

Health Education England - East of England Newsletter for Trainees – December 2020

First and foremost we want to wish you a very Happy Christmas, we hope you will all get time to spend time, even if virtually this year, with friends and family.

In our last newsletter we highlighted some of the fellowship opportunities being advertised from global health to digital learning, we also highlighted opportunities for personal and professional development through our leadership ladder. In the New Year, we will be launching our Learning to be Educators And Facilitators (LEAF) programme for trainees, which we are tremendously excited about.

News of the GMC Survey results will be available in the New Year and we are very keen to explore the information that it contains with you. We want to learn with you how we can improve your training experience in the east of England.

Wishing you a very Happy New Year.



Professional Support and Well-being (PSW) Service

We recognise that training to be a doctor or dentist is tough and there can be many personal and professional challenges along the way.

Which career pathway?	What if I make a clinical mistake?
Exam failure?	My health and well-being?
Professional relationships?	Personal relationships?
Feelings of loneliness?	In a new place and do not know anyone?
Not sleeping?	Constantly worrying if you are doing the right thing?

We also recognise that this year is and continues to be exceptionally challenging for medical staff. We provide confidential support and guidance to any doctor or dentist that trains in the East of England. Accessing support from the PSW is non-punitive and does not impact on your training.

We are continuing to accept self-referrals for all matters so if you feel that you would benefit from support, please complete a [referral form C](#). For details on how to download and complete the form, please visit <https://heeoee.hee.nhs.uk/psw/how-refer> and scroll to the bottom of the page for guidance.

If you have any queries or would like to speak to a member of the team please email psw.eoe@hee.nhs.uk.



HEE EoE Leadership Ladder

New modules launched 30/11/2020 and available in your 'Learner Library' on Bridge:

- A Junior Doctor Guide to the NHS
- Attending and Chairing Meetings
- Leading a Handover



[Learning to be Educators and Facilitators \(LEAF\)](#)

We are pleased to announce a launch of novel teaching course LEAF (Learning to be Educators And Facilitators). This online interactive course addresses the practicalities of teaching in the workplace and is aimed at trainees who already have teaching experience and are looking to expand on their current skillset. Applications will open soon, please keep an eye on our [LEAF website pages](#)

Currently we are in a process of recruiting faculty.

If you are passionate and experienced within the medical education field, we need your involvement. Please contact us on TTfaculty.eoe@hee.nhs.uk if you have any questions.



[Virtual Spring Symposium 2021](#)

Our Spring event is aimed at doctors throughout the region who have an interest in medical education and who are involved in its delivery at a post-graduate level. We would like to invite trainees to apply to attend the Virtual Spring Symposium on the 18th March 2021. Applications for this will open in January 2021 and will be advertised on our [website](#) and via email with more information on the day. We look forward to hearing from you!



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

[Click here](#) to watch the SuppoRTT, East of England animation.

If you are intending to or are currently taking some time out of your training programme for parental leave, Out of Programme (OOP) or planned sick leave for approximately three months or more, or have been shielding/displaced because of the Covid-19 pandemic, please visit the [SuppoRTT Pages](#) of the HEE, EoE website for information on the SuppoRTT services available.

HEE, EoE are pleased to announce several webinars are now available to book for Returning Trainees. These webinars include wellbeing and resilience. For more information, please visit the [SuppoRTT webinar, courses and events page on the website](#).

A [national Supported Return to Training resource](#) has been developed by the national SuppoRTT team. This is now available on e-Learning for Healthcare and is aimed at trainees.

The SuppoRTT team has identified several Trust SuppoRTT Champions and Peer Specialty SuppoRTT Champions across the schools to provide local and specialty specific advice and support for returning trainees. We are very excited to start working with this group to improve the SuppoRTT initiative. We will continue identifying Champions in areas without current representation, and all contact details can be found [Here](#).



[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](#)