Careers "advice," perhaps better described as "support" really falls into two categories - signposting to information and 1:1 exploration through coaching.

So here's the signposting, some of which you may already have been aware of and which you will certainly get at the FY1 and FY2 workshops. The workshop dates will be posted shortly here:  

This is an important decision so, at the risk of signposting you to sites and people of which you are already aware, my first suggestions would be to dedicate some very specific time (& perhaps a folder/notes for information gathered/your thoughts) each week to:

1. Go through the workbook you were given at the FY1 Careers workshop
2. Look on these three websites -
   a)  www.healthcareers.nhs.uk especially the section for doctors at: https://www.healthcareers.nhs.uk/explore-roles
   c)  https://www.hee.nhs.uk/our-work/developing-our-workforce/clinical-academic-careers
3. Talk to more senior clinicians you have got to know (or ask them for contacts) in specialties you think you might want to pursue. There's no harm in starting pretty broadly with this if you don't feel ready to narrow down your options just yet! People are usually more than happy to share their own experiences of how and why they decided to choose their specialty/generalism (make sure you talk to GPs and GP trainees too!) so in many ways this is your best resource if you want to understand what it is actually like to tread a particular path.
4. Additionally, in following up on a specialty, you could contact the local specialty schools to arrange to talk to someone about the specialty/local training: http://www.oxforddeanery.nhs.uk/specialty_schools.aspx
5. The BMJ careers website is full of useful information on the "how" such as building a portfolio, interview skills and thinking broadly about where you might use your skills. Scroll down to "tips" and "articles" http://careers.bmj.com/careers/hospital-medical-healthcare-doctors-jobs.html
6. This site has lots of useful information on it especially about "life balance": http://www.support4doctors.org
7. The following books are often useful:
   •  Lim D C G  (2011), How to Get a Specialty Training Post: the insider’s guide , OUP
   •  Eccles, S & Sanders, S (2008), So you want to be a brain surgeon? OUP, 3rd ed
It's clearly important to know exactly when the deadlines for applications are and to map out for yourself some timelines around your research and preparation for application.

As far as the 1:1 careers coaching is concerned, that's more about exploring your own strengths, interests, values and preferences for work, life balance and so on. I'd be happy to find you a PSU coach for that if you feel it would be useful and once you've had a chance to follow up some of the suggestions above, as you are really the only person who can do that for yourself!

I'll keep your query open and when you're ready, please let me know if you would like some 1:1 PSU coaching to reflect on your research and better understand your values, strengths and preferences.