

## Health Education England - East of England Newsletter for Trainees – 7 April 2020

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

Thank you for your continued hard work and dedication in these incredibly difficult times. We are aware many of you started on revised rotas this week which have been challenging, our Trusts are working hard to take on board your feedback and make any necessary changes. I am reminded that this is uncharted territory for most of us. We have increased our Professional Support and Well Being service and would encourage you to be in touch with the team if you need any help, advice or support [COVID19-PSW.EoE@hee.nhs.uk](mailto:COVID19-PSW.EoE@hee.nhs.uk). Please take time to read through our newsletter, we are doing our best to co-ordinate the large amount of information available as well as take account of frequently asked questions we are receiving.



### Professional Support and Well-being Service (PSW)

<https://heeoee.hee.nhs.uk/psw/east-england-professional-support-and-well-being-service>

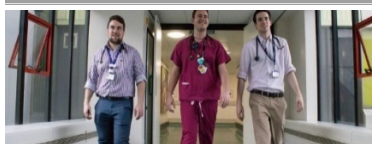
In addition to the bespoke advice and guidance provided by the Professional Support and Well-being team which is now available to all doctors by self-referral, please be reminded of the self-care and well-being section of the PSW website. Here you can find various resources alongside details on how to access tools such as 'Sleepio', 'Daylight' and 'Unmind' which are all now free to all NHS staff. If you have come across any other well-being resources that you have found helpful during this unprecedented team then please feel free to share them by emailing us on [COVID19-PSW.EoE@hee.nhs.uk](mailto:COVID19-PSW.EoE@hee.nhs.uk).



### General Practice

We recognise that there is a lot of uncertainty at the moment about what will happen with respect to your WPBA requirements as well as the suspended AKT and CSA examinations. These matters are being discussed nationally as we need one decision across the 4 nations of the UK. As soon as we have definite information, we will share this with you all. Our priority is to help our ST3 trainees qualify as soon as they possibly can.

We do have some GP trainees who would have been due to rotate placements in May 2020. Please can we clarify that the position for these rotations is the same as for April rotations. So, as a general principle, you will not be rotating from your present host provider.



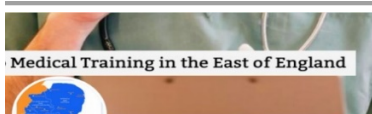
### Foundation

Thank you all for your continued support for all the radical changes within your trust. Your wellbeing is very important to us, so please review the resources available on our PSW pages and speak to your FTPD in the trusts if you have any concerns. We are pleased that we have run the recruitment process for F1 joining us in August and welcome those graduates into our foundation schools. currently we have filled all our vacancies. There will be some movement due to transfers. As you may have heard, we are also working with GMC and medical schools to register current graduates early, so that they have the opportunity to join trusts before august. As part of the support network, our current foundation doctors will be asked to buddy up with the FiY1. Mentorship guidance and other guidance is being written. Please work with your FTPD and medical education teams on how we can support each other and these new doctors. Full guidance is planned to be released next week, and will appear on our foundation website: <https://heeoee.hee.nhs.uk/foundation>



### Bursaries for PGCert and PGDip in Medical Education

In light of the current situation we have taken decision to extend bursary applications deadline to **1 July 2020**. Please send your queries to [tefunding.eoe@hee.nhs.uk](mailto:tefunding.eoe@hee.nhs.uk)



### 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](https://bit.ly/eoetrainees) – we hope you find this to be a useful resource at a very challenging time.



 [@EoETrainees2020](https://twitter.com/EoETrainees2020)