



# Norfolk and Waveney Dental Foundation Training Scheme

**Autumn Term Programme 2025-2026**





# Norfolk and Waveney Dental Foundation Training Scheme

## Bob Champion Research & Education Building

PGME, Bob Champion Research & Education Building, Colney Lane, Norwich, NR4 7UY

Tel: 01603 286884

## East of England Region

Regional Postgraduate Dental Dean

**Malcolm Brady**

Associate Postgraduate Dental Dean, Early Years

**Jason Stokes**

Regional Dental Account Manager

**Patti Bradshaw**

Regional Dental Faculty Support Officer

**Charlene Wright**

Postgraduate Centre Manager

**Sophie Hudson**

Scheme Administrator

**Alisha Stewart**

Training Programme Director (Foundation)

**Sue Plummer**

BDS Newcastle  
PG Cert Dental Education  
Level 7 Diploma in Strategic Management and  
Leadership ILM

01493 728351

[suzanne.plummer3@nhs.net](mailto:suzanne.plummer3@nhs.net)



# Norfolk and Waveney Dental Foundation Training Scheme

## Index to Autumn Term Programme

East of England Region	2
Index	3
Norfolk and Waveney Scheme Postgraduate Centre	4
List of Study Days for Autumn Term	6
Details of Study Days	9
Calendar for 2025-2026	26
ESs and FDs of Norfolk and Waveney Scheme	29
Buddy ES pairs for Norfolk and Waveney Scheme	32
Online Learning 2025-2026	33
Milestones and APLAN 2025-2026	35
Audit 2025-2026	36
Lead Employer 2025-2026	37
Problem Solving and Support Norfolk and Waveney Scheme	38
Claiming Travel and Subsistence 2025-2026	39
Practice Equipment List 2025-2026	40
Speakers for Autumn Term	43



# Norfolk and Waveney Dental Foundation Training Scheme

## Bob Champion Research & Education Building



Sue Plummer



Sophie Hudson



Alisha Stewart

Sue Plummer is the Training Program Director for the Norfolk and Waveney scheme. Sue has worked with foundation dentists for over 25 years both as an educational supervisor and more recently as a TPD.

Sue aims to help each FD reach their potential; journeying with each FD as they develop clinically and professionally so that they are prepared for independent practice at the end of the training year.



This year we will be taking a blended approach to learning. There will be 9 hands on sessions in the technical skills room NNUH, complemented by 12 meetings at the Bob Champion Research and Education Building and 4 virtual study days delivered on Microsoft Teams.

Sue has personally selected the speakers because of their enthusiasm for education and dentistry.

The technical skills room provides a hands on learning experience using 13 phantom heads. The Bob Champion Research building is part of the University of East Anglia and can be found on the hospital site.

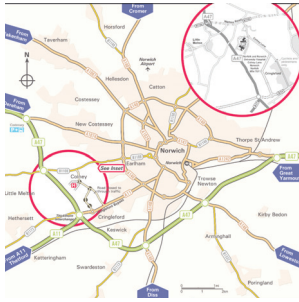


We are supported by the team at PGME :  
Sophie Hudson (Deputy Postgraduate Manager), Alisha Stewart (Medical education administrator), Chris Bligh (skills room manager) and Daniel Marshall-Bull (skills room manager)

Sophie.Hudson@nnuh.nhs.uk  
Alisha.Stewart@nnuh.nhs.uk  
Christopher.Bligh@nnuh.nhs.uk  
Daniel.Bull@NNUH.nhs.uk

It is hoped that the FD will love exploring the area and meeting new friends while being expanding their horizons.

## Location and Parking



We're situated four miles from the centre of Norwich, close to the University of East Anglia (UEA), to the south west of Norwich, and adjacent to the A47 and A11.

If you are using a Sat Nav the postcode you require is NR4 7UY.

Traveling from the A47 by car – leave the A47 at the junction for the B1108 following road signs for the Hospital. At the junction of the B1108 with Colney Lane, turn right and continue straight down Colney Lane through the Norwich Research Park.

Traveling from the A11 by car – leave the A11 at the first roundabout after the Thickthorn A47/A11 junction and follow the road signs for the Hospital.

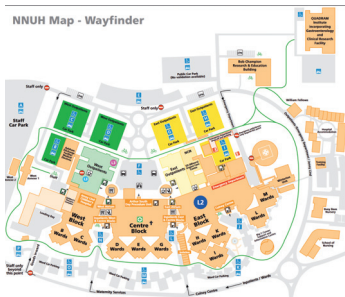
Travelling from Norwich city centre by car– follow signs for A11 Thetford. Once on the A11 turn right at the Cringleford roundabout and follow the road signs for the Hospital.

The Costessey Park and ride service runs every 15 minutes, Monday to Friday, excluding bank holidays. Starting at 6.30am from the P&R site (NR9 3LX), the last bus leaves NNUH at 8.20pm. The cost is £1 per person return.

Parking is available on site in a NRP multistorey car park (NR4 7UQ) at a charge of £8 for up to 8 hours.

There is also a bus service to the hospital from the Norwich train station. Please allow 30 minutes for this journey.

The technical skills room is located on Level 1, Central block of the Norfolk and Norwich University Trust hospital.





# Autumn Term

## Venues and Subjects

**Monday 1st September**

Clinical Skills refresher day

*Technical Skills Lab NNUH*

**Thursday 4th September**

Regional Induction - Welcome and Introduction

The Role of the Lead Employer in DFT

The Role of the GDC

Using the Dental ePortfolio

*Virtual Remote Learning Platform - Links to be confirmed.*

**Friday 5th September**

Local Induction FDs and ESs to attend.

*Bob Champion Research Building NNUH*

**Friday 19th September**

NHS Rules and Regulations

Clinical Photography

*Bob Champion Research Building NNUH*

**Friday 26th September**

Health and safety in a dental practice

*Virtual Remote Learning Platform - Links to be confirmed.*

**Friday 10th October**

Oral Surgery

*Technical Skills Lab NNUH*

**Friday 17th October**

Treatment planning and quality management

*Bob Champion Research Building NNUH*

**Friday 7th November**

Paedodontics

*Bob Champion Research Building NNUH*

**Friday 14th November**

Endodontics part one

*Technical Skills Lab NNUH*

**Tuesday 18th November**

Oral cancer symposium

*VenueTBC*

<b>Friday 21st November</b>	Milestone One case presentation	<i>Bob Champion Research Building NNUH</i>
<b>Friday 5th December</b>	Periodontics	<i>Virtual Remote Learning Platform - Links to be confirmed.</i>
<b>Friday 12th December</b>	Anxiety and pain management	
	Dental emergency	<i>Bob Champion Research Building NNUH</i>

## Important Dates and Deadlines

Submit outline Milestone 2 case	Friday, 14 November 2025
Educational supervisor meeting Autumn term	Friday, 21 November 2025
Milestone One Case presentation	Friday, 21 November 2025
Milestone 2 submission closes	Friday, 9 January 2026
Submit outline audit	Friday, 16 January 2026
ES IRCP report submission	Friday, 13 February 2026
Milestone 2 Case presentations	Friday, 20 February 2026
All e Learning complete	Friday, 20 February 2026
Educational supervisor meeting Spring term	Friday, 20 February 2026
IRCP	Friday, 27 February 2026
Submit outline Milestone 3	Friday, 13 March 2026
Audit presentations and submission	Friday, 27 March 2026
ES Development day	Friday, 24 April 2026
Milestone 3 submission closes	Friday, 29 May 2026

ES Preparation day	Friday, 19 June 2026
Milestone 3 case presentations	Friday, 3 July 2026
Educational supervisor meeting summer term	Friday, 3 July 2026
ES FRCP report submission	Friday, 10 July 2026
FRCP	Friday, 24 July 2026





# Monday 1st September

Technical Skills Lab NNUH

Day

9.00

Clinical Skills refresher day

CPD Hrs = 6

**Sue Plummer, Dan Evans and Adam Smith**

TPD and ES



*This session is an opportunity to carry out clinical work in a skills room and to revisit many straightforward clinical techniques and processes learned whilst at dental school. It is an opportunity for peer review and guidance from some of the Scheme's Educational Supervisors.*

## Objectives

- Evidence the systematic and accurate removal of simulated dental caries.
- Refresh dental preparation skills on a simulator prior to starting work in general dental practice.
- Gain experience in placement, carving and finishing of amalgam restorations.
- Identify through experience and peer review areas of experiential or learning need across a wide range of techniques.

## Learning Content

- Demonstrate accurate caries removal and the preservation of sound dentine and supported enamel.
- Demonstrate the placement, carving and finishing of amalgam restorations.
- Identify through experience and peer review areas of experiential or learning need across a wide range of techniques



**GDC Outcomes: C D**

16.30

End

Please invite TPD to 2 DOPs under simulated conditions via e portfolio - class II amalgam and FGC prep.



# Thursday 4th September

Virtual Remote Learning Platform - Links to be confirmed.

## Afternoon Session

13.30

### Regional Induction - Welcome and Introduction

CPD Hrs = 3

#### Malcolm Brady --- Jason Stokes

Postgraduate Dental Dean - Associate Postgraduate Dean

*This session aims to introduce and orientate delegates to the Dental Foundation Training year.*



#### Objectives

- Describe the dental foundation training year, the induction process, the support services available and the commitment needed to complete the year.
- Explain how to access and navigate the DFT e-portfolio, Intrepid Course Manager and the NHSE WT&E website.
- Discuss the RCP processes involved in the satisfactory completion of DFT.

#### Learning Content

- Describe the dental foundation training year, the induction process, the support services available and the commitment needed to complete the year.
- Recognise how to access and navigate the DFT e-portfolio, Intrepid Course Manager and the NHSE WT&E website.
- Explain the RCP processes involved in the satisfactory completion of DFT.

#### GDC Outcomes: A B C D





# Thursday 4th September

Virtual Remote Learning Platform - Links to be confirmed.

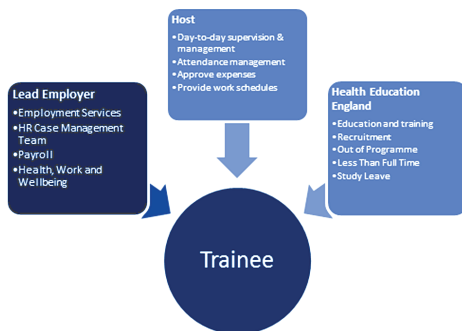
14.00

## The Role of the Lead Employer in DFT

**Anne Potter and Rebecca Jones**

Lead Employer, St Helens and Knowsley Trust

*The Lead Employer in Dental Foundation Training covers many roles and functions. This presentation will provide information and guidance for everyone*



14.20

## The Role of the GDC

**Anika Daclan**

Engagement Officer · General Dental Council

*The General Dental Council re an independent organisation which regulates dentists and dental care professionals in the UK. They set dental standards, hold a register of qualified dental professionals, quality assure education and investigate concerns about treatment or conduct.*



### Objectives

- To learn about the role and structure of the GDC.
- To learn about how the GDC regulates the profession
- To learn about professional and ethical responsibilities of registrants

### Learning Content

- FD's responsibilities as Dental Professionals
- How the GDC functions.
- What sanctions can be applied to registrants in breach of their professional standards

**GDC Outcomes: A B C D**

15.20

Break



# Thursday 4th September

Virtual Remote Learning Platform - Links to be confirmed.

## Afternoon Session

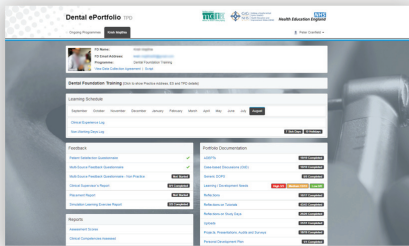
15.35

### Using the Dental ePortfolio

CPD Hrs = 3

**Peter Cranfield**

Associate Dean, Trainign Programme Director



*The Dental ePortfolio is an online record of your progress and development throughout the Foundation Training year. Not only does it contain your reflective comments on your experiences and learning, but it also records all your achievements and their assessments. It provides tools for gaining feedback from the dental team around you, and also from your patients. It also logs your clinical work and growth. Timely completion of the ePortfolio is essential and this session is an opportunity to learn about the content and hidden depths of the ePortfolio.*

16.30

End



# Friday 5th September

Bob Champion Research Building NNUH

## Day Session

09:00

Local Induction FDs and ESs to attend.

CPD Hrs = 6

### Sue Plummer

TPD and ESs

*A welcome to the members of the Scheme and an introduction to the programme for the year. This is the time to get to know each other and understand our responsibilities.*

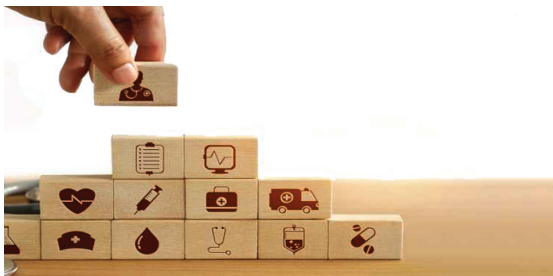
### Objectives

- *Become orientated with Dental Foundation Training.*
- *Acquire the tools to develop as an Foundation Dentist throughout the year.*
- *Recognise the requirements of foundation training and to develop teamwork skills.*

### Learning Content

- *Describe learning styles, reflection, and the timeline for the DFT year.*
- *Effectively interact with their peer group and other Dental Foundation Training stakeholders.*
- *Demonstrate an enhanced ability to work with others as a team.*

### GDC Outcomes: A B C D



16:30

End

6pm Scheme meal at the Giggling Squid, Tombland NR3 1RF



# Friday 19th September

Bob Champion Research Building NNUH

## Morning

09:00

### NHS Rules and Regulations

CPD Hrs = 3

#### Tom Norfolk

General dental practitioner, Joint chair of the Local dental networks.

*This session will provide Foundation Dentists with a working knowledge of the rules and regulations applying to the provision of NHS dental care.*

*It will ensure they are able to inform patients appropriately of the availability of NHS services.*



#### Objectives

- *Explain how and when to claim for NHS treatment that has been provided to patients.*
- *Define the rules regarding provision of NHS dental care.*
- *Describe how to talk confidently about what can be provided through NHS dental services.*

#### Learning Content

- *List the structures and content of NHS treatment bands and associated NHS banding charges.*
- *Apply the rules regarding provision of NHS dental care.*
- *Perform GDS services within the structure of NHS GDS contracts.*

#### GDC Outcomes: A B D

12:30

Lunch





# Friday 19th September

Bob Champion Research Building NNUH

## Afternoon Session

13:30

### Clinical Photography

CPD Hrs = 3

**Andy Bell and Josh Davis**

Educational supervisors

*To review the terminology and basic functions of cameras and accessory equipment used in dental clinical photography, allowing the Foundation Dentist to take good quality clinical images.*

#### Objectives

- *Identify the importance of obtaining valid consent from patients and keeping full and contemporaneous records alongside consent policies and procedures required when taking, storing and publishing clinical photographic images.*
- *Evaluate use of the most optimal equipment, camera settings and accessory equipment to produce high quality clinical images and to be able to diagnose if how to improve suboptimal images.*
- *Recognise the use of the wider team to aid image production of a high standard and how to use software to prepare images for use in presentations and projects.*

#### Learning Content

- *Demonstrate consistent, high quality clinical images to be used for patient education, building their own clinical portfolio and for coursework submissions throughout the training year.*
- *Evaluate their own clinical images to troubleshoot how to improve them where issues arise.*
- *Construct a systematic approach to make clinical photography routine in the Foundation Dentist's daily workflow.*

**GDC Outcomes: A C**

16:30

End

**Please bring your practice photographic equipment to this session including : extra batteries, cheek retractors and mirrors.**





# Friday 26th September

Virtual Remote Learning Platform - Links to be confirmed.

## Morning Session

9.30

### Health and safety in a dental practice

CPD Hrs = 3

#### Sukhvinder Atthi

Mr Atthi works as a GDP with extended interests in MOS, Sedation and Orthod



*The Enhance introductory module hub event is part of the NHS England Enhancing Generalist Skills programme. This is a professional development offer for all healthcare professionals with a syllabus covering six health and care domains and four key cross-cutting themes.*

*The aim of Enhance is to equip all healthcare professionals with the additional generalist skills required to deliver excellent person-centred care across the evolving complexities of the health and care system.*

*The importance of this was emphasised in the 2023 NHS Long Term Workforce Plan (LTWP), mandating that the Enhance programme be expanded to embed the benefits of a more generalist approach across healthcare education and training.*

#### Objectives

- *Explain the principles of occupational health and safety and how to apply this knowledge in the workplace including use of risk assessments and the practical actions to improve health and safety.*
- *Identify the scope of legal and moral responsibilities whilst at work and determine reasonable methods to control risks associated with all aspects of the working environment.*
- *Describe principles of accident prevention and the need to report accidents and dangerous occurrences whilst being aware of the hazards and risks associated with the workplace, work equipment, work activities, display screen equipment and hazardous substances.*

#### Learning Content

- *Define the key principles and legal requirements that relate to health and safety in the workplace.*
- *Explain their own roles with respect to health and safety in their training practice environments.*
- *Evaluate how well their training practice complies with current health and safety requirements and the changes that could be made.*

**GDC Outcomes: A B C D**

12.30

End





# Friday 10th October

## Technical Skills Lab NNUH

### Day

9:00

Oral Surgery

CPD Hrs = 6

### Rachel Grimmer and Kate Rustage

Speciality Grade doctor at the Norfolk and Norwich University trust hospital.

*The aim of this session is to allow participants to become more competent in oral surgery procedures undertaken in primary care. This session will include the use of flap creation and bone removal where appropriate.*

### Objectives

- Explain the importance of patient medical history for oral surgery procedures as part of the overall pre-operative assessment processes and the relevance of National Guidelines in this context, and when to refer to secondary care.
- Define local anaesthetic pharmacology, appropriate use of local anaesthetics and potential complications and their management.
- Provide practical training in the principles of assessment, flap design, bone removal and sectioning of teeth that require this approach for removal, including discussion of instrument selection (the surgical armamentarium) to undertake minor oral surgery procedures in general dental practice.



### Learning Content

- Demonstrate the diagnosis, treatment and aftercare of patients requiring exodontia in general dental practice.
- Demonstrate knowledge and application of methods of providing effective simple oral surgery and the instruments used to aid this.
- List the relevant guidance relating to oral surgery procedures in general dental practice.

### GDC Outcomes: A B C

16.30

End



# Friday 17th October

Bob Champion Research Building NNUH

## Day Session

09.00

### Treatment planning and quality management

CPD Hrs = 6

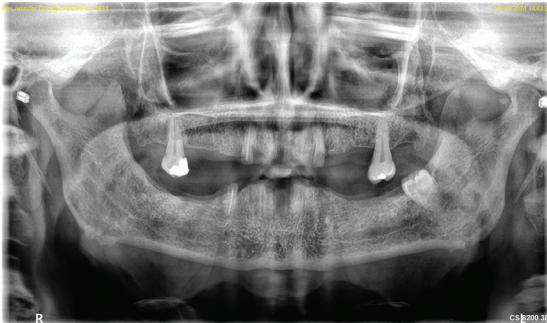
#### Nick Lamb

Dental Professional advisor to NHS England and GDP.

*This session will provide Foundation Dentists with the ability to provide a comprehensive treatment plan for their patients. The session will demonstrate how to ensure that the patient understands the plan and that it meets the patient's needs.*

#### Objectives

- *demonstrate the multiple factors involved in the development of a patients' treatment plan for NHS care.*
- *Review the methods of assessing a patient's needs, wishes, requirements and the treatment options available for each patient in relation to the NHS regulations.*
- *Evaluate the skills necessary to be able to manage, involve and communicate to a patient the options and content of a treatment plan including patient's responsibilities and preventive regimes, or any need for referral.*



#### Learning Content

- *. Identify and clarify a patient's treatment needs and requirements in relation to their wishes and expectations.*
- *. Formulate suitable and effective treatment plans for patients including options for treatment modalities within the NHS regulations, including the need for any referral.*
- *Recognise the level of communication required to discuss with a patient an effective treatment plan in a manner which manages their expectations, wishes and requirements in an ethical and professional manner.*

#### GDC Outcomes: A B C D

16.30

End



# Friday 7th November

Bob Champion Research Building NNUH

## Day Session

09.00

Paedodontics

CPD Hrs = 0

### Callum Limer

MSc in paediatric dentistry

*The aim of this session is to review current best practice in the dental management of paediatric patients.*

### Objectives

- *Assess and list our responsibilities in relation to paediatric management within in general dental practice.*
- *Describe current treatment protocols in managing symptomatic/asymptomatic primary teeth and be able to apply current restorative techniques to manage various scenarios.*
- *Demonstrate the use of stainless-steel crowns to help develop the skills to use the Hall technique in a reliable manner.*

### Learning Content

- *Describe our responsibilities in providing safeguarding for children within a general dental environment.*
- *List current treatment protocols in managing symptomatic/asymptomatic primary teeth and be able to apply current restorative techniques to manage various scenarios.*
- *Recognise when a stainless-steel crown is the preferred treatment option in and demonstrate delivery of this treatment modality.*

**GDC Outcomes: A B D**



16.30

End

Please ensure your portfolio is upto date and all outstanding tasks have been completed.



# Friday 14th November

## Technical Skills Lab NNUH

### Day

09:00

Endodontics part one

CPD Hrs = 6

**Daniel De Souza**

LMD, Dip Rest Dent FGDP RCSEng, MClintDent, MEndo, RCSEd

*This session will give Foundation Dentists greater confidence, knowledge and technical ability in the diagnosis and treatment of apical and pulpal pathology. The session will allow Foundation Dentists to understand the factors involved in restoring the endodontically treated tooth.*

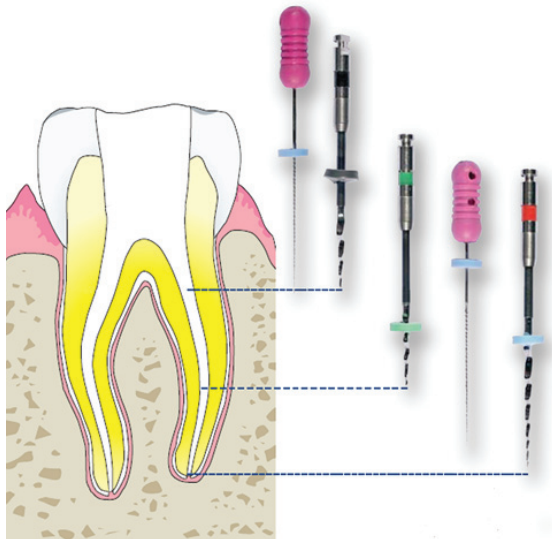
### Objectives

- Review current concepts in the prevention of apical and pulpal pathology.
- Describe the pathophysiology of the pulp-dentine complex and the symptoms of pulp-dentine pathology.
- Undertake practical training to have a greater knowledge of the principles of endodontic access, canal preparation, canal irrigation, obturation and the restoration of the endodontically treated tooth.

### Learning Content

- Demonstrate an enhanced knowledge and ability to manage patients with endodontic problems.
- Demonstrate greater skill in the treatment of endodontically involved teeth.
- Evaluate how to appropriately restore the endodontically treated tooth.

**GDC Outcomes: A C**



16:30

End

Submit cases to discuss



# Tuesday 18th November

VenueTBC

## Day Session

09.00

Oral cancer symposium

CPD Hrs = 6

Venue TBC

*The aim of this day is to bring together the whole dental team from primary, secondary and tertiary care to update our knowledge on the current management of oral cancer, post cancer rehabilitation as well as hearing personal stories from those living with oral and other cancers*



### Objectives

- *provide an overview of Oral Cancer; how to recognise it, refer it, and understand how it is treated in secondary care*
- *demonstrate the importance of support of the patient in primary care*
- *share insights of the life of a cancer patient, how to deliver bad news, and how dental teams can support the patient*

### Learning Content

- *Explain the mechanism of oral cancer, it's management and the role dental teams can play in identifying and referring appropriately.*
- *Describe the surgical and medical management of oral cancer patients.*
- *Define the challenges of all patients living with cancer in order to address their dental needs.*
- 

**GDC Outcomes: A B C D**

16:30

End



# Friday 21st November

Bob Champion Research Building NNUH

Day

09:00

Milestone One case presentation

CPD Hrs = 6

TPD and ES

*This session enables Foundation Dentists to present their Milestone 1 - Emergency Case. The Foundation Dentists will receive constructive feedback from fellow professionals.*

## Objectives

- *Effectively present the case of a patient with dental trauma or a dental emergency to fellow dental professionals.*
- *Demonstrate how to use the case of a patient with dental trauma or a dental emergency to reflect on clinical skills of analysis and care provision.*
- *Demonstrate how to constructively offer feedback related to a case of a patient with dental trauma or a dental emergency.*

## Learning Content

- *Direct reflection and feedback into professional development.*
- *Demonstrate the provision of patient care through use of reflection, analysis and planning.*
- *Demonstrate how to deliver constructive feedback to fellow professionals.*

**GDC Outcomes: A C**



16:30

End

ES Autumn term scheme meeting 1.15pm





# Friday 5th December

Virtual Remote Learning Platform - Links to be confirmed.

## Day Session

09.00

Periodontics

CPD Hrs = 6

**Nick Barker**

*This session aims to review the current Classification of Periodontal Diseases 2017 and its implementation in General Dental Practice.*

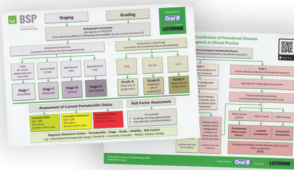
### Objectives

- *Explain the aetiology of periodontal disease and how to explain this to patients.*
- *Describe how to formulate individualised, written care or treatment plans for patients according to their individual circumstances.*
- *Demonstrate how to monitor therapeutic outcomes and ensure that appropriate follow-up care is arranged.*

### Learning Content

- *Demonstrate understanding of the aetiology of periodontal disease and is able to explain this to patients.*
- *Evaluate the periodontal tissues and provide a differential diagnosis of the patient's periodontal condition.*
- *Integrate periodontal findings into the patient's comprehensive treatment plan.*

**GDC Outcomes: A C**



17.00

End

Please keep cameras on at all times



# Friday 12th December

Bob Champion Research Building NNUH

## Morning Session

09:00

Anxiety and pain management

CPD Hrs = 6

### Ganga Allen and Kara Gates

MSc in special care dentistry currently working in the CDS

*This session aims to provide the knowledge, understanding and practical ability to successfully manage an anxious patient.*



### Objectives

- *Identify the importance of effective patient communication and history taking.*
- *Evaluate appropriate management strategies for patients that present with dental anxiety.*
- *Discuss the role of the wider team in supporting anxious patients.*
- 

### Learning Content

- *Describe the most effective communication strategies for anxious patients.*
- *Implement appropriate management strategies for patients that present with dental anxiety.*
- *Explain the role of the wider team in supporting anxious patients.*

**GDC Outcomes: A B C**

12:30

Lunch





# Friday 12th December

Bob Champion Research Building NNUH

## Afternoon Session

13.30

### Dental emergency

CPD Hrs = 6

**Biran Shah and Stuart McCance**

ESs and GDPs



*This session aims to help Foundation Dentists to be more competent in the diagnosis and management of dental emergencies and be aware the role the entire team play in this respect.*

### Objectives

- *Identify the importance of thorough history taking, special tests, diagnosis and treatment planning for dental emergencies, including informed consent.*
- *Evaluate appropriate management strategies for patients that present with dental pain of various causes and tooth fracture.*
- *Describe the clinical assessment, special investigations and immediate management of acute dental trauma.*

### Learning Content

- *Demonstrate appropriate history taking, special tests, diagnosis, and treatment planning for dental emergencies.*
- *Organise and manage their own diaries to be able to cope with dental emergencies in a consistent, stress-free environment.*
- *Describe how to competently manage commonly occurring dental emergencies, including trauma*

**GDC Outcomes: A C**



16.30

End



# Calendar 2025-2026

**Monday 1st September 2025**

**Thursday 4th September 2025**

**Friday 5th September 2025**

**Friday 12th September 2025**

**Friday 19th September 2025**

**Friday 26th September 2025**

**Friday 3rd October 2025**

**Friday 10th October 2025**

**Friday 17th October 2025**

**Friday 24th October 2025**

**Friday 31st October 2025**

**Friday 7th November 2025**

**Friday 14th November 2025**

**Tuesday 18th November 2025**

**Friday 21st November 2025**

**Friday 28th November 2025**

**Friday 5th December 2025**

**Friday 12th December 2025**

**Friday 19th December 2025**

**Friday 26th December 2025**

**Friday 2nd January 2026**

**Thursday 8th January 2026**

**Friday 9th January 2026**

**Friday 16th January 2026**

Clinical skills refresher course (Skills room NNUH)

AM FD in practice

PM Regional induction (Virtual)

Local induction FDs and ESs (BCRB NNUH)

Scheme social evening meal

**FD in practice**

AM NHS rules and regulations BCRB

PM Clinical photography BCRB

Health and safety in a dental practice (AM only Virtual)

PM ESR

**FDs in practice**

Oral Surgery (Skills room NNUH)

BDA quiz (scheme social)

Treatment planning (BCRB NNUH)

**FD in practice**

**FD in practice**

Paedodontics (BCRB NNUH)

Endodontics Part 1 (Skills room NNUH)

Submit outline MS2 case

Oral Cancer symposium (Venue TBC)

Milestone one - Emergency Case presentation BCRB NNUH

FDs and ESs to attend

ES scheme meeting

**FD in practice**

Periodontics (Virtual)

Pain and anxiety (AM)

Dental emergencies (PM) (BCRB NNUH)

**FD in practice**

Bank Holiday

**FD in practice**

Endodontics part 2 (Skills room NNUH)

FD in practice

Milestone 2 A Plan submission window closes

FD in practice

Submit draft audit outline

<b>Thursday 22nd January 2026</b>	BDA clinical symposium Park Farm FD in practice
<b>Friday 23rd January 2026</b>	Amalgam and caries removal (Skills room NNUH) A Plan review closes
<b>Thursday 29th January 2026</b>	Toothwear (Skills room NNUH)
<b>Friday 30th January 2026</b>	Restorative dentistry (Skills room NNUH)
<b>Friday 7th February 2026</b>	<b>FD in practice</b>
<b>Friday 13th February 2026</b>	<b>FD in practice</b>
<b>Friday 20th February 2026</b>	Milestone two (molar endodontics) case presentation BCRB FDs and ESs to attend
<b>Friday 27th February 2026</b>	<b>IRCP</b> <b>FD in practice</b>
<b>Friday 6th March 2026</b>	Restorative part 4 ES and FD case discussion BCRB
<b>Friday 13th March 2026</b>	<b>FD in practice</b> <b>Submit draft MS3 case outline</b>
<b>Friday 20th March 2026</b>	Medico legal (Virtual)
<b>Friday 27th March 2026</b>	Audit presentations BCRB FDs and ESs to attend
<b>Friday 3rd April 2026</b>	Bank Holiday – Good Friday
<b>Friday 10th April 2026</b>	<b>FD in practice</b>
<b>Friday 17th April 2026</b>	Removable prothodontics Skills room NNUH
<b>Friday 24th April 2026</b>	<b>FD in practice</b> <b>ES Development day</b>
<b>Friday 1st May 2026</b>	<b>FD in practice</b>
<b>Friday 8th May 2026</b>	Composite and rubber dam (Skills room NNUH)
<b>Friday 15th May 2026</b>	<b>FD in practice</b> <b>BDA conference Birmingham</b>
<b>Friday 22nd May 2026</b>	Communication skills (BCRB)
<b>Friday 29th May 2026</b>	<b>FD in practice</b> <b>MS3 A Plan submission closes</b>
<b>Friday 5th June 2026</b>	<b>FD in practice</b>
<b>Friday 12th June 2026</b>	Finance and contracts BCRB NNUH MS3 Reviews close
<b>Friday 19th June 2026</b>	<b>ES Preparation Day</b> <b>FD in Practice</b>
<b>Friday 26th June 2026</b>	<b>FD in practice</b>
<b>Friday 3th July 2026</b>	Milestone 3 (Complex treatment) case presentations BCRB FDs and ESs to attend
<b>Friday 10th July 2026</b>	Specialty peer review(Venue to be confirmed)
<b>Friday 17th July 2026</b>	<b>FD in practice</b>
<b>Friday 24th July 2026</b>	<b>FRCP</b> <b>FD in practice</b>

<b>Friday 31st July 2026</b>	<b>FD in practice</b>
<b>Friday 7th August 2026</b>	<b>FD in practice</b>
<b>Friday 14th August 2026</b>	<b>FD in practice</b>
<b>Friday 21st August 2026</b>	<b>FD in practice</b>
<b>Friday 28th August 2026</b>	<b>FD in practice</b>



# Educational Supervisors and Foundation Dentists



**Andy Bell**  
**Richard McCormick**

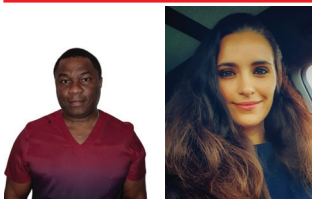
John G Plummer and associates, 30 Sussex Road Gorleston on Sea NR31 6PF



**Shahla Ghodrat**

University of Plymouth

01493 604666



**Niyi Oshiga**  
**Carla Martins**

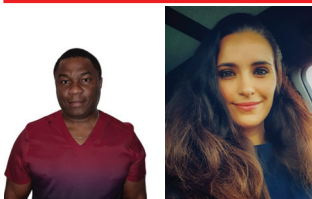
Beechcroft dental practice, Beechcroft New Costessey Norwich NR5 ORS



**Cynthia Shan**

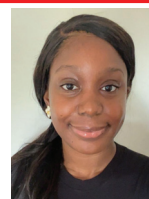
King's College

01603 747651



**Niyi Oshiga**  
**Carla Martins**

Beechcroft dental practice, Beechcroft New Costessey Norwich NR5 ORS



**Zino Useh**

Newcastle University

01603 747651



**Murtuza Burhanpurwala**

Diss Dental Health Centre, 3 & 4 Mount street , Diss IP22 4QG



**Jade Jordan**

University of Plymouth

01379 642522



**Stuart McCance**

John G Plummer and Associates - Thorpe 83 Mary Chapman Close Thorpe St Andrew Norfolk



**Aliya Abbasi**

Queen Mary University London

01603 700990



**Ganga Allen**  
**Kara Gates**

Denal Healthcare Suffolk, 7 Hillside Road, Bury St Edmunds IP32 7EA



**Mollie Hammond**

University of Birmingham

03005 556667 option 2



**Dan Evans**  
**Josh Davies**

Daniel Evans and associates, Hooker House, Quay Street, Halesworth IP19 8EP



**Aoife Kang**

Queen Mary

01986 872113



**Ben Warminger**  
**Adam Smith**

John G Plummer and associates, 5 Upper Stafford Avenue, New Costessey NR5 OAB



**Rohan Mangalpara**

King's College London

01603 744007



**Biran Shah**  
**Adam Smith**

John G Plummer and associates, 5 Upper Stafford Avenue, New Costessey NR5 OAB



**Mohit Nayyar**

University of Leeds

01603 744007



**Mandana Atashkadeh**

All Saints dental practice, All saints Green, Norwich NR1 3LY



**Ahveen Kakay Afshary**

Newcastle University

01603 623936



**Aseel Salman**

Bridge street dental practice, 37 Bridge street, Fakenham, NR21 9AG



**Rawand Shado**

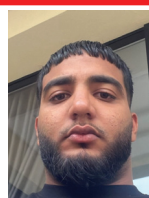
Queen Mary University London

01328 853555



**Sonam Sonam**

Smile Dental Care 115-117 high street Kings Lynn Norfolk PE301DD



**Hamza Shakeel**

Queen Mary University London

01553 223193



**Samuel Ssenyonga**  
**Dominic Ellis**

John G Plummer and Associates - Lowestoft Corton Road Dental Surgery, 1 Corton Road Lowestoft Suffolk



**Michael McBrearty**

University of Manchester

01502 567519



**Cheerag Raval**  
**Grace McCarthy**



**Logeswari**  
**Govindhasamy**

Queen Mary University London

Tavern Street Dental Practice 4 Tavern Street Stowmarket Suffolk IP14 1PH

01449 612181

---





## Norfolk and Waveney Scheme Buddy ES Pairings 2025-2026

<b>Foundation Dentist</b>	<b>Educational Supervisor(s)</b>	<b>Buddy ES(s)</b>
Shahla Ghodrat	Andy Bell and Richard McCormick	Stuart McCance
Cynthia Shan	Niyi Oshigia and Carla Martins	San SSenyonga and Dominic Ellis
Zino Useh	Niyi Oshigia and Carla Martins	Biran Shah and Adam Smith
Jade Jordan	Murturza Burhanpurwala	Dan Evans and Josh Davis
Michael McBrearty	San SSenyonga and Dominic Ellis	Niyi Oshigia and Carla Martins
Hamza Shakeel	Sonam Sonam	Aseel Salman
Logeswari Govindhasamy	Cheerag Raval and Grace McCarthy	Ganga Allen and Kara Gates
Mollie Hammond	Ganga Allen and Kara Gates	Cheerag Raval and Grace McCarthy
Aoife Kang	Dan Evans and Josh Davis	Murturza Burhanpurwala
Rohan Mangalpara	Ben Warminger and Adam Smith	Mandana Atashkadeh
Mohit Nayyar	Biran Shah and Adam Smith	Niyi Oshigia and Carla Martins
Ahveen Afshary	Mandana Atashkadeh	Ben Warminger and Adam Smith
Rawand Shado	Aseel Salman	Sonam Sonam
Aliya Abbasi	Stuart McCance	Andy Bell and Richard McCormick





# Online Learning

2025-2026

## List of Mandatory E-Learning

As part of your Foundation Training year within the East of England Region you will undertake a number of online e\_Learning modules.

All of these e-learning modules have specific completion dates.

Most of the e-Learning can be accessed from the e-LFH (e-Learning for Health) website, but the Script modules can be accessed directly from your e-Portfolio using the tab at the top of the dashboard page.

## e-Learning for Health

Once you have received your login details from e\_Learning for Health you can access all the necessary modules by using this link:

[East of England elfh Hub\(e-lfh.org.uk\)](http://East of England elfh Hub(e-lfh.org.uk))

This takes you to a portal which leads to the **East of England - Dental Foundation Trainees** learning path.

Here is a list of all the modules. Once each module has been completed the assessment for that module should also be completed and the certificate of completion uploaded to the e-Portfolio.

## Modules Course Sections

### **Statutory and Mandatory Training (SMT) Completion by Early Stage Review**

- Conflict Resolution Level 1 40 mins
- Data Security Awareness Level 1 70 mins
- Equality and Diversity and Human Rights Level 1 20 mins
- Fire Safety Level 1 30 mins
- Moving and Handling Level 1 40 mins
- Preventing Radicalisation - Basic Prevent Awareness 35 mins
- Safeguarding Adults Level 1 40 mins
- Safeguarding Adults Level 2 40 mins
- Safeguarding Children Level 1 30 mins
- Safeguarding Children Level 2 35 mins

### **Mental Capacity Act (MCA) Completion by IRCP**

- Mental Capacity Act as Part of Human Rights 20 mins
- Assessing Mental Capacity 20 mins
- Planning Ahead Using the MCA 20 mins
- Best Interests 20 mins
- Restraint 20 mins

Deprivation of Liberty 20 mins  
Relationship Between the MCA and the MHA 20 mins  
Mental Capacity Act and Young People aged 16 or 17 20 mins  
Research Involving People Who Lack Capacity 20 mins  
Mental Capacity Act and Adult Safeguarding 20 mins  
Settling Disputes and Disagreements 20 mins

**Alcohol and Tobacco Brief Interventions** Completion by IRCP

Introduction to treating and preventing ill health 15 mins  
Very Brief Advice on Smoking 15 mins  
Alcohol Brief Advice 15 mins  
Bringing It Together - Multiple Risk Factors 15 mins  
Assessment 10 mins

**Making Every Contact Count (MECC)** Completion by IRCP

What is MECC and why is it important 30 mins  
How to have a MECC conversation 30 mins  
Signposting 15 mins  
Five Ways to Wellbeing 30 mins  
Assessment 10 mins

**HEE Rubber Dam Placement video** Completion by IRCP

Using your login details for e\_Learning for Health you can access this module by using this link:

[East of England elfh Hub\(e-lfh.org.uk\)](https://e-lfh.org.uk)

**Script** - An eLearning programme to improve prescribing competency

Please use the link in your e-Portfolio to access the Script site. When you have completed a module , this information will be passed to your e\_Portfolio but you may wish to download completion certificates for your CPD records.

**Modules** Completion by FRCP

Prescription Documentation and the Drug History 60 mins  
Medication Errors and Adverse Drug Reactions 60 mins  
Special Patient Groups 60 mins  
Utilising the BNF 60 mins  
Medical Emergencies 60 mins  
Periprocedural Prescribing 60 mins  
Dental Infection 60 mins  
Pain, Ulceration, and Inflammation 60 mins  
Prescription Documentation and the Drug History 60 mins  
Medication Errors and Adverse Drug Reactions 60 mins



# Milestones and APLAN

**2025-2026**

## Introduction

The Milestones are three clinical cases that Foundation Dentists (FDs) will present throughout the DFT year. The cases will increase in complexity as the year progresses and will be part of the formative assessment for IRCP and FRCP. You will present your case at your scheme study day. The cases will be peer reviewed on the day by your own scheme members and educational supervisors. This process facilitates learning, self-assessment, reflection and insight. Milestone One is peer reviewed only. Milestones Two and Three use APLAN for additional anonymous feedback and scoring.

**APLAN** (Anonymous Peer Learning and Assessment Network) is an online tool which allows your cases to be distributed to other FDs and ESs across the Midlands and the East of England regions. Your cases will be anonymously reviewed by three FDs and three ESs. In addition, you will be asked to provide anonymous feedback for three cases submitted by other FDs.

The deadlines for the case submission and review feedback on APLAN are set at the beginning of the DFT year:

## Milestone 2

**Submissions open: 5th December 2025 - Submissions close: 9th January 2026**

## Milestone 3

**Submissions open: 24th April 2026 - Submissions close: 29th May 2026**

*Please note the dates of the opening and closing of the submission periods; there is no room for late submission of cases or feedback reviews. The window for giving feedback on cases will open within 48 hours of the case upload deadline closing and will remain open for two weeks. Failure to meet the deadlines may impact your IRCP and FRCP outcome.*

## Case Guidance

You will find information on the SharePoint for FDs that covers the Milestone cases and guidance on how to present them. General guidance for case presentation includes:

- Ensure you have written consent from your patient for the use of photographs, radiographs and clinical records;
- Start identifying cases as soon as possible, and have a few cases spare as back-up in case of patient non-attendance;
- Look at the marking criteria to help guide your presentation;
- Keep your case presentation concise and avoid using a lot of text on slides;
- Reflect on your case and provide modifications you would make in future; and
- Maximum presentation time is 10 to 15 minutes which is then followed by Q&A for around 10 minutes.

If you have any further queries please contact your TPD.



### Introduction

It is a requirement of the Dental Foundation Training Curriculum that a minimum of two clinical audit cycles are to be completed by the end of the ninth month of Dental Foundation Training by each Foundation Dentist.

Submission of a formal Clinical Audit Report is a mandatory requirement for the Satisfactory Completion of Foundation Training in the East of England Region.

Detailed guidance on the completion of your Audit Project will be provided in a separate document.

### Process for marking

Your Clinical Audit Report will be marked by a Buddy ES using a Feedback Form approved by the Region. When complete you should email a copy of your Clinical Audit Report to your TPD and Buddy ES.

The Buddy ES will complete the Feedback Form then forward the completed Feedback Form to your TPD for moderation. Your TPD will forward the moderated Feedback Form to you and your ES for discussion at a tutorial.

### E-Portfolio upload

You should complete a Tutorial Reflection and upload the completed Feedback Form to the **FD Projects, Presentations and Audits** section of the e-Portfolio. At the same time upload your completed Clinical Audit Report to the **Uploads** section of the e-Portfolio.

The TPD for your Scheme will set the submission and marking deadlines for that Scheme. They will also allocate a Buddy ES to each FD.

Your Audit Report and the completed Feedback Form must be uploaded to the e-Portfolio at least two weeks before FRCP.



# Lead Employer

2025-2026

## Mersey and West Lancashire Teaching Hospitals NHS Trust

**Phone** 0151 478 7777  
**Generic email** [Lead.Employer@sthk.nhs.uk](mailto:Lead.Employer@sthk.nhs.uk)  
**Lead Employer website** <https://leademployer.merseywestlancs.nhs.uk/>  
**Dental Foundation Hub** <https://leademployer.merseywestlancs.nhs.uk/dental-foundation-colleagues>

**ESR Enquiries:** - 0151 676 5323 (login details, forgotten password etc)  
[ESR.LeadEmployer@sthk.nhs.uk](mailto:ESR.LeadEmployer@sthk.nhs.uk)

**Electronic Submission of Expenses:** - 0151 676 5323 (Expenses for Business miles and Home to work mileage submitted via e-expenses only)  
[e-expenses@sthk.nhs.uk](mailto:e-expenses@sthk.nhs.uk)

**Health Work and Wellbeing:** - 0151 430 1985 (copies of certificates/immunisations etc)  
[hwwb.recruitment@sthk.nhs.uk](mailto:hwwb.recruitment@sthk.nhs.uk)

**Pay Enquiries:** - 0151 290 4658 (tax only, other pay queries will be addressed by the helpdesk)  
[leademployerpayroll@sthk.nhs.uk](mailto:leademployerpayroll@sthk.nhs.uk)

**Pensions enquiries:** 0151 430 1115  
[Leademployer.Pension@sthk.nhs.uk](mailto:Leademployer.Pension@sthk.nhs.uk)



# Problem Solving and Support

**Norfolk and Waveney 2025-2026**

During the Foundation Training year there will be many opportunities for problems to arise. These may range from the 'crowns that never fit' to problems communicating with the Dental Nurse. However, you have available a wealth of expertise and experience to draw upon to help you to solve your problems.

In your Practice the main source of assistance is, of course, your Educational Supervisor. During normal working hours you can approach your ES for assistance, or alternatively during a tutorial you can bring up a matter that is causing concern.

Your Training Programme Director is also always available for help on a whole range of clinical, professional or personal problems. This does not have to wait until a Study Day; contact your TPD by email or phone early on if you have a problem or concern. Early resolution of an issue will help prevent any further worry. Remember that patient safety is paramount and confidentiality is assured, if required.

The training group is also a very useful forum to air problems and to seek a solution. Opportunities for group discussion occur in nearly every session of study days. Naturally openness and frankness is usually required, but all members of the group will respect our rule of confidentiality outside the sessions.

If there are problems relating to your work in the practice, you should also contact the Lead Employer for support. They will help not only with employment issues but also with wellbeing and health support pathways.

Additionally there is further support that can be obtained from the Regional Professional Support and Wellbeing unit. You can self-refer, but please ensure (if you feel able) that you share relevant information about your referral with your Educational Supervisor

## Contacts for Support

### **Training Programme Director**

Sue Plummer  
01493728351  
[suzanne.plummer3@nhs.net](mailto:suzanne.plummer3@nhs.net)

### **Lead Employer Health Work and Wellbeing**

0151 430 1985  
[hwwb.recruitment@sthk.nhs.uk](mailto:hwwb.recruitment@sthk.nhs.uk)

### **Professional Support and Wellbeing Unit**

<https://heeoee.hee.nhs.uk/psw/psw-eeo>



# Claiming Travel and Subsistence

**2025-2026**

For payment of Dental Foundation Training claims, Foundation Dentists must adhere to the following guidance:

All claims must be made online via the EASY Expenses system via the Lead Employer.

You can access the EASY Expenses system here:

<https://leademployer.merseywestlancs.nhs.uk/expenses-1>

Before you make any claims you will need to set up an approving manager on the system. This will be your Educational Supervisor. They will need to complete a New Approver Form and return to:

[e-expenses@sthk.nhs.uk](mailto:e-expenses@sthk.nhs.uk).

The form can be accessed from:

<https://leademployer.merseywestlancs.nhs.uk/media/Documents/Expenses/New-Approver-Authorisation-Form-1.docx>

If you travel by car, you will need to upload copies of your Insurance and Driving Licence to the Easy Expenses system. You will need to ensure that your insurance covers business use (Class 1).

Travel claims must reflect the actual mileage undertaken, or travel costs incurred, in attending your Study Day Programme only. Your usual mileage from your home to the dental practice will be deducted from the amount.

(Current mileage rate = £0.28 per mile, dentists carrying one or more named eligible dentists to the same course = an additional £0.05 per mile) Where passengers are being claimed for, their full names, contract number and performer number is required.

Car parking costs will be reimbursed and you will need a receipt for the car parking an image of which will be need to be uploaded.

FDs should travel only by second class if they travel by rail and should attach images of tickets or receipts to their claims.

Taxis should not be used and cannot be claimed.

A daily lunch allowance is payable: (applicable when more than five hours away from practice, including the times between 12:00 - 2:00pm) = up to a maximum of £5.00, itemised receipts must be provided when making a claim. Please note that bank statements are not acceptable forms of receipt and no reimbursements can be made on alcoholic drinks.

Within East of England overnight accommodation is not claimable except in very specific authorised circumstances, therefore claims for accommodation or evening meal allowance should be not be made.

All claims must be completed accurately and honestly. You may only claim for actual expenses incurred and must not exaggerate claims, provide alternative or fabricated receipts or deliberately incur unnecessary expense.



# Practice Equipment List

2025-2026

## Practice Specifications

**Electronic records** - Full computer based clinical records and appointment management system.

**Digital radiography**

**Internet access**

**Infection control** - Up to date policies, protocols, and operating procedures including effective decontamination facilities with sufficient capacity and storage.

**NHSmial account**

## Specification for FD Room

**Size** - Minimum floor area 9m<sup>2</sup>.

**Ventilation** - Natural or mechanical ventilation must be provided. The fresh-air supply rate should not normally fall below 5 to 8 litres per second, per occupant - HSE Workplace (Health, Safety and Welfare) Regulations 1992.

## Equipment for FD Room

**Dental chair** - Low seated design. Operating light. Delivery unit. Cuspidor. Suction. Amalgam separation.

**Stool for dentist**

**Stool for nurse**

**Handwash sink**

**X-ray set** - Rectangular collimation. Isolation switch outside the controlled area.

**Amalgam mixer**

**Light cure lamp**

**Telephone**

**Workstation** - Clinical records and appointment management software. Internet access.

**Turbines** - Minimum of 3.

**Contra-angle handpieces** - Minimum of 3.

**Straight handpiece** - Minimum of 1.

**Ultrasonic scaler** - Magnetostrictive or piezo.



## Instrumentation for FD Room

### Autoclavable tray system

**X-ray film holders** - Full range of holders for bitewing and periapical views - including full range of endodontic film holders.

**Rubber dam kit** - Latex free.

**Conservation** - Full range of instruments for normal restorative work including a single use matrix system (eg Automatrix) and a sectional matrix system (eg Composi-tight).

**Periodontics** - Full range of periodontal instruments including a measuring probe (eg Williams Probe) and a full set of scaling instruments (eg Gracey Curettes).

**Extractions** - Full range of extraction forceps (upper and lower); elevators and a set of Luxators.

**Oral Surgery** - Full range of surgical instruments including scalpel blades and handle, periosteal elevator, syringe for irrigation, surgical handpiece, selection of surgical burs, root tip picks, bone rongeurs, needle driver, toothed tweezers, non-toothed tweezers and suture scissors.

**Prosthetics** - Full range of prosthetic instruments including shade and mould guides.

**Endodontics** - Full range of stainless-steel hand files and NiTi rotary files.

## Materials and Disposables for FD Room

**Respirator** - Fit tested FFP3 mask or powered hood for FD use.

### Type II R Fluid Resistant Surgical Masks

**Gloves** - Latex free.

**Bibs**

**Aprons**

**Gowns**

### Paper and cotton goods

**Safe Sharps System** - Incorporating a shield or cover that slides or pivots to cover the needle after use - HSE Health and Safety (Sharp Instruments in Healthcare) Regulations 2013.

**Waste containers** - For sharps, clinical waste, non-clinical waste, gypsum waste. Containers with mercury suppressant for amalgam waste, amalgam capsules and extracted teeth.

### Disposable 3 in 1 syringe tips

**Conservation** - Full range of restorative materials including paediatric stainless-steel crowns and 016 stainless-steel orthodontic wire for trauma cases.

**Prosthetics** - Full range of prosthetic materials including impression compound and greenstick.

**Endodontics** - Full range of endodontic materials including a tooth sleuth, hypochlorite sourced from a dental supplier and Endo-Frost.

## Available in the Practice for Use by the FD When Required

**Dedicated Digital Camera** - SLR or equivalent with lens, ring flash, retractors, and mirrors.

**Conservation** - Face bow and semi-adjustable articulator.

**Prosthetics** - Surveyor.

**Endodontics** - Electric pulp tester, apex locator, handpiece & motor for rotary endodontic system.

**Clinical Digital Thermometer**

**Digital Communication** - Computer or tablet with MS Teams including webcam, speakers, and microphone.



# Speakers

Autumn Term Term 2025-2026

## Tom Norfolk

tomnorfolk@nhs.net



## Andy Bell

ab@plummers.co.uk



## Josh Davies

josh.davies87@hotmail.com



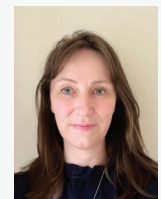
## Nick Lamb

nlamb@nhs.net



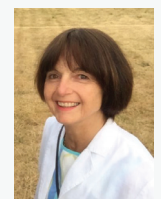
## Rachel Grimmer

r8chel100@hotmail.com



## Kate Rustage

Kate.Rustage@NNUH.nhs.net



## Callum Limer

callum.limer@nhs.net



## Sukhinder Atthi

ssatthi@hotmail.com



## Biran Shah

biran.shah.net



## Nick Barker

nick.barker@nhs.net



## Ganga Allen

ganga.allen@nhs.net



## Stuart McCamce

Sm@plummers.co.uk



## Kara Gates

kara.gates@nhs.net



---

**Daniel Vas de Souza**

danielvs.endo@gmail.com

