



**Join the BMA and pay nothing
for your first 3 months**



Join above or fill out a form at our stand



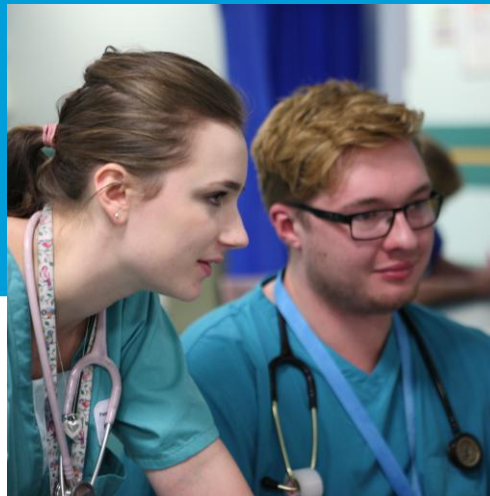
Who are we?

We are the largest trade union and professional association for doctors and medical students across the UK

Member-led, we fight tirelessly for better working conditions and campaign on issues that matter most to the medical profession.

The BMA:

- is your trade union
- fights for our rights, nationally and locally
- sets standards for the profession
- campaigns for better pay and conditions.





We're here for *you*

What does this mean?

- Nationally, we're the leading voice for the profession — and together we achieve lasting change.
- When an issue arises in your local area, reps and BMA advisers work alongside you to negotiate better outcomes and improve conditions
- And when you need it, employment and career advice, representation and support.

UKRDC (Resident doctors committee)

The UK resident doctors committee (UKRDC) is dedicated to working on the key issues and challenges facing all resident doctors.





Together we have;

Supported more than
42,000 members
seeking employment
advice and support in
2025

Over **£2.9 million in
compensation** won
for members in 2025
by our advisers

**£2.66 million in
compensation won**
for members in 2025
by our legal services
providers



Resident doctors in England pay settlement*:

What it means for you



6.6% average pay uplift fully delivered by April 2027 & DDRB next year on top

On top of this year's pay uplift backdated to April, you will now have access to annual pay progression with new pay points fully delivered by April 2027. The next DDRB pay uplift due in April 2027 will be applied in addition to these increases.



Exam fees, portfolio fees, college & faculty membership fees

You will no longer have to pay for these necessary fees as a resident doctor (portfolio & membership from April 2027, exams backdated to April 2026).



4,000-4,500 jobs across the next 3 years (1,000 / 1,500-1,750 / 1,500-1,750)

There will be more specialty training jobs available, so you have greater opportunity to enter core or higher training in the years ahead should you wish.



Less-than-full-time changes for default ARCPs at 12 months

Allows faster LTFT training and pay progression if desired once you meet required competencies. Plus 2016 contracts for locally-employed doctors, no longer fixed-term by default, so you can have better job security with the same contractual rights and protections as doctors in training.

*offer accepted by members in June 2026

New pay structure and uplift

- 6.6% uplift, fully delivered by April 2027. Pay award next year will be extra, adding to 2027/28 in table.
- New pay structure with nodal points at each grade
 - *Moving from 5 nodal points to 10*
- This means up to two pay rises every year
- LEDs will also have access to the pay structure and have opportunity to progress up it
- Pay progression depends upon successful ARCP, or for LEDs an enhanced appraisal to demonstrate equivalent competencies.

	Nodal point	2025/26	2026/27 (DDRB +NPR)*	Cumulative % uplift from 2025/26	2027/28**	Cumulative % uplift from 2025/26
Foundation Year 1	1	£38,831	£41,226	£2,395 / 6.2%	£41,226	£2,395 / 6.2%
Foundation Year 2	2	£44,439	£47,610	£3,171 / 7.1%	£47,610	£3,171 / 7.1%
ST1 / CT1	3a	£52,656	£55,355	£2,699 / 5.1%	£55,534	£2,878 / 5.5%
ST2 / CT2	3b	£52,656	£55,355	£2,699 / 5.1%	£56,925	£4,269 / 8.1%
ST3 / CT3	4a	£65,048	£67,325	£2,277 / 3.5%	£67,325	£2,277 / 3.5%
ST4 / CT4	4b	£65,048	£67,998	£2,950 / 4.5%	£69,345	£4,297 / 6.6%
ST5	4c	£65,048	£67,998	£2,950 / 4.5%	£71,415	£6,367 / 9.8%
ST6	5a	£73,992	£76,582	£2,590 / 3.5%	£76,582	£2,590 / 3.5%
ST7	5b	£73,992	£77,348	£3,356 / 4.5%	£78,660	£4,668 / 6.3%
ST8	5c	£73,992	£77,348	£3,356 / 4.5%	£80,730	£6,738 / 9.1%



By sticking together through the BMA, you and fellow residents have increased your pay...

Grade	2022-23 Basic Pay Scale	Uplift on 2022-23 pay Scale		2026-27 Basic Pay Scale
FY1	£29,384	40.3%	£11,842	£41,226



Why join?

1

Stronger together

Our national and local campaigns affect real change for our profession.

2

Never alone

Reps working alongside you, supporting and campaigning on workplace issues, and representing you through your LNC (Local negotiating committee).

3

Here for you

Expert employment advice, support and legal representation.



Benefits you should know about

As part of your BMA membership



BMA Rota checker

Once you have your rota template (found on your work schedule), check that it is compliant with Rota checker.

If your rota template is not compliant, Rota checker will highlight this and provide you with a summary which you can share with us and your employer.



BMA Pay checker

- The BMA's pay checking tool – for resident doctors in England on the 2016 contract
- Many resident doctors face pay errors that cost thousands of pounds
- Pay checker enables you to check your pay for each rotation to see if you're receiving what you're entitled to. You'll need your full rota, work schedule and a few additional details to check your pay
- Average underpayment calculated: £1000
- Pay checker also runs a thorough safe working check, using your full rota entered





Specialty explorer

With more than 65 specialties in the UK to choose from, it can be hard knowing which one is right for you

Specialty explorer helps you research which specialty is right for you, providing you with a report of matches based on your preferences.



Your results

[illegible]

BMA Library and archive

BMA library and archive give you access to:

- thousands of e-journals, e-books and curated collections eg *The Lancet*, *Nature*, and *JAMA*.
- extensive bibliographical databases, Medline and Embase
- rapid article and chapter requests from a global network of libraries
- ClinicalKey - a point of care tool to keep you informed on the go, featuring clinical overviews, procedural videos, drug monographs, clinical calculators and more.





The BMJ and BMJ Learning

The BMJ (British Medical Journal) is a prestigious, award-winning publication, recognised worldwide for its clinical excellence and thought leadership.

BMJ Learning offers a comprehensive library of CPD-accredited online modules, empowering you to advance both your personal and professional development at your own pace.

Stay informed, enhance your skills, and unlock your full potential with BMJ and BMJ Learning. Free access for all BMA members.



The Doctor

The Doctor is our award-winning online magazine

Featuring:

- In-depth investigations
- Real-life stories
- Expert analysis



BMA Lifestyle discounts

- **Save money on the brands you love** – online and in-store.
- From everyday essentials like groceries to luxury treats like holidays, start saving more on the things that matter most.
- Price promise – find a better deal elsewhere? For many offers, we'll refund the difference plus give you compensation*



And there's more...



– Webinars



– Independent financial advice



– Insurance solutions



– Ethics toolkits



– BMJ CV checking service



– Medical supply discounts



– BMA Law



– BMA pensions

Get the support you need

‘How much annual leave am I entitled to?’

‘When will my rota be issued, and what happens if changes are made?’

‘Do I cover for colleagues in emergency circumstances?’

‘I have questions around immigration and visa support, can you help?’

bma.org.uk/contactus

Wellbeing support services

COUNSELLING | PEER SUPPORT
0330 123 1245

- Our confidential counselling and peer support services are open 24/7 and free to all doctors and medical students.
 - There is always someone you can talk to.

bma.org.uk/yourwellbeing



Kickstart your new role

1. Keep BMA membership up to date
2. Check your contract before signing
3. Check your rota with our online checker before starting
4. Ensure GMC registration (compulsory)
5. Join a medical defence organisation (strongly advised)





Thank you

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BMA

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BMA Resident doctors

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**Join the BMA today, and pay
nothing for three months**



**Join above or fill out a paper
form at our stand**