

SAS Newsletter

March 2026



What's Included:

A message from the Associate Postgraduate Dean for SAS & LEDs	Page 2
Newly appointed TPDs for SAS & LED	
A message from the Training Programme Director – SAS	Page 3
A message from the Training Programme Director – LED	Page 4
SAS & LED Surveys	Page 4
2025 Highlights	Page 5
Support and Wellbeing	Page 6
Postgraduate Virtual Learning Environment – PGVLE	Page 7
Spring Symposium 2026	Page 8
Bursaries	Page 8
Fellowships	Page 9
Train the Trainer	Page 9
Individual Funding Requests	Page 9
Useful Links	Page 10

A message from the Associate Postgraduate Dean for SAS & LEDs

Welcome to this month's Newsletter for SAS, LEDs and Medical Education Managers in East of England. The Newsletter has successfully completed its sixth year and has been instrumental in sharing information across the Region. With time it has expanded and contains more information than ever before. New initiatives are being developed, and the Newsletter will help SAS & LEDs to voice their views on this platform.

March is an important time in the educational calendar as it marks the end of the financial year. This is the time when plans are formulated for regional educational and developmental activities. EOE SAS annual Survey and feedback from SAS Tutors helps shape the developmental programme which is focused on generic skills.

This year GMC has planned a national survey for SAS & LEDs. The last survey was conducted by GMC in 2019 and results were not individualised. It is expected that the 2026 survey will acknowledge independent status for SAS & LEDs and share individual results for each group.

Another major development is the NHS England launch of its SAS Excellence in Development Awards (SEiD). These awards on one hand provide recognition of skills and expertise of the SAS workforce and on the other hand will incentivise employers to develop their workforce. Trusts have been invited to apply for gold, silver and bronze awards based on eight criteria. The awards have been developed in collaboration with several organisations including NHS England, Academy of Royal Colleges, GMC, BMA, SAS doctors and their employers. SEiD awarded in the form of a digital badge, will promote retention of SAS by improving equitable promotion and options for career diversification. More information can be found on https://poll.hee.nhs.uk/s/SEiD_Award/

There are many developmental activities for SAS & LEDs advertised at the HEEOE website which you may find helpful. <https://heeoee.hee.nhs.uk/sas-new>

Prof Shahid A Khan
Associate Postgraduate Dean, NHSE – East of England

Newly Appointed TPDs for SAS and LED

A message from the Training Programme Director - SAS:



I am delighted to introduce myself as the newly appointed Training Programme Director for SAS doctors. Having joined the NHS as a SAS Doctor in 2019, I have experienced this career pathway from the ground up. This position has given me a valuable insight into both the challenges and the opportunities within the SAS role. It is a privilege to take on this regional responsibility, and I am committed to using my experience to support professional development, promote wellbeing, and strengthen recognition of the important contribution SAS doctors make to patient care and the wider healthcare system.

My professional journey has been shaped by resilience, strategic planning, and a strong commitment to career development. I successfully completed my CESR in Cardiology within three to four years, despite the challenges of the Covid pandemic, through structured planning and focused development. I subsequently secured a Consultant Cardiologist position within my Trust and now support colleagues as a CESR Champion, helping guide and mentor those pursuing the CESR pathway. This experience has strengthened my skills in mentorship, career planning, portfolio development, and navigating complex professional processes.

I also served as SAS Tutor within my Trust, where I took a proactive leadership role in improving engagement and representation for SAS doctors. During this time, I worked closely with HR to formalise job planning processes, established regular drop-in sessions to create open dialogue and engagement with SAS colleagues. I also contributed to the successful appointment of an SAS Advocate, developed strong collaboration with the Department of Education, and organised wellbeing sessions dedicated to SAS doctors. These initiatives reflected my commitment to building supportive structures, improving visibility of the SAS role, and creating meaningful opportunities for professional growth.

This role aligns with the wider NHS England commitment to strengthening support and development opportunities for SAS doctors. Looking ahead, my vision is to build a cohesive and empowered SAS community by promoting clear development pathways, enhancing leadership and educational opportunities, and ensuring SAS voices are represented within strategic discussions.

I look forward to working collaboratively with colleagues across the region to further support and strengthen the SAS workforce.

Kind regards,

Dr Waheed Murad

Training Programme Director for SAS Doctors

A message from the Training Programme Director - LED:

Hello, my name is Dr Anamika Agrawal. I am recently appointed as a Training Programme Director for Locally Employed Doctors. My background is Anaesthetics and Education. I have a huge interest in developing locally employed doctors as I understand challenges faced by this group.

In order to focus our support in the right direction, we first need to understand current difficulties faced by LEDs. To do so, we have launched our first LED survey for East of England. Thank you to everyone who has taken the time to complete this survey. We are hoping to get results of the survey by mid-April and we will be presenting our report in the next steering committee meeting in May 2026.

Some of the areas we will be looking to develop are teaching, leadership and other General Professional capabilities required for portfolio pathway and specialty applications.

We can't do this alone and we will need your support in bringing change and support our LED colleagues.

I look forward to working with all of you.

Kind Regards,

Dr Anamika Agrawal

Training Programme Director LEDs



SAS and LED Surveys

This year we rolled out two surveys, one for SAS and one for LE Doctors, both of which are still ongoing. We have had a great number of responses so far so thank you to everyone who has completed them already. It is incredibly helpful to get your input as this makes putting a programme of development together more relevant for you. If you still have not completed the survey, please see links below.

[SAS Survey 2026 – Fill out form](#) [LED Survey 2026 – Fill out form](#)

Thank you for sharing your stories relating to difficult situations you have encountered as we can understand how frustrating and demoralising these events can be. Conversely, thank you for sharing your examples of good working practises, which are always pleasing to hear of.

More information relating to the SAS and LED Surveys will be made available following the steering group meeting in May.

2025 Highlights



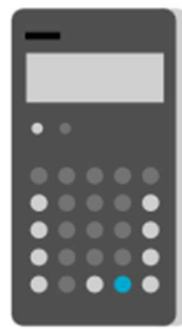
1 SAS Survey, completed by **219 SAS Doctors** in the east of England, helping to shape the educational activities for the 25/26 financial year.

The 2026 surveys for SAS and LED have launched and are ongoing.



27 development webinars and workshops, **5 leadership cohorts**, **1 tutor leadership management programme** and **1 quality improvement programme** offered regionally.

88 local education events supported through [local trust funding](#).



12 bursaries awarded for courses in **Medical Education**: **11 PG Certs** and **1 MSc Top-up**.

For more information on the bursary process, please [click here](#).



1 SAS & LED Tutor Development Day, held face to face, providing an excellent opportunity to **network, learn and share best practice**.



46 nominations for the **SAS & LED Recognition Awards**.

To learn more about the winners and finalists please [click here](#).

36 individual development requests processed. For information on individual development funding, please [click here](#).



Newsletter continued with [quarterly newsletters](#) delivered.

Above are just some of the snapshots of the work which took place in 2025. Please do click on the links to explore the topics in more detail, and a large variety of information is always available on our **webpages [here](#)**.

Photo from the SAS & LED Tutor Development Day, held on 23 October 2025.



Support and Wellbeing

The Professional Support & Wellbeing Service

The Professional Support and Wellbeing Service (PSW) supports doctors, dentists and pharmacists in training with targeted solutions support. The PSW provides one to one specialist support through a dedicated case manager and our external providers to help individuals through these difficult periods. This service extends to SAS and LED's.

Our service is referral based. To complete a self-referral, educator referral or exam referral please click the link here: [How to refer | East of England](#).

The PSW website includes some useful information on wellbeing via our [Blogs](#) and [testimonials](#).

For further information on the PSW please click the link here: [PSW EoE | East of England](#).



Postgraduate Virtual Learning Environment – PGVLE

What is PGVLE?

The PGVLE is replacing Bridge and Panopto from the 1st April 2026 and is used by current Trainees who will also be moving across to PGVLE, if you have been using Bridge and Panopto to date then this includes you also.

Functionality of PGVLE

PGVLE will provide you access to regional teaching, various Courses and Programmes directly related to your chosen Specialty. This platform caters for the postgraduate clinical education and faculty development and is expanding across England. This initiative is a clinically driven project built and run by doctors in a collaborative way with collegial intentions. Clinical training programmes encompassing multiples different disciplines have transitioned to online or hybrid teaching models using this platform. It is a complete online experience and is powered by Moodle and the Big Blue Button. It continues to expand with ongoing growth focused on supporting all grade of doctors in both learning and professional development.

Next steps

To register for a PGVLE account please complete your details in the following form - [PGVLE Access Request – Fill in form](#)

New accounts are created weekly on Fridays and you will receive an email from PGVLE with your login details. Please note the email may go into your junk folder, check there in case the email doesn't arrive in your regular inbox.

If you have any questions or require any further assistance, please contact the Blended Learning team at england.blendedlearning.eoe@nhs.net



EoE Spring Symposium – 28 & 29 April

Theme for this year is - 'Ethics, Empowerment and Excellence - Professionalism in Medical Education'

The EoE Spring Symposium is an annual development and networking event designed for those involved in education, supervision, and faculty support across the East of England Deanery.

Taking place this year on 28 and 29 April virtually, the symposium is structured across two days and combines plenary activity with bookable workshops, allowing participants to tailor their experience to their interests and stage of development.

Across the symposium, educators and aspiring educators can expect opportunities to:

- engage with current themes and challenges in education
- take part in facilitated, bookable workshops focused on educational practice and development
- share learning and good practice with colleagues from a range of roles and organisations
- build connections and reflect on their educational practice in a supportive environment

The event is open to educators at all stages of their journey, including those new to educational roles as well as more experienced faculty members.

For the latest information and updates, including details on workshop booking, please visit the event webpage:

<https://heeoee.hee.nhs.uk/faculty-educators/development-and-networking-events/spring-symposium>



Bursaries

Bursaries for PGCert, PGDip, and master's top up programmes in Medical Education will open on 19 March 2026 for courses commencing in September/October 2026. Do not miss out this opportunity. **Applications close on 10am 10 April 2026.**

For more details including eligibility criteria and timeline, please visit our website pages:

<https://heeoee.hee.nhs.uk/faculty-educators/sas-doctors>



Fellowships

East of England SAS Doctors and Locally Employed Doctors are welcome to apply for the Fellowship Programmes (subject to eligibility criteria). In 26/27, three types of Fellowships will be available to this group: Emerging Talent, Equality, Diversity, Inclusion and Sexual Safety & Virtual Learning. Applications will open 19 March 2026 and close 10am on 10 April 2026, so please don't miss this opportunity. Further details, including specific job descriptions, eligibility criteria, and guidance, will be published here <https://heeoee.hee.nhs.uk/faculty-educators/tiered-approach/tier-1/trainee-fellowships/current-fello...>



Train a Trainer

In partnership with the East of England School of Foundation all SAS & LEDs can access Train a Trainer Course. The course consists of 6 sections:

1. What makes good teaching
2. Large and small group teaching
3. Teaching practical skills
4. Managing teaching
5. Managing online teaching
6. Final presentation

Sections 1, 2, & 4 are combined into a live virtual or in person 4.5h (with breaks) session.

Sections 3 & 5 are pre-recorded on PGVLE. To get access please fill in this form: <https://forms.office.com/e/EC2yZqzcTs>

Sections 6 is completed separately by sending in your 2-minute reflective video to Papworth.PGME@nhs.net

For the registration booking links can be found on: [HUB Events | East of England](#) under the Train the Trainers Tab.

Please note this course is free for charge for the EoE SAS & LEDs.



Individual Funding Requests

As in previous years, applications for 26/27 activities will open in early April 2026. Please ensure you familiarise yourself with the guidance before completing your application. The 26/27 guidance will be published soon; for more details, please visit this page.: <https://heeoee.hee.nhs.uk/sas-new/sas-funding-opportunities/sas-individual-development-funding>



Useful Links

SAS Webpage Link - [Click Here](#)

SAS Newsletter Archive - [Click Here](#)

Tutor Contact Information - [Click Here](#)

Professional Support and Wellbeing - [Click Here](#)

Individual Development Fund - [Click Here](#)

SAS Doctor Bursary - [Click Here](#)

For any questions at all, please do not hesitate to contact the team at england.sas.eoe@nhs.net.