

Moving to the UK and First 90 Days Pack

Plan the household move and establish a safe, supervised start rather than trying to solve every practical and clinical problem at once.

How to use it

Use one section at a time alongside the relevant online chapter and the current official source. Write only what is needed for your decision, then add an owner and review date to every unresolved action.

Confidentiality and limits

Do not enter patient-identifiable information, private colleague information, passwords, passport numbers or documents you are not authorised to share. This workbook is independent educational guidance, not individual immigration, employment, legal, regulatory, tax, pension or clinical advice.

A controlled working method

Separate verified facts from assumptions. Date every figure or rule copied from a live source. Keep the exact advert, policy, contract or form on which a decision depends. When circumstances are complex, use the worksheet to prepare questions for an appropriately qualified adviser rather than trying to make the workbook provide the advice.

- Fact: supported by a current document or a named person with authority.
- Assumption: plausible but not yet verified; record the check required.
- Decision: state who owns it, the evidence considered and the review date.
- Action: name the person responsible and a realistic deadline.
- Reflection: keep it proportionate, factual and confidential.

Master action log

ACTION, OWNER, DATE AND OUTCOME
Priority decision or unresolved question — — —
Evidence or source to check — — —
Person responsible and target date — — —
Outcome and next review — — —

Household arrival plan

Complete this from current evidence. If an entry relies on memory or informal advice, mark it for verification before acting.

HOUSEHOLD ARRIVAL PLAN
Immigration status or document to confirm
Temporary and longer-term housing
Banking, National Insurance and first salary
Dependants, school, childcare or partner needs

First-month budget

Complete this from current evidence. If an entry relies on memory or informal advice, mark it for verification before acting.

FIRST-MONTH BUDGET
Deposit and accommodation
Travel and essential household costs
Delay scenario before first reliable salary
Reserve and support options

Pre-arrival contact

Complete this from current evidence. If an entry relies on memory or informal advice, mark it for verification before acting.

PRE-ARRIVAL CONTACT
Reporting point and named contact
Rota, site and first shift
System access and occupational health
Induction and supervision plan

Safe initial scope

Complete this from current evidence. If an entry relies on memory or informal advice, mark it for verification before acting.

SAFE INITIAL SCOPE
Activity I can undertake now
Activity needing orientation or observation
Activity needing direct supervision
Escalation route and review date

Two-week review

Complete this from current evidence. If an entry relies on memory or informal advice, mark it for verification before acting.

TWO-WEEK REVIEW
Access or induction gaps
Clinical or communication uncertainty
Workload and rota issue
Agreed action, owner and deadline

Six- and twelve-week review

Complete this from current evidence. If an entry relies on memory or informal advice, mark it for verification before acting.

SIX- AND TWELVE-WEEK REVIEW
Scope development
Feedback and learning
Wellbeing and household sustainability
Next goals and evidence to retain

Final review and next conversation

Summarise the decision you are trying to make, the evidence already verified and the few questions that remain. Take this summary-not an uncontrolled collection of personal documents-to the relevant supervisor, employer team, regulator, union, defence organisation or adviser.

ONE-PAGE DECISION SUMMARY
Decision and desired safe outcome — — —
Verified facts and source dates — — —
Main risk or uncertainty — — —
Questions for the appropriate adviser — — —
Next action, owner and review date — — —

Core current sources

GMC registration applications

NHS Employers medical workforce

Health and Care Worker visa

GMC Good medical practice

Reviewed 7 September 2026. Always re-check the live source before a significant decision.