

General Medical Council

Helen Mary EFFINGHAM

Doctor

GMC reference number: 4326814

 Registered with a licence to practise

GP

This doctor is on the GP Register

From 31 Mar 2006

SR

This doctor is not on the Specialist Register

This doctor is subject to revalidation;

Designated body	NHS England Midlands Commissioning Region (East)
Responsible officer	Mohammed Anwar

Profession	Doctor
Registered qualification	BM BS 1996 University of Nottingham
Provisional registration date	25 Jul 1996
Full registration date	09 Aug 1997
Gender	Female

General information

Substantive, honorary and fixed term consultants working in the NHS are required to be on the Specialist Register, however there are exemptions. Please refer to the National Health Service (Appointment of Consultants) Regulations 1996, as amended.

Doctors working in general practice in the UK health service are required to be on the General Practitioner Register. Please refer to the relevant NHS performers lists regulations.

[More information about employment check requirements](#)

Annual retention fee due date: 09 Aug 2027

Registrant history

Registration and licensing history (Since 20 October 2005)

From	To	Status
16 Nov 2009	Present	Registered with a licence to practise
20 Oct 2005	16 Nov 2009	Registered

Please note:

All doctors who were registered before 20 October 2005 have their registration 'From' date set to 20 October 2005.

This is the date when the register went online.

If you need to know whether the doctor was registered before 20 October 2005 please [contact us](#).

Results of search on: 10 Oct 2026 at 21:47 BST

The details shown are valid at the date and time of the search only.