

# London Foundation School Prospectus

**Programmes Commencing in August 2026**





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## Welcome

The London Foundation School (LFS) officially started in August 2023, with North West London, North Central and East London and South London combining. Kent, Surrey and Sussex (KSS) uncoupled from South Thames to form an independent KSS Foundation School.

The London Foundation School covers a large, diverse, cultural and socio-economic area giving a huge range of training opportunities. There is one Foundation School Director (FSD)/ Associate Dean, who works closely with 5 deputy FSDs, each responsible for a geographical area (North West, North Central, North East, South West and South East), and they also lead on a Pan-London workstream.

Each area (group) is aligned with one of the five London Integrated Care Systems (ICS): NW, NC, NE, SW and SE, overseeing 34 acute and mental health trusts, along with many General Practices. There is a wealth of expertise here and we look to welcoming you to our school.

This prospectus should provide you with all the information you require when considering where to undertake foundation training in London.

We hope you find it useful.

[London Foundation School Team.](#)



## What is a foundation school?

Foundation training is a two-year programme acting as the bridge between undergraduate medical education and further training to become specialist. Foundation schools oversee the training of the foundation doctors (FDs) in that school. They bring together local medical schools, local education and training boards (LETBs), trusts and other organisations involved in training doctors.

## Purpose of the Foundation Programme

The foundation programme is part of the continuum of medical education. It bridges the 'gap' between undergraduate medical training and hospital or general practice specialty training. The foundation programme aims to ensure that all doctors deliver safe and effective patient care in accordance with GMC guidance. During the programme, FDs work in a supportive environment where they are appropriately managed and supervised. FDs practice within their own level of competence and are provided with adequate supervision and feedback to acquire new capabilities. The foundation programme builds on and develops the responsibilities of clinical professionalism.

Satisfactory progress indicates that a doctor is moving towards independent practice. Throughout medical school and foundation training, students and graduates should draw upon career information and guidance and reflect on their abilities, interests, opportunities and service needs to make more informed choices about their future career.

## Aims of the Foundation Programme

- Build on undergraduate education by guiding recently graduated doctors with the attributes of professionalism, and the primacy of patient welfare, which are required to provide for safe and effective practice and the care of patients.
- Provides deliberately generic training ensuring that FDs develop and demonstrate a range of essential clinical skills that are required of all doctors regardless of specialty.
- Provide the opportunity to begin to develop leadership, team working and supervisory skills in order to deliver care in the setting of a contemporary multidisciplinary team and to begin to make independent clinical decisions with appropriate supervision.
- Provide opportunities for foundation doctors to experience a variety of career options in order to inform career choice and ensure that whatever career path is subsequently entered, all FDs have experienced the provision of medical care in both hospital and community settings.

## Outcomes of Foundation Training

Foundation Year 1 (F1) enables medical graduates to begin to take supervised responsibility for patient care and consolidate the skills learned at medical school. Satisfactory completion of F1 allows the relevant university, or their designated representative in a local education and training board (LETB) or foundation school, to recommend to the GMC that the FD be granted full registration.

Foundation year 2 (F2) doctors remain under clinical supervision but take on increasing responsibility for patient care. They begin to make management decisions as part of their progress towards independent practice. F2 doctors further develop their core generic skills and contribute more to the education and training of allied healthcare professionals, medical students and less experienced doctors. At the end of F2 they will have begun to demonstrate clinical effectiveness, leadership and the decision-making responsibilities that are essential for specialty training. Satisfactory completion of F2 leads to the award of a Foundation Programme Certificate of Completion (FPCC) which indicates that the doctor is ready to enter a core, specialty or general practice training programme.



## The UK Foundation Programme Office (UKFPO)

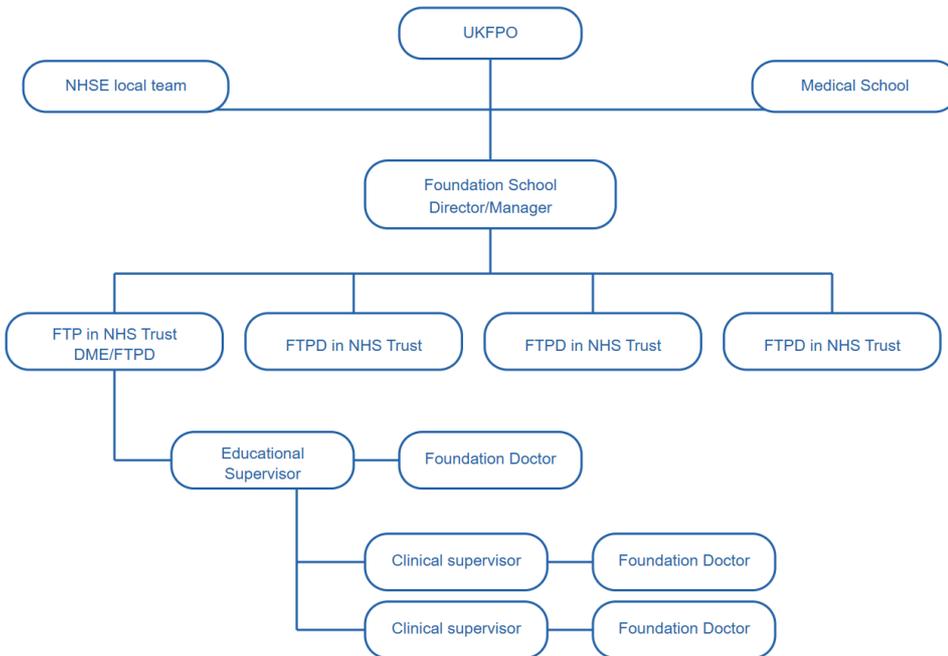
The UK Foundation Programme Office provides a central information point for medical schools, foundation schools, FDs and the faculty involved in foundation training. The aim of the UKFPO is to develop and promote Foundation training, as well as to develop and administer the recruitment and programme allocation system throughout England, Northern Ireland, Wales and Scotland.

Please note the UKFPO is a separate organisation to the Foundation School.

### Structure of Foundation training

DME = Director of Medical Education

FTPD = Foundation Training Programme Director





## London Foundation School Team

### London Associate Dean / Foundation School Director: Dr Alice Carter



Ali graduated from Edinburgh University, worked in Edinburgh and Leeds for a few years, before moving to London to complete her training. She works as an Intensive Care Medicine (ICM) consultant at University College London Hospital (UCLH) in North Central London. Ali has a long-standing interest in medical education and has undertaken a variety of education roles including local Postgraduate Medical Education Lead and Faculty tutor for ICM, Training Programme Director (TPD) for Foundation Doctors at UCLH, Lead TPD for Pan-London Intensive Care Medicine Specialty training, Associate Dean (Distribution) before becoming Associate Dean for Foundation and Undergraduate medicine in 2023. Ali became lead FSD for England in April 2025.

### Deputy FSD North West (NW) London: Dr Fionnuala Crummy

**Workstream Lead:** Supporting LTFT and Return to Training (RTT)



Fionnuala is a consultant respiratory physician at UCLH. She graduated from the Queen's University of Belfast. She completed her training in Respiratory Medicine and General Internal Medicine in Northern Ireland. She subsequently undertook a fellowship in Sleep Medicine at the Alfred Hospital, Melbourne Australia. She was appointed as a consultant respiratory physician at UCLH in 2008. She has an interest in medical education, was awarded an MSc in Medical Education by UCL in 2019 and has held a number of educational leadership posts within UCLH and UCL medical school. She leads on LTFT in the Foundation School and works closely with Managerial colleagues to support Foundation Doctors who are choosing to work LTFT.

### Deputy FSD North Central (NC) London: Dr Celia Bielawski

**Workstream Lead:** Supporting International Medical Graduates (IMGs)



Celia trained at Kings College Hospital Medical School and works as a consultant geriatrician and physician at Whittington Hospital. At the Whittington Hospital, she has held various education roles, including undergraduate sub dean, Foundation Training Programme director and Director of Postgraduate Medical Education. As well as being Deputy Director of North Central & East London Foundation School, appointed August 2018, she is clinical lead for assessment at The Royal College of Physicians.



## Deputy FSD North East (NE) London: Mr Gnananandan Janakan

**Workstream Lead:** Faculty Development



Jan is a consultant Colorectal and Major Trauma Surgeon at Kings College Hospital. He completed his MB BS at St George's Medical School, followed by an MSc in Surgical Technology from Imperial College London in 2011. He earned his Fellowship of the Royal College of Surgeons (FRCS) in 2020. His career has spanned multiple NHS trusts, where he has gained extensive experience in emergency and elective colorectal procedures. He is a new appointment to the team starting May 2026.

## Deputy FSD South East (SE) London: Dr Charlotte Huddy

**Workstream Lead:** Community Liaison & Enhance



Charlotte is a consultant neonatologist at St George's University Hospitals NHS Foundation Trust, specialising in developmental follow-up. She grew-up in London and trained at St Thomas' Hospital Medical School, before undertaking postgraduate training in Southampton, Oxford and Sheffield. She worked as a consultant in Leicester before returning to London in 2007. She has undertaken a variety of leadership roles including F-TPD. She was appointed to Enhance TPD for London in 2024. Enhance is a contextual leadership programme with six domains (patient centred practice, complex multi-morbidity, population health, environmental sustainability, systems working, social justice and inequalities). The programme is closely aligned to the foundation curriculum and provides a lens through which foundation doctors can enhance their practice.

## Deputy FSD South West (SW) London: Dr Amelia Hughes

**Workstream Lead:** Simulation & Teaching



Amelia qualified from University of Wales College of Medicine (Cardiff) in 2002 and moved to London in 2003. Amelia then completed her postgraduate training within London and was appointed as a Consultant in Sexual health and HIV at Guys and St Thomas' hospital (GSTT) in 2012. Amelia has keen interest in both undergraduate and postgraduate medical education. Previous roles include College Tutor for Genitourinary medicine and Foundation Training Programme Director at GSTT. Amelia remains in post as an undergraduate block lead for 'transition to foundation 1', preparing final year student doctors for Foundation training.



## TPD (Specialised Foundation Programme): Prof Channa Jayasena



Prof Channa Jayasena PhD FRCP FRCPath, is Academic Director of the London Specialised Foundation Programme. He has extensive experience in both postgraduate and undergraduate education, leads his own research laboratory at Imperial, and is a member of the Imperial Clinical Academic Training Board.

Dr Jayasena also works as a clinical lead and consultant in Reproductive Endocrinology & Andrology at Hammersmith Hospital & St. Mary's Hospital.

## Operations Manager: Simon Rosan

### Officers:



**Andrew Goodhand.** Mainly covers South East London



**Tarek Hussain.** Mainly covers North East and South West London

**Adeola Teluwo.** Mainly covers North West and North Central London

### Administrators

- Paige Arnold
- Launa Broadley
- David Jarvis



## Representation

The LFS is keen to ensure that the views of FDs are adequately represented at relevant local/national meetings. During August, FDs are invited to express their interest in being a representative on various committees/groups by submitting a 100-word statement explaining why they wish to take part and how they would ensure that they represented the views of their peers. They are then shortlisted for interview. FDs reps will be appointed for 1 year so there is opportunity for either F1 or F2.

## Contact details

More information can be found on our website: <https://london.hee.nhs.uk/medical-training/london>

There are many reasons to contact us including seeking support and guidance.

Please contact us via the Support portal: <https://lasepgmdesupport.hee.nhs.uk/support/home>. **Under specialty please select 'Foundation' – not the specialty of the post you're currently working in.** This ensures you're query is directed to a member of our team for a timely response.

## Communications

### Email

**Please keep your contact details up to date.** Although doctors are given email addresses by their trusts, audits have shown that doctors in training often do not use them. In addition, medical school email addresses may be discontinued after graduation. Hotmail and other accounts are not always secure or spam-free and are often changed, so it is very difficult to keep an up-to-date email list for hundreds of doctors. In addition, their spam filters may block emails from the school or specialty recruitment.

### Bulletin

A regular bulletin will be circulated by the LFS highlighting upcoming events, signposting where to find out more information and sharing good practice. Please do read this so potential opportunities are not missed.



## Glossary of LEP/ trust staff

Your training within Local Education Providers (LEP)/ trusts is provided by a number of people, some based in the postgraduate education centre. Their contact details will be included in trust induction packs, a summary of their roles is below.

### Director of medical education (DME)

DME is usually a consultant in the trust and works for the hospital. They have managerial responsibility for medical education. They work closely with the clinical tutor/s and Medical Education Managers(MEM) and can also be approached for formal and informal advice.

### Foundation training programme director (F-TPD)

The FTPD is a consultant at the trust who oversees the training of 20- 40 FDs at that trust. They are responsible for organising FD teaching programmes, local curriculum delivery and chair ARCP panels at the end of the year. Any problems with educational matters can be discussed with the FTPD. They can also help with careers guidance, as they have wide experience and specialist contacts.

### College tutor (specialty programme director) / 'Local Education Lead'

Usually a department specialist with responsibility for training in that department. They organise departmental teaching, and can be asked for advice about the specialty, including careers.

### Educational supervisor (ES)

They have a particular responsibility for your education through the whole year and may also be the clinical supervisor for your first attachment. You will meet them at regular intervals and they should generally be the first port of call for any concerns you may have about your training.

### Clinical supervisor (CS)

The clinical supervisor is normally the consultant you are working for in each post and is responsible for your clinical supervision. You should have regular meetings with them during your attachment.

### Medical education manager (MEM)

The MEM runs the postgraduate centre and administers the induction and educational programmes. They work closely with medical staffing and the clinical tutor. They are readily available for general advice and will be on hand to help you adapt to your new way of life in the Trust.

### Foundation Programme Administrator

Usually work in the postgraduate centre and administers the local foundation programmes. They work closely with the trust MEM. They are will usually be your first port of call for help and advice and will be advertising local teaching, ARCPs and study leave requests.



## Foundation Key documents

### Curriculum

The Foundation Programme Curriculum sets out the framework for educational progression that will support the first two years of professional development following graduation from medical school. FDs should familiarise themselves with the current Curriculum requirements. The curriculum was last updated in 2021 and published here: [www.foundationprogramme.nhs.uk/curriculum](http://www.foundationprogramme.nhs.uk/curriculum). The next update is expected in 2026.

### Horus e-Portfolio

In England, the e-portfolio for Foundation Doctors is called Horus. F1s are issued with a username and password on entry to Foundation School. The e-portfolio is a record of an FD's progress and development through the foundation years. Evidence of achievement of outcomes and increasingly sophisticated performance will be recorded in the e-portfolio. The completed e-portfolio contributes to the end of year report. Elements of the e-portfolio may also be used in specialty interviews by FDs to demonstrate competence and highlight achievements. [Sign In - Horus ePortfolio](#).

### Self-Development Time (SDT)

Following the Foundation Review, it was established that FDs were not receiving sufficient time to complete essential development activities. Since 2020, all FDs should have two hours per week of self-development time in their work schedule. This time should be utilised to ensure the e-portfolio is kept up to date.

Further information regarding Self-Development Time (SDT) can be found on the NHS Employers website:

[www.nhsemployers.org/your-workforce/plan/medical-workforce/foundation-review/self-developmenttime](http://www.nhsemployers.org/your-workforce/plan/medical-workforce/foundation-review/self-developmenttime).

## Information about your training

### GMC Registration

All F1 doctors **MUST** have provisional GMC registration before they start work. Failure to achieve this before the start date, will mean that the offer of a Foundation Programme will be withdrawn.

From 1 April 2015, the length of time doctors will be allowed to hold provisional registration is limited to a maximum of three years and 30 days (**1125 days in total**). After this provisional registration will expire.

[www.gmc-uk.org/registration-and-licensing/join-the-register/provisional-registration](http://www.gmc-uk.org/registration-and-licensing/join-the-register/provisional-registration).

All F2 doctors **MUST** have full GMC registration before they start work as an F2.



## STEP (Supporting Transition and Entering Practice)

All FDs are required to complete a transfer of information (TOI) questionnaire before the beginning of both their F1 and F2 years. The STEP (previously known as TOI) process is supportive and designed to allow FDs to highlight to their training programme director (FTPD) any issues that might be relevant to their training, such as academic, health, social or psychological difficulties. It is strongly recommended that the F1 form should be completed with the help and support of medical school advisors/tutors or another appropriate medical school member of staff, and the F2 form with the FD's F1 FTPD. A medical school clinical advisor or official must countersign the F1 form and the F1 FTPD the F2 form.

## Shadowing

It is a **mandatory requirement** for those entering the foundation programme to undertake a paid period of four days' shadowing and induction with their first F1 employer immediately before the start of their employment. This provides incoming F1s with an opportunity to work closely with the F1 doctor who is in the post that they will take up and to familiarise themselves with the department and hospital settings before starting their post. The shadowing placement should be paid on an unbanded F1 basic pay basis. An F1s first day of work will be the first Wednesday of August however we suggest that **FDs keep the 10 days before available for induction and shadowing as starting dates can vary between trusts.**

## Extended induction

All non-UK graduates or those who qualified more than 2-years before commencing F1, are offered an opportunity to undertake **an additional 2-weeks of extended induction/shadowing** to help familiarise them with the NHS in advance of formally commencing F1. Invitations to attend extended induction are sent out shortly after allocation to programmes.

## Deferring the start of foundation training

An applicant who has been accepted onto the Foundation Programme **may only defer** the start date of their training for a statutory reason (e.g. maternity leave, sickness). Wherever possible, applicants are asked to give their foundation school as much notice as possible of the need to defer the start date. This may allow the foundation school to offer the foundation placement to someone else.

## Less than full time training (LTFT)

If you are considering working less-than full time, please see [here](#) for more information and let the school know via the portal as soon as possible. Applicants considering applying for LTFT should submit a request via PGMDE Support Portal. **Please note there is a 16 week notice period for any change in % working (increase or decrease).**

Foundation training is both competency **and time-based** and so pro-rata time will be required. Eg. An F1 doctor working LTFT 0.8 will undertake F1 over 15 months and a new end date calculated when LTFT is approved. LTFT FDs must work a minimum of 50% to ensure educational approval. Slot-sharing is usually the most effective means of meeting educational needs. In slot-sharing, two FDs share one full-time post, and the out-of-hours is managed between them.



## Time out of foundation programme (TOFP)

Requests for time out of the foundation programme (TOFP) will be reviewed in accordance with the 'Time out of foundation programme (TOFP)' entry contained within the Gold Guide. TOFP for up to 12 months will be permitted only in exceptional circumstances and is typically undertaken between F1 and F2. A six month notice period is required.

## Inter foundation school transfers (IFST)

Transfers normally take place at the start of the F2 year, after successful completion of F1. The IFST process is coordinated by the UKFPO on an annual basis. Arrangements for IFSTs must be agreed between Foundation school directors on the basis of individual FD requirements if there are special circumstances. Guidance notes and an application form are available on the UKFPO website.

Transfers will take place only if:

- there are places available in the receiving foundation school.
- the applicant has special circumstances for doing so.

## Withdrawing/ Leaving the foundation programme early

The foundation programme is both time and competency based. If you wish to leave before the official end date of your F1 or F2 programme to take up other employment opportunities, you will not be signed off as having met foundation training requirements or earn the Foundation Programme Certificate of Completion (FPCC) required for application of core/speciality training. In addition, you must give adequate notice to your employing trust. Failure to do so, could have implications for patient safety and could therefore, lead to a referral to the General Medical Council (GMC).

## Training vs employment

Although the Foundation School oversees foundation training, NHS trusts are the employing healthcare organisations responsible for all contractual issues including pay, rotas, occupational health and any reasonable adjustments that you may require to your working conditions.

## Information on new contract

All doctors entering F1 training start on the resident doctor training contract. Additional supplements are payable for working on-call rotas and there is also a weekend allowance. Further information is available on: [www.nhsemployers.org](http://www.nhsemployers.org)

The 2016 contract also includes features such as work scheduling and exception reporting. Work schedules provide information about the range and pattern of duties expected, as well as intended learning outcomes, and are personalised once the FD is in post, following discussion with your supervisor. Exception reports enable you to raise issues if the work schedule does not reflect the reality of the post as regards service or training. Each trust also has a guardian of safe working hours (GOSW). This is a senior appointment made jointly by the employer and junior doctors. The role of the guardian is to ensure that issues of compliance with safe working hours are addressed.

## Training support

If an FD feels that they are struggling or experiencing difficulties they should contact their foundation training programme director (TPD) as soon as possible so that appropriate support/advice can be provided. FDs may also self-refer to the [Professional Support Unit](#) (PSU) a free, confidential service, for additional support for doctors in training. Trust local faculty groups (LFG)s meet on a regular basis and will update the area deputy FSD on any FDs experiencing difficulties, so that additional support from the school can be considered.

## Enhance Leadership Programme for FDs

This programme has been rolled out across England and in London and is available for FDs to complete during their Self Development time (SDT) over two years of foundation training.

The six modules comprise 4 hours of workbook learning in each of:

1. Introductory module
2. Person-centred practice
3. Complex multimorbidity
4. Population Health
5. 3 in 1 module comprising social justice and health equity, environmental sustainability, systems working
6. Contextual Leadership Summary module

The London Foundation School has a monthly Webinar on Enhance themes. You can find out more about Enhance **enhance @ UK Foundation Programme** on [link below](#):

## Enhance Explore Posts

This programme takes a deeper dive into Enhance containing 60 hours of time dedicated to Enhance within a 4-month rotation. We currently have 9 FDs in Enhance Explore posts which are community based. A further 3 are starting in 2026. There are activities incorporated into the placement that include learning on leadership alongside other Enhance themes.

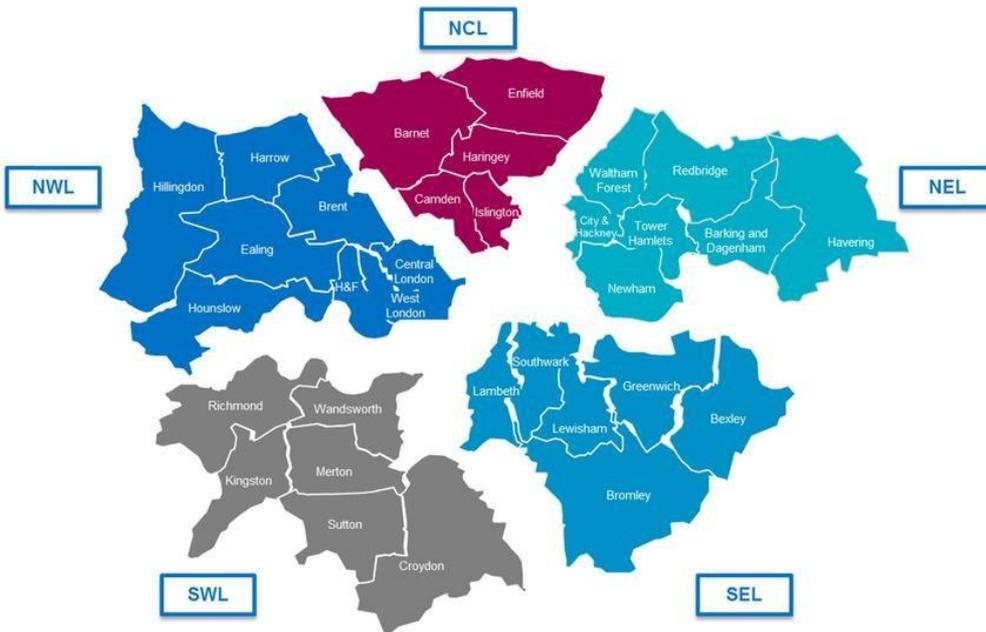


## Groups/ Areas of London

London is divided into five Integrated Care Systems. An ICS in England 'are local partnerships that bring health and care organisations together to develop shared plans and joined-up services'. Most FDs in London will spend their 2-year programme working in one ICS (group). Due to the location of some trusts on the border of two areas, some programmes will be located in two areas (eg Croydon for F1 and then GSTT for F2, the programme will be labelled as being in South West as per F1 posts).

Applicants will undertake stage 1 group preferencing to one of six groups (the 5 areas and SFP). Once allocated to a group, individuals then undertake stage 2 programme preferencing of all the programmes in the allocated area (approximately 250-300 programmes).

Details of the different trusts will be found in the next section of this prospectus. Most programmes in London will schedule F1 and F2 in different sites to facilitate different experience. Community placements including those in general practice will be linked to a primary acute trust.





## Specialised Foundation Programmes (SFP)

SFP is Pan London. At present we have 109 x 2-year programmes with a 4-month SFP block in the F2 year. Each SFP programme is unique, at present there are two education based SFPs, three leadership (Enhance) and the remainder are research based.

All are associated with 1 of 5 universities.

- City-St George's University of London
- Imperial College London
- Kings College London
- Queen Mary University of London
- University College London

One-third of programmes have been allocated via Pathway 1 medical school nomination. This year, approximately 70 programmes will be available via Pathway 2. Individuals can preference the SFP group in stage 1 group preferencing. When allocated to this group, there will then be opportunity to preference programmes within the group. Final programme allocation will be based on PIA ranking.



## NORTH WEST LONDON TRUSTS

### Chelsea and Westminster Hospital Foundation Trust

Chelsea and Westminster Hospital NHS Foundation Trust is one of the top ranked and top performing trusts in the UK. We employ more than 6,000 staff at our two main hospital sites—Chelsea and Westminster Hospital (CW) and West Middlesex University Hospital (WM)—and in community-based clinics in North West London. Both our sites offer high performing, award-winning and responsive services within an attractive, modern environment, underpinned by our PROUD values.

#### Trust contact details

##### Chelsea and Westminster Hospital

369 Fulham Road  
London  
SW10 9NH  
T: 020 3315 8000

##### West Middlesex University Hospital

Twickenham Road  
Isleworth, Middlesex  
TW7 6AF  
T: [020 8560 2121](tel:02085602121)

W: [www.chelwest.nhs.uk](http://www.chelwest.nhs.uk)

##### Twitter

[@chelwestft](https://twitter.com/chelwestft)  
[@westmidhospital](https://twitter.com/westmidhospital)

##### Facebook

[@chelwest](https://www.facebook.com/chelwest)  
[@westmidhospital](https://www.facebook.com/westmidhospital)

##### Instagram

[@chelwestft](https://www.instagram.com/chelwestft)

### Foundation training programme directors

#### Director of Medical Education

Dr Orhan Orhan (CW)  
Miss Christina Cotzias (WM)

#### Foundation Training Programme Directors

Dr Kath Bonnici (CW) FY2  
Dr Hannah Skene (CW) FY1  
Dr Ruth Caulkin (CW) Deputy FY1/FY2  
Dr Ravneeta Singh (WM)  
Dr Jasmin Cheema (WM)

#### Resident Doctors Coach

Dr Fiona MacAuslan (CW)  
Dr John Platt (WM)

### Facilities - Postgraduate Centre (Location and resources)

Each hospital site has a dedicated Postgraduate Education Centre where the majority of teaching courses take place. Two enthusiastic postgraduate education fellows are based at each site, and a serious incidents fellow works cross-site. We also have a LEEP (Leading through Education to Excellent Patient care) working cross-site to deliver the only HEE approved leadership programme. All fellows and the postgraduate team are on hand to assist you and



maintain an open-door policy. The teams provide an exciting and dynamic programme of education. Weekly teaching comprises grand rounds, Medical Mondays, foundation teaching, and departmental teaching. The Trust offers a plethora of courses including communication, interview skills, leadership and management, teaching skills courses, appraisal updates, educational supervisor updates and MRCP PACES training. We also offer a range of external courses, including live streams from the Royal College of Edinburgh. Both sites have simulation facilities and clinical skills labs with full-time teams to coordinate resuscitation training courses, simulation programmes and opportunities to develop your clinical skills.

### Facilities - Accommodation (Info about pricing, location etc)

A two-minute walk to the hospital and with zero commuting costs, Doughty House provides affordable housing in SW10. Accommodation includes a furnished bedroom with a shared kitchen, bathroom and lounge/ dining area. Rooms are centrally heated, with on-site laundry and a weekly cleaning service. During office hours the Estates and Facilities team are on site and manage the building with an emergency out-of-hours service. A deposit of one month's rent and a month's rent in advance is required to secure a room. Terms and lets can be flexible—for more information please email [chelwest.accommodation@nhs.net](mailto:chelwest.accommodation@nhs.net) or call 020 3315 6993.

Please note: Rooms are currently available  
Standard room: from £834  
Attic room: from £650

Helix House and Galloway House (WM), located less than five minutes' walk from the hospital, offer comfortable accommodation with five fully furnished rooms per floor, shared kitchens and bathrooms and in-suite laundry, with a weekly cleaning service in communal areas. A deposit of £597 and a payment of one month's rent is required to secure a room. For further information, email [wmuaccommodation@chelwest.nhs.uk](mailto:wmuaccommodation@chelwest.nhs.uk) or call 020 3315 6993.

### Social activities

Chelsea and Westminster Hospital Resident doctors enjoy an active social programme organised by the doctors' mess, including monthly payday gatherings and our famous Christmas and summer balls in locations including the Natural History Museum and the Tower of London. The mess is located on the 2nd Floor in the main hospital and boasts a large seating area around a widescreen TV (including Sky channels) as well as a full-size pool table. There is a kitchen stocked with tea, coffee and snacks and a vending machine. Adjacent are four newly refurbished shower rooms and lockers.

West Middlesex University Hospital is a friendly hospital with a true sense of community. Join in and contribute to the running of our mess! We pride ourselves on being inclusive, with comfy sofas, television, a Nespresso machine, on-call rooms, showers and a kitchen to provide everyone with a place to unwind and relax. There is an ethos of camaraderie with social meals, payday parties and our famous summer ball.

### Library facilities

The medical library (CW) is open for reference with access to Trust computers 24 hours a day, and a highly skilled team is available for assistance Mon–Sat. Registration gives you access to Imperial College London libraries at various sites and includes:

Access to journals/eJournals

- Inter-library loans
- Print and electronic document delivery
- Logins to Imperial College London computers
- Training on literature searches, critical appraisals and writing for publications

Learn more at [www.imperial.ac.uk/library/nhs](http://www.imperial.ac.uk/library/nhs) or call 020 3315 8107.

The Patricia Bowen Library and knowledge service (WM) supports the education and training needs of all staff. There are evidence-based literature searching services, training to search literature, clinical decision tools to keep you up-to-date and a document delivery service. The library is accessible 24/7 with ID card access. See [www.library.wmuh.nhs.uk/wp](http://www.library.wmuh.nhs.uk/wp) for more details.

### I.T. facilities

Trust computers are available on all wards, in clinical departments, the doctors' mess and libraries. We offer free public Wi-Fi in our hospitals and have secure printing facilities. We are also piloting new projects such as virtual desktops for easier clinical access.



## Other facilities (recreational or otherwise)

The arts and music programme at Chelsea and Westminster Hospital hosts a revolving exhibition of artworks from the Chelsea Arts Club in collaboration with Trust charity CW+. Weekly musical performances are normally enjoyed in the atriums at both CW and WM, however these are on hold during the pandemic.

Chelsea and Westminster Hospital is very lucky to have a MediCinema on the 3rd Floor with a 3D screen and 40 luxury cinema seats. Screenings are free for staff and a guest, subject to availability.

The Wellness Centre (CW) offers hairdressing, manicures, pedicures and massage. We offer free monthly wellbeing workshops to staff. Beautiful chaplaincy spaces exist in the chapel and the Tent (multi-faith prayer room) for prayer, reflection and worship.

The Multi-faith Centre (WM) provides patients and staff with spiritual support. There are several outdoor spaces to choose from, including our staff area, a patient and staff garden outside the Multi-faith Centre and the Education Centre garden. We also have a lake which can be used for picnics.

Extensive staff benefits and discounts are available for a variety of shops locally and online. The hospital also participates in the cycle to work scheme.

## Transport links

Chelsea and Westminster Hospital is well-connected via London Underground (District, Circle and Piccadilly lines from Fulham Broadway, Earl's Court, South Kensington and Gloucester Road) and bus (14 211, 328 and C3).

At West Middlesex University Hospital, Syon Lane and Isleworth rail stations are only half a mile away with direct trains to London Waterloo in just 35 minutes. Hounslow East is our closest Underground station with services to Covent Garden and Knightsbridge in less than 40 minutes. There are a number of bus links on the hospital site.

## Local amenities/attractions

### Chelsea and Westminster

Regular stalls sell books, accessories and fresh flowers. Food and drink are available at the hospital restaurant, Costa Coffee, the Friend's shop and a Toss salad vending machine. Just outside are Starbucks, Pret a Manger, Subway and many local restaurants. A small Boots pharmacy is on site. The hospital is in the heart of one of the most beautiful boroughs in London—restaurants, cafes, bars, cinemas, clubs and shops are within walking distance along Fulham Road and King's Road. The Thames is a 5-minute walk away and South Kensington 15 minutes, where you will find famous London museums.

### West Middlesex Hospital

West Middlesex hospital recently refurbished the main atrium with a brand-new welcome desk, M&S food, Costa Coffee and WHSmith. For something more substantial, head to Rumbles Restaurant or Subway. Nearby attractions include Kew Gardens, Syon Park, Osterley House and the Thames. There are lots of pubs and restaurants along the river and in nearby Twickenham, Teddington and Richmond.

## Parking arrangements

### Chelsea and Westminster Hospital

The hospital has an underground car park—spaces are limited for staff. There is also secure bicycle parking underground. Access is available on request via Facilities.

### West Middlesex Hospital

On-site parking is available—staff permits are offered but availability is limited. Motorbikes and scooters can park for free in designated areas. There are several bike sheds with keypad entry systems—codes are available from security or the education centre.

## Accolades/achievements of the trust

The Trust is one of the top ranked and top performing trusts in the UK. The Trust is one of the best performers against national access standards for A&E, referral to treatment (RTT) and cancer. We are committed to providing world-class service and excellent care now and in the future. We are a partner to the West London Genomic Medicine Centre—one of eleven Genomic Medicine Centres (GMCs) which have been designated by NHS England to contribute to delivering the 100,000 Genomes Project as a recruitment centre. The aim is to create a new genomic medicine service for the NHS, transforming the way we care for people.



## Any additional information

We pride ourselves in providing outstanding care to a community of more than a million people. Both our hospitals have major A&E departments, treating more than 300,000 patients each year. We run the second-largest maternity service in England, delivering more than 10,000 babies each year. Our specialist care includes our world-renowned burns service, the leading centre in London and the South East, Chelsea Children's Hospital with specialist inpatient and outpatient services, and several award-winning specialist HIV and sexual health services in the community.

## Foundation specific - Induction/shadowing arrangements

FY1s commence induction in the last week of July. During this time, they will meet the foundation programme leads and coordinator, the director of medical education, the doctor's coaches and the medical education fellows. FY1 induction runs over three days and is followed by two days of clinical shadowing with the team of your first clinical rotation. You will be introduced to the clinical team, computer and administrative systems, ready for your first days of work. FY2s do not have a shadowing period but have both Trust and departmental induction when they start.

## Foundation specific – tasters

Tasters are facilitated by the postgraduate education department and all foundation doctors are allowed to use five days of study leave for this. The Trust offers a wide variety of specialities, including specialist tertiary centre services in plastic surgery, paediatric and neonatal surgery, HIV and sexual health, gastroenterology and hepatology.

## Foundation specific – simulation

A comprehensive simulation programme is provided to FY1s and FY2s, using high-fidelity simulation with state-of-the-art manikins. Sessions develop clinical skills and an understanding of the impact of human factors on clinical situations in a safe environment. With a focus on authentic simulation, the programme has expanded to include nurses and doctors with different levels of experience, to mimic true-to-life situations. All FY1s have the opportunity to complete ALS training. FY2s may apply for ATLS if relevant to their training. All foundation doctors receive a clinical skills day as well.

## Resident Doctor forums

Foundation trainees in FY1 and FY2 from both sites represent trainees in local faculty group and foundation group meetings where they bring feedback from their peers. Trustwide groups involved in research and developing services, such as the Medication Safety Group, are keen to have foundation trainees on their committees. The postgraduate education team and the guardian of safe working run regular Resident doctor forums every month. These are opportunities to meet with senior members of the education team and the guardian of safe working to discuss any issues they have faced.

## Foundation specific - educational and clinical supervision

All foundation doctors are allocated an educational supervisor for the year and a clinical supervisor per rotation.

## Foundation specific - teaching programme

Both postgraduate education departments run courses throughout the year, including leadership and management, teaching skills, interview skills and more. There are also active departmental teaching programmes, as well as weekly grand rounds, Medical Mondays, and fortnightly medical meetings. The postgraduate education department at Chelsea and Westminster Hospital provides one hour to FY1s and two hours to FY2s of weekly bleep-free teaching. The postgraduate education department at West Middlesex University Hospital delivers 90 minutes per week of bleep-free teaching for both FY1 and FY2 doctors. Both departments take advantage of the wealth of expertise in the hospitals to provide a programme designed to meet curriculum requirements. Doctors also have the opportunity to deliver teaching and complete teaching assessments. Additional organised training opportunities are available at the Centre for Clinical Practice.

## Foundation specific - any additional information

Placements include a variety of medical, surgical, psychiatry and community placements in line with Broadening the Foundation Programme initiative. The Trust is associated with Imperial College School of Medicine. Foundation trainees across both sites are encouraged to engage with medical students and develop their teaching skills. This can be in the form of bedside teaching, clinical skills teaching and larger group teaching of medical students under the care of the Undergraduate Department of Medical Education.



## Hillingdon Hospitals NHS Foundation Trust

### Trust contact details

Hillingdon Hospital  
Field Heath Road,  
Uxbridge,  
UB8 3NN  
Tel: 01895 238282

### Foundation training programme directors

Dr Lance D'Souza  
Dr Roshni Manek

### Facilities - Postgraduate Centre (Location and resources)

The education centre is located on-site opposite the Trust main entrance. The Foundation team are based in the centre where trainees are welcome to come anytime for help and advice. The education centre has a few training rooms, this is where Foundation weekly teaching, Grand Round teaching etc takes place.

### Facilities - Accommodation (Info about pricing, location etc)

Accommodation is available across the road and is a three-minute walk from the Trust and is run via Thames Valley Housing association. There are two types of accommodation available, single occupancy rooms either en-suite or non-en-suite. En suite rooms – you will share a kitchen, dining room, lounge living space and the rent per month is £654.69. Non-ensuite – you will share a kitchen, dining room, lounge living space, bathroom and the rent per month is £602.72. One month's deposit is required upfront, and the agreement is based on a 6-month contract which then becomes a month to month rolling contract.

### Social activities

The hospital has a doctor's mess on-site and a mess committee who run social activities such as pay day pizza, an annual Christmas party, sporting activities and a summer ball/dinner.

### Library facilities

The library is in the education centre and is open 9am – 5pm Monday – Friday, but if you become a registered member of the library, entry codes will be given to you to allow 24-hour access. There is access to a range of educational online resources, books, and journals to support your training.

### I.T facilities

Computers are available to trainees in most wards and departments. There are also computers available to use in the education centre library and the doctor's mess. Wi-Fi is available throughout the Trust.

### Transport links

In addition to Heathrow airport, Hillingdon contains several transport links, including major UK motorways, the national rail network, and the London Underground. West Drayton station which is near the hospital is part of the Elizabeth line which means you can get into Tottenham Court Road in less than 40 minutes. Uxbridge and Hillingdon stations are served by the Metropolitan line and Piccadilly line are both a short bus ride away from the hospital.

### Local amenities/attractions

Hillingdon is the second largest London borough by area, located 14 miles from central London. It has 800 acres of woodland, country parks, fields and farms, several rivers and the Grand Union Canal. Ruislip Lido boasts one of London's few beaches. Uxbridge town centre has two shopping centres, Odeon luxe cinema, bowling, pure gym and many restaurants and bars. Hillingdon Sports and Leisure complex has a 50-metre indoor competition pool, leisure pool, outdoor lido, 100 station gym, athletics stadium, 400 metre running track, 3 floodlit pitches, sports hall.



## Parking arrangements

There is both onsite and offsite parking locations. Which parking location you are offered will be dependent on your job, shift work and ward you are working on when you apply for a permit. Onsite parking costs £2.50 per day and offsite parking costs £2.00 per day. If you opt to have the parking deducted from your salary monthly, then this will cost £48.00 per month.

## Any additional information

The Hillingdon Hospitals NHS Foundation Trust provides health services at two hospitals in Northwest London: Hillingdon and Mount Vernon. Hillingdon Hospital is the only acute hospital in the London Borough of Hillingdon and offers a wide range of services including A&E, inpatient care, day surgery, outpatient clinics and maternity services. Hillingdon hospital is the primary care site for Heathrow and is responsible as first port of call for any healthcare emergencies at the airport. The Trust provides clinical services to over half a million patients a year. It employs over 3,500 staff making it one of Hillingdon's largest employers.

## Foundation specific - Induction/shadowing arrangements

F1 induction is 5 days long plus 2 days of shadowing. The 5 are comprised of key policies and procedures, statutory and mandatory training, a pharmacy talk, CERNER training, simulation scenarios and prescribing assessment.

## Foundation specific – tasters

Up to 5 days may be taken for a taster in your FY1 year or early in your FY2 year. These are arranged by the Foundation Doctor themselves directly with the chosen specialty/department. They must take place at a time convenient to your department you are working in and be agreed by your supervisor.

## Foundation specific – simulation

Hillingdon Hospital has a simulation suite and dedicated simulation team. All Foundation trainees attend a simulation training day which is made up of both a variety of simulation scenarios and an end-of-life care training session. There are opportunities for Foundation doctors to get involved in various other courses and opportunities for ward-based simulation within departments.

## Foundation Doctor forums

Foundation doctors are appointed to act as representatives for their cohort of Foundation trainees. Reps are invited to meetings to relay feedback and raise issues. There is also a Resident Doctors Forum hosted by our Guardian of Safe working and all resident doctors are encouraged to attend. Trainees are also encouraged to attend their individual departments local faculty group meetings.

## Foundation specific - educational and clinical supervision

All trainees are allocated an educational supervisor for the whole year who maintains an overview of the doctor's progress throughout the training year. A different clinical supervisor is allocated for each of the trainees' placements. Your ES and CS may be the same person in your first rotation.

## Foundation specific - teaching programme

As well as the numerous teaching opportunities available in the Trust and in your individual departments, dedicated Foundation teaching takes place in the education centre weekly. As part of the teaching programme, an annual Education Excellence awards ceremony to honour trainees and trainers is held every summer including a QI competition and presentations.

## Foundation specific - any additional information

There are numerous opportunities for trainees to get involved with Trust leadership programmes including the hospital foundation rep, quality improvement projects, medical student mock OSCE coordinator and mess committee member



## Imperial College Healthcare NHS Trust

### Trust contact details

We have five hospitals on four sites, as well as a growing number of community and digital services across central and west London:

#### **Imperial College Healthcare NHS Trust**

##### **St Mary's Hospital**

Praed Street  
London  
W2 1NY

##### **Western Eye Hospital**

Marylebone Road  
London  
NW1 5QH

##### **Charing Cross Hospital**

Fulham Palace Road  
London  
W6 8RF

##### **Hammersmith Hospital**

Du Cane Road  
London  
W12 0HS

##### **Queen Charlotte's & Chelsea Hospital**

Du Cane Road  
London  
W12 0HS

**Main switchboard:** 020 3311 3311

**Website:** [www.imperial.nhs.uk](http://www.imperial.nhs.uk)

#### **Associate Medical Director (Education)**

Mrs Katy Hogben

#### **Directors of Medical Education**

Miss Ourania Frangouli- Division of Surgery and Cancer (SCC)

Dr Lucy Bingham – Division of Medicine and Integrated Care (MIC)

Dr Mehrengise Cooper – Division of Women's, Cardiac, Clinical Support and Sexual Health Services (WCCS)

Dr Rachel Davies – Locally Employed Doctors and International Medical Graduates

#### **Foundation Training Programme Directors**

Dr Heather Lewis (St. Mary's) – FY1 Lead

Mr Arvind Mohan (St. Mary's) – FY2 Lead

Dr Aruchuna Ruban (Charing Cross and Hammersmith) – FY1 Lead

Dr David Pinato (Charing Cross and Hammersmith) – FY2 Lead

## North West London Acute Trusts



**General Manager - Office of the Medical Director:** Danielle Bennett

**Medical Education Manager:** Tracy Jollie

**Medical Education Service Manager:** Naomi Woods

### **Postgraduate Education Managers**

Hugo Gilbert (St Mary's Hospital)

Anna Moore (Charing Cross Hospital)

Emma Adamson (Hammersmith Hospital)

## Facilities - Postgraduate Centres

Across three sites (St. Mary's Hospital, Charing Cross Hospital and Hammersmith Hospital), we have a designated medical education centre managed by a dedicated site manager and team. The centres serve as a hub for training within the Trust, offering administrative support, training rooms, simulation facilities, pastoral care, and more.

### **St Mary's and Western Eye Hospitals**

2nd Floor, Mint Wing, St Mary's Hospital

T: 020 3312 6038

E: [imperial.postgradeducation.smh@nhs.net](mailto:imperial.postgradeducation.smh@nhs.net)

### **Charing Cross Hospital**

1st Floor, Education Building, Charing Cross Hospital

T: 020 3311 7197

E: [imperial.postgradeducation.cxh@nhs.net](mailto:imperial.postgradeducation.cxh@nhs.net)

### **Hammersmith Hospital**

Ground Floor, Hammersmith House, Hammersmith Hospital

T: 020 3313 3466

E: [imperial.postgradeducation.hh@nhs.net](mailto:imperial.postgradeducation.hh@nhs.net)

## Overview of the Trust





By undertaking your foundation training at Imperial College Healthcare NHS Trust, you will become part of a community of 15,000 staff working with a wide range of partners to offer 'better health, for life'.

Formed in 2007, we are one of the largest NHS trusts in the country providing acute and specialist care to over a million patients each year in central and north London and beyond. With a global reputation for ground-breaking research and innovation as well as excellence in education, we offer huge expertise across a wide range of clinical specialities.

Alongside our five hospitals; Charing Cross, Hammersmith, Queen Charlotte's & Chelsea, St Mary's and the Western Eye, we have a growing number of community and digital services, reflecting our commitment to developing more integrated care with our partners. We also provide private healthcare in dedicated facilities at all our hospitals.

Together with Imperial College London and two other NHS trusts, we form one of six academic health science centres in the UK focussed on translating research into better patient care. We also host one of 20 National Institute for Health Research biomedical research centres in partnership with Imperial College London.

Foundation resident doctors at Imperial College Healthcare benefit from working alongside some of the country's leading specialists, gaining invaluable insights and building networks with experts in their chosen fields. We have strong partnerships with a range of GP practices across West London, giving resident doctors the opportunity to gain hands-on experience and an in-depth understanding of how a practice operates.

## Our values and behaviours

Together with our staff and partners, we have shaped a clear and ambitious vision, underpinned by a set of core values that define everything we do. These principles guide both our organisational strategy and our behaviours framework:

- **Kind:** We are considerate and thoughtful so everyone feels valued, respected and included
- **Expert:** We draw on diverse skills, knowledge and experience so we provide the best possible care
- **Collaborative:** We actively seek others' views and ideas so we can achieve more together
- **Aspirational:** We are receptive and responsive to new thinking, so we never stop learning, discovering and improving
- 

## Rotations at the trust

*The ICU placement at Charing Cross was a fantastic learning experience for an F2 doctor. The senior doctors were all very supportive and were very willing to supervise any procedures that we wanted to practice. The rota meant that you rotated across two ICU wards and the outreach team across the four months, getting a wide range of experience. There was also a very strong teaching programme, with journal clubs, teaching and MDTs scheduled across the week.*

### **FY2 Doctor – Charing Cross Hospital 2025-26**

At Imperial College Healthcare foundation rotations are either based at a single site or across two sites, to ensure a balanced yearly programme. We offer a wide range of medical and surgical rotations, paired with integrated and community placements.

An example of a Foundation Year 1 (FY1) rotation:

- Obstetrics and gynaecology (Queen Charlotte's & Chelsea Hospital)
- Geriatric medicine (Charing Cross Hospital)
- Acute internal medicine (Charing Cross Hospital)

or

- Trauma and orthopaedic surgery (St Mary's Hospital)
- Respiratory medicine (St Mary's Hospital)
- Acute internal medicine/emergency medicine (St Mary's Hospital)

An example of a Foundation Year 2 (FY2) rotation:

- General practice (assigned GP Surgery)
- Geriatric medicine (Charing Cross Hospital)
- Respiratory medicine (Charing Cross Hospital)

## Induction and shadowing programme



All FY1 doctors participate in a bespoke induction and shadowing programme, delivered over several days prior to commencing their posts. This programme is designed to provide a comprehensive and supportive orientation at Trust wide level.

The induction is a face to face programme, including breakout sessions and activities. It includes a corporate Trust induction with welcome talks from the CEO, medical director, as well as the director of medical education (DME), foundation training programme director (FTPD), clinical wellbeing lead, guardian for safe working hours and the outgoing foundation reps. Training is also given on relevant systems such as our patient electronic record system, Cerner.

An extended shadowing programme is available for international medical graduates (IMGs) who wish to opt in. In addition, a dedicated IMG induction provides a more comprehensive introduction to the NHS, as well as guidance on working and training within the UK healthcare system.

We appreciate that starting foundation training can be an exciting or even daunting experience for doctors as they navigate the transition between undergraduate education and postgraduate training and employment. We want to ensure that all FY1s feel confident they have the local knowledge they require when starting their clinical careers.

During the induction period new doctors have dedicated time to shadow the outgoing FY1 who is in the post. This shadowing period helps ensure a smooth handover process and will give resident doctors the opportunity to learn useful tips and local processes. Foundation resident doctors will meet their Foundation Training Programme Director and local postgraduate medical education team as part of the induction programme. By the end of the induction period, we hope that you will be feeling comfortable and confident taking on your first job!

## Educational and clinical supervision

All foundation doctors are assigned an educational supervisor for a full year. This is usually a consultant who you will be working with you in your first placement and who will also fulfil clinical supervisor duties during your first four-month placement. For your second and third placement, you will be assigned a clinical supervisor from the specialty that you'll be working.

You will also be supported by your Foundation Training Programme Director, who is available to provide guidance and additional support throughout the year.



## Simulation

As a large NHS Trust with many specialist and tertiary services, there is a strong emphasis on good team-working to ensure patient safety and to reduce errors in the clinical environment. At Imperial College Healthcare we run 90 different simulation and skills programmes to provide a safe area for learning for all our staff. The programmes are wide and varied involving almost all medical specialties as well as allied health care services. Many of our programmes are multi-disciplinary and focus on training human factors skills in the group setting.

At our St Mary's site we have the Paterson centre, one of the best clinical skills and simulation training facilities in the country, and foundation resident doctors get a chance to attend their simulation training there during both FY1 and FY2 years.

## Teaching

The Trust holds weekly teaching for FY1 and FY2 resident doctors which is a trust-wide programme across all sites. It is delivered by a diverse combination of consultants, registrars and senior multi-professional team members, each bringing a wealth of knowledge from their area of expertise. The teaching programme is mapped to the foundation curriculum to ensure all required topics are covered. The teaching programme is delivered both virtually and face-to-face.

Clinical case-based teaching such as acute medicine teaching where resident doctors have an opportunity to present alongside leading consultants and other senior clinicians, take place weekly. We are also the host for the internationally acclaimed Imperial College Grand Round and resident doctors are very much encouraged to attend and present their work.

Foundation resident doctors are actively encouraged to engage in quality improvement (QI) projects and participate in the Lessons Learnt programme, where teams review serious incidents and discuss the actions implemented by the department. This approach promotes awareness of patient safety, drives continuous improvement, and strengthens collaborative learning.

## Foundation Tasters

Foundation resident doctors will have an opportunity to complete a taster, usually 2-5 days, in a speciality which is not included in their rotation. As one of the leading Trusts in the country we offer a varied set of specialties and all resident doctors are encouraged and supported to benefit from the available training experiences.

## Resident Doctors Forum

The Trust values communication and accessibility for staff to feed back and be heard, running different meetings and networks to enable open discussion. For resident doctors specifically we offer a trust-wide monthly meeting, accessible to all resident doctors.

At the resident doctors' forum you can raise issues relating to work schedules and rotas or discuss any issues to do with your contract and working conditions at the Trust. It is chaired by the guardian for safe working hours.

The meetings aim to improve the experience of resident doctors by listening and responding to concerns and suggestions for improvement, to ultimately ensure the highest possible quality of care and patient safety. There are processes for submitting questions and ideas either through the senior specialty resident doctors or via the internal website portal.

## Schwartz Rounds

The Trust also runs Schwartz Rounds, which are reflective group discussions that focus on the personal, emotional and social aspects of our work in healthcare. They offer a safe space for staff from all disciplines across Imperial College Healthcare and our community partners, to reflect on the emotional aspects of the work.

## Doctors' Mess

There are doctors mess facilities across all three main hospital sites (St Mary's Hospital, Charing Cross Hospital and Hammersmith Hospital) which offer rest facilities, computer stations, changing rooms, showers and well-equipped kitchens which are regularly stocked with groceries.

## North West London Acute Trusts



Resident doctors are eligible for membership of the doctors' mess upon joining the Trust. A £10 monthly membership fee will be deducted from their salary, and doctors may opt in at any time. Members can access regular grocery supplies within the mess and benefit from discounted events, activities and offers organised by the committee throughout the year.

All doctors can access the mess space and are welcome to attend events organised by the mess committee. The recruitment of the mess committee takes place each year in August and full details of how to get involved will be given during your induction.

## Library

The Trust's affiliation with Imperial College London means that our resident doctors can access a host of educational resources free of charge. Membership to all Imperial College libraries, Open Athens, BMJ Learning and many more tools are available to all our staff.

On-site libraries are located at Charing Cross, Hammersmith and St Mary's sites and are part of Imperial College London. Once registered you have access to:

- World class book and journal collections
- Ordering services
- Silent and group study areas
- Support with literature searches
- Lunchtime workshops on a range of topics

## IT Facilities

Resident doctors have access to Trust computers in most clinical departments and wards, as well as in the Doctors' Mess. Trust email can be accessed remotely via webmail, and remote desktop access is available through IT services upon request.



## Accommodation

The Trust offers limited accommodation at most main sites, subject to availability. This is managed by the Trust's accommodation team, who can be contacted at:

[imperial.accommodation@nhs.net](mailto:imperial.accommodation@nhs.net).

### St Mary's Hospital

There is no on-site staff accommodation at St Mary's Hospital. However, housing schemes within commuting distance are available. These typically consist of single rooms in shared flats, with a minimum tenancy period of six months. Vacancies are common but cannot be guaranteed.



#### **Charing Cross Hospital**

There is on-site shared accommodation for single occupants and couples, a very limited number of family flats, student rooms, and on-call rooms. This accommodation is managed by Dominion Housing Group (formerly Acton Housing).

#### **Hammersmith Hospital**

There is on-site accommodation consisting of studios and one-bedroom flats at Hammersmith Hospital. Studio flats are intended for single occupants, while one-bedroom flats are prioritised for couples (though single applicants may also apply). Accommodation is managed by Thames Valley Housing, which has an office on-site.

## Transport and parking

All hospitals have excellent public transport links within London.

#### **St Mary's Hospital**

Convenient transport links via Paddington Station, offering easy access to Underground and Overground services, as well as multiple bus routes.

#### **Charing Cross Hospital**

Convenient access to the Underground via Barons Court and Hammersmith stations, along with multiple bus routes.

#### **Hammersmith Hospital and Queen Charlotte's and Chelsea Hospital**

Convenient access to the Underground via East Acton, White City, and Wood Lane stations, along with multiple bus routes.

#### **Western Eye Hospital**

Convenient access to the Underground via Marylebone and Edgware Road stations, as well as multiple bus routes.

#### **Hopper Bus**

The Trust provides a staff hopper bus service operating between its three main hospital sites: Charing Cross, Hammersmith, and St Mary's. The service runs from 8:00am to 5:15pm, with buses departing approximately every hour from each site.

#### **Parking Arrangements**

Limited car parking facilities are available at Charing Cross Hospital and Hammersmith Hospital. These are managed by the central team who can be contacted via:

[imperial.staff\\_car\\_parking\\_permits@nhs.net](mailto:imperial.staff_car_parking_permits@nhs.net)

## Local Amenities

All our main hospitals are a short bus ride or walking distance away from busy high streets, which offer good public transport links and easy access to restaurants, bars, theatres, cinemas, clubs, parks and much more.

## Health and Wellbeing Support

The trust offers various activities for staff to maintain their physical and mental wellbeing.

#### **Counselling service**

Imperial offers a highly regarded counselling service called CONTACT. The service provides specialist support on workplace stress, trauma, and a wide range of other issues. Feedback from Trust employees has been overwhelmingly positive, with many expressing gratitude for the exceptional support provided.

#### **Recreational facilities**

Across all three main sites, there are gyms and various training facilities accessible to the staff:



**St. Mary's Hospital**

Pinnacle Gym which has a wide range of cardiovascular, resistance, free weight and rehabilitation equipment. NHS members get 24/7 access to the gym. Membership also includes access to Imperial College's 20 metre swimming pool, located in the basement of the Faculty of Medicine on the St Mary's Campus.

**Charing Cross Hospital**

Charing Cross Sports Club located next to the hospital offers a wide range of facilities including: 25 metre swimming pool, three gym areas, group exercise classes, four squash courts, two badminton courts and a multi-sports hall.

**Hammersmith Hospital**

The Move Imperial Hammersmith Gym is located in the sub-basement of the Commonwealth Building. The gym includes a range of cardiovascular and resistance equipment as well as free weights to achieve a full body workout.

**Cycling**

If cycling is your preferred mode of transport, secure bike storage is available at all three main sites, and shower and changing facilities can be accessed in the Doctors' Mess. Additionally, Santander Bike stands are located near the Charing Cross and St Mary's sites.

Trust staff can also take advantage of the Cycle-to-Work scheme, which offers savings on the cost of a bike and related equipment through a salary sacrifice arrangement whereby monthly payments are deducted before income tax.

The Trust further supports cyclists by providing professional bike mechanic drop-in services across all three sites. Minor adjustments and repairs are carried out on the spot whenever possible.

**Staff Arts Club**

Trust employees can also join the Staff Arts Club, coordinated and funded by Imperial Health Charity. Membership offers a range of benefits, including free admission to exhibitions at major London museums and galleries such as the Royal Academy of Arts and the Victoria and Albert Museum, along with invitations to private tours and exclusive exhibition openings.

**Royal Albert Hall tickets**

The Imperial Health Charity has been historically gifted a box at the Royal Albert Hall. Tickets for concerts are available to Trust staff through the charity's regular ballots.



## London Northwest University Healthcare NHS Trust

### Trust contact details

#### Northwick Park Hospital

Watford Road  
Harrow  
Middlesex  
HA1 3UJ

#### Ealing Hospital

Uxbridge Road  
Southall  
Middlesex  
UB1 3HW

#### Central Middlesex Hospital

Acton Lane  
Park Royal  
London  
NW10 7NS

#### St Mark's Hospital

Central Middlesex Hospital  
Acton Lane  
Park Royal  
London, NW10 7NS

Main Switchboard: 020 8864 3232

Website: [www.lnwh.nhs.uk](http://www.lnwh.nhs.uk)

### Trust's Medical Education Team

#### Join Associate Medical Director (Education)

- Dr Bhanu Williams
- Dr Thungo Kuwani

#### Director of Medical Education

- Dr Chris Nordstrom

#### Associate Director of Medical Education (Ealing site)

- Mr Panagiotis (Panos) Drymouisis

#### Foundation Training Programme Directors (FTPD)

- F1 FTPDs
  - Dr Nina Stafford (Ealing)
  - Mr Abul Habib (Northwick)
  - Dr Sai Duraisingham (cross-site)
- F2 FTPDs
  - Dr Gabriel Wallis (Ealing)
  - Dr Nisha Jethwa (Northwick)
  - Dr Nilanjana Ray (cross-site)
- Teaching Lead
  - Dr Pooja Dassan

#### Head of Medical Education Tereze Bogdanova

#### Postgraduate Education Manager

- Barbara O'Doherty

#### Postgraduate and Foundation Administrators

- Aarthi Paulton – Ealing
- Rekha Kerai – Northwick



## Overview of the trust

London North West University Healthcare NHS Trust (LNWH) is one of London's largest integrated healthcare providers, serving over one million residents across Brent, Ealing and Harrow. The Trust plays a pivotal role within the North West London Integrated Care System, delivering acute, specialist and community-based care through a workforce of more than 9,000 staff who bring extensive clinical, academic and cultural diversity.

The Trust is also committed to innovation, utilising emerging technologies such as virtual reality surgical planning and rapid-access dermatology diagnostics to enhance patient care. This forward-thinking approach provides trainees with an opportunity to work within a culture that values improvement, research and modern clinical practice.

As a multi-site organisation, LNWH provides a uniquely broad clinical landscape for Foundation trainees. The Trust's hospitals collectively offer exposure to high-acuity emergency medicine, surgical specialties, specialist rehabilitation, and complex chronic disease management. Trainees gain hands-on experience in settings ranging from busy acute assessment units to specialised centres of excellence.

LNWH operates across four hospital sites, each contributing uniquely to the educational, clinical and professional experience of Foundation trainees. These locations offer rich exposure to diverse patient populations and a broad spectrum of medical and surgical services.

### Northwick Park Hospital

- Our busiest acute site and home to several regional and national specialist services, providing trainees with broad front-line experience.

### Ealing Hospital

- A dynamic district general hospital offering extensive opportunities in acute medicine, ambulatory care and multidisciplinary teamworking.

### Central Middlesex Hospital / St Mark's Hospital

- A modern, purpose-designed environment with excellent outpatient, surgical and training facilities.
- A world-leading centre for bowel disease, innovation and clinical research, providing exposure to highly specialised gastrointestinal care.

Key features of LNWH's clinical and strategic profile include:

- **St Mark's Hospital for Colorectal Disease** — internationally recognised for pioneering work in inflammatory bowel disease, intestinal failure, cancer surgery and gastrointestinal research, offering rare insight into highly specialised pathways.
- **Hyper Acute Stroke Unit (HASU)** — one of London's major stroke centres, providing rapid specialist intervention supported by advanced imaging, neurovascular expertise and multidisciplinary rehabilitation.
- **Maxillofacial Surgery** — encompassing trauma, reconstruction, head and neck oncology, and dental surgery, contributing to a rich multidisciplinary surgical environment.
- **Infectious Diseases and Tropical Medicine** — offering regionally significant expertise in complex infection, global health, and management of high-risk conditions, with strong links to public health and community services.

LNWH is committed to continuous improvement and innovation. The Trust is an active partner in academic collaborations and research networks, enabling participation in clinical trials, quality improvement projects and emerging digital innovations. Examples include:

- Virtual reality surgical planning to enhance precision in maxillofacial and colorectal procedures.
- Rapid-access dermatology diagnostics improving early detection and patient flow.
- Expanding digital health programmes supporting remote monitoring and enhanced patient communication.



Through this combination of scale, diversity and innovation, LNWH provides an excellent environment for foundation trainees to develop clinical confidence, gain exposure to varied patient demographics and work within teams that model compassionate, evidence-based care.

## Postgraduate Education Centres

LNWH hosts dedicated postgraduate training centres at its three core educational sites. Each centre provides a welcoming space equipped for teaching, simulation, study and pastoral support.

- **Northwick Park Hospital**  
Level 6, V Block, Northwick Park Hospital  
T: 020 8869 5344  
E: [lnwh-tr.pgmde-nph-queries@nhs.net](mailto:lnwh-tr.pgmde-nph-queries@nhs.net)
- **Ealing Hospital**  
Level 3, Ealing Hospital  
T: 020 8967 5474  
E: [lnwh-tr.pgmde-eh-queries@nhs.net](mailto:lnwh-tr.pgmde-eh-queries@nhs.net)

## Foundation Specific – Rotations at LNWH

Foundation rotations at LNWH are designed to provide a comprehensive, immersive and progressive clinical experience. Each rotation is carefully selected to ensure trainees develop a strong foundation in core medical and surgical skills, while also gaining exposure to a wide variety of specialties and patient populations. The rotation structure is mapped to the Foundation Programme curriculum, ensuring all required competencies are met and that trainees are well-prepared for future career choices.

Rotations are distributed across our main clinical sites, allowing trainees to experience the unique culture, case mix and clinical challenges of each hospital. The programme is structured to balance acute, ward-based and outpatient experiences, and to foster the development of clinical leadership, communication and teamwork skills. Trainees are encouraged to take an active role in multidisciplinary team meetings, patient safety initiatives, and quality improvement projects.

Trainees benefit from:

- Rotations in high-acuity environments such as acute medical units, emergency departments and surgical assessment units, where rapid decision-making and teamwork are essential.
- Opportunities to work in specialist services, including St Mark's world-renowned colorectal centre, HASU, infectious diseases, and maxillofacial surgery.
- Exposure to community and integrated care through GP and ambulatory placements, supporting holistic patient management.
- Close supervision and mentorship from experienced consultants and registrars, with regular feedback and portfolio support.
- Participation in departmental teaching, audit, research and leadership opportunities.

### Example F1 Rotations

- General Surgery — Northwick Park
- Geriatric Medicine — Ealing
- Acute Internal Medicine — Northwick Park
- Colorectal Surgery — St Mark's

### Example F2 Rotations

- General Practice — Local partner practices
- Emergency Medicine — Northwick Park
- Respiratory Medicine — Ealing
- Gastroenterology — Northwick Park



Trainees are supported to take increasing responsibility for patient care as they progress, and are encouraged to tailor their learning to their career interests through elective and taster opportunities.

Foundation rotations across LNWH are designed to ensure broad clinical exposure, developmental progression and balanced training experiences. Rotations are allocated across our main clinical sites and combine medical, surgical and specialist placements.

#### Example F1 Rotations

- General Surgery — Northwick Park
- Geriatric Medicine — Ealing
- Acute Internal Medicine — Northwick Park
- Colorectal Surgery — St Mark's

#### Example F2 Rotations

- General Practice — Local partner practices
- Emergency Medicine — Northwick Park
- Respiratory Medicine — Ealing
- Gastroenterology — Northwick Park

Across all rotations, trainees are actively encouraged to participate in quality improvement, audit and departmental education.

## Foundation Specific – Induction and Shadowing Arrangements

A structured, comprehensive and supportive induction ensures trainees start each rotation with clarity and confidence. LNWH blends Trust-wide orientation, local departmental familiarisation and immersive shadowing so that doctors are safe, effective and well connected from day one.

- **F1 Induction**
  - **Two-day Trust induction** introducing senior leadership and key support services; clinical governance and escalation pathways; safeguarding; digital systems access (EPR, e-prescribing, results, referrals); incident reporting and information governance; and wellbeing resources.
  - **Departmental orientation** covering team structures, ward layouts, bleep/phone and referral processes, handover standards, escalation for deteriorating patients, local guidelines and on-call expectations.
  - **Two-day structured shadowing** alongside outgoing F1s across ward rounds, clerking, handovers and on-calls to practise documentation, prioritisation and workflow before assuming responsibility.
  - **Core Skills/statutory training** (infection prevention, life support, manual handling, transfusion, medicines safety, sepsis, VTE, safe prescribing and documentation).
- **F2 Induction**
  - **Half-day Trust induction** focused on updates to systems, policies and patient-safety priorities; plus reminders on escalation and incident learning.
  - **Local departmental inductions** at the start of each placement: specialty protocols and pathways, clinic/theatre timetables, rota and leave processes, teaching schedules, QI and research opportunities, and introductions to senior teams.
  - Emphasis on **growing autonomy with clear supervision**, so F2s can extend responsibility safely while accessing rapid senior advice when needed.

Trainees consistently report that this approach provides a strong foundation for safe practice and smooth transitions between rotations.

## Foundation Specific– Educational and Clinical Supervision

High-quality supervision underpins the Foundation experience at LNWH, combining structured oversight with accessible day-to-day guidance and pastoral support.

### • Educational Supervision

- Each trainee is allocated an Educational Supervisor for the full year to set goals, tailor learning plans and review portfolio progress.
- Scheduled meetings (initial, mid-point and end-of-placement) support evidence collection for ARCP, targeted feedback and action planning.
- Supervisors facilitate workplace-based assessments, reflective practice and signpost development opportunities (courses, QI, audits, teaching).
- Wellbeing and professionalism are prioritised, with supervisors able to escalate support and reasonable adjustments when required.

### • Clinical Supervision

- A Clinical Supervisor is assigned for each four-month placement to provide real-time guidance on assessment, decision-making, documentation, escalation and MDT collaboration.
- Frequent formative feedback occurs on ward rounds, in clinics/theatres, during handover and after acute episodes; trainees are encouraged to request mini-CEX/DOPS/CBDs opportunistically.
- Supervisors ensure doctors work within competence and help them expand responsibilities safely, promoting patient safety and confidence.
- Many services enhance learning with near-peer supervision from registrars and senior trainees.

Together, this framework gives trainees the feedback, encouragement and clarity needed to progress successfully through the Foundation Programme.

## Foundation Specific – Simulation Training

Simulation-based education is a cornerstone of the LNWH Foundation Programme, providing a safe and supportive environment for trainees to practise and refine their clinical, procedural and non-technical skills. The simulation curriculum is delivered primarily at Northwick Park's state-of-the-art simulation centre, with additional sessions at other sites.

Key features of the simulation programme include:

- **Human factors and teamwork training:** Scenarios focus on communication, leadership, situational awareness and error management, reflecting real-life clinical challenges.
- **Acute care and emergency scenarios:** Trainees manage simulated deteriorating patients, cardiac arrests, sepsis, trauma and other emergencies, building confidence and competence in high-pressure situations.
- **Technical and procedural skills:** Hands-on practice in airway management, vascular access, lumbar puncture, suturing and other core procedures, with expert faculty feedback.
- **Debriefing and reflective learning:** Each session includes structured debriefs, encouraging self-reflection, peer feedback and the development of resilience and professional insight.

Simulation is fully integrated into the Foundation curriculum, with sessions mapped to key learning outcomes and GMC requirements. Trainees consistently report that simulation training enhances their preparedness for clinical practice and improves patient safety.



## Foundation – Teaching

LNWH delivers a robust, multi-layered teaching programme that combines protected Foundation teaching with a rich array of departmental, multidisciplinary and Trust-wide educational opportunities. The teaching programme is mapped to the Foundation curriculum and is designed to be interactive, relevant and accessible to all trainees.

### Core Elements

- **Weekly protected Foundation teaching:**
  - **F1:** 12:30 – 1:30pm (Tuesdays)
  - **F2:** 1:30 – 2:30pm (Tuesdays)
  - Sessions are delivered in a hybrid format, allowing attendance in person or virtually from any site.
- **Grand Rounds and specialty teaching:** Regular case-based discussions, journal clubs, morbidity and mortality meetings, and multidisciplinary teaching sessions.
- **Skills and simulation courses:** Access to ALS, ILS, prescribing, and procedural skills training, with opportunities to participate in simulation-based learning throughout the year.
- **Departmental and on-call teaching:** Informal teaching on the wards, in clinics and during handover, led by consultants, registrars and senior trainees.
- **Access to e-learning and digital resources:** Trainees have full access to OpenAthens, BMJ Learning, and Trust e-learning platforms.

The teaching faculty is committed to fostering a culture of curiosity, critical thinking and continuous improvement. Feedback from trainees is actively sought and used to shape and enhance the teaching programme each year.

## Foundation Specific – Taster Weeks

LNWH recognises the importance of career exploration and supports Foundation trainees to undertake taster weeks in specialties not included in their allocated rotations. Up to five days of taster experience are available in both F1 and F2, with the option to arrange tasters at external Trusts if a desired specialty is not available internally.

Taster weeks are structured to maximise learning and exposure, and may include:

- Shadowing consultants and specialty trainees in clinics, theatres, and multidisciplinary team meetings.
- Participation in ward rounds, specialty-specific teaching, and case discussions.
- Observing and assisting with procedures, diagnostic tests and patient assessments.
- Gaining insight into the day-to-day work, challenges and rewards of different specialties.
- Opportunities to discuss career pathways, training requirements and application processes with consultants and current specialty trainees.

Taster weeks are an invaluable opportunity for Foundation doctors to make informed career decisions, build networks and gain experience that will support future specialty applications.

## Library Services

The LNWH library service provides information services for medical staff, nursing staff, allied health professionals, managers, administrators, technicians and other staff employed by London North West University Healthcare NHS Trust, Northwick Park Institute for Medical Research, local general practitioners, social workers and other affiliated organisations. The library holds about 16,000 books and has a large number of journal subscriptions, mostly electronic. There is study space available in all three libraries. Staff will be pleased to help you with any aspect of our services.

## North West London Acute Trusts



### **John Squire Library - Education Centre,**

Level 4U, Northwick Park and St. Mark's Hospitals, HA1 3UJ

**Email:** [LNWH-tr.nphlibrary@nhs.net](mailto:LNWH-tr.nphlibrary@nhs.net)

**Tel:** 020 8869 3322

### **CMH Library - Avery Jones Education Centre,**

2nd Floor, Central Middlesex Hospital, NW10 7NS

**Email:** [LNWH-tr.cmhlibrary@nhs.net](mailto:LNWH-tr.cmhlibrary@nhs.net)

**Tel:** 020 8453 2504

### **Ealing Medical Library - Postgraduate Department**

Ealing Hospital, Uxbridge Road, Southall, UB1 3HW

**Email:** [LNWH-tr.ehlibrary@nhs.net](mailto:LNWH-tr.ehlibrary@nhs.net)

**Tel:** 020 8967 5158

## I.T. facilities

Computers are available to trainees in most wards and departments. There are also computers available to use in the education centre and library. Wi-Fi is available throughout the Trust.

## Accommodation

The trust has limited accommodation available at nearly all main sites. It is subject to availability and is managed by the relevant teams as per email addresses below:

### **Northwick Park Hospital**

- Managed by Sovereign Network Homes.
- En-suite rooms within flats shared by 5–7 residents.
- Furnished rooms with shared kitchens and lounge areas.
- Contact: [partnerenquiries@networkhomes.org.uk](mailto:partnerenquiries@networkhomes.org.uk)

### **Ealing Hospital**

- 176 long-term rooms and six short-stay rooms.
- High-rise accommodation for trainees and single professionals with shared kitchen and bathroom facilities.
- Low-rise family flats with 2–3 bedrooms.
- Contact: [LNWH-tr.ealingaccommodation@nhs.net](mailto:LNWH-tr.ealingaccommodation@nhs.net)

## Transport links and parking

All hospitals have good public transport links within London:

- **Northwick Park Hospital:** easy access via Northwick Park on the Metropolitan line (a short walk from the hospital) and Kenton station on the Bakerloo and London Overground lines (about a fifteen-minute walk). Bus routes 186, 223, 483, H9, H10, and H14 all enter the hospital grounds, while route 182 stops nearby on Watford Road. Routes H18 and H19 serve Northwick Park station, and routes 114 and 183 stop on Kenton Road, around a ten-minute walk from the hospital.
- **Ealing Hospital:** the nearest station is Hanwell on the Elizabeth line – 10-15 minute walk away from the station or Ealing Broadway station on Elizabeth, Central and District lines, which is accessible by a short bus ride with numerous bus routes which link the hospital directly to Ealing Broadway, Southall, Hanwell, Uxbridge, Acton, White City, and other major hubs.



- **Central Middlesex Hospital:** closest to Harlesden station (Bakerloo and London Overground), North Acton station (Central line) and Park Royal station (Piccadilly line) which are walking distance or short bus ride away from the hospital.

#### **Parking arrangements**

Car parking permits are required to park on any of our hospital sites. There are limits on the number of permits that can be issued. All new permit applications are submitted using a staff parking permit portal. Permits are granted based on availability and eligibility for which you will only be eligible to apply if it takes you longer than 30 minutes to travel from your home postcode to your work, based on public transport (public transport travel time calculated using Google maps)

Permits applications are assessed on an individual basis.

The Trust email address for parking queries is: [lnwh-tr.parkingenquiries@nhs.net](mailto:lnwh-tr.parkingenquiries@nhs.net)

#### **Health and Wellbeing Support**

The wellbeing of staff is fundamental to the quality of care the trust delivers. Whether through emotional support, physical health initiatives, workplace improvements, professional coaching or inclusive culture programmes, LNWH is dedicated to creating a workplace where every colleague feels safe, valued and able to thrive. Trust's wellbeing offer continues to develop in direct response to staff feedback, national NHS guidance and our ambition to create the best possible workplace culture across Northwick Park, St Mark's, Ealing and Central Middlesex Hospitals.

LNWH provides a holistic, multi-layered programme of wellbeing support including:

- Occupational Health & psychological support
- A 24/7 EAP with counselling, financial and legal advice
- Practitioner Health and other specialist mental health services
- Healthy Workplace Group improvements (facilities, lactation rooms, environmental fixes)
- Physical wellbeing classes, wellbeing rounds, social activities and events
- Inclusive "We're Here to Help" support navigation
- Strong internal communication channels highlighting wellbeing resources

#### **Physical Wellbeing and Social Connection**

A variety of wellbeing activities are available across our sites, including:

- Guided fitness sessions such as Move It Mondays
- Free or subsidised onsite fitness classes and wellbeing workshops
- Team-based wellness initiatives such as cake days, reflective spaces ("wobble rooms") and departmental wellbeing groups
- Visits from wellbeing dogs and seasonal wellbeing events
- Spiritual support through multi-faith spaces, currently undergoing refurbishment based on staff input

#### **Emotional and Psychological Support**

All LNWH staff have access to a confidential 24/7 Employee Assistance Programme (EAP) offering:

- Counselling and psychological support
- Stress, anxiety and burnout management
- Relationship and family advice
- Financial, legal and debt guidance
- Bereavement support
- A comprehensive online health and wellbeing portal

Staff also benefit from access to Practitioner Health, a national mental health service tailored specifically for healthcare professionals, providing confidential assessment and support for a wide range of mental health and addiction concerns.



## Resident Doctor Forum & Engagement

The Resident Doctors Forum (RDF) is one of the Trust's key mechanisms for listening to and acting on the concerns, ideas and experiences of resident doctors across all LNWH sites. It is a monthly Trust-wide meeting, open to all doctors below consultant level—whether in training or in locally employed roles—and provides a structured, accessible space for raising issues relating to working conditions, rota management, exception reporting, wellbeing, facilities and the wider experience of being a doctor at LNWH.

The RDF is designed to ensure that resident doctors have a strong, consistent voice in operational and strategic decision-making at LNWH.

## Doctors Mess

At both Northwick and Ealing there are dedicated Doctors' Mess facilities provide comfortable rest and social spaces exclusively for medical staff.

The Mess is supported through a monthly membership scheme and run by the Doctors' Mess Committee, who work in partnership with the Postgraduate Medical Education team. In addition to maintaining the facilities, the Committee organises a range of social events throughout the year, including Pay Day gatherings, seasonal balls, and other subsidised activities that help foster community among trainees.

Access to the Mess is added to your ID badge during your local induction. Foundation trainees are encouraged to take an active role in Mess Committee activities, and information about how to get involved is provided as part of your induction programme.

## Local Amenities

Across all LNWH sites, staff and trainees benefit from access to extensive parks, major cultural venues, rich international food scenes, well-known entertainment districts and historic attractions. Whether located at Northwick Park, St Mark's, Central Middlesex or Ealing Hospital, you'll find a wide variety of opportunities to enjoy London's heritage and local community life right on your doorstep.

North Central London Acute Trusts



## NORTH CENTRAL LONDON TRUSTS

Royal Free London NHS Foundation Trust

### Trust contact details

Royal Free Foundation Trust runs four hospitals in London:  
Barnet Hospital: Wellhouse Lane, Barnet, Hertfordshire, EN5 3DJ



Chase Farm hospital: The Ridgeway, Enfield, Middlesex, EN2 8JL



Royal Free  
Hospital:  
Pond Street,  
London,  
NW3 2QG



North Middlesex University Hospital: Sterling Way, London N18 1QX



Main  
switchboard:  
020 3758 2000

### Foundation training programme directors

Dr Fraser Ingham –  
Foundation  
Programme  
Training Director –  
Barnet  
Dr Raj Vignaraja –  
Foundation  
Programme  
Training Director –  
Barnet

Dr Mel Romain – Foundation Training Programme Director – Barnet  
Dr Philip Lodge – Foundation Training Programme Director – Hampstead  
Dr Dean Noimark – Foundation Programme Training Director – Hampstead  
Mr Raj Kucheria – Foundation Programme Training Director – Hampstead  
Miss Bernadette Pereira - Foundation Programme Training Director – North Middlesex  
Dr Deepa Janga – Foundation Programme Training Director – North Middlesex  
Dr Nicholas Winterkorn - Foundation Programme Training Director – North Middlesex

### Facilities - Postgraduate Centre (Location and resources)

Barnet Education Centre, Barnet Hospital (Includes a library)

Sheila Sherlock Education Centre, Royal Free Hospital (Includes a library affiliated with UCL Medical school and common room)

North Middlesex University Hospital, Education Centre (Includes a library, five teaching rooms, two clinical skills rooms, one simulation suite, a lecture room and a learning hub.)

### Facilities - Accommodation (Info about pricing, location etc)

The accommodation services team provides the following residential services:

- Royal Free staff nominations to residential accommodation in partnership with local housing providers.
- Sourcing accommodation for internationally recruited staff as part of funded programmes (e.g. international nurses).
- Patient hotel bookings on behalf of Trust clinical departments (RFH only).
- A hotel booking management service at the Pears Building accommodation on behalf of Royal Free Charity.
- Direct management of the residential staff accommodation at Graseby House, Barnet on behalf of the Royal Free Charity.
- We also provide housing advice to staff, a private rented advisory service including advertising private landlord listings.

North Middlesex:

- Accommodation is available for FY1s and FY2s, subject to availability. Although it is not on site, it is just a 5-minute walk from the main entrance and is managed by a private company, Origin Housing.
- Prices are competitive for the local area. The properties are in a quiet residential development with well-maintained grounds and a children's play area.



- We offer one, two, and three-bedroom properties, all of which come with fitted carpets and furniture. Shared accommodation is also available if that suits you better. Please note that accommodation is limited, and applications will be assessed against the criteria before submission to Origin.

For North Middlesex enquiries please contact: [northmid.accommodation@nhs.net](mailto:northmid.accommodation@nhs.net)

For all other enquiries please contact: [rf-tr.accommodation@nhs.net](mailto:rf-tr.accommodation@nhs.net)

### Social activities

Regular Doctors' Mess events including Summer Ball, nights out etc. The mess at Royal Free offers: Hot & cold food for sale at lunchtime Monday-Friday. Daily newspapers, Sky TV, Cereal/toast/hot drinks out of hours (8pm-11am). Lockers are available. Subsidised mess parties throughout the year.

The Foundation Doctors at North Middlesex university hospital organise a very active programme through the Doctors Mess. There is also the Sport, Arts, and Social Club, which has various activities planned throughout the year. They arrange an exciting calendar of events each year, including bake-off competitions, quiz nights, bingo nights, football tournaments, shopping excursions, and much, much more.

### Library facilities

On site staff libraries at both Barnet Hospital & Royal Free Hospital. The following resources are available at Royal Free library: Clinical reference tools, Databases, Printed collections, Electronic journals, Electronic books, Key electronic resources, Research publications database, Library catalogue, Quiet spaces for study and access to computers.

The Ferriman Information and Library service is part of the Learning Hub situated next to the Education Centre at the base of the Tower Block at North Middlesex University Hospital. The library is multi-disciplinary, serving all hospital staff and students on placement. The library provides a light, spacious environment in which it is pleasant to study. There is seating for 72 people and a quiet study room available 24 hours a day, 7 days a week. Access outside library hours is by using a swipe card. The library is open Monday-Friday 9 am – 5 pm. Once you have registered with us, your trust ID card is your library card, and you can borrow up to 6 books. You can also request inter-library loans on books or articles that are not available from our stock. The library provides you with access to 6 Trust PCs. Printing, scanning and photocopying are also available. You can sign up for any of the information training that we schedule, as well as one-to-one training sessions. You are also entitled to request that a literature search is performed by a librarian on your behalf. There is a pay-as-you-go self-service photocopier available in the library, as well as a ring binding and laminating service at a small cost.

### I.T facilities

On site staff libraries with IT facilities at Barnet Hospital, Royal Free Hospital and North Middlesex University Hospital. Computers with internet access are available across most of the Trust, including several work stations in the library. We also have free Wi-Fi available at the Trust.

### Other facilities (recreational or otherwise)

- Cycle to work scheme
- We have a REC club at the Royal Free site which includes a subsidised gym membership and pool.
- Wellbeing days
- Pilates and Yoga
- Employee assistance programme (Care First)
- Choir
- Childcare facilities
- Season ticket loan
- Car loan scheme
- NHS discounts available

#### **Barnet Hospital**

Barnet Hospital has a restaurant and a coffee shop, which actively promotes health and wellbeing for customers. The food services at Barnet Hospital and Chase Farm Hospital are managed by Medirest, all NHS staff receive 10% discount on non-scannable items (items without a barcode) including the Nescafe coffee. At Barnet Hospital we have the Wellspring restaurant, Costa Coffee and a number of vending machines.



Wellspring Restaurant - The restaurant and coffee shop, is located to the left of the main entrance on the ground floor. It serves a selection of food and drink including homemade daily specials, cooked breakfasts, healthy breakfasts, a range of hot meals, soup, salads, sandwiches, jacket potatoes and pizzas. As well as a range of hot and cold drinks.

The Lifestyle restaurant is open every day 7.30am-8pm. Breakfast is served from 7.30am-11am, Lunch 12 noon to 3pm and dinner 6pm-8pm. Snacks and 'lite bites' are available at all other times

Costa Coffee - Costa Coffee serves coffee and cold beverages, sandwiches, paninis, cakes and pastries. It is located in the corridor that runs from the main entrance to the main lifts and is open Monday to Friday, from 8am to 7.30pm.

Healthy food to takeaway - There are vending machines located throughout the hospital, including in the A&E department, and we ensure that they stock healthy items. All products are available to take away via our retail outlets.

There is also a snack trolley service which visits wards and departments between 11am-2pm Monday to Friday.

#### **Chase Farm Hospital**

At Chase farm Hospital we offer a wide range of food and drink for patients, visitors and the public.

The 1828 - The 1828 is named in reference to the year the Royal Free was opened by William Marsden. It was originally established as the London General Institute for the Gratuitous Cure of Malignant Diseases in 1828, became the London Free Hospital in 1833 and renamed again to the Royal Free in 1835 after it received royal patronage.

Its founding principal was that it would provide healthcare based on need, not the ability to pay.

he1828 sells hot food, sandwiches, toasties, salads, salad bar, cakes, crisps, confectionary, and Costa hot & cold drinks. Opening hours:7am - 7pm, Monday – Friday 7am - 5pm, Saturday & Sunday

Hot Food Monday to Friday, Breakfast: 7.30 - 10.30, Lunch : 11.30 - 15.00, Weekends

There are breakfast baps and Jacket potatoes and hot snacks available 08.00 - 15.00

There are 5 vending machines in the outpatient departments of Chase Farm Hospital, offering drinks, crisps and snacks.

#### **The Royal Free Hospital**

Food services at the Royal Free are managed by the Catering department. The Royal Free is committed to promoting healthy eating, ethical sourcing and recycling. We offer a wide range of options for refreshment; including a restaurant, coffee shop, and vending services that promote healthy choices.

Restaurant - Located on the lower ground floor of the Royal Free Hospital, we serve a wide range of food and drink to suit all tastes. Hot food options include freshly made soups, stir-frys and daily specials. We also have a large salad bar for you to create your own salad. You can grab a sandwich or create your own Panini. All at great prices. You can eat in our comfortable restaurant, or take away your food.

For a great start to your day, drop by between 7 and 10.30am for a hot or cold breakfast.

Lunch is served from 11.30am to 3pm. You can take a look at today's menu on our Twitter page - <https://twitter.com/CateringRfH>

Look out for our Wednesday roasts, Curry Thursdays and Fish and Chip Fridays.

The Coffee Hub - Inside the Restaurant our hidden treasure, the Coffee Hub serves a range of speciality Costa Coffee, as well as a variety of teas. Freshly made sandwiches are available to grab and go. Why not treat yourself to one of the delicious cakes and pastries handmade daily by our very own pastry chef Lily.

#### **North Middlesex University Hospital**

The North Middlesex University Hospital offers WHSmith shop and the Coffee House are on level 0 of the main hospital near the main entrance. A restaurant and Costa Coffee are on level 0 of the Podium building. Vending machines are in the emergency department entrance, outpatients department, level 1 of the main building and tower level 0.



The North Mid running club gathers every morning at 7:45am outside Trust HQ and runs around Pymmes Park. Whether you are just starting out or are an experienced runner, you are welcome to join the club for a refreshing run and to meet members of Team North Mid whom you may not usually see.

Yoga sessions take place on site on Wednesdays from 5:30 to 6:30pm in the education centre. Whether you are new to yoga or have been practising for years, these sessions offer a comprehensive experience. These classes are subsidised by the Sports, Arts and Social Committee. North Mid has reintroduced its weekly Pilates classes, featuring two sessions aimed at staff who are new to Pilates as well as regular attendees. These classes occur every Thursday. Colleagues who are new to Pilates can sign up for the beginners' class, which runs every Monday, with all classes held in the education centre. Outside exercise equipment is available for all staff willing to brave the weather, along with partnerships with local gyms that offer discounted membership rates: Fitness First and Aspire Sports & Fitness Centre.

## Transport links

Royal Free Hospital: Tube (Northern Line), Train (London Overground) and bus (24, 46, 168, 268 and c11)

Barnet Hospital: Tube (Northern Line), Train (First Capital Connect line) and bus (263, 307, 107 and 384)

Chase Farm Hospital: The nearest tube station to Chase Farm Hospital is Oakwood Tube station on the Piccadilly line. There are a number of buses that stop at Chase Farm Hospital. Bus route 313 from Chingford to Potters bar stops at Chase Farm Hospital, as do the W9 and W8 bus routes. Following feedback, the W8, W9 and 313 buses are now stopping nearer the hospital. After the Hunters Way stop, they now stop near the Clock tower building.

North Middlesex University Hospital: The hospital has excellent connections with London.

Buses from the city: 149, 259 and 279 to junction of A406 and Hertford Road, Edmonton ("The Angel"), then a few minutes' walk. From Golders Green, Palmers Green, Wood Green, Chingford, Walthamstow and Ilford to outside the hospital: 34, 102, 144.

**By tube** the nearest tube station is Seven Sisters, on the Victoria line. It connects to the main line to get to Silver Street, which is about a 10-minute walk to the hospital. **By train** the nearest station is Silver Street, about a 10-minute walk to the hospital. **By bike** there are dedicated spaces for parking bicycles at the front of the hospital and a few spaces at the entrance to the tower block. **By car** your route to the hospital depends on which car park you want to use. For the emergency department follow the roadside signs to 'Hospital A&E'. There is parking in the main car park adjacent to the emergency department, off Bull Lane. From the north, west and south, the hospital is situated off the A10 at Wilbury Way, before continuing into Bull Lane. From the east, it can be accessed via the A406 dual carriageway, Bull Lane turn off.

## Local amenities/attractions

At Royal Free we benefit from a host of local shops, restaurants and cafes in the Hampstead area, many of which offer NHS discount. There is fast and easy access to Central London and famous Camden Town market is just a short walk away. There are shops and cafes within walking distance from Barnet Hospital. The spires shopping centre and Barnet High street are also close by.

North Mid is located on a short journey to central London, giving easy access to restaurants, bars, theatres, cinemas, clubs, museums, shops, and parks. On-site, there are several cash machines, coffee shops, a canteen and a well-stocked hospital shop.

## Parking arrangements

All staff are eligible to apply for a staff parking permit on site at Royal Free Hospital, Barnet Hospital and Chase Farm Hospital Site. There is very limited parking, which is subject to availability, for enquiries contact rf-tr.parkingrf1@nhs.net.

At North Mid there is a multi-story car parking facilities available on site, but parking permits are possible through an application process. There is also parking around the hospital premises which is only restricted on event days when Tottenham Hotspur are playing.



## Accolades/achievements of the trust

The Royal Free Hospital was founded in 1828, one of the first hospitals in the UK to provide free healthcare. The Royal Free London combines globally recognised clinical expertise with local and friendly hospital care to represent the best in NHS treatment. Our hospitals are renowned for specialist services. The Royal Free London leads UK healthcare in a number of areas, including immunology, liver transplant, kidney and bone marrow transplant, cancer treatment, plastic surgery and ENT surgery. The Royal Free Hospital is a major neuroscience base with a network extending throughout North London and into the south East of England. We also run internationally recognised clinical research and training programmes and our hospitals conduct medical research, much of which is of international reputation. The Royal Free London is a leading Trust for the training of doctors, nurses, midwives and professions allied to medicine.

Chase Farm Hospital has recently rebuilt as the UK's first paperless Hospital. In the New Chase Farm Hospital, we have brought together our wide range of services under one roof. Co-designed by our patients, staff, the Royal College Art and specialist architects, we hope to have created a space which is accessible to all.

North Middlesex University Hospital is working in partnership with the royal Free London NHS Foundation Trust as its 'fast follower' to share its experience of being a digitally advanced Trust. The investment will allow the Trust to:

- Improve staff access to clinical information so they can make the right decisions and deliver safer and more effective care
- Use technology to improve patient experience so that we can use it to improve quality, efficiency and patient outcomes
- Improve the way clinical systems across North Central London talk to each other so that clinicians can better manage patient care.

To help deliver this programme of work, NMUH will be working in collaboration with system C Healthcare and JAC Computer Services. In addition, hundreds of cancer patients in Enfield and Haringey are set to benefit from state-of-the-art cancer care due to new radiotherapy equipment now installed at NMUH. The Truebeam linear accelerator (LINAC) machine is an advanced radiotherapy treatment delivery system that targets tumours anywhere in the body with pinpoint accuracy with X-rays and is up to four times faster than conventional radiotherapy equipment. The £3 million investment in the technology and building work will allow the radiotherapy team to capture a tumour in motion, which has not been possible before. This allows the team to locate tumours better and improve the definitions of the treatment areas they want to target.

## Any additional information

At each of our sites we ensure that we are **welcoming, respectful, reassuring and communicative**. These values were chosen by our patients and staff and should underpin all we do. Our staff have attended a series of world class care team sessions to explore exactly how they can ensure they are promoting these values everyday in a changing environment. To do so, we must respond to changes in healthcare technology, finances and, most importantly, patients' needs and expectations.

The quarterly World class care awards were created to further promote our values, staff can nominate their world class colleagues who are actively promoting, championing and consistently delivering the values. The Trust hold an annual staff RFL Oscars awards ceremony, which are about recognising and celebrating the achievements of staff who go 'above and beyond' in making an overwhelmingly positive difference to the care and wellbeing of our thousands of patients.

North Middlesex University Hospital is one of London's busiest acute hospitals, serving more than 350,000 people living in Enfield and Haringey and the surrounding areas, including Barnet and Waltham Forest. Every day, on average, we see 500 patients in A&E; 15 babies are born in our maternity unit; about 450 inpatients are cared for on our wards; about 50 patients have major or minor surgery in one of our 10 operating theatres; and about 800 people attend our outpatients' clinics. Most of our patients live in Enfield and Haringey – about half in each borough. One in eight are children under the age of 16. Over 40% are aged 16 to 50 and a similar number are over 50. We provide a full range of adult, elderly and children's services across medical and surgical disciplines. Our specialist services include stroke, HIV/AIDS, cardiology (including heart failure care) haematology, diabetes, sleep studies, fertility and orthopaedics. Our sickle cell and thalassaemia department is nationally recognised as a leading centre for these diseases. In addition to the full range of cancer diagnosis and treatment services, the Helen Rollason Cancer Support Centre is based on site and provides services to support cancer patients' wellbeing such as a massage. This is one of only two such centres in London. Our Macmillan Cancer Support service provides information, help and advice for cancer patients, their families and carers, for example, on medication, finances and local support services.



## Foundation specific - Induction/shadowing arrangements

All FY1s attend a paid 7 day induction and shadowing period. We provide different training sessions including Induction and meeting with the existing Foundation Doctors on the first 4 days, and the last 3 days are normally allocated to shadow the relevant departments.

## Foundation specific – tasters

A maximum of 5 days may be taken for a taster either in the final 4 months of your F1 year or early within the Foundation Doctors F2 year. These should be arranged locally by you at a time convenient to the specialty you are working in and the proposed Taster specialty. A taster Application form must be completed and submitted to the Foundation team for approval in the first instance. Details of the contacts in each specialty are available from the Foundation Programme Coordinator.

## Foundation specific – simulation

We have a dedicated Simulation Suite which consists of a console room; debrief room and high-fidelity immersive simulation room. All Foundation trainees are required to attend a simulation training day.

## Foundation Doctor forums

Junior Doctors' Executive Form is available for all junior Doctors to share their feedback. We have Foundation Year 1 and 2 Reps to support the Local Faculty Group and represent your views at these meetings. They will canvas your opinions at monthly Foundation Catch up meetings.

On starting at NCUH you will be asked to choose an FY1 and FY2 representative who will be your voice at various meetings held by the trust, as well as representatives for the Doctors Mess. There are monthly Junior Doctor Forums where issues pertaining to the Juniors are raised and discussed.

## Foundation specific - educational and clinical supervision

The name of your educational and clinical supervisors for the entire programme will be sent to you before you start and update Horus accounts with their names as well. All Supervisors have been trained for the role.

## Foundation specific - teaching programme

Weekly protected teaching time for Foundation Doctors

Simulation training day

3 days of Generic Skills sessions for FY2s

START Course

Other teaching sessions such as Medical and Surgical grand rounds, Royal Free rounds, Medical Morning report and other departmental teaching

North Mid: As well as the normal departmental teaching, all Foundation trainees will receive weekly bleep free teaching. This is held on Wednesday afternoons in separate sessions for FY1 and FY2.

## Foundation specific - any additional information

The Trust offers a full range of acute and district hospital services. We run a Trust wide excellence in education poster and awards day which all junior Doctors are encouraged to take part in along with all education faculties in the Trust. The Trust also places great importance on staff wellbeing and there are variety programmes in place for staff to get involved.

North Central London Acute Trusts



## University College London Hospitals NHS Foundation Trust

### Trust contact details

University College London Hospitals NHS Foundation Trust  
235 Euston Road  
London  
NW1 2BU

Switchboard: 020 3456 7890



### Foundation training programme director

Dr Sheena Sikka, Foundation Year 1 and 2 TPD

Contact for queries: [uclh.enquiry.mdes@nhs.net](mailto:uclh.enquiry.mdes@nhs.net)

### Facilities - Postgraduate Centre

The Education Centre's facilities provide fantastic opportunities for healthcare professionals at every level to learn, enhance and optimise their clinical skills and medical knowledge through experiential learning.

Highlights of our simulation and clinical skills provision include:

- Accredited Royal College of Surgeon's training centre.
- Full immersion simulation suite
- Large portfolio of simulation-based and human factors courses
- Surgical and clinical skills training equipment available for small group teaching/practising skills

In addition, UCLH offers an extensive portfolio of academic and clinical courses and programmes ranging from ongoing personal development through to clinical excellence and leadership skills.

### Facilities - Accommodation

UCLH staff accommodation is managed by [uclh.accommodation@nhs.net](mailto:uclh.accommodation@nhs.net)

Our residential buildings are managed by Notting Hill Genesis (NHG) who we work in partnership with. Key Worker accommodation is for a maximum guaranteed stay of 12 months

There are 2 residential buildings, which are located within walking distance to UCLH – John Astor House and Elizabeth House. Please note there is a 2-3 month waiting list for Trust staff accommodation with availability dependant on room turnover and priority.

### Social activities

Our Mess Presidents are elected each year from our incoming doctors who organise regular socials. No subscription is required for the Mess facilities. The Mess has kitchen facilities as well as a rest area and is situated on the University College Hospital site. There is also Mess at the National Hospital for Neurology and Neurosurgery (7 Queen Square).

### Library facilities

UCLH Library Services consist of a partnership of University College London medical libraries supporting UCLH. Joining instructions and further details can be found on the relevant websites.

The libraries are:

## North Central London Acute Trusts



**UCL Cruciform Hub** <https://www.ucl.ac.uk/library/using-library/libraries-and-study-spaces/ucl-cruciform-hub>

Located near University College Hospital and focuses on clinical medicine and medical sciences.

**Queen Square Library (UCL Institute of Neurology)** <https://www.ucl.ac.uk/library/using-library/libraries-and-study-spaces/ucl-queen-square-institute-neurology-queen-square-library>

This library is located near the National Hospital for Neurology and Neurosurgery and focuses on Neurology, Neurosurgery.

**Complementary and Alternative Medicine Library and Information Service (CAMLIS)**

<https://www.uclh.nhs.uk/our-services/find-service/integrated-medicine/education-department-rlhim/camlis>

This is located at the Royal London Hospital for Integrated Medicine, and it focuses on complementary therapy and alternative medicine.

Joining one of the UCL libraries provides staff with access to all other UCL libraries/hubs.

## IT facilities

All resident doctors have access to Trust computers within the clinical departments and wards where they are based. Additionally, there are computer facilities in libraries, including the UCL Cruciform Hub which has a number of UCLH networked computers. NHS net emails can be accessed at home via web browsers. There is Wi-Fi access available across the Trust.

EPIC, our electronic health record system (EHRS), is a complete and integrated digital record that includes full patient records, clinical decision support, access and patient administration data, as well as tools for scheduling, reporting and communicating with patients, GPs and other healthcare professionals. As part of induction, all clinical and patient facing staff will undertake EPIC training before starting their roles. Epic can be accessed remotely from UCLH devices or your own home computer/personal device once this has been set up.

## Other facilities (recreational or otherwise)

UCLH prides itself on its commitment to staff health and wellbeing.

- Get fit, relax and improve your health and wellbeing at the discounts nearby gyms and parks. The discounts at nearby gyms are periodically reviewed, as it stands there are discounts at The Gym Group, Pure Gym, Nuffield Health.

Services:

- Bespoke 1:1 advice through their free 'Speak to an Expert' service
- Monthly newsletters
- A choice of additional 'Life Stages' newsletters relevant to your current situation
- Regular updates with relevant news, topical resource packs and webinars
- Free memberships and discounts on life skills coaching, tuition support and exam preparation
- Webcasts, podcasts, articles and blogs related to family friendly solutions and parenting/caring for your family
- We encourage our staff to live healthy lifestyles and as part of this UCLH has signed up to Cycle to Work Scheme. Our provider Vivup has an extensive range of bikes and accessories from leading cycling brands for staffs to choose from. Employees can visit a local participating bike shop, to select any brand of bike, accessories and safety equipment, or order at, Cycle Solutions, Evans Cycles, Decathlon and any of over 1,500 independent national authorised supplier on Vivup's approved list (this list can be found on the Vivup portal once you have registered).

You choose a bike and any accessories, lease them via the scheme for 2-12 months and payments are deducted from your gross pay for the duration of your lease. Savings are made on National Insurance contributions, PAYE and NHS Pensions contributions, where applicable. This is a lease scheme and there is no guaranteed ownership at the end of the scheme. It may be possible at the end of your initial lease period to enquire about ownership, at which point Vivup can provide further information, including costs. **Please note**, entering into a salary sacrifice scheme might affect pensions benefits. Staff should have passed their applicable probation period before applying for the scheme.

Vivup Contact support: 01252 784540 or email: [customersupport@vivup.co.uk](mailto:customersupport@vivup.co.uk)

## North Central London Acute Trusts



To sign up for the scheme and find out more information, including the list of participating bike shops, please click here:

[Vivup: Registration](#)

**Cycle to Work**  
Embrace the cost-effective, climate-friendly route to a healthier you

Enjoy a fresh outlook with a commute that benefits your wellbeing, your wallet - and the world! With savings of up to 42% on bikes and safety accessories, Cycle to Work is a greener pathway to a healthier mind and body.

Get started at [vivup.co.uk](http://vivup.co.uk)

Save up to 42% on your bike and safety accessories

£7,500

42%

UCLH logo, SOLUTIONS logo, NORTH LONDON EVANS CYCLES logo

- UCLH staff spa launched in March 2021 and offers top-class spa services – massage, reiki, aromatherapy to name a few – to staff for a £5 fee.



## Transport links

UCLH is located in Central London and is easily accessible by mainline rail, tube and bus transport services. University College Hospital is located on Euston Road, close to Warren Street and Euston Square Tube stations and is within walking distance of Euston railway station.



## Local amenities/attractions

## North Central London Acute Trusts



UCLH is located in the heart of central London, which makes it perfect for those planning to commute. It also has easy access to the West End's world-famous theatres, bars and restaurants, shopping and parks.

For staff who plan to commute into work we offer interest-free season ticket loans to allow them to gain maximum discounts on their travel.

## Parking arrangements

There is limited on-site car parking available for staff. The Trust charges commercial rates for parking and there is likely to be a waiting list for a space.

## Accolades/achievements of the trust

- We are one of the largest and most successful NHS trusts in the country and have a reputation for clinical excellence. This is delivered in partnership with research teams at University College London.
- Almost all services at UCLH operate from new or newly refurbished facilities. Amongst these facilities is the Macmillan Cancer Centre, which provides facilities for the diagnosis and treatment of a wide range of cancer and non-cancer conditions alongside Macmillan support and information services for patients, their carers and families. We opened the University College Grafton Way Building in 2021. This is a major new facility with 11 floors, including haematology wards, 8 theatres, surgical wards, a critical unit and an imaging centre. The new building houses one of only two NHS proton beam therapy centres in the UK; the other centre being at The Christie in Manchester. This new building also houses Europe's largest blood disorder treatment centre and a short stay surgical service.
- In the annual Newsweek release of the best specialist hospitals in the world for 2025, UCLH has ranked in the top 10 for three of the specialisms measured – Neurology (World rank 7), Neurosurgery (World rank 7), Obstetrics & Gynaecology (World rank 3), Urology (World rank 10).
- For the third year running, UCLH has been ranked the top acute trust to work for in the NHS Staff Survey 2024. UCLH received the highest score of all general acute and acute/community NHS trusts in England for staff that would recommend UCLH as a place to work.
- UCLH regularly scores highly in the GMC Training Survey.



## Foundation specific - Induction/shadowing arrangements

All Foundation Year 1 doctors (FY1) are invited to participate in shadowing prior to starting new roles. The incoming FY1s are paired with existing FY1s who are working in specialties the incoming FY1s will start at. This allows them to familiarise themselves with their responsibilities as Foundation Doctors, as well as with the department and hospital, local practices and hospital systems, and lasts 3 days.

All new starters receive a Trust induction as well as a local induction for each placement.

Trust Induction typically includes welcome sessions by Foundation School representative, Training Programme Directors, Ward / Quality Improvement / Library / Wellbeing teams, as well as icebreaker sessions ran by current FY1s, mandatory training, mask fitting, etc.



## Foundation specific – tasters

Support is provided for those resident doctors wishing to undertake a taster in a specialty they may wish to pursue as a career. We have a wide range of specialities and sub-specialities at UCLH to which Foundation doctors can apply for taster sessions.

## Foundation specific – simulation

Foundation doctors take part in a one-day full-immersion, inter-professional simulation training day each year. All foundation doctors are required to attend this training, which features a range of scenarios. There is also the opportunity to participate in other team simulation courses including trauma, ICU, theatre teams etc. Some departments offer their own in-house training which uses the same simulation facilities. Foundation doctors may have an opportunity to attend these sessions.

## Foundation Doctor Feedback

Foundation doctors are asked to nominate Foundation representatives to represent their views at local faculty group meetings (LFGs) and the Resident Doctors Forum.

The representatives will canvas opinions from their peers before each LFG.

## Foundation specific - educational and clinical supervision

All Foundation doctors are assigned an accredited Educational Supervisor for the full year of their rotation. They are also assigned a Named Clinical Supervisor for each clinical attachment. Training Programme Directors meet with foundation doctors at least once a year to track progress and provide careers guidance

## Foundation specific - teaching programme

All Foundation doctors receive regular teaching which has been curriculum mapped. In addition, there is departmental teaching, clinical skills and online teaching.

We are fortunate to have access to a wide range of speakers from various specialties who contribute to the teaching programme.

Advanced Life Support courses are provided for Foundation doctors.

Leadership through Education for Excellent Patient care (LEEP) training is offered to all doctors at UCLH, including Foundation doctors.

Resident doctors are encouraged to undertake the Enhance contextual leadership programme.



Our mission is to  
deliver top-quality  
patient care,  
excellent education  
and world class  
research

North Central London Acute Trusts



## Whittington Health NHS Trust



### Trust contact details

The Whittington Hospital, Magdala Avenue, London, N19 5NF [www.whittington.nhs.uk](http://www.whittington.nhs.uk)  
Main Switchboard: 020 7272 3070  
PGME Office: 020 7288 3737/5802

### Foundation training programme directors

Dr Julie Andrews (FY1)  
Dr Anna Gorringer (FY2)

### Facilities - Postgraduate Centre

The Trust opened the brand new Whittington Education Centre (WEC) in 2022, fully accessible and purpose-built for education and training. It is just a short 30 second walk from the main-hospital site.

The centre hosts the majority of teaching and educational events FTs will attend.

There is also a state-of-the-art Simulation Suite on level 2, providing ALS and other national courses.

On the rare occasions Foundation Teaching needs to be moved, there are additional UCL facilities available on site, in either the Clinical Skills Centre, or the Undergraduate Centre.

### Library facilities

Whittington Health Library offers a comprehensive and modern library service to NHS staff from Whittington Health, Camden and Islington NHS Foundation Trust and Primary Care in North Central London. This includes online access to journals and books via NHS OpenAthens, current awareness, literature searching and training.

The Library space has a carefully curated book stock covering health, wellbeing and equalities, as well as PCs and a laptop loan service, bookable spaces for Teams and Zoom calls and a wellbeing room.

The Library also manages desktop access to both UpToDate and BMJ Best Practice.

Located in in the Highgate Wing of the hospital. Opening hours:

- Monday – Thursday 9:00am – 7pm.
- Friday 9:00am – 5pm.

More information can be found on the Library web page [www.whittington.nhs.uk/whl](http://www.whittington.nhs.uk/whl) including online forms to request a literature search, books or articles.



### I.T facilities

Aside from on the wards and in departments, PCs are available in The Junior Doctor's Mess and Whittington Health Library, if a quieter space for concentration is needed.

There is also public and staff Wi-Fi available.

All PCs are set up with 'UpToDate' access.

### Other facilities

The Junior Doctors Mess is located in the main-site and available to all Junior Doctors as a relaxation space. Mess Members are entitled to help themselves to snacks and provisions provided.

The canteen has a separated staff area and a 23% discount, as well as a staff-lounge, courtyard, and 2 cafés open to the public.

Located at the back of the hospital there is a sensory garden with benches, table-tennis table, and a lawn area to sit in Summer.





## Transport links

The Hospital is located 3 minutes from the Tube, and 10 minutes from the Overground, it intercepts many useful bus routes in and out of central London, meaning it's excellently connected and easy to get around London.

**Nearest Stations:** Archway Tube Station (Northern line) or Upper Holloway (Overground line)

**Buses:** C11, 4, 17, 41, 43, 134, 143, 210, 263, 271, 390

**Bike shed** access is available through the facilities department, and free bike racks are located outside entrances to the hospital.

The Whittington also offers the Cycle to Work scheme, which can save you money if investing in a new bike.

## Parking arrangements

Parking permits can be applied for through facilities, however the parking facilities are limited and applicants need to meet set criteria.

## Social activities

Every year FY1s are recruited as Mess Presidents to organise social events, in most years these include;

- Monthly Mess Socials,
- Christmas/Winter Mess Social
- Summer Social
- End of Year Celebration.

In addition, the Consultants traditionally also plan a summer party for the Junior Doctors every year.

## Local amenities/attractions

The Whittington Hospital is located in a historic part of London, sitting between two of the oldest roads on the map, it's claimed medical services have been provided here since 1473.

Nearby sites and things to do:

- Waterlow Park: Just a few minutes up the hill is picturesque Waterlow Park, with spectacular views over London, Lauderdale House & Café, Tennis Courts and more.
- Highgate Cemetery: burial place of Karl Marx and other notable historical figures.
- Hampstead Heath: we are very local to the Heath, arguably the best park in London, has tennis courts, a Lido, swimming ponds, Parliament Hill (views) and Kenwood House, which holds a famous collection of 17<sup>th</sup> & 18<sup>th</sup> Century artworks.
- Archway: is a busy area with lots of shops, pubs, restaurants, and cafes.
- Highgate Village: up from A&E you will find lots more shops, café's, restaurants, and pubs here too.
- Archway Leisure Centre, with a gym and swimming pool is on the way to the tube station.

## Accolades/achievements of the trust

Whittington Health is recognised as one of the most supportive and friendly trusts in North Central London. We serve a very diverse population which brings a wide breadth of learning opportunities. As an Integrated Care Organisation, the Trust is keen to support multi-disciplinary working and learning together. This is reflected in the CQC overall rating for the Trust of 'Good'.



The Trust is repeatedly recognised in the GMC National Training Survey across many specialties for the quality of teamwork, educational and clinical supervision, and reporting systems. In 2021, the feedback for our Clinical Radiology Team was very high, placing them at the forefront of top performing training programmes in the NHS. In 2022, Clinical Radiology, Trauma & Orthopaedics, Obstetrics & Gynaecology and Respiratory Medicine all scored particularly highly. Our Whittington Health Orthopaedic Team also received the 'Hospital of the Year Award 2022' as voted for by trainees on the Percival Pott Rotation. Our established postgraduate medical education team are keen to support trainees and are developing a suite of innovative clinical and generic training programmes, including multi-specialty simulation for critical care emergencies, mentorship development programme, and research methods.

## Foundation specific

### Induction/shadowing arrangements

The FY1 Shadowing & Induction programme spans 7 days and is designed to introduce trainees to the Trust, our policies & procedures, who we are, what to expect from the year ahead, and how to enjoy it. You will be greeted by members of the PGME team, the Director of Medical Education and your TPD, as well as many other Consultant Leads in Education, who will want to welcome you warmly to the Trust.

Induction will include:

- Training on all relevant IT systems including the patient-noting system and the electronic prescribing system (EPMA).
- Safe-prescribing training and an assessment will be delivered by the pharmacy team, trainees are required to pass this before starting, sessions will be spaced throughout the week.
- We aim to deliver a full simulation training day, on day 2 or 3, called HELP; How to Evaluate and treat Life-threatening Problems, run by the Intensive Care Team, the day sees trainees rotate between 5 different sim scenarios, and is designed to help new FY1s feel more confident joining the workforce.
- Basic Life Support training
- Introduction to the Research Team, Quality Improvement Manager, UCL Teaching Fellows and the local BMA Rep.

You will also have extensive shadowing time throughout the week, so you know what to expect when you take over.

### Tasters

Trainees are encouraged to undertake tasters in specialties of interest, internally and externally, in accordance with HEE study leave rules.

TPDs, Educational Supervisors and the PGME team are very happy to assist trainees in arranging these.

### Simulation

During the year, all Foundation Trainees are enrolled on a simulation training day, run by the Trust's Sim-Lead. The day covers all simulation learning points set out in the Foundation Curriculum.

### Foundation Doctor forums

Faculty Meetings: FY1 & FY2 representatives are elected soon-after induction and will be the voice for FTs at the Foundation Faculty Meetings, which take place 3 times a year.

JDF: The Junior Doctor Forum takes place every 2 months, chaired by the Guardian of Safe Working and/or the Chief Registrars. All junior doctors are invited to attend and share their views.

### Educational and clinical supervision

Trainees have an allocated Consultant Clinical Supervisor in each of their placements, usually the supervisor in the first placement will also take the role of Educational Supervisor, and they will support you through the whole year of training.



Trainees will meet their Training Programme Director at Induction and then have the opportunity to arrange 1-to-1 meetings with them to discuss progress and careers in the Autumn.

FTs are also supported by a dedicated programme coordinator who will help navigate the Foundation year and ARCP process in June.

A new mentorship scheme, set up by the Trusts Chief Registrars, invites all junior doctors to learn skills to improve their mentor/mentee skills and also be linked with a mentor from a higher training grade.

### **Foundation teaching programme**

Foundation Teaching sessions take place on Tuesday and Thursday 13:00-14:00 (joint FY1 and FY2).

Foundation Trainees are also expected to attend MDTs, departmental teaching, weekly Grand Rounds and monthly Patient Safety Forums.



### **Additional information**

We have around 240 Doctors in Training in the workforce. This includes 39 FY1s and 30 FY2s; medical, surgical, and community placements (GP, Psychiatry and Palliative Care) in Camden and Islington. The number of Foundation Doctors will increase over the next couple of years as we expand our programme.

We offer the benefit of being a busy general hospital delivering a broad clinical experience, coupled with a strong commitment to teaching.

Our reputation precedes us as a “friendly” place to train, staff who work here enjoy the benefit of close-knit teams and frequently come back to work as consultants supervising today’s trainees.

We are immensely proud of our background as a university teaching hospital, being linked with UCL Medical School means trainees get to be involved with twilight teaching and share their knowledge with our future Foundation Trainees.



## NORTH EAST LONDON TRUSTS

### Barts Health NHS Trust

#### Trust contact details

Our group of hospitals provide a huge range of clinical services to people in east London and beyond. Over 2.5 million people look to our services to provide them with the healthcare they need. We are an internationally renowned teaching hospital. The Royal London is home to one of the largest children's hospitals in the UK and London's Air Ambulance. We are one of London's leading trauma and emergency care centres and hyper-acute stroke centres. Newham Hospital cares for one of the most diverse populations in England. St Bartholomew's Hospital is a centre of excellence for heart and cancer care. Helping to provide the highest quality of care to our local communities. Whipps Cross Hospital has a strong reputation as a centre of excellence for various specialist services including urology, ENT, audiology and acute stroke care.

#### **Whipps Cross Hospital**

Whipps Cross Road,  
Leytonstone,  
London  
E11 1NR  
Tel: 020 8539 5522  
E: [bartshealth.wxh.meded@nhs.net](mailto:bartshealth.wxh.meded@nhs.net)

#### **Newham University Hospital**

Glen Road,  
Plaistow,  
London,  
E13 8SL  
Tel: 020 7476 4000  
E: [bartshealth.nuh.meded@nhs.net](mailto:bartshealth.nuh.meded@nhs.net)

#### **The Royal London Hospital**

Whitechapel Road,  
London,  
E1 1FR  
Tel: 020 3594 7810  
E: [bartshealth.rlh.meded@nhs.net](mailto:bartshealth.rlh.meded@nhs.net)

#### **St. Bartholomew's Hospital**

West Smithfield,  
London,  
EC1 7BE  
Tel: 020 3765 8523  
E: [bartshealth.sbh.meded@nhs.net](mailto:bartshealth.sbh.meded@nhs.net)



## Foundation training programme directors

### **Whipps Cross Hospital**

Director of Medical Education:

Mr Stuart Graham

Foundation training programme directors:

Dr Sujeen Chandramoorthy (FY1)

Dr Susan Li (FY1)

Dr Saurabh Chaudhri (FY2)

Ms Chi-Ying Li (FY2)

Foundation Programme Administrator:

Maria Field

Senior Medical Education Manager:

Vaishali Joshi

### **Newham University Hospital**

Director of Medical Education:

Ms Ferha Saeed

Foundation training programme directors:

Dr Mohammad Khanji (FY1)

Dr Navneet Johal (FY2)

Foundation programme administrator:

Hamsa Inpadhas

Medical Education Manager:

Katie Power

### **The Royal London & St. Bartholomew's Hospitals (shared programmes)**

Directors of Medical Education:

Dr Salim Cheerth (RLH)

Dr Matthew Mak (RLH)

Dr Rachel Lewis (SBH)

## North East London Acute Trusts



Deputy Directors of Medical Education

Dr Suzanne Forbes (RLH)

Dr Tessa Davis (RLH)

Dr Ayesha Siddiqi (SBH)

Mr Alex Shipolini (SBH)

Foundation training programme directors:

*Vacant* (RLH)

Dr Craig Stiles (SBH)

Dr Anita Sanghi (RLH)

Foundation Programme Administrator:

Tahera Mirza

Medical Education Managers:

Sultan Uddin

Mehma Rahman

## Facilities - Postgraduate Centre (Location and resources)

### **Whipps Cross Hospital**

The Medical Education Centre and Library are located in the main building at Junction 11 Willow Lodge, top floor. The foundation programme administrators, TPDs and DME are based in the centre, and the trainees are welcome to pop in to discuss issues. The education centre has a large lecture theatre, many seminar rooms and an MDT room for video conferencing. The Simulation and Essential Clinical skills (located at Junction 8) service offers a range of training programmes for clinical and medical staff; from task trainers that enable staff to learn and practice on replica body parts, to full immersion training where a room is set up to resemble a hospital area.

### **Newham University Hospital**

The Alan Naftalin Education Centre is located in Zone 2 of the main hospital and spans the ground and first floors. The centre contains a lecture theatre, and various seminar rooms, many of which contain video-conferencing facilities. The centre has an active simulation skills education team with a SIM suite, clinical skills room and haptic skills room (available 24/7 with ID card access). The Foundation programme coordinator, Medical Education Manager TPDs and DME are based in the centre, and the doctors are welcome to pop in to the education centre.

### **The Royal London Hospital**

The Education Academy at Royal London Hospital is based within the Dental Hospital, Basement on Turner Street (Whitechapel). The Education Academy houses a number of seminar rooms, lecture theatres, a Resus training centre, simulation suite, and a moving and handling centre.

### **St Bartholomew's Hospital**

Our Medical Education team at St Bartholomew's Hospital are based at 1 Saint Martin Le Grand, West Smithfield. The Simulation Centre is based in the East Wing, 3<sup>rd</sup> floor.



## Facilities - Accommodation (Info about pricing, location etc)

### **Whipps Cross Hospital**

At Whipps Cross Hospital, we have limited accommodation for on-calls which can be booked via switchboard (out of hours) or the estates and facilities team.

### **Newham University Hospital**

The Newham site does not offer any on site accommodation to resident doctors. The hospital is easily accessible from Stratford or Docklands where rented accommodation is readily available.

### **The Royal London Hospital**

The Royal London Hospital offers limited accommodation for on-calls in John Harrison House.

### **St Bartholomew's Hospital**

St Bartholomew's Hospital has no hospital accommodation available.

## Social activities / Mess

### **Whipps Cross Hospital**

Whipps Cross Hospital has an active Doctor's Mess, with the Mess committee arranging various social events throughout the year including gatherings, pub quizzes, various sporting activities, and a Christmas party. It has 2 sitting rooms; Sky TV; comfortable sofas, a ping pong/table tennis table, and a kitchen with facilities to make tea/coffee and a toaster.

### **Newham University Hospital**

Newham Hospital has an active Doctors Mess with the mess committee arranging various social events throughout the year including gatherings, pub quizzes, a Christmas dinner and a Summer Ball.

### **The Royal London Hospital**

The Mess is situated on the 11<sup>th</sup> floor at RLH Main building in Gym 2. It was recently moved in 2022 with an increase in rest facilities, with sofas and massage chair present. There is also a mini kitchen (with free tea, coffee and snacks provided weekly), workstations, a TV and games. Mess social events are organised by the mess committee, often in the local pubs and bars around Whitechapel. We also do twice monthly food orders from local restaurants such as Bagels, burgers and pizzas! We also host a Winter and Summer Ball.

### **St. Bartholomew's Hospital**

The mess is situated on the basement floor, behind the coffee shop in the KGV Building. It was newly renovated in 2022 with the help of an interior designer, and comprises a relaxing lounge area with comfortable sofas, a mini kitchen (with free tea, coffee and biscuits), workstations, a large screen TV and games consoles. Mess social events are organised by the mess committee, often in the local pubs and bars in Farringdon and the surrounding area.

## Library facilities

There are library facilities across all sites, and the staff are friendly and enthusiastic to help you access the plethora of resources available. Once you have registered for an OpenAthens account, you will have access to a range of clinical support tools. In addition to the standard copying and printing services and library loans, the staff will help you with literature search training, evidence searches and can put you in touch with

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a specialist librarian in your area of interest. The library staff have been nominated every year for Barts Health Hero Awards due to the excellent level of assistance they provide.

### **Whipps Cross Hospital**

The library is located within the Medical Education Centre with various resources; quiet study and group work areas, and houses 2 computer rooms.

### **Newham University Hospital**

The library is located on the first floor of the Education Centre and is open 9am to 5pm, Monday to Friday. The Knowledge hub is available 24/7 with staff ID badge access.

### **The Royal London Hospital**

The Royal London Hospital library is located on the 2nd floor in the main hospital near outpatient therapies and can be accessed 24 hours a day with ID cards.

### **St Bartholomew's Hospital**

St. Bartholomew's Hospital has a Library located on the ground floor in the main building near the imaging department and is also accessible 24/7 with ID badges.

## I.T. facilities

There are computer rooms across all our sites. Trust emails can be accessed offsite via [NHSmail 2 Portal - Home](#) and the Barts Health intranet can also be accessed externally ([Our hospitals - Barts Health NHS Trust](#))

There are computers available in the Doctor's Mess, and the library and knowledge hubs provide 24 hours access to computers on all sites. Wi-Fi is available throughout the hospital.

Barts Health uses Cerner Millennium as its patient record and clinical system.

## Other facilities (recreational or otherwise)

### **Health & Wellbeing Support**

We offer all staff and students access to internal and external staff support lines, which includes immediate access to mental health and wellbeing support, 1-2-1 support, emotional support and counselling, family and dependent care, information legal and tax information, dealing with debt information, information sourcing and research services, mental health first aiders, employee wellbeing service, resilience webinars, wellbeing hubs on each site, and much more.

Each hospital site has staff wellbeing areas for you to take a calming break:

- **Whipps Cross Hospital** - the wellbeing hub can be found in the medical education centre, junction 11. It is available to staff all day, every day. Coffee and tea are available.
- **Newham University Hospital** - the wellbeing area is in the atrium of St Andrew's Wing. It's a bright and relaxing space for staff to take a moment away. The wellbeing hub is accessible 24/7 with an ID card. Books and magazines are available as well as recliner massage chairs. Staff can also take a stroll in the relaxing Globe Garden.

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- **The Royal London Hospital** - the wellbeing hub is on the 9th floor and available to staff all day, every day. Offering refreshments, reading material, a massage therapy chair, and views across London.
- **St Bartholomew's Hospital** – Wellbeing room available beside the library for quiet and social space. Free tea, coffee and snacks are available, and the space is open from 8am to 4pm, Monday to Friday. This space is available to all staff, wherever you work in the hospital.
- **Mile End Hospital** - the wellbeing hub is on the 2nd floor (via Bancroft Entrance) and available to staff all day, every day. Offering refreshments, three private rooms, and a pool table.

We also offer: Cycle to work scheme, Two-day mental health first aid course, Mindfulness sessions, MOT health check, and smoking cessation.

We have a Flexible Working Champion and SRTT Lead, and Guardian of Safe working for the Trust, and each site has a Deputy DMW with specific focus on Resident Doctor Pastoral Support.

### **Whipps Cross Hospital**

Near the Maternity Block is an onsite M&S, open 7am-9pm (Mon-Sat) and 8am -8pm (Sun).

There is a shop at Junction 5 and in the Outpatients area which sells food, drinks and newspapers. The opening hours are, Monday-Friday, 7am – 10pm. Sunday 9am – 1:30pm.

The hospital restaurant provides a range of food, snacks and hot/cold drinks to visitors. It is open daily from 7am-7pm and is located between junctions 4 and 5 off the main corridor in the red zone. There is also a coffee shop located next to the restaurant. It is open Monday-Friday from 7am-7pm.

A trolley selling newspapers and sweets visits every ward each morning and a library trolley run by the volunteer's service visits at least once a week. Please leave any borrowed books with ward clerks. Donated books are always welcomed.

### **Newham University Hospital**

Newham Hospital has a canteen (open until 2am), coffee shop and Pharmacy within the premises, and local convenience stores and fast-food outlets nearby.

Newham leisure centre is a 10-minute walk away.

### **The Royal London Hospital**

At the Royal London Hospital there is a kiosk selling hot and cold beverages, fruit and snacks in the Stepney Way atrium which is open 8am – 3pm Monday – Friday. The staff, patient and visitor restaurant is located on the fifth floor of the main building. It is open daily 7.30am – 7pm, including weekends and bank holidays.

With impressive views of the surrounding area, the restaurant has 180 seats and serves a varied menu to cater for a range of diets. A selection of hot and cold food is available in the restaurant. In the restaurant is a vending machine and water dispenser which are accessible 24 hours a day throughout the week.

### **St Bartholomew's Hospital**

At St Bartholomew's Hospital, a shop can be found on the ground floor of the King George V building, which sells toiletries, confectionary, newspapers and magazines, cards and hospital souvenirs. The shop is open Monday – Friday 8:30 am – 4pm. There are also takeaway coffee shops in the basement of the King George V building and on the ground floor of the West Wing. There are also a wide range of meals and snacks at the hospital restaurant on the first floor of the catering building, behind the East Wing. The restaurant is open from 11:45 am – 3pm, Monday – Friday. There is a restaurant on the second floor of the King George V building, which serves hot food from 12pm – 2:30pm and 5pm – 6:30pm, Monday – Sunday. Cold snacks are served every day from 2:30pm – 5pm.



## Transport links

### Whipps Cross Hospital

Whipps Cross University Hospital is located in Leytonstone in the East End of London, within the London borough of Waltham Forest.

By Bus: W12, W15, W19 and 357 stop within the hospital grounds, you can alight, and the main entrance stop. Buses 20, 56, 230 and 257 also all stop near the hospital grounds at the Whipps Cross roundabout. Low-floor wheelchair accessible buses run on all routes serving the hospital.

By Tube: The closest Underground stations are Leytonstone (Central line) and Walthamstow Central (Victoria line). Wood Street and Walthamstow Central are on the London Overground line running from Chingford to Liverpool Street or Leyton Midland Road is on the London Overground line running from Barking to Gospel Oak. Leytonstone station can be reached within a 29-minute walk from the main entrance of the hospital. Walthamstow Central can be reached within a 33-minute walk and Wood Street in an 11-minute walk.

A number of these bus services provide connections to local underground and overground railway stations.

By bike: We encourage visitors, staff and patients living nearby, to cycle to the hospital if possible. Cycle parking facilities are available around the hospital.

### Newham University Hospital

Newham Hospital is located in Plaistow in the East End of London, within the London borough of Newham.

Tube: Plaistow Station (District/Hammersmith & City lines) is 20 minutes away by foot, or 12 minutes by bus. West Ham tube station (Jubilee, District, Hammersmith & City, DLR and C2C) is 20 minutes away by bus. Stratford (Central, Jubilee, DLR, Elizabeth Line and National rail services) is 20 minutes away by bus.

By bus: 276, 473, 262, 304

There is a shuttle bus service that will pick-up and drop-off Newham Hospital staff at local tube stations in the evening. The service will run daily, departing from outside the St Andrew's Wing entrance of the hospital. It will first go to Canning Town station, wait for 5 minutes, then depart for Plaistow Station, where it will again wait for 5 minutes, before returning to the hospital. The first bus will depart at 16:15, and the last bus at 23:15, with the service expected to run every hour.

Bike: The Greenway is a traffic free cycle route that runs alongside the hospital, between Beckton and Bow. It is a 15–20-minute cycle to reach Stratford High Street where you can join the CS2 cycleway. This hospital is also near the CS3 cycleway which gives direct access to the city. New for 2020 will be improved cycle storage facilities for our large group of cycling commuters.

### The Royal London Hospital

The Royal London is in Whitechapel in East London, within the London borough of Tower Hamlets.

Bus: 25 (24-hour service), 106, 205 and 254 on Whitechapel Road as well as night buses N205 and N253, the D3 on New Road, 15, 115 and 135 as well as night buses N15 and N550 on Commercial Road. Low-floor wheelchair accessible buses run on all routes serving The Royal London Hospital. 25 (24-hour service), 106, 205, 254, on Whitechapel Road. D3 on New Road.

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By Tube: Whitechapel station which is served by Elizabeth line, Hammersmith and City line, District line, as well as the London Overground, is directly opposite the hospital. Liverpool Street (Elizabeth Line, Central, Metropolitan, Circle, London Overground and national rail services) is a 25-minute walk. Alternatively, you can get the Elizabeth Line or Hammersmith & City from Whitechapel to Liverpool Street.

By bike: We encourage visitors, staff and patients living nearby to cycle to the hospital if possible. Cycle parking facilities are available around the hospital. Santander cycle hire docking stations are available to hire and dock bikes near to the Royal London Hospital at:

- Royal London Hospital, Whitechapel (on Whitechapel Road closest to the main entrance to the hospital)
- New Road 1, Whitechapel (closest to the Royal London Dental Hospital)

### St Bartholomew's Hospital

St Bartholomew's Hospital is in the City of London, close to St Paul's Cathedral.

By bus: The following buses stop outside or close to the hospital: 4, 8, 17, 25 (24-hour service), 45 46, 56, 63, 76, 100, 153, 172, 242 (24 hour service) and 521 (Mondays to Fridays only) as well as night buses N8, N63 and N76.

Low-floor wheelchair accessible buses run on all routes serving St Bartholomew's Hospital.

By Tube: The closest underground stations are Barbican (Metropolitan, Circle, Hammersmith & City), Farringdon (Elizabeth, Metropolitan, Circle, Hammersmith & City, National Rail services), Blackfriars (Circle, District), Moorgate (Hammersmith & City, Northern, Metropolitan, Circle and National rail services) and St Paul's (Central). All stations are between 6 – 15 minutes' walk away. Liverpool Street is a 17-minute walk or a short tube, bus or taxi ride away.

By Bike: We encourage visitors, staff and patients living nearby to cycle to the hospital if possible. Cycle parking facilities are available around the hospital.

Cycle hire:

Santander Cycle hire docks are located on West Smithfield near the King Henry VIII Gate entrance and on King Edward Street near main reception entrance

- City of London provides dockless hire bays and can be viewed [via their interactive map](#)
- Coming soon - Brompton Hire dock on-site

Cycle parking:

- Onsite cycle rack facilities are available outside the transport lounge and outside the Nuffield Health at St Bartholomew's Hospital building, the latter can accommodate most cargo bikes
- Offsite City of London cycle racks [are located near hospital entrances](#)
- Secure cycle store area available for Barts Health employees (please visit main reception to update access card)

## Local amenities/attractions

### Whipps Cross Hospital

Whipps Cross is based in Leytonstone, close to the natural landscapes of Wanstead & Leyton Flats and Epping Forest, a sprawling woodland with over 4000-acres of old growth forest, walking trails, rivers & ponds. The hospital is also just a 12minute drive or 30min journey on public transport to the vast shopping, restaurant and entertainment facilities of Westfield Shopping Centre and the Olympic Park.



### **Newham University Hospital**

The hospital is located in a largely residential area in Newham, though there are a few local convenience stores within walking distance. Westfield shopping centre is a 20-minute bus ride away with the Olympic Park, London stadium and London Aquatics Centre easy walking distance from there. It is also close to London City Airport, Canary Wharf, The Thames Barrier and the Royal Observatory at Greenwich.

### **The Royal London Hospital**

The Royal London Hospital Museum and Archives are in the former crypt of the old Royal London Hospital church of St Philip's. The museum celebrates the lives of key figures in the hospital's history and tells the story of the hospital's development. Only a short walk away, you'll find the famous Brick Lane, Shoreditch, as well as bars and restaurants in and around Whitechapel and Aldgate. With the new Elizabeth line, you'll be one stop from the riverside restaurants and bars of Canary Wharf; Westfield shopping centre and Olympic Park at Stratford; and main line transport links at London Liverpool Street.

### **St Bartholomew's Hospital**

With the new Elizabeth Line now open, coming directly into Farringdon, and plenty of direct transport links via the Central, Hammersmith & City and Circle line services, as well as numerous bus links, St. Bartholomew's is the ideal place to work. In addition to the beautiful buildings and square of the historic hospital itself, only a stone's throw away you will find St. Paul's Cathedral as well as an abundance of shops, bars, cafes and restaurants.

St Bartholomew's Museum and archives are set in the historic North Wing of St Bartholomew's Hospital. The museum tells the story of this renowned institution, celebrates its achievements and explains its place in history. The archives, also based in the North Wing, hold documents dating back to 1137, are available for research.

## Parking arrangements

### **Whipps Cross Hospital**

Staff car parking is available on site but is limited; we encourage staff not to travel by car wherever this is possible. The main entrance to the hospital is on Whipps Cross Road (A114). Staff can either do pay as you go or pay monthly via salary. Please contact the Foundation Administrator for more information.

### **Newham University Hospital**

Staff car parking is available on site on a first come first serve basis. Please contact the Foundation Year Administrator for more information.

### **The Royal London Hospital**

Pay and display parking available around the hospital. There is an NCP car park about 5mins walk away and parking available via JustPark or YourParkingSpace.

### **St Bartholomew's Hospital**

There is an NCP car park nearby and parking available via JustPark or YourParkingSpace.

## Accolades/achievements of the trust

Barts Health is the second largest NHS trust in the UK. Our group of five hospitals has been working together since 2012. We're internationally known for our excellence and innovation, and each of our hospitals celebrates a rich and varied history. We're very proud of the part our hospitals have played in improving the lives for people in this part of East London over hundreds of years, and in their ability to overcome challenges, coming out stronger and continuing to improve. Today, each hospital retains its

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unique character, and we work together with the common vision to provide safe and compassionate care to 2.5 million patients in East London and beyond.

### **Whipps Cross Hospital**

The redevelopment of Whipps Cross Hospital is a once-in-a-lifetime opportunity to design a new hospital from scratch. It is also a unique chance to be at the forefront of national efforts to transform how healthcare is provided for local people, as set out in the NHS long-term plan. Our vision is for a new hospital within a wider health and wellbeing setting, alongside new homes, leisure, culture and other community facilities. The Barts Health group and our local partners are sharing some early ideas about the potential site of a new hospital, the services it will provide, and the scope of the building, in our new publication: Building a brighter Future for Whipps Cross Hospital. The government announced in September 2019 that it will invest in a brand-new hospital at Whipps Cross. This has been confirmed in a letter from Rt Hon Matt Hancock MP, Secretary of State for Health and Social Care. A new hospital with a full range of acute health services for a growing population could be built on a fraction of the land now occupied at Whipps Cross Hospital. Our site master plan envisages a new, taller building on about one-fifth of the site, bringing all the hospital's services closer together under one roof.

### **Newham University Hospital**

Newham is a fascinating place to learn and practice medicine. Together with Tower Hamlets, Newham is amongst London's youngest, most diverse and most deprived communities. In 2018, Newham had the lowest life expectancy and highest rates of heart disease in London. In 2019 it was reported that Newham had the highest rates of TB in the UK at 107 per 100,000 (higher than Rwanda at 67 per 100,000). Those of us that work here are committed to providing the best quality health care to this population. The Gateway Surgical Centre is a state-of-the-art stand-alone facility run by Barts Health for our patients. The Centre boasts some of the most innovative and modern diagnostic and surgical facilities available anywhere in the world, with doctors and nurses who are highly skilled, experienced and caring.

### **The Royal London Hospital**

The Royal London provides a full range of emergency and local services, including one of the largest children's hospitals in the UK and one of London's busiest A&E departments. Home to London's Air Ambulance charity, the Royal London is also one of the capital's leading trauma and hyper-acute stroke centres.

### **St Bartholomew's Hospital**

St Bartholomew's hospital is the oldest hospital in Britain occupying the site it was originally built on. Healthcare has been provided at this site since 1123. The state-of-the-art Barts Heart Centre and Barts Cancer Centre are both located in the King George V wing of the hospital. We're also home to one of the busiest heart attack centres in the UK. Our list of innovative services includes robotic surgery and complex electrophysiology. We're a leading provider of stem cell transplantation and immunotherapy for cancer treatment.

## Any additional information

There are ample opportunities to get involved in clinical teaching of medical students across all specialties.



## Foundation specific - Induction/shadowing arrangements

All foundation doctors starting at Barts Health are invited by Medical Staffing to complete their pre-employment checks. FY1s are requested to attend a 7-day Trust induction and shadowing of the outgoing FY1s. During this extended shadowing week, trainees will do a simulation-based training session called 'An hour on call', workshops and talks from a variety of people relevant to being an FY1 and have a minimum of 4 days pure shadowing.

## Foundation specific – Taster Week

Foundation trainees can use up to 5 days of study leave per year for a taster. Trainees are encouraged to take a taster within a specialty of their choice. With access to the variety of specialties that Barts Health has to offer, you are sure to find something that interests you!

## Foundation specific – Simulation

We have a dedicated simulation suite on all our Barts Health sites, consisting of an operating room, debrief room and communications room. In situ simulation is offered in the majority of our departments. Psych simulation is also being rolled out to all our FY trainees. Trainees will get an opportunity to develop and explore different ways of communicating.

## Foundation Doctor forums

We invite FY1s and FY2s to become resident doctor reps when they start with us in August. The reps are responsible for collating feedback from their colleagues and attending education meetings. The medical education department arranges bimonthly foundation faculty group meetings and quarterly trust wide foundation faculty meetings which are attended by the resident doctor representatives, Clinical and Educational Supervisors, Training Programme Directors and the Medical Education admin team to get an update on all matters in relation to the foundation programme.

All resident doctors are invited to attend the Resident Doctors Forum held on each site every month. The first 30 minutes are only for the trainees, with members of the senior management team joining for the last 30 minutes. This is to ensure that the trainees can be open with their concerns, the Forum rep can collate all the issues or concerns, and when the senior management team join, all the issues or concerns can be addressed.

## Foundation specific - educational and clinical supervision

Each foundation doctor is allocated a Clinical Supervisor for each of their placements and an Educational Supervisor for the whole year.

## Foundation specific - Teaching Programme

### **Whipps Cross Hospital**

In addition to departmental teaching, FY1 and FY2 have 2-hour bleep free teaching every Wednesday afternoon. The format is designed to be case based and interactive. Whipps Cross Hospital also runs a half day Quality Improvement Poster Presentation, whereby all staff can put forward ideas and posters, individually or as a team.

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### **Newham University Hospital**

FY1 core teaching is scheduled weekly for an hour on Wednesday lunchtimes. The FY2's are scheduled once a week core teaching for an hour on Thursday lunchtimes. All FY2s at Newham rotate through the emergency department and whilst there attend 2 hours of core teaching. We also offer Person and Professional Development sessions.

### **The Royal London Hospital and St Bartholomew's Hospital**

Mandatory FY1 teaching takes place once a week on Wednesdays 12:45 – 13:45 and is streamed online for those based at St Bartholomew's Hospital. FY2 teaching takes place for one whole day per month at the Royal London Hospital.

## Foundation specific - any additional information

At the end of each rotation, the FTPD and FY admin meet with the trainees to collate feedback and also ensure the trainees are meeting all their curriculum requirements. They are also welcome to attend the weekly grand round teaching and monthly Schwartz Rounds.

St Bartholomew's Hospital additionally runs hot cases teaching sessions fortnightly.

North East London Acute Trusts



## Barking, Havering, and Redbridge University Hospitals NHS Trust

### Trust contact details

Queen's Hospital, Rom Valley Way, Romford, RM7 0AG

King George Hospital, Barley Lane, Goodmayes, Ilford IG3 8YB

Switchboard  
01708 435000

Website  
[www.bhrhospitals.nhs.uk/](http://www.bhrhospitals.nhs.uk/)

### Foundation Training Programme Directors

FY1 Training – Dr Gursharan Bawa - [gursharan.bawa@nhs.net](mailto:gursharan.bawa@nhs.net)

FY1 Training – Mr John Brecknell - [john.brecknell@nhs.net](mailto:john.brecknell@nhs.net)

FY2 Training – Dr Edmond Smithers [Edmond.Smithers@nhs.net](mailto:Edmond.Smithers@nhs.net)

FY2 Training – Dr Fiona Hayes - [fiona.hayes6@nhs.net](mailto:fiona.hayes6@nhs.net)

### **Key Personnel**

#### **Director of Medical Education**

Professor Gideon Mlawa - [gideon.mlawa@nhs.net](mailto:gideon.mlawa@nhs.net)

#### **Head of Postgraduate Medical Education, Simulation & Human Factors Training Manager and LTFT and Support Champion**

Caroline Curtin - [Caroline.Curtin@nhs.net](mailto:Caroline.Curtin@nhs.net)

#### **Interim Postgraduate Medical Education Manager**

Jane Bearman - [Jane.Bearman@nhs.net](mailto:Jane.Bearman@nhs.net)

#### **Postgraduate Medical Education Officer**

Ciara O'Brien - [Ciara.O'Brien2@nhs.net](mailto:Ciara.O'Brien2@nhs.net)

#### **Postgraduate Medical Education Administrator**

Kelly Walsh – [Kelly.Walsh6@nhs.net](mailto:Kelly.Walsh6@nhs.net)

## Overview of Trust

We would like to welcome you to Barking, Havering & Redbridge University Hospital NHS Trust, one of the largest NHS Trust within the UK, serving a population of approximately 800,000 from a wide range of social and ethnic groups. We also provide healthcare services to people in South-West Essex, and specialist neurosciences services to the whole of the county. We have approximately 9,000 staff and volunteers working at our Trust providing care for the residents of three of the most diverse London boroughs. Our staff members come from 146 countries; most of whom are from Black, Asian and minority ethnic groups living locally in Barking and Dagenham, Havering, and Redbridge.

Our vision is to provide outstanding healthcare to our community delivered with PRIDE.

Our services include all the major specialties of a large acute hospital, and we operate from two main sites – King George Hospital in Goodmayes and Queen's Hospital in Romford.

We are particularly proud of our regional Neurosciences Centre; Radiotherapy Centre; Hyper Acute Stroke Unit; and dedicated breast care service at King George Hospital. We are also pleased to be part of the Northeast London Cancer Alliance.

We provide outpatient services at Brentwood Community Hospital, Barking Hospital, Loxford Polyclinic and Harold Wood Polyclinic.

## North East London Acute Trusts



Patients across North East London are benefitting from two new [state of the art theatres](#) which houses the latest technology at King George Hospital and our Community Diagnostic Centres at [Barking Community Hospital](#) and [St George's Health and Wellbeing Hub](#) will significantly increase the number of scans that can be carried out.

During 2025, we had **802,989** outpatient appointments, **346,555** people attended our Emergency Departments, **6,702** babies were born, **10,228** surgeries were performed in our elective hub, **48,775** MRI Scans, **94,023** CT scans, 1,070 work experience days were undertaken.

The Trust have recently implemented a new Electronic Patient Record System across all hospital sites making health information easier to access, safer to manage and helping staff provide better and faster care.



Queen's Hospital, Romford



King George Hospital, Ilford

## Equality, Diversity, and Inclusion

At BHRUT, we are proud of the diversity within our hospitals, and we are committed to ensure our colleagues and patients are listened to, respected, and have a positive experience. Our Equality, Diversity and Inclusion team have a real focus on supporting staff networks. There are regular Staff Network Forums that you can join:

- Ability Not Disability Network
- Racial, Ethnicity and Cultural Heritage (REACH) Network
- LGBT+ Network,
- Women's Network.
- Men's Health Network



## BHRUT Information 'HUB'



The **HUB** is a communication page which you can access from your mobile and desktop. The HUB connects everyone at our Trust and provides tools to improve the two-way communication for everyone. Features include sharing news, updates on processes, ideas, feedback, accessing network groups and live broadcasts from colleagues.

## Facilities – Education Centre (Location and resources)

The Postgraduate Medical Education Department is based across both sites within The Education Centre's.

The Education Centre at Queen's Hospital is based on the Ground Floor, Neutral Zone where you will find two lecture theatres, four seminar rooms and two clinical skills training room. The centre is open from 8.30am – 5.00pm Monday to Friday.

The James Fawcett Education Centre at King George Hospital is based on the First Floor, Block 1 where it holds one lecture theatre, two seminar rooms and a Simulation Training Centre. The centre is open from 8am – 4pm Monday to Friday.

Both Education Centre's are equipped with audio visual equipment, teleconferencing facilities and display upcoming internal and external courses.

## Connected App



The Medical Education Team launched the Connected App during the peak of the pandemic in March 2020. The key features of the App include Trust Information, Local Speciality Information, Virtual Map Tours, Useful links to Exception Reporting, BNF, MDCalc, Wellbeing Information, Medical Education Staff Directory and Support Information. The App also features Instant Messaging to allow App users to connect with peers and supervisors.

## Facilities - Accommodation (Info about pricing, location etc.)

Accommodation can be arranged by contacting our external providers:

### Swan Housing, Romford

Swan Housing, which is approx. 5 minutes from the hospital, has 369 units of accommodation within walking distance of Romford Town Centre. Accommodation can be booked on a nightly basis or long term. The accommodation is fully furnished and ranges from studio and one bed flats to shared (bedsit) accommodation. For more details including costs, please contact 01277 314359 or 01277 844733, or email [NHSOldchurch@swan.org.uk](mailto:NHSOldchurch@swan.org.uk)

**L&Q and King George Hospital** offer accommodation for our staff at King George Hospital and have a range of shared flats and studio flats to 3-bedroom apartments available. For more details including costs, please email [LQ-KWSRedbridge@lqgroup.org.uk](mailto:LQ-KWSRedbridge@lqgroup.org.uk)

### On-Call Rooms

There are On-Call rooms available on Trust Site – full details will be provided during induction.

## Social activities

### Doctors mess

There is a Doctors Mess across both sites. Foundation Doctors will have the opportunity to be involved in the Doctors Mess; full details will be provided during induction.

## Library facilities

You can access our fantastic library services for the time you are working or studying here. You can borrow medical and fictional books, study in a quiet area as well as printing and scanning facilities. You can also purchase a membership which gives you 24-hour access to our libraries on both sites. The library staff are available Monday to Friday to assist with memberships and journal access.

## I.T facilities

Computers are accessible across the Trust, in the Library and Bistro within the Education Centre at Queen's Hospital and in the computer room located in the James Fawcett Education Centre, King George Hospital. There are also computers available in the Doctors mess and on most wards.



## Other facilities

### Occupational Health and Wellbeing

The Occupational Health department offer services and activities to keep staff members physically and emotionally fit, happy, and healthy at work. Services are available for Physical and Mental Wellbeing, Health Assured Employee Assistance Programme, Chiropody services, Complimentary Therapies and Exercise classes. There are also staff benefits such as Salary Sacrifice, Season Ticket Loan and Cycle to Work scheme as well as support with the cost living.

### Resident Doctors in Postgraduate Training Support

The Medical Education Department offer comprehensive and professional support for all doctors in training. We have an open-door policy to anyone who needs to talk, who feels overwhelmed or anxious at any time. As well as support from our team, there are also other internal and external resources available to support your health and wellbeing; further information can be provided by contacting The Occupational Health Department.

### Little Book of Wellbeing

The Health and Wellbeing Team at BHRUT have devised the 'Little Book of Wellbeing' to support all Trust staff members and provide guidance and resources to help care for your own health and wellbeing. The book provides a list of internal and external support to help you take care of your daily wellbeing and to allow you to work, rest and play be it at work or at home. There are resources available for Emotional and Mental Wellbeing, Physical Wellbeing, Sleep, Bereavement, Financial Support and Support for Relationships and Families. The Little Book of Wellbeing will be distributed electronically during Induction.

## Transport links



Our hospitals are easily accessible via the Elizabeth Line which provides links to local train stations including Romford (Queen's Hospital) and Goodmayes (King George Hospital).

### Queen's Hospital

There is a bus station within the grounds of Queen's Hospital.

Buses 5, 128, 175, 193, 365, 496, 498 and 499 all come into the hospital grounds.

Buses 103 and 174 serve Oldchurch Road, which is a 5-minute walk from the hospital.

Romford Station is the closest station to Queen's Hospital by train via The Elizabeth Line. The journey from London Liverpool Street to Romford station is approx. 26 minutes. The hospital is a 10-minute walk away. Buses opposite the station run between the hospital and the station.

### King George Hospital

The buses 173, 362, EL3 and 396 all serve King George Hospital.

Buses 66 and 296 serves Eastern Avenue and bus stop 'Barley Lane' is a 10-minute walk via the back of the hospital.

Goodmayes station is the closest station to King George Hospital by train via the Elizabeth Line. The journey from London Liverpool Street to Goodmayes Station is approx. 20 minutes. The hospital is approx. one mile away from the station and is a 20-minute walk away or you can board the EL3 bus on the opposite side of the road from the station which brings you directly into the hospital.

If you are travelling by tube, the nearest station is Newbury Park (Central line) which is a 25-minute walk from the hospital. The 396 bus drives directly into the hospital or you can get buses 66 or 296.

## Local amenities/attractions

Both of our hospitals are local to train stations that provide easy access into London. Westfield Shopping Centre, London Stratford is approx. 20 minutes from Romford Station and approx. 15 minutes from Goodmayes Station.

Queen's Hospital is located in The London Borough of Havering. Romford Town Centre is a 10-minute walk from Queen's Hospital where you can find a shopping centre, cinema, bowling, gym facilities and plenty of bars and restaurants.

King George Hospital is located in The London Borough of Redbridge and is within easy reach to Ilford Town Centre which is approx. 2.3miles away. Close by to King George Hospital is Hainault Forest Country Park and Fairlop Waters.



## Staff Car Parking Permits

The Car-parking team have introduced a points-based criteria when applying for a staff car parking permit. Points are awarded based on your role, your commute to work by public transport and the hours you do. Peak and Off-Peak Permits are available at Queen's Hospital and King George Hospital as well as additional permits off site in nearby car parks in Romford Town Centre.

## Any additional information

### Waste Management and Sustainability

BHRUT Trust is committed to sustainability and carbon reduction by aiming to decrease the impact our hospitals have on the environment. We follow a waste colour coding system so we can dispose of clinical and non-clinical waste appropriately, safely, and legally.

### Staff shuttle bus

There is a shuttle bus service provided for staff members to travel between our hospitals. The service runs throughout the day and on the half hour during peak times.

### Cycle to Work Scheme

This scheme allows you to choose a brand-new bike by sacrificing part of your salary over an agreed period.

### Season Ticket Loan

Buying an annual season ticket often means you can benefit from a discounted price. If you need to buy a season ticket to help you travel to and from work the Occupational Health and Wellbeing Team can help.

### Childcare services

We have great childcare facilities on both hospital sites:  
Busy Bees (King George Site) – 0208 599 0066  
Little Explorers (Queen's Hospital Site) – 01708 503820

## Foundation Specific – Foundation Year 1 – Induction/shadowing arrangements

The Postgraduate Medical Education Team facilitate a robust Induction and Shadowing Programme for FY1 Doctors. All Foundation Year 1 Doctors are invited to attend a virtual induction where you will meet The Postgraduate Medical Education Team and activate your IT log ins. As part of the virtual induction programme, you will then be required to complete your induction by viewing modules on our e-learning platform BEST. Your Trust Induction and Shadowing Programme is over 5 days which involves collecting your ID Badge, attending IT Training, activating your Smart Cards, attending Clinical Skills Training and Simulated On-Call Training and Shadowing the outgoing FY1 Doctor.

## Foundation Specific – Taster Week

A taster week is designed to give Foundation Doctors the opportunity to work in a speciality of interest. A maximum of 5 days may be taken for a taster week which is to be arranged by the FD. A taster application form must be completed with your educational supervisor to ensure your aspirations are met and later approved by the Foundation Training Programme Director. FY1 Doctors can borrow up to 5 days from their FY2 Study Leave allowance to arrange a Taster Week.

## Foundation Specific – Human Factors Simulation Training

During your foundation year, you will also be required to attend Human Factors Simulation Training for one full day. The Simulation Training Centre is based within the James Fawcett Education Centre at King George Hospital.

### Simulation Training Centre

The Simulation Training Centre is located within The James Fawcett Education Centre, King George Hospital. We have high-fidelity, full immersion simulation facilities capable of delivering human factors, patient safety, acute and critical care skills training. This includes bays for up to six beds/trolleys/cots, a viewing room, separate consultation rooms and a seminar room for debriefing.

The area is equipped with new SMOTs cameras, monitors, and manikins, including:  
SimMan 3G, SimMum, SimBaby and SimNewbie.



## Foundation Doctor Forums

Resident Doctor Forums are held monthly via MS Teams. This is a safe space for Resident Doctors to raise any issues with rotas, facilities, exception reporting or any other concerns regarding employment at BHRUT. All Doctors in Training are welcome to attend.

## Foundation Specific - Educational and Clinical Supervision

Every doctor in training will be allocated a Clinical Supervisor and Educational Supervisor. The Postgraduate Medical Education Team will allocate Educational Supervisors who will be with you throughout your training at BHRUT. Your Educational Supervisor is responsible for the overall supervision and management of your educational progress. You will receive details of your allocated Educational Supervisor during Induction.

Your Clinical Supervisors will be allocated locally within the speciality you are working in. Your clinical supervisor will change every time you rotate. Your clinical supervisor is usually the consultant that you are working with on a regular basis, and they are responsible for overseeing your clinical work and providing constructive feedback during your placement.

## Foundation Specific – Core Teaching Programme

All Foundation Doctors are required to attend a minimum of 30 hours of core teaching per each Foundation Training Year. Each study day will consist of assorted topics relevant to your clinical duty which follows The Foundation Programme 2021 curriculum.

We offer a blended approach to teaching, where some sessions will be held face to face whilst others will be held virtually via MS Teams. Core Teaching sessions are scheduled in the afternoon which are delivered monthly.

## Foundation Specific – Non-Core Teaching Programme

Regular speciality teaching is arranged locally within the departments for Foundation Doctors which count towards 'Non-Core Teaching' on Horus.

The Medical Education Fellows coordinate optional teaching sessions such as advanced clinical skills and evening lectures for the Foundation Doctors to attend. Certificates of attendance will be issued for trainees to upload on to their Horus portfolio to count towards learning hours on your Personal Learning Log.

The Postgraduate Medical Education Team facilitate the Multi-Disciplinary Grand Round which is hosted by the Director of Medical Education. These sessions are held virtually via MS Teams. The Multi-Disciplinary Grand Round is open for all Trust colleagues to attend. Grand Round attendance can be counted toward 'Non-Core' Teaching on Horus.

## Foundation Specific – Additional information

At BHRUT, there are 69 F1 Doctors and 63 F2 Doctors.

Placements for F1 doctors include General Surgery, Acute Medicine such as Care of Elderly and Medical Receiving Unit and General Medicine placements such as Renal, Diabetes and Endocrine, Respiratory, Cardiology, Gastroenterology as well as Psychiatry placements which are based in the community as part of North East London NHS Foundation Trust.

F2 placements include the above specialities as well as Emergency Medicine, Intensive Care Medicine, Ophthalmology, Haematology and Oncology and General Practice within the BHRUT community.

F2 Doctors are required to attend the virtual Doctors Corporate Welcome and Induction on the first week of August. Full details will be provided prior to start date.

Whilst working at BHRUT, F1 and F2 doctors will have the opportunity to register their interest to become a trainee representative. Full details will be provided during induction.

## Mid-Point Reviews

During your placement at BHRUT you will receive a Mid-Point Review which is panelled by the Senior Postgraduate Medical Education Team and The Foundation Training Programme Directors who will review your Horus portfolio and address any concerns with progression prior to ARCP.



### Local Faculty Meetings

Local Faculty Meetings are held via MS Teams where Foundation Doctors can ask any questions or raise any issues or concerns with The Postgraduate Medical Education Team and Foundation Training Programme Directors.

### On site facilities

- Costa Coffee in the main atria of both King George and Queen's hospitals.
- Both hospitals serve hot and cold food and drink in the restaurants.
- Subway and Yard Bird eateries at Queen's Hospital
- Convenience Store at King George and Queen's Hospital
- Fresh Fruit stall at King George and Queen's Hospital
- Hot and Cold Food Vending machines across both sites
- Cash machines across both sites
- Free Wi-Fi across both sites
- Secure Cycle Parking Facilities across both sites
- Multi-faith Prayer Rooms across both sites
- Lavender Garden at Queen's Hospital
- Outside Gym Facilities at Queen's Hospital
- Healthy Hikes walking routes around our hospital sites.

North East London Acute Trusts



## Homerton Healthcare NHS Foundation Trust

### Trust contact details

Homerton Healthcare NHS Foundation Trust,  
Homerton Row, London  
E9 6SR  
Tel: 0208 510 5555



### Foundation training programme directors

Dr Corrinne Quah F1  
Dr Geraint Morris F2

### Facilities – Education Centre (Location and resources)

The Education Centre is located at the rear of the hospital and includes Medical Education, library, Simulation and Clinical skills suite, classrooms, lecture theatre, student lockers and café.

### Facilities - Accommodation (Info about pricing, location etc)

Short term accommodation for when on call is based in Hill House on site.

### Social activities

Doctors monthly mess parties, Christmas party & Summer ball

### Library facilities

The Newcomb library is located in the education centre. Once registered you will have access to books and journals, e-resources, BMJ Best Practice, Dynamed, ClinicalKey, Anatomy.tv and more, as well as access to study space and PCs.

Opening hours:

Monday to Friday 09:00 – 17:00 staffed. You can access the library from 6am-9pm weekdays using your Homerton access card

Twitter: [@Newcomblibrary](#)

### I.T facilities

Doctors have access to Trust computers in clinical departments and on wards. There are also computers available to use in the education centre café, library, learning hub and Doctors mess.

### Other facilities (recreational or otherwise)

Chatters restaurant, Costa Coffee and WH Smith in main hospital. Education centre café. There are sometimes classes available, including exercise classes/sessions (pilates, yoga, reflexology).

North East London Acute Trusts



Local amenities/attractions



Excellent transport links to central London. Outstanding local bars and restaurants, cinemas and Hackney empire theatre. Beautiful open spaces including numerous parks, London Fields lido, Regents canal network, River Lee, Woodbury Wetlands centre. <https://theculturetrip.com/europe/united-kingdom/articles/top-ten-things-to-do-see-in-hackney/>  
<https://www.thecrazytourist.com/15-best-things-to-do-in-hackney-london-boroughs-england/>  
<https://secretldn.com/things-to-do-hackney/>  
<https://secretldn.com/things-to-do-in-clapton/>  
<https://secretldn.com/reasons-to-visit-dalston/>





## Transport links



**Finding us by rail:** Homerton's London Overground station (Mildmay Line), with ramped access, is a five-minute walk from the hospital and the station is now linked to most parts of London. Homerton is only two stops from Stratford International (for Central Line, Jubilee Line and Docklands Light Railway) and four stops from Highbury & Islington (Victoria Line and mainline rail).

**By foot from Homerton station:** From Homerton station - Exit the station, turn left and immediately left again, under the railway bridge and along Barnabas Road to Homerton High Street. Turn left on Homerton High Street and cross the road to take the first right on Wardle Street.

At the end of Wardle Street, the hospital is in front of you. Go left and follow the signs for the main entrance to Homerton Hospital. Use the map below to familiarise yourself with the roads that lead here.

**By bus:** Homerton Hospital is served by ten London bus routes: 26, 30, 308, 242, W15, 488, 425, 276, 394 and 236.

**Bicycle users:** There are bicycle racks at the front of the hospital, by the main entrance, adjacent to the police base. The racks are used by staff and visitor. Visitors for the education centre should also park bikes here and walk through the hospital to access the centre.

## Parking arrangements

Limited parking facilities available (parking permits can be applied for). Staff on call out of hours can use on call permits for this period (free of charge).

## Accolades/achievements of the trust

The Trust has consistently had good feedback for the GMC National Trainee Survey.  
<https://www.gmc-uk.org/education/how-we-quality-assure/national-training-surveys>

## Any additional information

Homerton Healthcare NHS Foundation Trust is an integrated care trust which provides hospital and community health services for Hackney, the City and surrounding communities. We provide hospital services from our main site in Homerton, and a full range of community services in people's homes and at locations across City and Hackney. Homerton University Hospital delivers general hospital and specialist services and has 400 beds across 11 adult inpatient wards, a 12 bed intensive care unit, and maternity, paediatric and neonatal wards. We have three day-surgery theatres and six main operating theatres, and perform a range of surgery including general surgery, trauma, orthopaedics, gynaecology, maxillofacial, urology and ear nose and throat (ENT). We offer a range of specialist care in obstetrics and neonatology, foetal medicine, fertility, HIV and sexual health, asthma and allergies, bariatric surgery and neurorehabilitation across east London and beyond. Community services operate from over 60 partner sites in Hackney and the City of London, and include sexual health, Locomotor rehabilitation services, school nursing and diabetic eye screening. The Trust also provides continuing healthcare at the Mary Seacole Nursing Home in Hoxton, east London.

We are known for the quality of training we offer nurses, doctors and allied professionals and are recognised as one of the top recruiters to high quality research studies in the UK, with particular interest in neonatology, sexual health and respiratory medicine.



## Foundation specific - Induction/shadowing arrangements

FY1s will be employed from the last Wednesday in July. You will receive approximately 2.5 days of Trust induction which includes workshops, talks and electronic patient record training and 2.5 days of shadowing the post you will start on the first Wednesday in August.

## Foundation specific – tasters

Taster opportunities are available for all FY1s depending on sufficient staffing during the requested dates. The Trust offers a range of specialties and where appropriate trainees can organise a taster outside the organisation.

## Foundation specific – simulation



Homerton has an award winning simulation suite including sim man, sim junior and sim baby. Team based multi-professional in situ simulation takes place on all wards and in theatres regularly (weekly on the Acute Care Unit). The simulation team run numerous courses including Faculty Development training and Foundation Trainees are encouraged to get involved. In addition, all FY1 and FY2 receive a whole day simulation/human factors training and a half day mental health simulation training. Clinical skills sessions that we offer to foundation doctors include ultrasound guided cannulation, chest drain and lumbar puncture sessions. There are also many opportunities to teach clinical skills for undergraduates including phlebotomy, cannulation, NG tube insertion and A-E assessment.

<https://www.homerton.nhs.uk/homerton-simulation-centre>

## Foundation Doctor forums

There is a Local Faculty Group for Foundation attended by FY1 and FY2 reps (voted in by peers. This reports to the Medical Education Committee (monthly). There is a Junior Doctors' Forum (open to all) and Joint Local Negotiating Committee.

## Foundation specific - educational and clinical supervision

All FY1 and FY2s are allocated an Educational Supervisor for the whole year and a Named Clinical Supervisor for each placement. In addition to this Foundation Doctors meet with the Trust Foundation Training Programme Director in December to discuss progress at the mid point reviews.

## Foundation specific - teaching programme

FY1s receive 1.5 weekly lunchtime teaching, mapped to the curriculum, which takes place in the education centre. ALS courses are available but are not funded for F1s. FY2s have 7 full day teaching sessions, mapped to the curriculum. In addition, there are also online learning opportunities, departmental teaching, Medical Unit Meeting, simulation and clinical skills.

## Foundation specific - any additional information

We have 44 FY1s and 32 FY2s at Homerton. There are opportunities to teach medical students including becoming a Junior Clinical Teaching Fellow (competitive process).



## SOUTH WEST LONDON ACUTE TRUSTS

### Croydon Health Services NHS Trust

#### Trust contact details

530 London Road, Croydon, Surrey, CR7 7YE

020 8401 3000

[www.croydonhealthservices.nhs.uk](http://www.croydonhealthservices.nhs.uk)

#### Foundation training programme directors

Mr Faddy Kamel (F1)

Dr Rajiv Patel (F2)

#### Director of Medical Education

Dr Kathryn Channing

#### Support for Return to Training (SRTT) and Less than Full Time Training Lead (LTFT)

Dr Nima Hashemi

#### Medical Education Manager

Mrs Nisha Patel

#### Foundation Programme Administrator

Mrs Noreen Khan (F1)

Mrs Aqsa Ghulab (F2)

#### Facilities - Postgraduate Centre (Location and resources)

The Centre has a total of seven teaching rooms; 4 with a full range of audio-visual equipment & and the Conservatory is used for teaching and meetings but has limited equipment. There is also a newly refurbished state of the art Dental skills laboratory, which accommodates 14 people. A four-station internet café is available in the reception area.

#### Facilities - Accommodation (Info about pricing, location etc)

Please contact the accommodation office on 020 8401 3000 ext.5656. All accommodation is subject to availability.

#### Social activities

Summer & Christmas Ball and monthly pay day events organised by the Mess Committee. Information is advertised in the Centre and Mess with electronic information sent to all trainees.

#### Doctors' mess

The MESS has recently been upgraded and decorated, with new lockers and a wide screen television together with Sky TV. A full-size snooker table and access to 2 PC's, as well as showers and changing facilities are also available. Daily newspapers and breakfast refreshments are available. The MESS president is appointed on a yearly basis and they lead on the recreational activities that include a Summer and Christmas Ball.

#### Library facilities

The newly refurbished Library is in the PGMC; it provides the perfect space for you to study and for quiet reflection. The Library has been developed with you in mind; equipped with PC's, scanners, printing facilities and a Creative Thinking Area. A wide range of print and electronic resources are available. The Library is also part of local and national networks, with the ability to access and loan information and resources that you need in your role. Our qualified library staff are here to help support Junior Doctors with their professional development, they offer information skills training and a literature search service. The library is staffed from 9am- 5pm Monday to Friday. Junior doctors can arrange to get 24/7 access to the physical library via their swipe cards.



### I.T facilities

The Internet café in the PGMC has 6 PC's, IT room in the library has 14 PC's, with access to 2 PC's in the MESS.

### Other facilities (recreational or otherwise)

The newly refurbished staff gym is equipped with modern training equipment in an inviting open environment. The gym is accessible 24 hours a day with a small joining fee and £10 monthly membership fee.

### Local amenities/attractions

Croydon University Hospital is the North end of Croydon and Central Croydon hosts two large shopping centers. There is a lively night life, including a few night clubs and cinemas, and a variety of good restaurants to the south of the borough. There is a good transport system in place with trams, train services and a 24-hour bus service.

### Transport links

Easy access to Central London via train is approx. 15 mins. Gatwick airport has a direct line from East Croydon with a similar journey time of 15 mins, and Brighton is on the same line. A short drive out brings you to countryside and a further hour would bring you into the Sussex Downs and of course Brighton seafront.

### Parking arrangements

There is limited on-site parking (first come first served); the cost is £3 per day , along with an annual fee of £30 payable to Cashiers. There is also off-site parking on surrounding roads.

### Accolades/achievements of the trust

Awards have been received for our work on the following projects:

- A London Foundation School award for helping doctors who are having difficulty reaching their goals.
- A number of bids have been awarded to the

Trust for its impressive state of the art Simulation Centre and the promotion of training.

### Any additional information

The Croydon University Hospital prides itself as a 'Great place to train, great place to learn'. Croydon University Hospital is a 400 -bedded District General Hospital (with 45-day case beds) and a 24-hour Accident & Emergency Department. The Trust also provides services at Purley War Memorial Hospital.

### Foundation specific - Induction/shadowing arrangements

FY1 and FY2 trainees are invited to attend the week prior to the August start date and the programme is set up to offer ALS training, Induction e-Learning and shadowing with the outgoing F1 trainees. This has been very well evaluated.

### Foundation specific – tasters

Foundation trainees are encouraged to attend Taster weeks in specialties that they are interested in applying for in the future. Each trainee can take up to two weeks (one week per specialty).

### Foundation specific – simulation

Croydon Healthcare Clinical Skills & Simulation Centre is one of the leading healthcare simulation centers in the South Thames region. Developing full immersion high-fidelity simulation training for interprofessional teams. To meet the safety needs of our staffing groups and our patient's. Our Simulation Based Learning (SBL) initiatives are designed so that all healthcare professionals can stretch their knowledge and application of clinical skills as well as their team working, communication and risk awareness skills in realistic but safe simulated clinical environments. With an overarching emphasis on improving Patient Safety and end patient outcomes through enhancing inter-professional team performances. Training is enhanced through a philosophy that those working together should also be training together allowing inter-professional teams the opportunity to enhance their team working skills in a safe and simulated environment.

### Foundation Doctor forums

There is a local Foundation Faculty Group, with meetings attended by FY1 and FY2 trainee reps. This reports to the Local Education Committee (quarterly). There is a Junior Doctors' Forum (open to all), Local Negotiating Committee and Guardian of Safe Working Forum.



The Chief Executive junior doctor Forum every 6 weeks feedback meeting and each quarter the BMA are invited to attend. The FY1 reps are encouraged to join Management meetings and have access via the PA to the Director of Operations.

### Foundation specific - educational and clinical supervision

All FY1 and FY2s are allocated an educational Supervisor for the whole year and a Named Clinical Supervisor for each placement. In addition to this Foundation Doctors meet with the Trust Foundation Training Programme Directors when required.

### Foundation specific - teaching programme

There is a well-supported teaching programme with protected one-hour slots per week for FY1s and FY2s. All trainees are expected to be trainers and assessors for the years below and therefore the assessment of competencies is achievable as well as the development of a rounded portfolio. Although the learning in the Foundation Years is trainee led, we are not afraid to give you a helping nudge in the right direction to ensure that you complete the year successfully.

A range of courses take place on site include:

- Advanced Life Support (ALS)
- Advanced Paediatric Life Support (APLS)
- Advanced Trauma Life Support (ATLS)
- Core Medical Procedures Skills course for Foundation Trainees.

Foundation trainees are given the opportunity to become involved with the 'Foundation Programme for Teaching Medical Students', which, in the past, has been very well received by the target student groups from King's and St George's. Trainees are also encouraged to be part of committee meetings such as:

- Management Committees
- Teaching
- Bedside teaching
- OSCE

### Foundation specific - any additional information

We have now supported Foundation Trainees through the Foundation Years to become competitive for entry into the core training programme of their choice. We try and ensure Foundation involvement in every aspect of the hospital environment and host a successful Junior Doctors feedback Forum where your voices are heard and evoke change. The Foundation representatives sit on the Faculty Board and allow your views to improve the Programme. We have set up trainee led Teaching, Patient Safety, Leadership and Service Improvement Committees. These have led to many presentations, posters and papers allowing trainees to evidence their skills. The Foundation Programme Directors operate an open-door policy and are available on request. Dr Kathryn Channing (Director of Medical Education) and Nisha Patel (Medical Education Manager) are also available for added support as and when required. Karen Bounds will ensure that your portfolios are full of your reflections of your experiences at CUH. We hope that you will enjoy your year with us and encourage you to approach current FY1s for their experiences of a learning environment. We look forward to meeting you and hope you will enjoy your stay at CUH.

### Self-development time

All Foundation Trainees will be allocated protected time for Self-Development from August 2021. The time allocated is two hours per week (though this may be arranged differently depending on rotas and working patterns across specialties). Time can be used towards audits, quality improvement projects, research and teaching initiatives, and must be done on-site.



## Epsom and St Helier University Hospitals NHS Trust

### Trust contact details

St Helier Hospital  
Wrythe Lane, Carshalton, Surrey, SM5 1AA  
020 8296 2000 (Switchboard)

Epsom General Hospital  
Dorking Road, Epsom, Surrey, KT18 7EG  
01371 735 735 (Switchboard)  
[www.epsom-sthelier.nhs.uk](http://www.epsom-sthelier.nhs.uk)

## Foundation training Programme Directors

**Group Director of Medical Education**  
Dr Sophie Vaughan

**Group Head of Medical Education**  
Mr Nick Gosling

**Associate Director of Medical Education**  
Mr Mark Middleton

**Medical Education Manager**  
Ms Karen Saridis

**F1 Foundation Programme Directors**  
Dr Rina Patel & Dr Sam Raveney

**F2 Foundation Programme Director**  
Dr Sarah Milliams

**Foundation Programme Coordinator**  
Mrs Debra Gent

## Facilities - Postgraduate Medical Centres (Location and resources)

There is a well-equipped postgraduate medical centre on each site, both the Epsom and the St Helier Hospital site with videoconferencing facilities for cross-site teaching.

## Facilities - Accommodation (Info about pricing, location etc)

Accommodation is available on site. For information contact the Accommodation Departments: St Helier Hospital 0208 296 3693.

## Social activities

The mess president at Epsom and St Helier sites organizes a lively program of events. There is a doctors' mess centrally located in the hospital in each site.

## Library facilities

Epsom and St Helier University Hospitals NHS Trust has two physical libraries: The Hirson and the Sally Howell Library.

## I.T facilities

Resident doctors have access to 10 PCs and 4 laptops in the Hirson Library. There are 7 PCs and 3 laptops in the Doctors' Mess computer room. Scanning facilities are also available for scanning documents into Horus.



## Transport links

A short bus ride takes you to Morden tube station on the Northern line (zone 4) or to Sutton station, which provides the easiest access with frequent buses to the hospital. Sutton has direct rail services running to and from Epsom, Croydon, London Bridge, London Victoria, Clapham Junction and Wimbledon. Also running through Sutton is the Sutton Loop Thameslink line which links Luton and St Pancras International directly with the stations on the loop. St Helier is approximately 8 miles from London. There is also a black cab rank outside Sutton station and the taxi journey takes about 5 minutes.

## Local amenities/attractions

St Helier is very close to Sutton, a busy town with excellent shopping centers, restaurants, cinemas and leisure centers.

## Parking arrangements

Staff parking is available on all sites. There is an annual permit costs and the daily charge is dependent on salary.

## Accolades/achievements of the trust

We are one of the best performing trusts in South West London. We are one of the most improved in London overall and meet all the key standards which makes us ranked as Good by the CQC.

## Any additional information

Epsom and St Helier University Hospitals NHS Trust was formed in 1999 when Epsom Health Care NHS Trust and St Helier NHS Trust merged. It provides services to approximately 420,000 people in South West London and North East Surrey. We provide specialist renal services and a neonatal intensive care to a wider area. We cover some of the most prosperous postcodes in the country as well as some poorer areas and together with our colleagues in our CCG's.

The Trust operates on two major sites: St Helier Hospital incorporating Queen Mary's Hospital for Children and Epsom Hospital. We also provide services from a number of other local hospitals. We have 11 renal centres throughout South London and Surrey and we host the Elective Orthopaedic Centre (EOC) at Epsom which is operated by the Trust in conjunction with neighbouring trusts on a partnership basis. The EOC is the largest hip and knee replacement centre in the UK and one of the largest in Europe. The EOC is also a major centre for shoulder surgery and hip arthroscopies as well as undertaking more than 1,000 minor orthopaedic procedures, most of them as day cases or short stay.

Epsom Hospital serves the southern part of the catchment area and provides an extensive range of inpatient, day and outpatient services. It has an Accident and Emergency service with 54,000 attendances per year. It also undertakes all elective (pre-booked) inpatient surgery within the Trust. There is an extensive range of diagnostic and supporting services, including pathology, radiology (including CT, MRI and ultrasound) and vascular diagnostic services, and a busy modern purpose-built day care and day surgery unit. The site also includes an acute psychiatric facility operated by Surrey and Borders Partnership NHS Foundation Trust. St Helier Hospital is the largest site within the trust and shares its site with Queen Mary's Hospital for Children. The hospital has a comprehensive range of diagnostic facilities within pathology and radiology (including MRI and CT scanning, nuclear medicine, ultrasound and vascular diagnostic services), a busy Accident and Emergency department dealing with 80,000 attendances per annum, and a range of outpatient facilities. It undertakes all the emergency surgery in the Trust. The renal unit provides acute renal care and dialysis and is integrated with the St George's Hospital transplant program. For more information about the Trust see the website [www.epsom-sthelier.nhs.uk](http://www.epsom-sthelier.nhs.uk).

## Foundation specific - Induction/shadowing arrangements

The Preparation for Professional Practice is organized via the Foundation Programme administration team. For F1's there are 7 days of clinical induction training events and opportunities for shadowing. F2's are inducted as part of the general August induction intake.

## Foundation specific – tasters

A good selection of tasters are available including: Ophthalmology Microbiology, Chemical Pathology, Dermatology, GU Medicine, Immunology, Radiology, O&G, Diabetes, ED, Renal Medicine, Paediatrics, Anaesthetics, Cardiology, Neurology, Psychiatry, Palliative Care, Respiratory Medicine and Gastroenterology. Each taster is arranged collaboratively with the trainee and the programme outline is designed around the individual trainee's needs.



### Foundation specific – simulation

The trust has a well-equipped Simulation centre on the Epsom hospital site and also has mobile Simulation equipment. We run an extensive programme of simulation courses including at all levels. ALS is offered to all F1 doctors.

### Foundation Doctor forums

Junior doctors' representatives are elected for each year. They represent their colleagues at the Foundation Programme Faculty Group meetings and Junior Doctor Forum meetings.

### Foundation specific - educational & clinical supervision

The Foundation Programme supervision team is comprised of 100 clinical supervisors and 25 educational supervisors. Foundation trainees are allocated a clinical supervisor for each four-month post and an educational supervisor for the year they spend with us. The clinical supervisor will supervise the trainee (in consultation with their educational supervisor and the Programme Director) to maintain an overview of the development and progress of the foundation doctor within the training programme. An educational agreement will be agreed at the initial meeting within each post. Mid-point reviews are also required in each post.

### Foundation specific - teaching programme

F1s have three hours of protected teaching each week on a Tuesday afternoon on the St Helier site. F2s from all sites (including those in general practice) have their teaching on Wednesday mornings on the St Helier site.

### Foundation specific Additional information

The trust has 46 foundation year 1 posts in General Medicine, General Surgery, Haematology, Trauma and Orthopaedics, Urology, UCC, Palliative Care and Psychiatry. There are 45 foundation year 2 posts, covering Trauma and Orthopaedics, General Surgery, ED, Paediatrics, General Practice, General Medicine, Renal medicine, ITU and Obstetrics and Gynaecology. Most programmes involve rotations on both main sites, Epsom General Hospital and St Helier Hospital.

### Foundation Buddy Programme

A near-peer mentoring programme where F1s can gain from the support of an SHO when they join the trust. Voluntary option for F2s to be mentors in this programme.

### Self-Development Time

F1s & F2's have two hours a week to use for Supervisor meetings, portfolio work, audit or teaching preparation, etc.

For more information about the Trust see the website [www.epsom-sthelier.nhs.uk](http://www.epsom-sthelier.nhs.uk) and for information on any aspect of foundation training at Epsom and St. Helier University Hospitals NHS Trust please contact:

Mrs Debra Gent  
020 8296 4010  
[esth.foundation.programme@nhs.net](mailto:esth.foundation.programme@nhs.net)



## Kingston & Richmond NHS Foundation Trust

### Trust contact details

Galsworthy Road, Kingston-Upon-Thames, Surrey, KT2 7QB

**Switchboard:** 02085467711

[www.kingstonandrichmond.nhs.uk](http://www.kingstonandrichmond.nhs.uk)

### Foundation training programme directors

Dr Koteswara Muralidhara (F1)

Miss Rashmi Singh (F2)

### Director of Medical Education

Dr Elisabeth Peregrine

### Deputy Director of Medical Education

Dr Helen Draper

### Medical Education Manager

Danielle Hynes

### Facilities - Postgraduate Centre (Location and resources)

The Medical Education office is in the Education Centre on Level 5 of Kingston Surgical Centre. The Education Centre has audio-visual facilities. There are two Lecture Theatres which can be opened into one room holding up to 150 people and eight other Seminar Rooms of different sizes. All rooms have AV equipment and Smart Boards. There are also video-conference facilities available. There are three Clinical Teaching rooms – a Resuscitation room, Mock Ward and Clinical Skills room. The Medical Education Team share the Education Centre with the Education Centre Team, Resus and Simulation Teams and the Library.

### Facilities - Accommodation (Info about pricing, location etc)

All accommodation is conveniently located close to Kingston town center and located on the grounds of Kingston Hospital. The property offers fully furnished rooms, most of which are en-suite, with many of the en-suites having been renewed recently. Given the high rental values for the area, Keyworker Living in Kingston is highly affordable with rents being significantly lower than the average for the area. There are 78 bed spaces. Shared and en-suite single rooms.

Email: [Southern Housing Keyworkers](mailto:Southern Housing Keyworkers)

Phone: 020 803 60020

### Doctors' mess

The Doctors' Mess is located on Level 2 of Kingston Surgical Centre. There is a large seating and resting area, a kitchen (microwave, toaster, panini maker), computer stations, toilet, separate male/female showers and locker facilities.

Subscription is £10 per month. Fees are used to provide to buy consumables for members and contributions to social events.

### Social activities

Various social activities are arranged via the Doctors' Mess, including nights out and the annual Hospital Ball.

### Library facilities

The Stenhouse Library is located on Level 5 of Kingston Surgical Centre and is open with 24 hour access. The library has several quiet areas to work together with numerous Trust computers and a wellbeing / relaxing area. To become a member, an [online registration form](#) can be completed to allow access to the library services and to borrow print books. To use the online resources including, eBooks, Journals and databases please register for an [OpenAthens account](#).

## South West London Acute Trusts



In addition, and to help with the needs of clinical governance and evidence-based medicine, the librarians can:

- conduct literature searches with you or on your behalf
- provide training on retrieving medical and health information from the internet
- hold workshops on database searching (e.g., MEDLINE, CINAHL)
- provide a Clinical Librarian Service
- obtain articles for free via interlibrary loan
- provide access to clinical decision support tools

Please email [krf.library@nhs.net](mailto:krf.library@nhs.net) for any further information.

### I.T facilities

Kingston Hospital has an excellent IT department and provides both online and telephone support for all the Trusts' IT needs. Kingston Hospital uses the Cerner Millennium Care Records Service solution with electronic ordering/results for Pathology and Radiology tests.

### Transport links

Transport and travel information is available on the Trust website.

### Local amenities/attractions

Kingston Hospital is in an attractive part of Surrey and is within easy reach of Central London, Richmond Park, the river Thames, the historic Royal Borough of Kingston-upon-Thames, and open countryside. Kingston Town Centre has a large shopping area and plenty of restaurants some of which are located by the river Thames. There are two or three nightclubs and plenty of pubs and wine bars. Richmond Park is opposite the Hospital, and you can get to Richmond, Ham and Roehampton through the park.

### Parking arrangements

A managed car parking scheme operates at Kingston Hospital NHS Foundation Trust. The number of car parking spaces on site is limited so eligibility criteria are in place for staff who request permits. There are two main types of staff permit available: Red (Priority) Permits and Yellow (Standard) Permits. Red Permits allow access to the Essential Users Car Parks and are available to staff who undertake three or more off-site commitments per week. Yellow Permits can be applied for by all staff and are allocated according to the current Car Parking Policy. There is currently a waiting list for these permits. Applications for permits should be made using the Car Parking Permit Application Form on the Trust Intranet. Off-peak permits are also available for those working nights and weekends.

### Accolades/achievements of the trust

Following several years of close partnership working and shared leadership, in November 2024 Hounslow and Richmond Community Healthcare (HRCH) and Kingston Hospital NHS Foundation Trust formally joined together and are now called Kingston and Richmond NHS Foundation Trust.

The hospital became the first acute Trust in London to receive an Outstanding rating for Leadership and was also rated Outstanding for Caring and Overall Quality. The Hospital is the first acute Trust to be licensed since April 2012 and the first to become a Foundation Trust (FT) in Southwest London.

### Any additional information

Kingston Hospital NHS Trust is approximately 12 miles from central London and provides a full range of diagnostic and treatment services within Southwest London and North Surrey. We have approximately 350 beds and directly employ around 2,900 across all groups including nursing and midwifery, medical and dental, administrative and clerical, ancillary and management. Our main site is the Kingston Hospital site, but we also run a number of outpatient clinics in the community, including in Raynes Park, Surbiton, Queen Mary's Roehampton and Teddington.

### Foundation specific - Induction/shadowing arrangements

The 2026 F1 induction/shadowing will take place from Monday 27<sup>th</sup> July to Tuesday 4<sup>th</sup> August, paid at basic rate. This includes time shadowing the outgoing F1, training on the use of the Care Record System



(CRS), Hospital Induction and Foundation Induction with the Foundation Training Programme Director. ILS and ALERT training for F1s takes place during the shadowing /induction period prior to the F2 and Specialty Trainee intake. F2s attend a Hospital Induction on their first day, including training on the use of the Care Record System (CRS). An Introductory and welcome session by the Foundation Training Programme Director for FY2 takes place on the morning of the following day.

#### Foundation specific – tasters

Guidance about arranging a taster is provided to foundation trainees as part of their Foundation Induction information. All trainees are strongly encouraged to arrange a taster in a specialty of their choice.

#### Foundation specific – simulation

The Trust has an established state-of-the-art Simulation Centre and has been successfully providing simulation training for foundation trainees since 2010. All foundation trainees are required to attend a Simulation Training Day. Training takes place in the Simulation Suite, located on Level 5 of Kingston Surgical Centre.

#### Foundation Doctor forums

Both F1 and F2 doctors choose representatives at the beginning of their rotation. Representatives attend Foundation Faculty Group Meetings, Trust Educational Faculty meetings on a quarterly basis as well as the Resident Doctors' Forum. Foundation Trainees are able to express their views and suggestions for improvement via the annual National GMC Survey and also through local Trust surveys.

#### Foundation specific - educational and clinical supervision

Each rotation has an overall Educational Supervisor and each placement within the rotation has a Clinical Supervisor. All supervisors have received appropriate training and education and are approved assessors for supervised learning events (DOPS, mini-CEX and CBD).

#### Foundation specific - teaching programme

In addition to departmental teaching, F1 trainees receive 2 hours of bleep free teaching per week. All trainees have opportunities to develop their teaching skills through peer teaching, which is formally assessed by Educational Supervisors. The F2 teaching programme includes full day mandatory study days. For F2's there are opportunities for peer led teaching and peer mentoring.

#### Foundation specific - any additional information

Foundation doctors are actively involved in Trust and national audits. There is a Trust Audit seminar each year and Foundation doctors have been involved in prize-winning audits.

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## St George's University Hospitals NHS Foundation Trust

### Trust contact details

Blackshaw Road, Tooting, London SW17 0QT

**Trust switchboard:** 020 8725 1000

**PGME office:** 020 8725 1633

**Trust website:** <https://www.stgeorges.nhs.uk/>

### Foundation Training Programme Directors

Mr Adam Heetun (F1)

Dr Yael Gelfer (F2)

#### Medical Education Manager

Robert Bramwell

#### Foundation Programme Co-Ordinator

Jocelyn Villar

### Facilities - Postgraduate Centre (Location and resources)

The Postgraduate office is located at the Education Centre Building, Perimeter Road, St Georges University Hospitals, NHS Trust.

### Facilities - Accommodation (Info about pricing, location etc)

Accommodation is available that is located within walking distance of St George's Hospital.

Fully furnished accommodation with en-suite bathrooms. Rent inclusive of bills (where applicable) on site launderette and accommodation office. 24 hour monitored CCTV and video door entry control. On-site parking (limited). Regular bus service and nearby rail and underground train stations.

Outdoor gym equipment. Access to our self-serve online service [MyTVH](#) to manage your account.

<https://www.tvha.co.uk/rent/keyworker-housing/st-georges/>

### Social activities

There is an active Doctor's Mess that arranges social activities for all grades, including a Summer Ball.

#### Doctors' mess

Our Doctors mess is located on 1st Floor Lanesborough Wing. There is a kitchen and Sky TV available here.

### Library facilities

The Library, based in St George's, University of London, offers evidence-based information support for clinical decision-making, learning and research for all staff and placement students of St George's Trust. It has excellent facilities including:

- 4 bookable pcs connected to the Trust network;
- Additional University-networked computer
- Printing facilities for onsite access to a variety of e-resources such as healthcare journals and databases
- Group and private study areas.
- The Library also facilities access to and provides training on the wide variety of health information resources coordinated nationally via HEE and NHS OpenAthens. A librarian mediated literature search service is also available to doctors in training. <http://library.sgul.ac.uk/nhs-staff>

### I.T facilities

There is 24-hour access to the Trust intranet as well as the internet available on site.



## Transport links

The hospital is within easy access to underground stations Tooting Broadway (Northern Line), Overground, Thameslink and several bus links.

## Local amenities/attractions

Tooting offers a wide range of bars and restaurants. Clapham, Wimbledon and central London are within easy reach.

## Parking arrangements

There is no staff parking available on the hospital grounds unless you are a permit holder.

## Any additional information

St George's Hospital is one of the country's principal teaching hospitals. It is a regional referral centre for a wide array of specialties and provides excellent standard of care for patients who come from the local area, from the region and from further afield. It has a close association with St. George's University of London and is the central point of postgraduate medical education for many trainees.

St. George's Hospital has over 9,000 staff members. St George's University Hospitals NHS Foundation Trust serves a population of 1.3 million across southwest London. A large number of services, such as cardiothoracic medicine and surgery, neurosciences and renal transplantation, also cover significant populations from Surrey and Sussex, totaling around 3.5 million people.

## Foundation specific - Induction/shadowing arrangements

There is a 5-day induction including a shadowing period for FY1 doctors. Further shadowing can be arranged by contacting Jocelyn Villar in the PGME. Longer periods are available for doctors who trained overseas.

## Foundation specific – Tasters

Taster weeks are widely available and encouraged during F2 year and during the final rotation of the FY1 year.

## Foundation specific – Simulation

All trainees are given a day to attend a simulation training day. In addition, topic specific additional simulation projects have been developed by the trainees themselves over the summer months. These have been very successful.

## Foundation Doctor forums

Foundation Doctors are represented at the Foundation Faculty meetings by 2-3 representatives from each year.

## Foundation specific – Educational and Clinical Supervision

Every Foundation Doctor is allocated an Educational Supervisor for the year. In each attachment, trainees are also allocated with a Clinical Supervisor. The Foundation Trainees are also supported by Training Program Directors and the Director of Medical Education, as well as the postgraduate centre staff. Every foundation doctor will have the opportunity to meet their TPD with a mid-point review.

## Foundation specific - teaching programme

Foundation Programme posts at St. George's reflect the wide variety of clinical experience to be found in the hospital and its associated general practices and institutions. The rotations comprise three - four-month jobs and have been designed to give an interesting variety of acute clinical experience. In some, there is an opportunity to work in one of the less common areas of medical practice and some trainees find that they are inspired to make a career choice based on their firsthand understanding of what it is like to work in areas such as paediatrics, neonatology, radiology, palliative care medicine, psychiatry and genito-urinary medicine. F2 posts all include four months of A&E.

Commented [CH1]: Spelling - paediatrics

Both F1 and F2 trainees have the opportunity to attend the enormous variety of lectures, seminars and departmental meetings in the hospital and medical school as well as weekly Grand Rounds. Career workshops are offered to both years. All Foundation trainees are offered simulation courses as well as protected teaching sessions that take place every Tuesday for F1s and a full day teaching session in for both F1s and F2s. We also offered BLS/ALS, Simulation and ATLS courses for all foundation doctors.

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St Georges is fully engaged with the **Foundation Enhance Leadership Programme** and teaching encompasses all the requirements of the Enhance Curriculum. Trainees are very much encouraged to get involved in this programme which is being rolled out nationally 2024/5. There are regional study days, webinars and a London-wide presentation day.

### Foundation specific - any additional information

Our foundation doctors have developmental time. This will be an hour for F1s and 2 hours for F2s. Many choose to do quality improvement projects. There are opportunities for the doctors to present their work and field questions at local, regional, and sometimes national events. The FY1 doctors are also encouraged to present at their peer teaching afternoon on topics that are useful and relevant to FY1 doctors. This opportunity can also be used to complete the Developing the Clinical Teacher assessment in the ePortfolio.



## SOUTH EAST LONDON ACUTE TRUSTS

### Guy's & St Thomas' NHS Foundation Trust

#### Trust contact details

Guy's Hospital  
Great Maze Pond, London, SE1 9RT

St Thomas' Hospital  
Lambeth Palace Road, London, SE1 7EH

**Switchboard:**

020 7188 7188  
Medical Education Ext: 85194

#### Foundation Training Programme Directors

Dr Shumontha Dev  
Dr Leila Frodsham  
Dr Rebekah Schiff  
Dr Nick Ware  
Dr Magda Sbai  
Dr Shamim Nassrally  
Dr Jocelin Hall  
Dr Srividhya Sankaran  
Mr Fabian Wong

**Director of Medical Education**

Mr. Wathik ElAlami

**Associate Director for Medical Education**

TBC

**Head of Medical Education**

Igor Tanjga

**Service Manager for Medical Education**

Ashleigh Gregory

**Foundation Programme Coordinator**

Peter Stow

#### Facilities - Postgraduate Centre (Location and resources)

**St Thomas' Hospital**

We have a dedicated education centre based on York Road just a few minutes from St Thomas' Hospital. The foundation programme administration team are based in the centre where the trainees are welcome to pop in to discuss queries. The majority of foundation programme educational events are held at the education centre. The education centre has a number of seminar and training rooms of various sizes catering for a variety of training needs including video-conferencing, phone conferencing, SMART board technology. There are also three training rooms set out like wards for scenario based training.

**Guy's Hospital**

The Sherman education centre is based at Guy's Hospital. There is a lecture theatre with videoconferencing facilities, two seminar rooms and a meeting room. The weekly F1 teaching and Medical Grand Round are video-linked to Sherman lecture theatre to allow trainees based at Guy's Hospital to attend more easily. There is also a simulation training space in Sherman Centre at Guy's Hospital which includes a simulation training lab and a large surgical simulation room.



## Facilities - Accommodation / (Info about pricing, location etc.)

### Accommodation close to St Thomas'

#### Gassiot House

Room in a shared flat: £600–£800 per month

Room in a two-bedroom river-view flat: £1,100 per month

#### Rent payments

All rents include utility bills (gas, electricity and water). Payment will be taken on the 24th of each month, directly from your salary.

As a member of NHS staff, you can connect to the internet using either the NHS Staff Wi-Fi network or the Trust's PLocal network.

#### Deposit

You'll need to pay a security deposit equal to one month's rent by debit card when you move in this will be refunded when you leave, if there's no damage or rent outstanding.

#### Contract

You will be required to sign an Assured Shorthold Tenancy on arrival. This tenancy is based on a six-month rolling contract for a maximum of one year. 28 day's notice is required if you want to leave.

### Accommodation close to Guy's

#### Elizabeth Newcomen House

Room in a shared flat: £530–£800 per month

Bedsit: £1,000 per month

Two-bedroom flat: £1,630 per month

#### Rent payments

All rents include utility bills (gas, electricity and water). Payment will be taken on the 24th of each month, directly from your salary.

Rents do not include the cost of the TV licence or Wi-Fi; you are responsible for arranging these separately.

#### Deposit

You'll need to pay a security deposit equal to one month's rent by debit card when you move in.

Your deposit will be held securely in a tenancy deposit scheme and will be refunded when you leave, if there's no damage or rent outstanding.

#### Contract

You will be required to sign an Assured Shorthold Tenancy on arrival. This tenancy is based on a six-month rolling contract for a maximum of one year. 28 day's notice is required if you want to leave.

## Social activities

- Monthly mess parties
- Christmas Ball
- Summer ball
- Doctors' mess
- Mess facilities are available on both St Thomas' Hospital and Guy's Hospital site.
- Staff working weekends get free pizza for lunch from Papa John's
- Subscription is £10 per month.

## Library facilities

Library facilities are located on both hospital sites and are part of the King's College London (KCL) system. Once registered you have access to:

- All KCL libraries
- Free skills development sessions
- KCL computers
- Ejournals / e-books anywhere via NHS OpenAthens
- Onsite access to further eresources
- Printing, photocopying and scanning

## South East London Acute Trusts



- Individual and group study areas
- Print and electronic document delivery / interlibrary loans
- Access to qualified staff who offer advice and assistance
- Extensive book collections

For full details please see <https://www.kcl.ac.uk/library/further-support/nhs> and the NHS libguide <https://libguides.kcl.ac.uk/NHS>

### Opening hours:

St Thomas House: 24/7 access; LibChat PCs available to connect with library staff during core hours  
New Hunts House (Guy's): Staffed between 9am-7pm on weekdays and 10am-6pm on weekends. Long hours, including 24/7 at many times – full opening hours are available on the [library website](#)

## I.T facilities

Junior doctors have access to Trust computers in most clinical departments and wards.  
There are also computers available for use in the postgraduate centres, doctor's mess, libraries and the Knowledge and Information Centre (KIC) in St Thomas' Hospital.  
Some clinical areas, Sherman education centre and the libraries have access to KCL computers Trust emails can be accessed from home via webmail.  
Wi-Fi access is available throughout Guy's Hospital and St Thomas' Hospital.

## Transport links

Guy's Hospital: easy access to underground and over ground via London Bridge as well as bus routes.

St Thomas' Hospital: easy access to underground (via Westminster, Waterloo and Lambeth North), over ground (via Waterloo and Waterloo East) and bus routes.

There is a regular shuttle service connecting Guy's with St Thomas' Hospital.

## Local amenities/attractions

Guy's Hospital and St Thomas' Hospital are both located at the heart of central London with easy access to restaurants, bars, theatres, cinemas, clubs, museums, shops, parks and much more!

### Guy's Hospital:

On site – several AMT coffee shops, canteen and a well-stocked hospital shop.  
Immediate vicinity – Shard, Borough Market, River Thames, numerous restaurants, bars and shops.

### St Thomas' Hospital:

On site – M&S food, WH Smith, chemist, several restaurants/cafeterias and a gift shop.  
Immediate vicinity of: Big Ben, London Eye, Southbank, River Thames, numerous restaurants, bars and shops.

## Parking arrangements

Limited parking facilities are available on both sites. Parking permits can be applied for.

## Accolades/achievements of the trust

Guy's and St Thomas' has won the Quality of Care Award at the 2016 CHKS Top Hospitals Awards for demonstrating its commitment to providing a high level of care for patients.

In 2021, Guy's and St Thomas' were finalists in the People and Organisational Development Initiative of the Year award as part of the HSJ Value Awards.

We are also in the top three Trusts for research; In 2020/21, 26,851 people took part in 1,896 research studies open at the Trust looking at new ways to diagnose and prevent illness, treatments, medicines and medical devices. We have one of the largest capital investment programmes in the NHS and are making significant investments in our buildings, IT and medical equipment, for the benefit of patients.



## Foundation specific - Induction/shadowing arrangements

You will receive approximately two and a half days of a useful and relevant Trust induction which includes practical scenario training, electronic patient records training, workshops and talks from a variety of people relevant to being an F1. The induction is well evaluated. In addition to this there is an online induction specifically designed for junior doctors.

You will also have approximately 4.5 days to shadow the current F1 and meet with the clinical team.

## Foundation specific – tasters

Foundation doctors are allowed to use up to 5 days for a Taster. Guy's and St Thomas' NHS Foundation Trust offers a full range of hospital services as well as specialist services, so our foundation doctors are usually able to find a suitable taster. As a foundation doctor within the Trust you can really make the most of a taster as you can usually get involved with the patients and the clinical team.

## Foundation specific – Simulation

GSTT has a state-of-the simulation centre

- All FY1&2 receive interprofessional high fidelity simulation training
- All FY2s receive simulation faculty training to teach on the undergraduate simulation courses

For final year medical, nursing and midwifery students.

- There are usually other optional simulation events that foundation doctors are allowed to attend for free.

## Foundation Doctor forums

In August we invite F1s and F2s the opportunity to apply to become a Foundation Programme rep. Due to our large cohort of F1s and F2s we usually have at least 6 F1s and 6 F2 who are allocated a smaller number of foundation doctors to represent. The reps are responsible for:

- Gaining feedback from your foundation doctor colleagues
- Being a contact point for your small group of foundation doctors
- Working with the specialties to address issues raised from trainees.
- Attending a foundation programme reps meeting
- Attending the Foundation Faculty Meeting (3 per year) to feedback trainee issues and engage with Developing the foundation programme at GSTT. Attend ad hoc meetings as requested
- Allocated projects to be involved with including;

- Simulation Review
- Transitioning to F1's/On-the-job Skills
- F1/F2 Teaching Review / ES Training
- Second Conversation
- EPIC workflow
- Psychiatry & Community Review
- Buddy Scheme
- Wellbeing/Careers

## Foundation specific - Educational and Clinical Supervision

All Foundation Doctors are assigned an educational supervisor for the full year. This is usually a consultant who you will be working with in your first placement. You will also be assigned a clinical supervisor in each four-month placement. In addition to this you will be assigned a Foundation Training Programme Director who will meet with you at least twice during the year to check you are on track and discuss careers.

## Foundation specific - teaching programme

F1s receive 1-hour weekly teaching which is usually presented from St Thomas' Hospital but is videolinked to Guy's Hospital (occasionally vice versa). The format is designed to be case based and interactive.

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F1s are also expected to attend:

- Simulation for Foundation Doctors
- Quality and Improvement half day workshop
- Medicine and the Law half day workshop
- Leadership half day workshop and e-learning
- Equality and diversity e-learning
- Prescribing e-learning

F2s receive a half day themed training session every month as well as a variety of mandatory courses. Which are:

- Leadership
- ALS
- Acutely Ill and Injured Patients
- Medicine and Law
- Foundation Simulation
- Undergraduate Simulation

### Foundation specific - any additional information

We currently have 71 F1 posts and 85 F2 posts at Guy's and St Thomas' Hospital. The placements include a variety of medical, surgical, psychiatry and community placements. We are currently engaging with community services to offer foundation doctors the opportunity to attend meaningful placements in line with Broadening the Foundation Programme.

The Undergraduate Department within Medical Education will be providing Foundation Doctors a Clinical Skills Tutoring Scheme which is in place since 2019.

This includes:

- Participation in small group teaching sessions
- Undergraduate Simulation
- Annualised Clinical Skills days
- Approved by Dr Ros Tilley, the director of Undergraduate Medical Education.

## King's College Hospital NHS Foundation Trust (Denmark Hill Site)

### Trust Contact Details

King's College Hospital  
Denmark Hill, London, SE9 9RS  
**Switchboard:**  
02032999000

### Foundation Training Programme Directors

Mr Tunji Lasoye  
Dr Geoffrey Warwick

#### **Director of Medical Education**

Mr Tunji Lasoye

#### **Senior Medical Education Manager**

Sheinaz Mahomedally

#### **Medical Education Manager (Denmark Hill site)**

Anne Mckenzie

#### **Foundation Programme Coordinator**

Ifeoluwa Suleiman

#### **Foundation Programme Administrator**

Sharmin Islam

### Facilities - Postgraduate Centre (Location and resources)

There is a purpose-built postgraduate conference centre providing a venue for postgraduate medical and dental activities within the Trust. The Centre comprises of a fully equipped lecture theatre and three seminar rooms:

Bill Whimster lecture theatre – Seats 80 people  
and is equipped with the latest audio-visual equipment  
and video conferencing facilities.

Jan Welch teaching room  
Seats 40 people and includes audio-visual equipment  
and video conferencing facilities.

Clare Vaughan seminar room  
Seats 60 people and is audio-visual facilities.

The room features an acoustic partition, dividing the area into 30/30 seating capacity.

### Facilities - Accommodation (Info about pricing, location etc)

The accommodation office can assist FY1 trainees in sourcing housing association properties. Trainees should contact the accommodation office with their requirements. Accommodation Team telephone number – 020 3299 3400.

### Social activities

We have a very pro-active Doctors' mess Committee who are keen for members to have plenty of opportunity to socialise and unwind, including monthly events such as:

- Access to a dedicated space away from the busy clinical areas, with a kitchen and provisions available.
- Friday lunchtime pizza delivery.
- Monthly social events
- Annual Summer and Christmas Parties.

The Doctors' Mess at King's offers a relaxing environment with a TV, a kitchen regularly stocked with tea and coffee, and snacks. A variety of social events are held through the year and junior doctors are encouraged to become members of the Mess Committee.



## Library facilities

As an employee of King's College Hospital you will have access to Libraries & Collections from King's College London. The Weston Education Centre houses a substantial library offering a variety of study spaces including PCs connected to both the university and hospital networks. You may also choose to use other campus libraries. Online access is prioritised for both resources and support with extensive availability of journals and books. The university's collections further extend those accessible through your OpenAthens login. Specialist Library staff are available to help you make the most of these resources, with remote support options also available. Our Clinical Support Librarian can assist you in finding the evidence you need for patient care, education, and research. Please visit [www.kcl.ac.uk/library/nhs](http://www.kcl.ac.uk/library/nhs) for further information.

## I.T facilities

Within the Doctors' Mess there are PC's and a printer.

## Transport links

King's College Hospital is located in Camberwell, South London, with good public transport links.

## Local amenities/attractions

Close proximity/easy access to Central London and Dulwich Village.

## Parking arrangements

Demand for car parking spaces at King's greatly exceeds supply and you are strongly urged to use public transport where possible. Permits are awarded on a strict points system to those members of staff who require them.

## Accolades/achievements of the trust

King's College Hospital is part of a pioneering Academic Health Sciences Centre, King's Health Partners (KHP). This collaboration brings together one of the world's leading research-led universities, King's College London, and three of London's most successful NHS Foundation Trusts: King's College Hospital, Guy's and St Thomas', and South London and Maudsley. Its core mission is to drive faster and more effective improvements in health and well-being—locally, nationally, and globally. KHP's work integrates cutting-edge basic and translational research, clinical excellence, and world-class teaching to deliver transformative advances in physical and mental healthcare. King's College Hospital has become the first major acute hospital in the UK to be awarded the Investors in People (IIP) Gold Standard award. Investors in People is a national quality benchmark awarded to well-run organisations that demonstrate strong management practice with a high emphasis on best practice people management and development. King's first achieved Investors in People status in 1999, but this marks the first time it has been recognised with the Gold award—a significant milestone. The Gold award is reserved for organisations that demonstrate exceptional excellence in how they develop and support their staff. Executive Director for Workforce Development at King's commented; "Achieving Gold standard is a tremendous achievement for the Trust. Our people are at the heart of everything we do for our patients at King's. Their individual skill and commitment are crucial in delivering quality services; we want our staff to continue to feel supported and valued, whatever their role, and we will continue to help them develop their potential."

## Any additional information

King's College Hospital is a large teaching hospital and NHS Foundation Trust located in South Central London. It provides healthcare to residents of a densely populated local area, as well as offering many tertiary services to South-East England and beyond. Our department is based within the Weston Education Centre, adjacent to King's College Hospital at Denmark Hill. This location affords us the benefit of a well-equipped postgraduate conference Centre, in close proximity to the library facilities of King's College London on the hospital campus.

King's College Hospital NHS Foundation Trust is one of the UK's largest and busiest teaching Trusts, with a turnover of £1 billion, 1.5 million patient contacts annually, and approximately 14,000 staff across five main sites in South-East London. The Trust delivers a full range of local hospital services across its sites, and specialist services from King's College Hospital (KCH) at Denmark Hill in Camberwell and the Princess Royal University Hospital (PRUH) in Bromley.



King's is committed to delivering sustainable healthcare through our Green Plan. In line with national Greener NHS ambitions, we have set net zero carbon targets of 2040 for our NHS Carbon Footprint and 2045 for our NHS Carbon Footprint Plus. Everyone's contribution is vital to achieving the goals outlined in our Green Plan, and we encourage all staff to work responsibly, minimising their impact on the Trust's carbon emissions, waste, and pollution wherever possible.

Our Trust-wide strategy, Strong Roots, Global Reach, reflects our vision to be bold, brilliant people delivering outstanding care, leading in research, innovation and education, with diversity, equality and inclusion at the heart of everything we do. By being person-centred, digitally enabled, and focused on sustainability, we aim to take Team King's to the next level.

### Foundation specific - Induction/shadowing arrangements

At King's, we provide FY1 doctors with seven days of shadowing and key induction activities. This week-long experience offers trainees the opportunity to work alongside the outgoing FY1 doctors, gaining valuable insight into the role and responsibilities of a junior doctor.

During this period, trainees gain first-hand experience of working with members of the multidisciplinary team, communicating with patients, and developing an understanding of how the NHS operates. They also receive training on EPIC, Infection Control, the e-Portfolio, and Resuscitation.

### Foundation Specific – Tasters

All Foundation trainees have the opportunity to undertake a 'taster' in a specialty of their choice, either within the Trust or, if necessary, outside the Trust. For further information and guidance please visit the NHSE website.

### Foundation Specific – Simulation

Simulation training is provided at King's College Hospital in a dedicated simulation training facility. These sessions are mandatory for all FY1 and FY2 trainees. Trainees are also given the opportunity to become involved as part of the simulation faculty.

### Foundation Doctor Forums

Regular foundation forums are held for the FY1 and FY2 trainees with representatives from both years invited to attend. Trainee representatives are also invited to attend the Medical & Dental Education Committee meetings, which are held on a quarterly basis.

### Foundation Specific - Educational and Clinical Supervision

Trainees are allocated an educational supervisor for the year and, for each placement, they receive clinical supervision from the lead consultant of their team.

### Foundation Specific - Teaching Programme

We have 51 FY1 and 43 FY2 trainees at King's. Both FY1 and FY2 rotations consist of three 4-month placements. All FY2 rotations include an Emergency Medicine placement. There is protected, bleep free teaching for all FY1's at lunchtime once a week and. In addition, several half-day workshops are held throughout the year. The FY2 teaching programme includes a two-day 'FY2 Professional Development' course, specialised career sessions, interactive clinical teaching, and access to a wide range of specialty teaching programmes across the Trust. Trainees also can access our more generic courses like Teaching the Teachers. The Department of Postgraduate Medical and Dental Education (PGMDE) has a substantial team, several of whom work almost exclusively on the Foundation Training

Programme. Although we have a large number of Foundation trainees, we pride ourselves on supporting the individual needs of each one. Through our connection with KCL, trainees have the opportunity to participate in undergraduate teaching as both teachers and organisers. Frequent formative OSCEs also take place on site, and trainees are invited to act as examiners throughout the year.

### Foundation Specific - Any additional information

PGMDE holds its annual Foundation Training Programme Awards Ceremony every July, celebrating FY1 and FY2 trainees as well as incoming FY1s. We are proud to welcome distinguished guests, including the Chief Executive and Executive Board Members, who deliver inspirational talks to the Foundation trainees.

## South East London Acute Trusts



Certificates of merit from NHS England are awarded in recognition of contributions and progress in areas such as the e-Portfolio, Quality Improvement, Teaching Excellence, Leadership, and Outstanding Contribution. In addition, King's College Hospital acknowledges trainees who demonstrate exceptional leadership skills, complete impactful leadership projects, or show outstanding overall performance. In addition to these merits, trainees acknowledge the dedication of their trainers. Awards are presented to those trainers who have provided outstanding teaching and support to the Foundation trainees throughout the year. There is also an impressive display of audit and leadership project posters. These merits and awards are agreed by the Foundation Training Faculty, who work diligently to ensure trainees make progress, receive appropriate support, and are suitably recognised for their contributions.



## King's College Hospital (Princess Royal University Hospital Site)

### Trust contact details

Farnborough Common, Orpington, BR6 8ND

**Switchboard:** 01689863000

**Website:** [www.kch.nhs.uk](http://www.kch.nhs.uk)

### Foundation Training Programme Directors

Dr Belinda Kessel  
Dr Thomas Buttler  
Dr David Jennings

**Director of Medical Education** Mr Tunji Lasoye

**Senior Medical Education Manager** Sheinaz Mahomedally

**Medical Education Manager (PRUH-site)** Christine Nurthen

**Foundation Programme Co-ordinator** Masuma Siddiqah

**Foundation Administrator** Kayleigh Johnson

### Facilities – Postgraduate Centre (Location and resources)

The postgraduate Centre and Annexe is located close to the main hospital building. The Centre has a large lecture theatre and a seminar room which is used for our educational activities. There is a Library facility within the Centre which has quiet study areas and is open 24/7 providing out of hours access. There is a Cyber Café with 15 computers which is open from 8.30am – 5pm Monday to Friday and is open to all staff and students. The Annexe has a number of training rooms, an IT suite and a dedicated simulation facility.

### Facilities - Accommodation (Info about pricing, location etc)

The accommodation office can assist FY1 trainees in sourcing housing association properties. Trainees should contact the accommodation office with their requirements. Accommodation Team Email address - [kch-tr.staffaccommodation@nhs.net](mailto:kch-tr.staffaccommodation@nhs.net); telephone number – 0203 299 3400 or 0168 986 4335.

### Social activities

We have a pro-active Doctors' mess Committee who are keen for members to have plenty of opportunity to socialise and unwind, including monthly events. These include:

- Access to physical space away from the busy clinical area with a kitchen area and provisions.
- Weekend pizza delivery.
- Monthly social events.
- An annual Summer Party and Christmas Party.

The Doctors' mess at PRUH provides a relaxing environment for our doctors. The kitchen area is regularly stocked with bread and milk. There are a number of social events throughout the year. There is also an opportunity for junior doctors to be members of the mess Committee.

### Library facilities

As an employee of King's College Hospital NHS Foundation Trust, you will have access to Libraries & Collections from King's College London. The Princess Royal University Hospital site library is available 24/7 and offers dedicated study space. Extensive access is available to journals and books with the university collections extending those on your OpenAthens login. Specialist Library staff are ready to help you make the most of it all with remote support options. Our Clinical Support Librarian can help get you to the evidence you need for patient care, education and research.



## I.T facilities

The Library and Cyber Café are located in the Education Centre and the computers are available for use by all staff and students. We also have a Clinical Support Librarian who is available for teaching sessions in our IT Training Suite.

## Transport links

The Hospital is located near a vast number of Bus Routes that can reach the majority of the surrounding areas (Croydon, Bromley, and Orpington). Orpington station is 24mins from Charing Cross and 17min from London Bridge, while Bromley South Station is 17min from London Victoria. Both stations are a bus ride away, and commuting from Central London takes 40-50min.

Cycle parking is available around the PRUH site, and there are showers and changing facilities within most departments. There are regular Dr Bike free bike maintenance sessions (details on the intranet). Cycle routes in Bromley can be found at - <https://www.bromley.gov.uk/downloads/download/279/cycle-route-maps>

## Local amenities/attractions

The hospital backs onto a large Sainsbury's which can be reached by walking through a direct cut-through into the car park. Locksbottom High Street located by Sainsbury's contains a variety of small shops, cafés and restaurants. Bromley High Street is a bus ride away with an array of shops and the Glades Shopping Centre.

## Parking arrangements

Staff parking permits are awarded on a strict points system to those members of staff who require them.

## Accolades/achievements of the trust

King's College Hospital NHS Foundation Trust is part of a pioneering Academic Health Sciences Centre, King's Health Partners (KHP). This is a collaboration between one of the world's leading research-led universities, King's College London, and three of London's most successful NHS Foundation Trusts: King's College Hospital, Guy's and St Thomas' and South London and the Maudsley. Its driving purpose is to continually seek and bring about swifter and more effective improvements in health and well-being for our local population, as well as nationally and across the globe. KHP's work combines the best of basic and translational research, clinical excellence and worldclass teaching to deliver ground-breaking advances in physical and mental healthcare.

King's College Hospital has become the first major acute hospital in the UK to be awarded the Investors in People (IIP) Gold Standard award. Investors in People is a national quality standard awarded to well-run organisations which demonstrate good management practice with a high emphasis on best practice people management and development.

## Any additional information

The Princess Royal University Hospital in Farnborough is a large acute hospital providing a wide range of emergency and inpatient services for the local population. As a main acute site within King's College Hospital NHS Foundation Trust, it plays a central role in delivering day-to-day urgent and specialist care, with a clear focus on practical, accessible services for Bromley and the surrounding areas.

Our department is based within the Education Centre, situated close to main hospital building. This affords us the luxury of a well-equipped Postgraduate Centre, with easy access to the library facilities.

King's College Hospital NHS Foundation Trust is one of the UK's largest and busiest teaching Trusts with a turnover of £1 billion, 1.5 million patient contacts a year and around 14,000 staff based across 5 main sites in Southeast London. The Trust provides a full range of local hospital services across its different sites, and specialist services from King's College Hospital (KCH) sites at Denmark Hill in Camberwell and at the Princess Royal University Hospital (PRUH) site in Bromley.

King's College Hospital NHS Foundation Trust is committed to delivering sustainable healthcare for all via our green plan. In line with national Greener NHS ambitions, we have set net zero carbon targets of 2040 for our NHS Carbon Footprint and 2045 for our NHS Carbon Footprint Plus. Everyone's contribution is required in order to meet the goals set out in our Green Plan and we encourage all staff to work responsibly, minimising their contributions to the Trust's carbon emissions, waste and pollution wherever possible.



The Trust-wide strategy Strong Roots, Global Reach is our Vision to be Bold, Brilliant people, Outstanding care, Leaders in Research, Innovation and Education, Diversity, Equality and Inclusion at the heart of everything we do. By being person-centred, digitally enabled, and focused on sustainability, we can take Team King's to another level.

### Foundation specific - Induction/shadowing arrangements

At King's College Hospital NHS Foundation Trust, we provide the FY1 trainees with seven days of shadowing and key induction elements. This week-long experience provides the opportunity for trainees to work alongside the FY1 from whom they will be taking over and gain an insight into the role and responsibilities of a junior doctor. They will gain firsthand experience of working with other members of the multidisciplinary team, communicating with patients and developing an understanding of how the NHS generally works. They also have training on EPIC (the Trust's electronic patient record system), Infection Control and e-Portfolio.

### Foundation specific – tasters

All Foundation trainees have the opportunity to do a 'taster' of their choice in any specialty within the Trust, or outside the Trust if necessary. Tasters generally range from 2-5 days in duration. For further information and guidance please see the London Foundation School website.

### Foundation specific – simulation

Simulation training is provided at Princess Royal University Hospital in a dedicated simulator training facility; simulation training sessions are mandatory for all F1 and F2 trainees. Trainees will also be given the opportunity to become involved as part of the faculty.

### Foundation Doctor forums

Regular foundation forums are held for the FY1 and FY2 trainees and representatives from both years are asked to attend. Trainee representatives are also invited to attend the Medical & Dental Education Committee meetings, which are held on a quarterly basis.

### Foundation specific - educational and clinical supervision

Trainees are allocated an educational supervisor for the year and for each placement they are placed with the lead consultant of their team for clinical supervision.

### Foundation specific - teaching programme

There is protected, bleep free teaching for all Foundation Trainees at lunchtime once a week. The Foundation teaching programme includes, a one day Developing Professional Skills course, specialized career sessions, interactive clinical teaching and access to a multitude of specialty teaching programmes across the Trust. FY2 Trainees also can access our more generic courses like Teaching the Teachers. There is a substantial team within the Department of Postgraduate Medical and Dental Education (PGMDE), several of whom work almost exclusively for the Foundation Training Programme. Although we have a large number of Foundation Trainees, we pride ourselves on looking after the individual needs of each of them.

### Foundation specific - any additional information

PGMDE hold their annual Training Programme Awards Ceremony in July every year for the FY1 & FY2 trainees and incoming FY1s. We are proud to have amongst us distinguished guests who give inspirational talks to the Foundation trainees. Certificates of merits were awarded from the London Foundation School for contribution to and progress with e-Portfolio, audit, teaching and leadership skills and an outstanding trainee of the year award. Trainees are also recognised by the Trust for their leadership skills, leadership projects and for those who are truly outstanding. Alongside these merits the trainees acknowledge the hard work of the trainers; awards are also presented to those trainers who have provided teaching and support to the Foundation trainees throughout the year. There is also an impressive display of audit and leadership project posters. These merits/awards are agreed by the Foundation Training Faculty who work hard to ensure that trainees' are given the right support and are appropriately recognised for their contributions.



## Lewisham & Greenwich NHS Trust: UHL site

### Trust contact details

**University Hospital Lewisham**  
Lewisham High Street, Lewisham, London  
SE13 6LH

**Trust Switchboard:**  
020 8333 3000

**Trust website:**  
[www.lewishamandgreenwich.nhs.uk](http://www.lewishamandgreenwich.nhs.uk)

### Foundation training programme directors

Dr Teresa Sealy  
Dr Pamela Lutalo

**Director of Medical Education**  
Dr Catherine Matthews

**Head of Medical Education and Medical Staffing**  
Suzanne Faulkner

**Foundation Programme Administrator**  
Sally-Ann Maher

### Facilities - Postgraduate Centre (Location and resources)

The postgraduate centre is situated in the Education Centre and shares an office with Medical Staffing. The Postgraduate Medical Education department has overall responsibility for ensuring the provision of education and training for Postgraduate doctors. The trust continues to meet the educational standards set by the GMC and HESL. We have a major commitment to the development of Research and Education. The trust has a highly dedicated Director of Medical Education and Education Team which supports the learning needs of all medical staff. We aim to provide a consistent, reliable high quality administrative service to the trust. On-going medical education activities have included comprehensive induction, career counselling, supported educational supervision and assessment provision of an 'information supported' learning environment.

The Foundation Programme at Lewisham has an excellent reputation and we continue to attract high caliber trainees at F1 and F2 levels. The innovative education week for F2 trainees once again registered over 95% attendance and this model is being copied by other Trusts. We have on site Clinical Skills laboratory and Resuscitation Training facilities which is housed in our state-of-the-art new Simulation Suite

### Facilities - Accommodation (Info about pricing, location etc)

No on or off-site accommodation but the Lewisham Site do provide an extensive list of all local letting agencies. Our communication team also offer advice on any local flat/house rentals in the area.

### Social activities

Out of hours there is a lively and vibrant social network including a Christmas and Summer Ball. Five a side football and many other social events. Also, Consultants from both sites contribute to a yearly summer ball which takes place each June to say thank you to all juniors for their hard work.

#### Doctors' mess

The Doctor's mess is located close to the Staff Restaurant. It has a wide-screen television with access to Sky, comfortable sofas and 4 wall mounted computers. Tea and coffee facilities are all provided. Free takeaway dinner is provided at the weekends for the on-call teams in the Doctor's mess.

### Library facilities

The library is located in the Education Centre. We have a wide range of e-journals and books and several online exam revision packages. We provide critical awareness and database training and support all aspects of research and learning both in the workplace and in the library. There is also free access to Up-to-date, and free access to a variety of electronic journals and books via Athens account. This can be requested through the library. There are also computers available in the library.



## I.T facilities

The Learning Resource Centre houses 16 computers with internet access. There are allocated rooms in each specialty/dept., which provide great IT facilities only accessible to doctors.

## Transport links

Bus routes to Lewisham High Street from: Brixton P4, Canada Water 199, Deptford 47, West Croydon/ Blackheath 54, Grove Park Cemetery 284, Croydon  
Via Sydenham 75, Crystal Palace/ Plumstead 122, Peckham/Grove Park 136, Victoria 185, Orpington via Bromley 208, Camberwell 484. Trains run from Charing Cross and London Bridge to Ladywell Station on the Hayes line. This is then a 5-minute walk to the hospital and is sign posted from the park. Victoria, Cannon Street, Charing Cross and London Bridge trains run to Lewisham station through to all areas of Kent. This is 10-minute walk to the hospital or a short bus ride.

## Local amenities/attractions

Located 12 minutes train ride from London Bridge. Plenty of local attractions walking distance to/from Lewisham DLR, Blackheath Village and Greenwich Park are tourist areas.

## Parking arrangements

We have very limited parking available. Although Lewisham has designated a scheme where security will provide you with a card, similar to the oyster card, which will allow you to park when working unsociable hours.

## Accolades/achievements of the trust

The pastoral support provided to Foundation trainees within the postgraduate department is among the best in London. The co-location of the medical staffing department and the postgraduate department allows an excellent level of communication and co-operation between the two departments. This allows rota co-ordination with teaching and training opportunities making it easier than it might otherwise be. The innovative week-long foundation teaching programme for FY2 has consistently received excellent feedback. The hospital at night team were recently awarded excellent ratings by NHS London.

## Any additional information

Lewisham and Greenwich NHS Trust was established in October 2013, following the integration of Lewisham Healthcare NHS Trust and Queen Elizabeth Hospital in Woolwich. The Trust provides a comprehensive portfolio of high-quality acute healthcare services to a critical mass of more than 526,000 people living across the London Boroughs of Lewisham, Greenwich and North Bexley together with a broad portfolio of community services, primarily, but not exclusively, for those living in Lewisham. We are responsible for NHS services at University Hospital, Queen Elizabeth Hospital in Woolwich and in a number of community settings throughout Lewisham. In addition, we provide some services at Queen Mary's Hospital in Sidcup. The Trust employs more than 6,000 staff on both the hospital and community sites, which makes us one of the biggest employers in South East London. University Hospital Lewisham has 500 beds including a well-equipped 14 bed- Critical Care Unit providing level 3 and level 2 care, a 5 bed Cardiac Care Unit and a 46-bed Medical Admissions Unit with 8 monitored beds providing level 1 care. The hospital has a highly rated Stroke Unit linked to the Hyper-Acute Stroke Service at Kings College Hospital. The Vascular Surgery Unit at Lewisham Hospital specialises in carotid artery surgery. The hospital has 11 operating theatres of which 2 are dedicated paediatric theatres and 1 is a dedicated obstetric theatre.

## Foundation specific - Induction/shadowing arrangements

F1 Shadowing/Induction week commences 1 week prior to commencing of post. This is where you will be given the opportunity to shadow your predecessor, familiarise yourself with the surrounding and processes. Shadowing boosts confidence and ensures all new doctors are aware of the first day competencies of an FY1 role. We also provide a 2-day ALS course for all F2s. F2s are inducted as part of their general August Induction. Induction is vital in order to cover Mandatory and statutory training requirements set out by the NHSE



## Foundation specific – tasters

Taster/Career week are offered to both F1 and F2 Foundation Trainees. This provides trainees with a unique opportunity to work for a week in a specialty not included in their rotations. The aim of this opportunity is to help inform you in your career decision making. Lewisham has designed a Taster Booklet, within the Taster Booklet it gives you timetables for each of our specialties but should you prefer exposure in a specific specialty which we do not offer, we can help you organise this externally.

## Foundation specific – simulation

We have a state-of-the-art clinical simulation centre which is set up to replicate an acute care NHS environment, providing realistic clinical facilities for all healthcare professionals. This multi-professional training facility comprises a mock theatre area, a ward area, and a maternity suite, and is home to a large family of sophisticated, life-size medical manikins that can mimic the acutely ill adult and child. They can talk, breath, bleed, blink and cry and even give birth! The center provides training for a wide range of healthcare professionals studying our programmes. Our showcase of patient

simulators include adults, pregnant women, children and babies, providing students with an authentic clinical experience. Every room in the centre is equipped with state-of-the-art audio-visual recording equipment and clinical scenarios which are recorded for debriefing to give candidates an opportunity to reflect on their performance.

## Foundation Doctor forums

Lewisham has run resident doctor forums for the last several years. During these sessions, discussions center on issues of training and service provision. The F1 and F2 foundation representatives also attend foundation faculty meetings which are held three times a year. Foundation doctors are also encouraged to get involved in projects/audits initiated by the consultants to improve clinical processes and systems.

## Foundation specific - educational and clinical supervision

In accordance with HESL and GMC recommendations, there is a single ES for the whole year for each trainee, with CS for each post.

## Foundation specific - teaching programme

Foundation Trainees have the opportunity to attend a variety of lectures, workshops, departmental teaching sessions, MDT and Grand Rounds which all cover the curriculum. The F1 Teaching programme is run weekly and is bleep free, so completely protected time. F2 Teaching programme is delivered as a one-week block taken as a study leave. This has proven very successful not only for attendance but to get to know your fellow FY2 colleagues better and create a better support network.

## Foundation specific - any additional information

The trust merged in 2013 to become one of the first trusts in the country to have both acute and community services. This merger has proven successful in providing unique opportunities and introducing innovative training across sites. We offer a number of community placements/ rotations. Lewisham itself is in the center of the London Borough of Lewisham and provides a wide range of elective and emergency healthcare to an urban residential population including people from a broad sweep of socio-economic and ethnic backgrounds. The Trust also provides some emergency and tertiary elective services to residents of neighboring Primary Care Trusts, particularly Greenwich, Bexley and Bromley. University Hospital is a campus for the Guy's, King's and St Thomas's School of Medicine.

South East London Acute Trusts



Lewisham & Greenwich NHS Trust: QEH site

## Trust contact details

### **Queen Elizabeth Hospital, Woolwich**

Stadium Road, Woolwich London, SE18 4QH

**Trust Switchboard:** 020 8836 6000

**Trust website:** [www.lewishamandgreenwich.nhs.uk](http://www.lewishamandgreenwich.nhs.uk)

## Foundation training programme directors

Dr Chris Foster

Dr Noorie Boodoo

**Director of Medical Education** Dr Catherine Matthews

**Head of Medical Education and Medical Staffing** Suzanne Faulkner

**Senior Medical Education Officer** Nikola Hewitt

**Foundation Programme Administrator** Carly Raven

## Facilities - Postgraduate Centre (Location and resources)

The postgraduate centre is situated in the Education Centre and shares an office with Medical Staffing. The Postgraduate Medical Education department has overall responsibility for ensuring the provision of education and training for Postgraduate doctors. The trust continues to meet the educational standards set by the GMC and NHSE. We have a major commitment to the development of Research and Education. The trust has a highly dedicated Director of Medical Education and Education Team which supports the learning needs of all medical staff. We aim to provide a consistent, reliable high quality administrative service to the trust. On-going medical education activities have included comprehensive induction, career counselling, supported educational supervision and assessment provision of an 'information supported' learning environment. The Foundation Programme at Lewisham has an excellent reputation and we continue to attract high calibre trainees at F1 and F2 levels. The innovative education week for F2 trainees once again registered over 95% attendance and this model is being copied by other Trusts. We have on site Clinical Skills laboratory and Resuscitation Training facilities which is housed in our state-of-the-art new Simulation Suit.

## Facilities - Accommodation (Info about pricing, location etc)

St Nicolas House is the onsite accommodation at QEH. It is a 9 floor tower block in the center of the site. The top floor is the Doctors Mess and on a good weather day has amazing views across London.

## Social activities

Out of hours there is a lively and vibrant social network including a Christmas and Summer Ball. Five a side football and many other social events. Also, Consultants from both sites contribute to a yearly summer ball which takes place each June to say thank you to all Residents for their hard work.

### **Doctors' mess**

The Doctor's mini mess is located close to the Staff Restaurant. Tea and coffee facilities are all provided. Free takeaway dinner is provided at the weekends for the on call teams in the Doctor's mess.



## Library facilities

The library offers a wide range of e-journals, books and several online exam revision packages. We provide critical awareness and database training and support all aspects of research and learning both in the workplace and in the library.

## I.T facilities

Access to dedicated PCs during and out of working hours. There are allocated rooms in each specialty/ dept., which provide great IT facilities only accessible to doctors.

## Transport links

- 161 Woolwich – Eltham-Chislehurst-North Greenwich
- 178 Woolwich-Kidbrooke-Lewisham
- 244 Abbeywood-Woolwich-Queen Elizabeth Hospital
- 291 Queen Elizabeth Hospital-Woolwich- Plumstead
- 386 Woolwich-Brook Estate-Greenwich-Blackheath
- 469 Woolwich Common-Erith-Bexleyheath
- 486 North Green-Queen Elizabeth Hospital- Welling-Bexleyheath
- Other local bus routes 53,54,89,122 & 422

## Local amenities/attractions

QEH is located off of Shooters Hill and easy travelling distance from Woolwich, Blackheath & Greenwich.

## Parking arrangements

QEH has staff parking areas and you can apply for a permit. There is also limited parking in surrounding streets.

## Accolades/achievements of the trust

The pastoral support provided to Foundation trainees within the postgraduate department is among the best in London. The co-location of the medical staffing department and the postgraduate department allows an excellent level of communication and co-operation between the two departments. This allows rota co-ordination with teaching and training opportunities making it easier than it might otherwise be.

## Any additional information

Lewisham and Greenwich NHS Trust was established in October 2013, following the integration of Lewisham Healthcare NHS Trust and Queen Elizabeth Hospital in Woolwich. The Trust provides a comprehensive portfolio of high-quality acute healthcare services to a critical mass of more than 526,000 people living across the London Boroughs of Lewisham, Greenwich and North Bexley together with a broad portfolio of community services, primarily, but not exclusively, for those living in Lewisham. We are responsible for NHS services at University Hospital, Queen Elizabeth Hospital in Woolwich and in a number of community settings throughout Lewisham. In addition, we provide some services at Queen Mary's Hospital in Sidcup. The Trust employs more than 6,000 staff on both the hospital and community sites, which makes us one of the biggest employers in South East London.

## Foundation specific - Induction/shadowing arrangements

F1 Shadowing/Induction week commences 1 week prior to commencing of post. This is where you will be given the opportunity to shadow your predecessor, familiarise yourself with the surrounding and processes. Shadowing boosts confidence and ensures all new doctors are aware of the first day competencies of an FY1 role. We also provide a 2-day ALS course for all F2s. F2s are inducted as part of their general August Induction. Induction is vital in order to cover Mandatory and statutory training requirements set out by the NHSE



### Foundation specific – tasters

Taster/Career week are offered to both F1 and F2 Foundation Trainees. This provides trainees with a unique opportunity to work for a week in a specialty not included in their rotations.

### Foundation specific – simulation

QEH, successfully bid for money from SteLi initiative at the HE South London to develop Simulation and Clinical Skills Labs. Continued success in bidding to the Deanery for funding to deliver and develop Foundation Simulation using simulation facilities as well which include Sim Man, Sim Baby, Sim NewB, Endoscopy Simulator, CVP using ultrasound, Interactive birthing simulator etc. Successful in bidding for Distributed Simulation.

### Foundation Doctor forums

QE runs foundation doctor's forum. During these session discussions center on issues of training and service provision. Foundation doctor's representatives also attend foundation faculty meetings three times a year to provide feedback from Juniors.

### Foundation specific - educational and clinical supervision

In accordance with NHSE and GMC recommendations, there is a single ES for the whole year for each trainee, with CS for each post.

### Foundation specific - teaching programme

The teaching programme cover the Foundation Curriculum. As well as class room-based training, there are opportunities to present cases at Grand Round, Ward Rounds, Divisional training meetings, as well as having bedside teaching, journal clubs etc. Other opportunities for learning include Academic Half Days, Grand Rounds, Divisional Training sessions as well as a pro-active in-house teaching programme for all levels of staff.

### Foundation specific - any additional information

The trust merged in 2013 to become one of the first trusts in the country to have both acute and community services. This merger has proven successful in providing unique opportunities and introducing innovative training across sites. We offer a number of community placements/ rotations.

Lewisham itself is in the centre of the London Borough of Lewisham and provides a wide range of elective and emergency healthcare to an urban residential population including people from a broad sweep of socio-economic and ethnic backgrounds.

The Trust also provides some emergency and tertiary elective services to residents of neighbouring Primary Care Trusts, particularly Greenwich, Bexley and Bromley. University Hospital is a campus for the Guy's, King's and St Thomas's School of Medicine.