

Health Education England - East of England Newsletter for Trainees – 12 June 2020

Message from Bill Irish, Regional Postgraduate Dean, and Senior Leadership Team

Your wellbeing is right at the top of our list of priorities and so this week's newsletter has been devoted to collating the different ways in which you can help yourselves or access support. There is a plethora of really good things on offer here which many of us could benefit from so please take some time to read it carefully and reflect on its contents. We're sure that you will also join with us in thanking all of the Deanery's teams for the outstanding support they have continued to provide over this difficult period. It goes without saying that we remain hugely grateful to you all for everything you are doing for your patients and their friends, families and loved ones in the east of England.

For recruitment information: <https://heeoee.hee.nhs.uk/recruitment>



Professional Support and Well-being Service

The PSW are continuing to accept self-referrals from Trainees, Consultants, LEDs and SAS doctors. If you wish to access psychological or any other support, you can refer yourself through our dedicated generic inbox COVID19-PSW.EoE@hee.nhs.uk Below is a reminder of the services the PSW can offer:



Psychological Support	Communication Skills Support
Exam Support	Emotional Intelligence Testing
Resilience Support & Feedback	Neuro-diverse Screening & Support
General Well-being	Occupational Health
Careers Support	Support for Educators

Further to the newsletter dated 12 June 2020, we are in the process of organising a virtual exam support workshop and have communicated dates to trainees already accessing PSW support. For those that are not already accessing support, we have asked the Training Programme Directors to circulate the details. If you would like to discuss the workshop or any other exam support on offer, please email us on psw.eoe@hee.nhs.uk

Following the successful virtual communication skills workshops, we will be in touch shortly to highlight any further opportunities.

The PSW remain keen to hear from any programme wishing to set up a mentoring scheme and may require support from us. Please get in touch at - mentoring.eoe@hee.nhs.uk



Access to free Wellbeing apps for NHS staff

NHS staff have been given free [access to a number of wellbeing apps](#) from now until the end of December 2020 to support their mental health and wellbeing.

[SilverCloud](#) - offers free wellbeing support

[#StayAlive](#) - a suicide prevention resource

[Daylight](#) - provides help to people experiencing symptoms of worry and anxiety

[Sleepio](#) - a sleep-improvement programme

[Unmind](#) - helps you measure and manage your personal mental health needs

[Headspace](#) - helps reduce stress, build resilience, and aid better sleep

[Movement for Modern Life](#) – Online yoga platform, movement, and mindfulness

[Down dog](#) – Another free yoga / exercise platform

[Calm](#) - a mindfulness, meditation and sleep app

[City Parents](#) – Curated collection of positive and practical support for working parents



[Supported Return to Training \(SuppoRTT\)](#)

Trainees who have been shielding as a result of the Covid-19 pandemic are welcomed to access the SuppoRTT services available for trainees, this is offered to all trainees who have taken a period of three months or more out of training. For more information, please visit the SuppoRTT pages of the Health Education England, East of England website.

In the first instance, you will need to meet with your TPD (or College Tutor in Paediatrics and O&G) to complete the SuppoRTT plan part 1 until 'Reason for time out of training' and Part 2 of the plan: <https://heeo.ee.nhs.uk/psw/supported-return-training>.

Please contact SuppoRTT.eoe@hee.nhs.uk for any queries.

[Looking after yourself and others](#)

Five steps to wellbeing

Evidence suggests there are [5 steps](#) you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. They are:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present (mindfulness).

Every Mind Matters

[Every Mind Matters](#) is a national Public Health England campaign, which has expert advice and practical tips to help you look after your mental health and wellbeing. Answer five quick questions to get your free Mind plan, which offers tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control. This has been updated recently to include advice to those who are worried about coronavirus and maintaining their mental health.

What are anxiety disorders?

[This information from MIND](#) explains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.

Depression

Depression is a common mental health problem that causes people to experience low mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration. Find out more on the [Mental Health Foundation website](#).

Helping someone else

It can be hard to know what to do when supporting someone with a mental health problem. [This information from MIND](#) is aimed at helping friends, family, carers and others to give support and take care of themselves too.



Wellbeing support
for our NHS people

NHS

Telephone:
0300 131 7000
7am to 11pm
daily

Text
FRONTLINE
to 85258

#OurNHSpeople

[Mental health hotline for staff tackling COVID-19](#)

The NHS has launched a mental health hotline as part of a package of measures to support the NHS' 1.4 million staff as they help people deal with the coronavirus.

NHS staff will be able to call or text a free number staffed by thousands of specially trained volunteers, to receive support and advice for the pressures they face every day during the global health emergency.

Telephone: **0300 131 7000** (7am – 11pm daily)

Text: **FRONTLINE** to 85258

Anyone who requires further help will be signposted to other services ranging from practical and financial assistance through to specialist bereavement and psychological support.



**THE JOYFUL
DOCTOR™**

[The Joyful Doctor](#)

'[The Joyful Doctor](#)' are working hard to bring you lots of free resources to help you through this time.

They have also developed 'Time to Pause' - an opportunity for your team to gather and share their experiences online and to learn to look after their wellbeing as well as they look after their patients!

All of their usual services (from coaching to training) are also available online at this time.



**Royal Medical
Benevolent Fund**
The Doctors' Charity

[The Royal Medical Benevolent fund](#)

This page gives information on accessing the RMBF's online wellbeing resource, launched in June 2020, offering a range of helpful advice and information for medics of all ages and specialties. Provided by Rightsteps, it covers a wide range of ways to look after your mental and physical health.

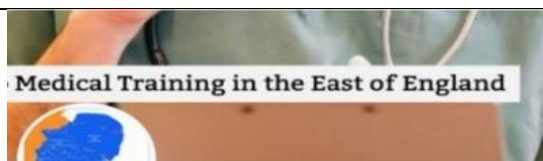


art of brilliance

[Art of Brilliance – Brilliant o'Clock](#)

The art of Brilliance are purveyors of the world' finest messages on wellbeing, resilience and human flourishing and are doing short, sharp social media episodes – every day for as long as necessary.

Follow them on [Facebook](#), [Twitter](#) and [YouTube](#) for your free, daily dose of brilliance.



Medical Training in the East of England



EoE Trainees
@EoETrainees2020

Training-related updates on behalf of HEE EoE relevant to all healthcare trainees.

[Twitter - @EoETrainees2020](#)

Our new 'EoE Trainee' Twitter page is now LIVE! This is designed to bring you updates and information as it becomes available: bit.ly/eoetrainees – we hope you find this to be a useful resource at a very challenging time.



[@EoETrainees2020](#)