Factors to consider
- Less than Full Time
- STEP, HORUS, PSA
- How to contact us
- Questions and answers

Who's who



Four-nation
Recruitment
Curriculum

General Medical Council

Statutory, regulatory body

Foundation Schools

Allocate Programmes
Quality assure
Curriculum implementation

NHS Trust / LEP

Employer
Contracts / rotas
Occupational health



London Foundation School



Meet the team



Dr Alice Carter
Associate Dean / Director



Dr Fionnuala Crummy
Dep FSD (NW)



Dr Celia Bielawski
Dep FSD (NC)



Dr Nick Rollitt
Dep FSD (NE)



Dr Mark Cottee
Dep FSD (SW)



Dr Amelia Hughes
Dep FSD (SE)



Workstreams & TPDs

Deputy FSDs

SuppoRTT: Dr Fionnuala Crummy

International Graduates: Dr Celia Bielawski

Community: Dr Nick Rollitt

Teaching: Dr Mark Cottee

Simulation: Dr Amelia Hughes

Training Programme Directors

SFP: Dr Channa Jayasena

Enhance: Dr Charlotte Huddy



Dr Channa Jayasena
SFP TPD

What does the LFS do?

Responsible for training and accrediting FD

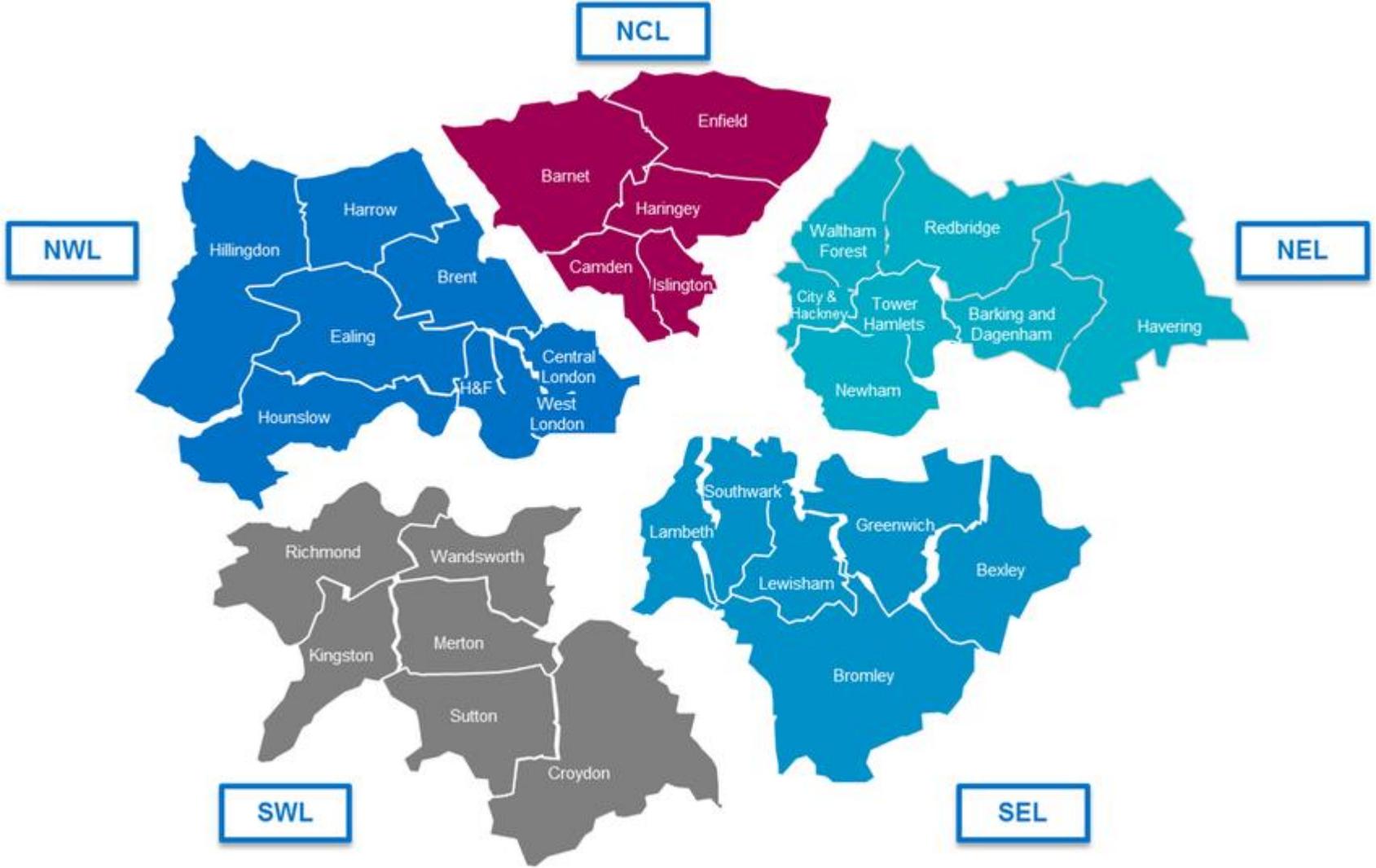
Match Foundation Doctors to programmes

Educational Contract with Trusts

Sign Off / ARCP

Monitoring Quality

THIS IS LONDON : Integrated Care Systems / Groups



Groups – Talk is focused on South London Trusts

GROUP	Programmes Available
South East London	203
South West London	181

Programme Preferencing in South London

NHS

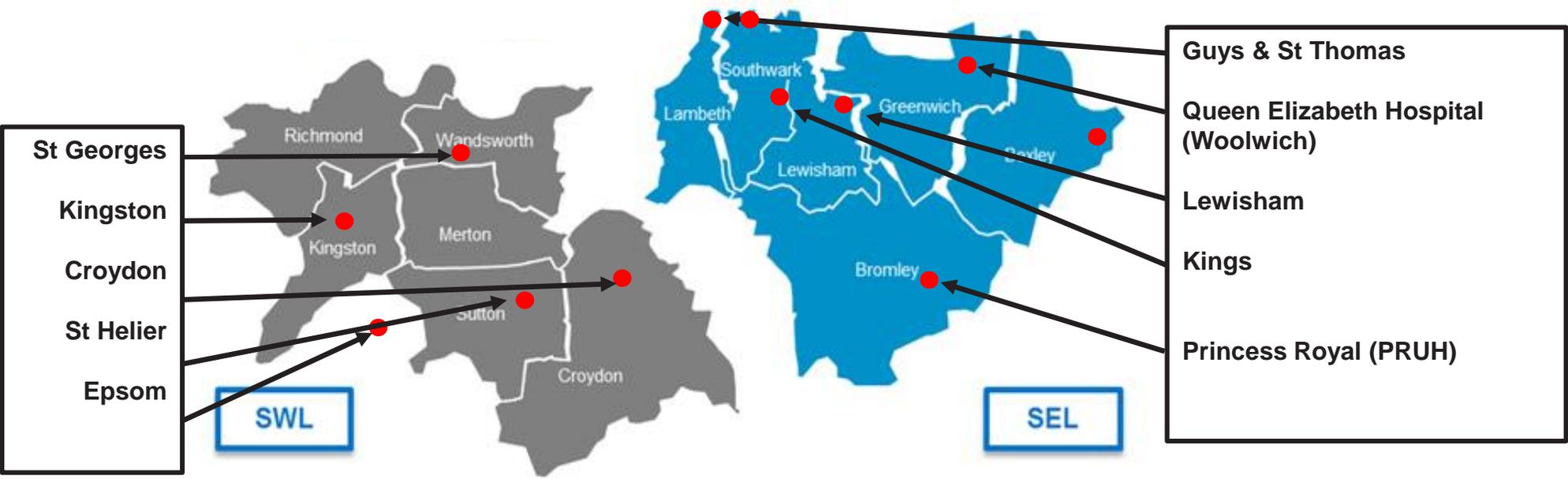
England

Two stage:

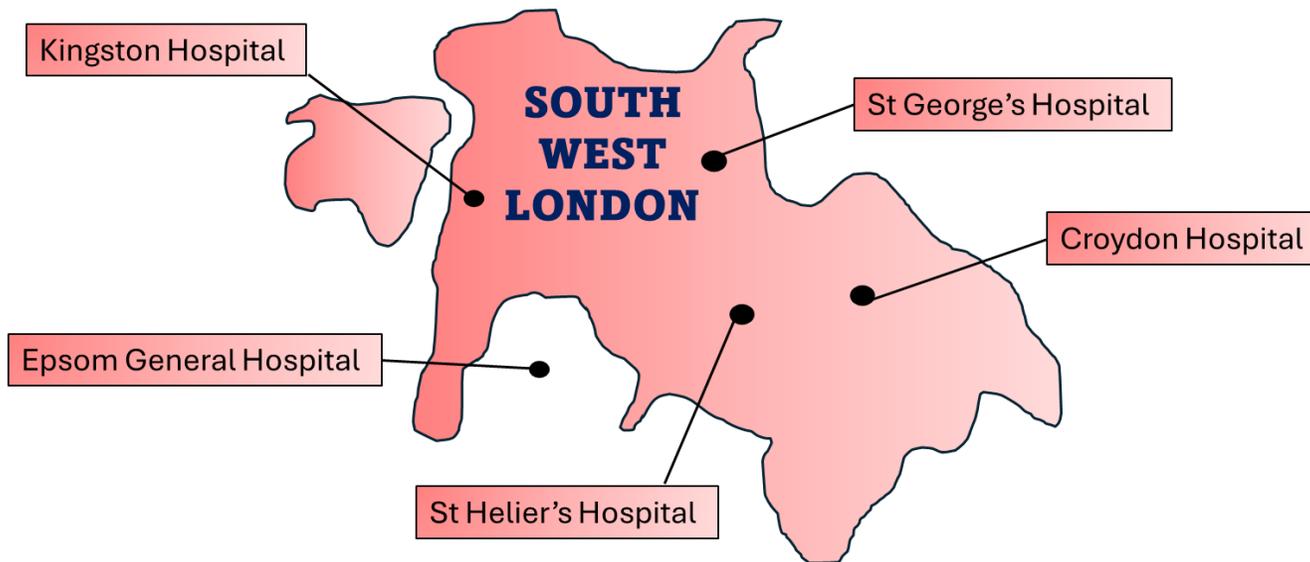
1. Group preferencing – SE / SW

2. Programme preferencing

South London Hospital Trusts



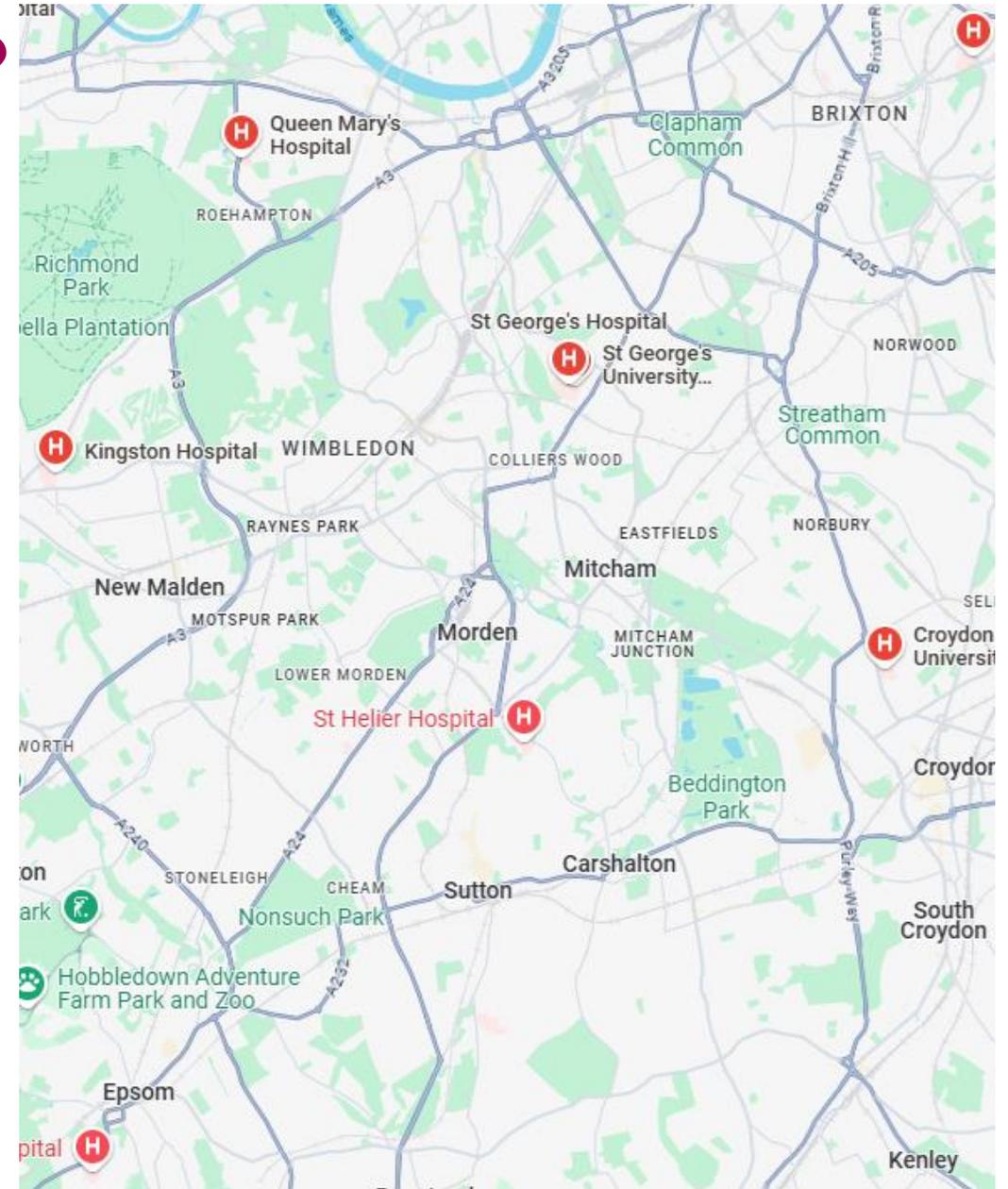
South-West London



- St George's Hospital
- Kingston
- Epsom and St Helier
- Croydon

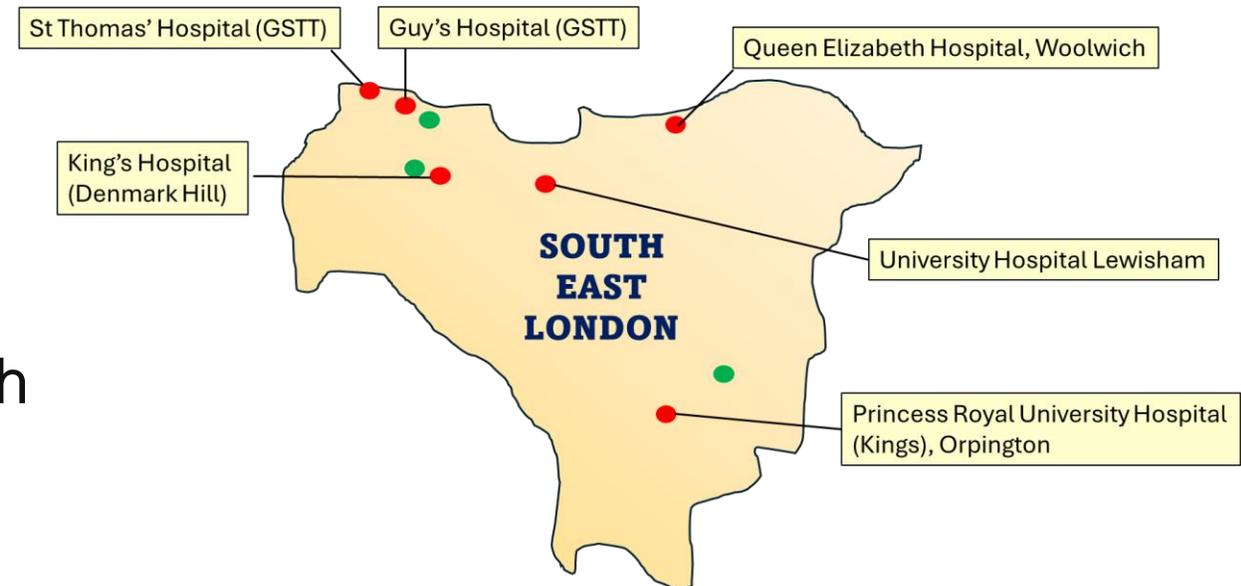
Driving or Public transport?

- St George's Hospital / Queen Mary Hospital
- Kingston
- Epsom and St Helier
- Croydon



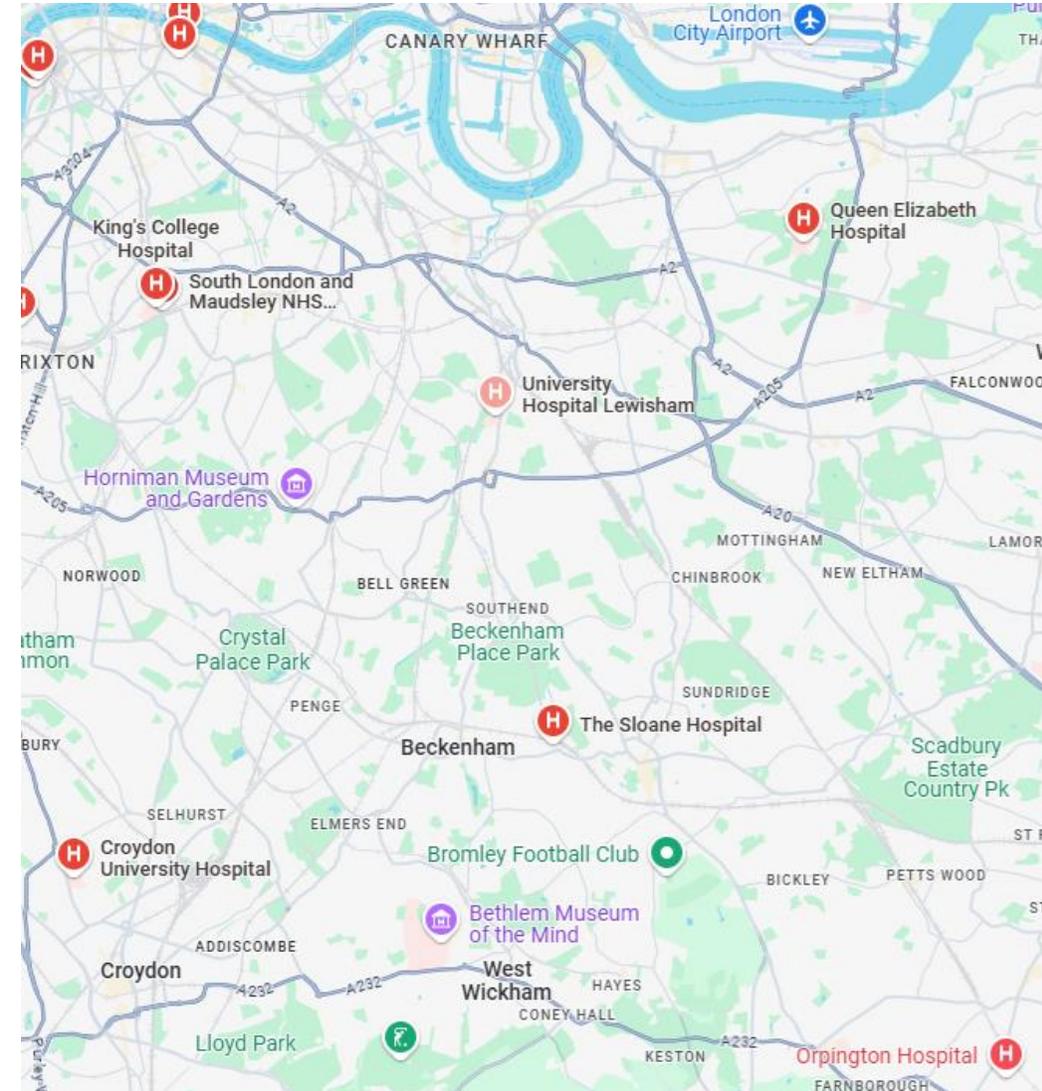
South-East London

- **Kings College Hospital Foundation Trust**
 - Denmark Hill site
 - Princess Royal University Hospital (PRUH)
- **Guys and St Thomas' Foundation Trust**
 - Guy's site
 - St Thomas'
 - Royal Brompton
- **Lewisham and Greenwich**
 - Lewisham Hospital
 - Queen Elizabeth Hospital, Woolwich



Driving or Public transport ?

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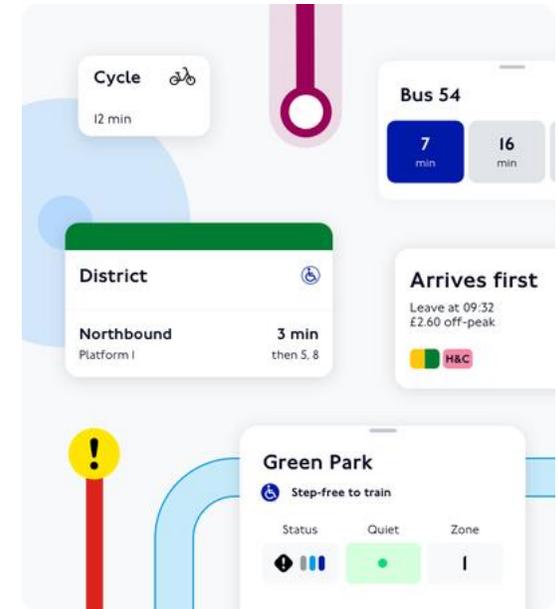


Reality checkcommuting

- 1 hour + is the norm for Londoners.
- Sometimes Quicker to Cycle than use Public transport
- Driving is expensive and maybe no parking (esp. central trusts)
- Consider how best to make use of the time commuting



TFL GO App





Strategic considerations

Advantages of going outside central London:

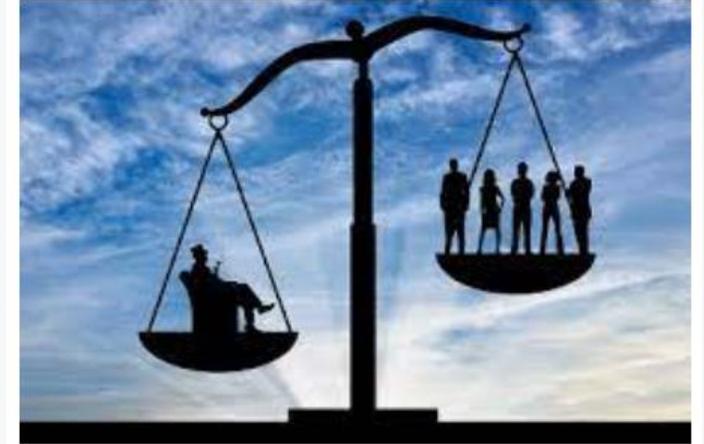
1. Less competitive
2. More appreciated
3. Social aspects
4. Cheaper
5. Better access to a variety of clinical presentations

Rank as many as you can

- Your FIRST choice may not be anyone else's!

Factors to consider?

- Breadth of experience
 - specialty
 - location
 - ways of working
- Opportunities to try out specialties
- Gain relevant competences / develop your portfolio
- Complementary areas



Timeline for Preferencing

Recruitment Activity	Dates
Group preferencing window	27 Feb -13 March 2025 (12:00 midday GMT)
Group match results released	20 March 2025
Programme preferencing window	20 -31 March 2025 (12:00 midday GMT)
Programme match results released	10 April 2025

If you decline your allocation of either Foundation School (UoA) or programme, you must withdraw from this year's application process

Foundation Curriculum

NHS

England

UK Foundation Programme
Curriculum 2021





Curriculum

- 2-year programme: **Time AND** competency based
- Bridge from undergraduate
- Generic training (NOT specialty)
- Variety of experience to inform career choice



Programme Composition

6 x 4-month posts (3 posts per year)

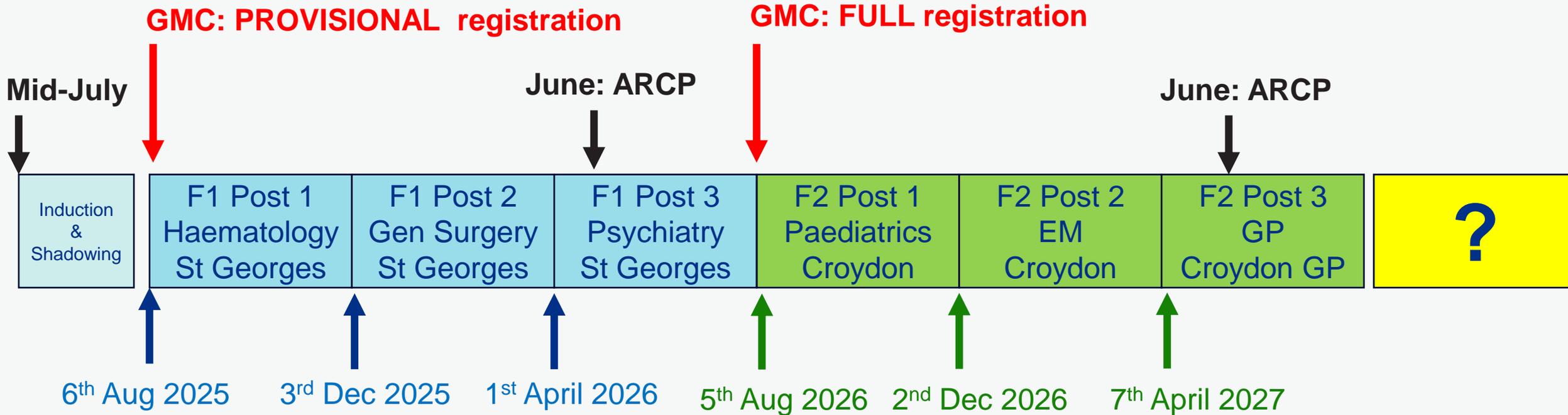
2 years in the same trust or 2 different places

- Some trusts have more than one site
- Generally, no >1 year in a teaching hospital

Most contain:

- 4 months based in the community
- 4 months ED or Medical Assessment Unit in F2
- Usually, no repetition of specialties

Standard Programme Timeline



Enhance Leadership Programme for Foundation Doctors





Wellbeing

Prioritising taking care of yourself and others, with an awareness that strategies to support wellbeing may be unique to everyone.

Leadership

Promotion of compassionate, collaborative and inclusive leadership which focuses on improving health and wellbeing.



Person-centred practice



Treating patients in a holistic, coordinated manner, involving them in their care decisions and supporting them to manage their own health.

Complex multimorbidity



Working together to optimise care for patients with complex co-morbidity, through shared decision making with patients, carers and colleagues.

System working



Working beyond and across traditional organisational boundaries in integrated and innovative ways to improve health and wellbeing.

Population health



Improving health and wellbeing for all through preventive measures, addressing wider determinants of health and reducing health inequalities.

Social justice and health equity



Promoting a fair and just society and reducing health inequalities, with an ultimate aim of improving health and wellbeing of populations.

Environmental sustainability



Taking responsibility for adoption and spread of sustainable healthcare practices and being an advocate for action on environmental issues.



Digital

Promoting ethical use of digital technology to optimise healthcare outcomes, reduce health inequalities and facilitate collaboration and information sharing.

Transformative reflection

Using critical reflection to reframe and develop our own decision making, cultivating new perspectives on complex, uncertain situations.





Enhance

- **Runs alongside the Foundation curriculum**
- **Modules on E-learning for health:**
- **enhance @ UK Foundation Programme**

Potential Changes- to programmes

- We try to ensure accurate descriptions – but service reconfigurations on-going
- It is a generic programme and we do ensure that your 2 years meet curricular requirements



Change In Exceptional Circumstances



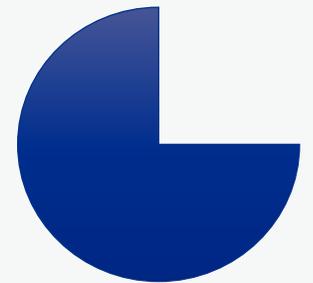


If your circumstances change

- **Change in Exceptional Circumstances (local)**
- **Inter Foundation School Transfer (national)**
- **Swap Shop:**
 - single opportunity to swap an **F2** post or a whole rotation
 - no swaps in F1

Less Than Full-Time (LTFT)

- Many reasons to train LTFT
- 0.5 to 0.8 whole time equivalent (WTE)
- **Time** and competency
- Duration of training increases pro rata
- LTFT in existing full-time post or Slot share

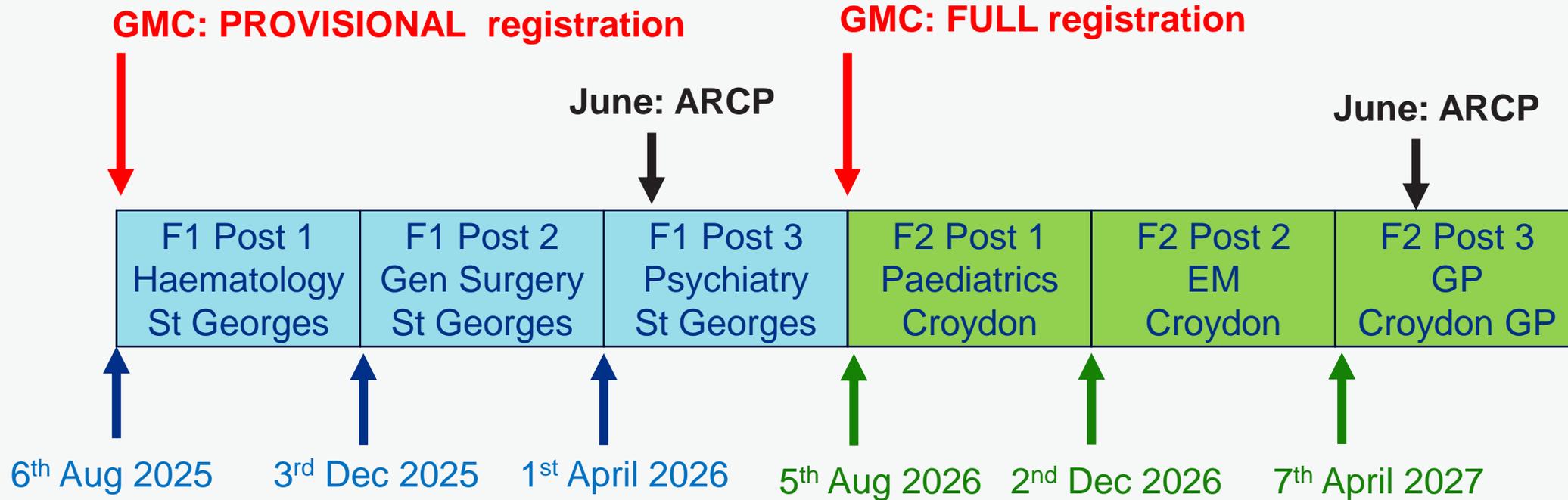




Less Than Full Time (LTFT)

- **Timeline will change – new end date**
- Posts will be subject to change
- Slot share where possible
- ARCP dates added
- Pay will be changed

Standard Programme Timeline



Example LTFT 0.8 F1 Programme Timeline

F1: 12 months
LTFT: 0.8
Calendar months: $12 / 0.8 = 15$ months
Number posts: 3.75 posts

F2 Post 1
Paediatrics
Croydon → Re-allocation

June: ARCP

Final ARCP



Arranging LTFT

- **MUST** complete application on PGMDE portal
Note windows for application (16 week notice period)
- **Pro rata** but continue 4 monthly posts
- Posts will be subject to change
- Slot share where possible
- **London Foundation School webinar on 28.3.25 3pm re: LTFT training**



Other considerations

Supporting Trainees Entering Practice (STEP)

- If you have **specific needs**, contact allocated trust and the FS **early**
- Reasonable adjustment and additional support can be offered
- May require OH assessment which your Trust will arrange

Deferral

- Statutory reasons only (sickness / parental leave)
- Start Aug 2026 (please re-confirm by end of Jan 2026)

Withdrawal

Good medical
practice

Please let the school
AND trust know ASAP



- 74** You must take up any post you have accepted, work any shift you have agreed to, and work your contractual notice period before leaving a job, unless the employer has reasonable time to make other arrangements or your personal circumstances prevent this.

General Medical Council (GMC)

Provisional Registration

- ESSENTIAL to have before starting shadowing/induction
- Offer will be withdrawn if not in place by F1 start date
- **Individual responsibility**
- Can only be held for 3 years and 30 days
- Full registration awarded on satisfactory completion of F1

General Medical Council (GMC)



Doctors now under great scrutiny

Recent problems in which the GMC became involved include:

- Speeding / drunk driving
- Drug use
- Urinating in street outside pub
- Parking violations/forging parking permits
- Posting patient information on SoMe
- Taking indecent pictures on a mobile phone
- Not declaring previous issues (can delay registration)

Social media

- Facebook posts
- Tik tok, instagram
- Sharing on Whatsapp
- Blogging
- Medical Influencers



Social media slip

A foundation doctor had just completed a difficult shift in which he'd treated a trans rights activist who had been attacked on the way home from college and left with cuts and bruises.

13 May 2021



ETHICAL GUIDANCE, MEDICAL PROFESSIONALISM, STANDARDS AND ETHICS

The potential pitfalls of social media for doctors



Cringe alert as Treasury mocks Matt Hancock's WhatsApp leaks

Social media swipe at ex-health secretary prompts call to put the Treasury underwater.



The British government unveiled its budget — and found time to make a couple of jokes about the leak of tens of thousands of Matt Hancock's private messages | Rob Pinney/Getty Images

Starting F1





Your trust is your employer

F1 start date: 6th August 2025

- Shadowing and induction so be available from **mid-July**
- Functional email address
- Pre-employment checks inc. Occupational Health

Extended induction

Gap between graduation and F1

Overseas graduates new to NHS

- Welcome to NHS GMC Course
- Enhanced IMG induction
- <https://www.e-lfh.org.uk/programmes/nhs-induction-programme-for-international-medical-graduates/>





Your trust should provide:

- Contract, work schedules and rota
- Appropriate **learning experience**
- **Teaching**
 - Minimum **30 hours curriculum-based**
 - Minimum **additional 30 hours** eg. Dept teaching, journal club, M&M meetings
- **Self-Development time**
- **Careers Advice**
- Elected representation at local faculty group



Trust PGDME

Foundation Training Programme Director (FTPD)

Director of Medical Education (DME)

FP Administrator

Medical Education Manager (MEM)

Guardian of Safe Working Hours

Horus e-portfolio

- Familiarise early to benefit your training
- Educational planning
- Reinforce your learning
- Record of achievements

Work-based assessments

Reflections inc. summary narratives

Supervisor meetings

Not just a tick box exercise it's also for life



Prescribing Safety Assessment (PSA)

- Essential for successful completion of the F1 year
- If not yet passed or pass >2 years ago
- Ask Trust Foundation Administrator
 - *First sitting in 15th October 1pm*
 - *Look at your rota and plan in advance if working*
- Ask your FTPD about suitable SCRIPT modules

ARCP / End of Year Review

- Annual Review of Competence Progression
- Panel review in absentia
- Check portfolio against curriculum
- Form R (GMC)

Please look at UKFPO guidance



Enjoy your Foundation Training

- Look after yourself
- Health and sleep are important
- Ask for help if you need it!



How to contact us

PGMDE portal:

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

A screenshot of the PGMDE Support Portal interface. The page has a dark blue header with the NHS logo and 'Health Education England' text. Below the header is a search bar and a 'Submit a ticket' button. The main content area features a 'Workforce enquiry form' with several input fields: 'Title *' (dropdown menu), 'First name *' (text box), 'Last name *' (text box), 'Contact phone number *' (text box), 'Email address *' (text box with a link icon), 'Cc' (text box), 'Specialty *' (dropdown menu), 'Training programme *' (dropdown menu), and 'Grade *' (dropdown menu). The form is set against a white background with a dark blue border.

Where to find out more

<https://london.hee.nhs.uk/medical-training/london-foundation-school>





In summary

- Foundation training
- How to preference
- Other considerations
- Starting work
- Where to find out more

Questions

True education is a kind of never ending story — a matter of continual beginnings, of habitual fresh starts, of persistent newness.

— *J. R. R. Tolkien* —