

Health Education England - East of England Newsletter for Trainees – January 2021

Can we start by, firstly, sending you our very best wishes for 2021 and, secondly, welcoming the Joint Committee of Vaccination and Immunisation's prioritisation of the vaccination of frontline health and social care workers against COVID-19.

This good news has to be balanced against the current surge in the incidence of COVID-19, particularly in the south of our region and the impact that this is having on patients, their friends and families and all who are involved in caring for them. We recognise how challenging this is and would like to thank each and every one of you for the contributions that you are making.

Your personal wellbeing is very important to us and we would like to remind you that, if you feel that you would benefit from some additional support, you can either refer yourself or ask one your trainers to refer you to our [Professional Support & Wellbeing Service](#). In addition, if you have concerns about the effect that the response to the pandemic is having on your training, please raise these with your educational supervisor or training programme director in the first instance so that we can address them for you.



Professional Support and Well-being (PSW) Service Impact of COVID-19 (including for non-training grades)

Are you finding the impact of COVID-19 affecting your mental and/or physical well-being? If the answer is yes, you might want to consider a PSW referral. We are a confidential, non-punitive and supportive service. During the pandemic, we are accepting both educator (Form F) and self-referrals (Form C), which can be downloaded from our website today. Further information and guidance can be found here:

<https://heeoee.hee.nhs.uk/psw/well-being-covid-19>

COVID-19 Displaced (formerly known as shielding) trainees.

Updated national and local guidance has resulted in the requirement for a new form to be completed.

All trainees who are currently COVID displaced are required to complete the updated form.

Up to date information, alongside the new form, can be found here : <https://heeoee.hee.nhs.uk/psw/covid-displaced-trainees>

PSW support and guidance for trainee doctors, dentists and educators can be accessed by completing one of our referral forms <https://heeoee.hee.nhs.uk/psw/how-refer> or get in touch via e-mail: psw.eoe@hee.nhs.uk



Anaesthetics: Improving transitions in the EoE

Firstly, thank you for everything you are doing at the moment. I know it cannot be easy for any of you.

You may remember last summer that we sent you a survey about moving rotation dates for higher trainees in anaesthetics, medicine, and surgery from August to September or October. We had very few responses from anaesthetics and I wonder if you could spend 10 minutes completing this now? It is only open until January 27th as we need to finalise any decisions soon.

Please [Click Here](#) to access the survey.



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

Our course faculty has just been recruited and we are planning to deliver a first cohort in March 2021.

Applications will open soon; places will be allocated on first comes first served basis. Please keep an eye on our [LEAF website pages](#):

If you have any queries, please contact us on TTfaculty.eoe@hee.nhs.uk



[Virtual Spring Symposium 2021](#)

East of England trainees are invited to attend our Virtual Spring Symposium this year! The trainee day for this event is on the 18th March.

Deadline for applications is 5pm 10th February. Please see further information on our event and details on application process on our [Spring Symposium webpage](#):

Please ensure you have booked the appropriate study leave for Thursday 18th March along with completing this application.



[Study Leave Updates](#)

[Covid Related Support](#)

Health Education England (HEE), East of England (EoE) have made the decision to provide additional study leave funding support to trainees in relation to exams, as we are aware that the strain of the pandemic may have affected exam results in some areas.

If a trainee has failed an exam (or part of) between March 2020 – March 2021, they may submit a second application for funding to support attendance at a second exam preparation course, previous funding guidelines apply; maximum of £1000 can be claimed per course. We will review the situation again in March 2021 and make a decision as to how is best to proceed from there.

We appreciate that trainees may have attended and self-funded between March 2020 and now, therefore, we will allow trainees to submit a retrospective claim if they attended a second exam preparation course due to exam failure. The deadline for submitting retrospective applications will align with the end of the financial year (end of March 2021).

Applications and claims can be managed locally, trainees will be required to follow the local study leave process and include relevant evidence with their claims.

[New Appeals Process](#)

HEE EoE have revised the study leave appeals process, to align with the national policy. More details on how to appeal can be found by visiting the [Study Leave pages of the Health Education England website](#)

The HEE EoE office will only review appeals in relation to study leave funding, disputes regarding study leave time should be resolved locally with the employer.

[National Health Education England website](#)

Please visit the National Health Education England website for updates and information relating to Education and Training.

Recent updates include the Education and training update and guidance for regions document, which can be found by [Clicking Here](#)



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 Health Education England (HEE), East of England (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**