

SAS Newsletter

September 2025



A message from the Associate Postgraduate Dean for SAS & LEDs

The changes to the NHSE East of England management infrastructure have been progressing and we now have two Training Programme Director posts for SAS & LEDs. Addressing individual needs of SAS & LEDs by dedicated Training Programme Directors is a significant step in the right direction.

This financial year we have several new development initiatives for SAS & LEDs in East of England and the details are available on the East of England website. The programme is based on the feedback from the Annual SAS Survey and the feedback received from Tutors. Most of the advertised workshops and webinars are available to both SAS & LEDs but unfortunately non-attendance following booking is still a concern. The uptake of Blended Learning Platforms also remains low. Demand for leadership courses remains high despite increasing leadership courses in the region. There are courses which are available to NHS staff, are free and can be accessed online. Information on leadership opportunities is available in this newsletter as well as on NHSE East of England website.

It was heartening to see high number of nominations for the annual East of England SAS & LED Recognition Awards. The shortlisted SAS & LED doctors will be invited to the Tutor Development Day on the 23rd October 2025 and the winners will be announced. Thank you to everyone who has made an effort to nominate a colleague to recognise their hard work and dedication.

I hope you find the Newsletter useful. Your feedback is important as we are always looking at ways of making it better.

Prof Shahid A Khan

Associate Postgraduate Dean, NHSE – East of England

Development Opportunities



SAS Development Programme 2025 - 2026

- The 2025-2026 Regional SAS Development Programme run in partnership with several external training providers, is LIVE. This programme has been designed around the feedback received from the East of England SAS Annual Survey and approaches subjects such as Taking Control of your Career, Job Planning and Negotiation Skills, AI Essentials for Doctors and many more.

Please visit the NHSE [SAS Doctor's Development Session webpage](#) and register your place on one of these free courses before the spaces are filled and you miss your opportunity!

For any other learning and development opportunities, please contact your local education department, or SAS Tutor.

Individual SAS Development Fund 2025 - 2026

- We are pleased to announce that the 2025-2026 Individual Development Fund application form is also LIVE. During the 2024-2025 financial year, the individual development fund received 59 applications, of which 51 applications were approved or partially approved. We are proud to support your hard work and continued professional development and look forward to offering this continued support throughout this financial year.

To locate the Individual Development Fund application form including the advice and guidance, please [click here](#).

Quality Improvement “in Action” Programme 2025 - 2026

- The 2025-2026 Quality Improvement “in Action” programme received a high number of applications, and the decision regarding the 16 candidates has been made. We would like to offer a thank you to all those that applied but were unsuccessful this year. We look forward to seeing the results of the programme, and hope that these skills prove valuable to the successful candidates. For further information on the programme, please [click here](#).

Leadership Programmes

As mentioned by Professor Shahid Khan in the introduction of this newsletter, there are a growing number of leadership opportunities on offer to SAS Doctors within the east of England:

Train the Trainer

- The Train the Trainer course is aimed at Foundation Doctors/LED/SAS in the East of England to help develop their skills as a trainer and learner in many various capacities. Further information can be found on our webpage [here](#). Further information on how to register will be made available shortly.

3 Day Leadership Programmes

- Due to the success of 24/25 cohorts, NHSE EoE have commissioned three additional cohorts of the 3-day SAS Leadership Programme, delivered by Miad. This course focuses on Leadership, personal effectiveness including time and stress management, teamwork, an understanding of the NHS, business case development and clinical governance. Applications are now closed, and the first cohort is starting shortly. For more details on this programme, please visit our webpage [here](#).

Next Step: Leadership and Management Fellows Programme

- The Next Step Programme is an innovative leadership and management programme which aims to provide important tools, knowledge and confidence to help you thrive as leaders and managers within the NHS. The programme was originally developed for Resident Doctors who are within two calendar years of their expected CCT date, however for the 25/26 cohort, they are piloting the inclusion of SAS doctors who are working on the Portfolio Pathway. Further details on the programme can be found [here](#). Applications are now closed, and we have 8 SAS Doctors starting the programme shortly.

SAS & LED Tutor Leadership and Management Programme 2025 - 2026

- We are pleased to advise that a new Leadership and Management Programme, specifically tailored for EoE SAS and LED **Tutors**, has just launched. There are 16 places available, and these will be offered on a first come first serve basis. This is an extensive programme, and tutors interested will need to commit to all dates. For further information on the programme, dates and how to apply, please [click here](#).

SAS & LED Tutor Development Day

This years SAS & LED Tutor Development Day will be taking place on Thursday 23 October at Victoria House, Fulbourn.

All tutors have been sent a direct invite to this. Please ensure you register your space so we know who is attending, and if you cannot attend, please ensure you nominate a representative from your Trust to attend

Any questions, please email england.sas.eoe@nhs.net.

Medical Education Bursary Funding

Applications are now open for bursary funding for the January 2026 intake for PGCert, PGDip and Masters (top-up) in Medical Education.

All information, including the bursary process, guidance, candidate specifications and how to apply, can be found on our webpage [here](#).

Please note, this is a competitive process, and applying does not guarantee you funding.

Please ensure you read all relevant documents thoroughly before applying.

Applications close at **10am on 30 September 2025**. Late applications or supporting statements cannot be considered.

If you have any questions, please contact england.mededbursaries.eoe@nhs.net.

Autumn Symposium

The Autumn Symposium is taking place face to face on Tuesday 30 September and Wednesday 1 October 2025.

The Autumn Symposium provides faculty development for postgraduate educators from the East of England, offering a valuable opportunity to learn, develop, network and share best practice. The theme of this year's event is '**Futureproofing Medical and Dental Education**'.

Both days are now fully booked, but if you would like to be added to the waiting list, please email england.eandtevents.eoe@nhs.net. All information can also be found our webpage [here](#).

Enhance is a free contextual leadership programme for all doctors in training, LEDs, and SAS doctors. Completion of the contextual leadership programme will provide you with national certification, which will be beneficial and transferable for your future clinical work, higher training/specialty roles and further career aspirations.

The programme supports the development of your generalist skills:

- helping you to become a holistic clinician with the capability to adapt the needs of your patients.
- help you to understand the challenges within our ever-changing healthcare environment.
- help you to advocate for positive change in the health and social care landscape.

Enhance is a self-directed e-learning package consisting of 6 module workbooks (see image) with 4 cross-cutting themes. The programme is achieved through workbook self-assessments, reflection evidence (REALM form) together with some suggested "in-action" learning activities which you can undertake during your normal working week.

If you would like further information on the enhance programme, please check out our sway document [enhance "enable" guide for doctors of all grades.](#)

If you are interested and want any further information, please contact us england.enhance.eoe@nhs.net

Support and Wellbeing



The Professional Support and Wellbeing Services (PSW) supports doctors, dentists and pharmacists in training with targeted solutions support. The Professional Support and Wellbeing Service provides one to one specialist support through 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, educators 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.](#)

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](#)