

The UK Public Health Training Scheme

October 2025

LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE



Workshop session support

Also in attendance today we have some **Public Health Registrars** who have kindly given up their lunchtime to be available on this session, to answer questions in the chat as the session goes along and, to be available to live Q&A at the end of the session:

Hamza Wahid: Public Health ST2 currently doing a Public Health MSc at LSHTM. I did my foundation training at Musgrove Park in Taunton. As part of the training scheme, I've spent a year at Croydon Council, where I lead a Health Needs Assessment looking at inequalities faced by neurodivergent residents (alongside many other varied projects).

Cat Weston: in her second year of the specialty training programme in London, having joined from a multi-professional background. Cat started off her career as a policy professional in the UK civil service, working on different policy areas including school funding. Cat moved into the Department of Health and Social Care and took up roles in the Office for Health Improvement and Disparities. Cat worked as both a Programme Manager and Team Leader in early years and child health, with a particular focus on health promotion.

Since joining the training, Cat has worked for a year in the City of Westminster and Kensington and Chelsea local authority public health team, before joining the MSc.

- Please keep mics on mute
- Feel free to use the chat box
- Trouble with sound? Trying leaving and coming back try a different browser
- The session will be recorded and put on Moodle along with the slides

This workshop – objectives

- Introduction to UK Public Health specialty training
- Application process
- Insight from two current trainees

Not an overview of all aspects of Public Health in the UK.

Resources for that in 'Exploring Career options:

- Careers in Public Health in the UK
- Career options using your master's
- Careers using your research skills

- National picture – central Government, [UK Health Security Agency](#) and [Office for Health Improvement and Disparities](#), NICE
- Implementation level – local authorities (also charities/NGOs)
- Other major players – Think Tanks, consultancies, pharma
- Research – universities, pharma, research aspects in other organisations/roles

Public Health training scheme/registrar training, leading to Public Health Consultant role (usually via local authority)

What is the scheme?

- One of the medical specialties, but open to non-medics
- Varied training over 4-5 years (4 years if already hold Public Health masters)
- Mandatory placements: 12 months Local Authority; 4 months in Health Protection
- Optional placements
- Options for 'Out of Programme' experience (or research e.g. PhD)
- Two exams – written and practical/scenario based
- Potential route to higher level jobs

- Body responsible for the training is [Faculty of Public Health Specialty Training](#)
- 60-90 places per year
- Do you have to be from the UK? No but...
"Applicants must be eligible to work in the UK" ([Public Health ST1, Essential Entry Criteria](#))

One of the most competitive specialties for medics.

Competition varies by location but overall, 8 (98:786 competition ratio*). [Data on last year here](#)

- London and Southeast 18 (15:266), previously 14 (17:234)
- Scotland 6 (11:62), previously 11 (5:53)
- Wales 9 (3:26), previously 13 (2:26)

So it varies, but London/South East is particularly competitive.

*Ratio (posts available: eligible 1st choice apps)

I'm not a doctor....

- Experience required, including public health experience
- It will be down to you to evidence & demonstrate
- "At least 48 months' whole-time equivalent (wte) work experience by application closing date, of which at least 24 months (wte) must be in an area relevant to population health practice" ([Public Health ST1](#))



- Application and assessment of eligibility – first stage
- After that, all 'blind' selection (no difference for medics/non-medics)
- Assessment centre – verbal/numerical reasoning, situational judgement
- Selection centre – group task, individual interview, written assessment
- All candidates ranked, candidates then also rank areas (in UK) in order of preference
- Training organized regionally, once on scheme, stay in that region

Recruitment Timelines for 2026 intake

- Applications open 10:00am 23 October 2025
- Applications close 4:00pm 21 November 2025
- Assessment centre 6-7 January 2026
- Selection centre tbc, likely March 2026
- Initial offers tbc
- For all enquiries about the recruitment and selection process please contact England.publichealthrecruitment.em@nhs.net
- See <https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/public-health/recruitment-information/recruitment-timelines>

- [NHS Medical Speciality Training](#)
- [Recruitment Information](#)
- For all enquiries about the recruitment and selection process please contact publichealthrecruitment.em@hee.nhs.uk
- Booklet produced by FPH
'[Specialise in the bigger picture](#)'

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Visit Moodle...

Lunchtime sessions on Tuesdays and Wednesdays: 1-1.30 pm (UK time)

- Planning your next steps: How to get started
- Careers with UN organisations
- Finding and Funding a PhD
- PhD Applications

Save the date – 24 November - Careers in Public and Global Health - panel discussion

Feedback form & questions

<https://forms.office.com/e/4p7U5N14cT>

Thank you for your time and, any questions?