

Health Education England - East of England Trainee Newsletter - February 2021

We are probably showing our combined ages here, although how on earth did it get to be mid-February? It only seems like yesterday when we were sending you all our best wishes for 2021. So much has happened since then – the region has been covered in snow, furry cats have appeared on zoom and hopefully the vast majority of you have had your first Covid vaccination. The other really positive thing is that the recent increase in Covid work appears to be settling again which will be a big relief to us all, both so that we can all have a much-deserved respite and so that our focus can gradually switch back primarily to your training.

Our focus is on you – all 5,000+ amazing speciality trainees working with us in the EOE. We are very keen to do all we can to support your wellbeing. We really mean that they are not empty words. There has been lots of information coming from all sides about resources to support NHS staff - a variety of apps, resilience hubs, coaching etc. We are really interested to know what you feel would best help you though. So, please do contact us on PSW.eoe@hee.nhs.uk to let us know what you think. This has been a marathon and will remain that way for some time to come. How can we best help you reach those end-posts in good shape? And just in case you haven't heard this before, here's a reminder that the Professional Support and Wellbeing Service are here to offer support for you. You can access that support through referring yourself or by asking one of your trainers to do that for you.

Thank you for being you, for looking out for each other and all the people you work with, and for doing everything you are doing for our patients and communities.

Janet Rutherford, Primary Care Dean



[Update videos for doctors in training](#)

HEE is keen to communicate directly with trainees during the ongoing difficult situation around COVID, to give updates on medical and dental education.

We would like to share the videos that have been uploaded so far. Please find links to these below:

- [Simon Gregory](#)
- [Bill Irish](#)
- [Jane Mamelok](#)



[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 by [Clicking Here](#).

[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 by [Clicking Here](#).

PSW support and guidance for trainee doctors, dentists and educators can be accessed by completing one of our [referral forms](#) or get in touch via e-mail: psw.eoe@hee.nhs.uk



[Central HEE wellbeing resources](#)

We know our learners strive to deliver the best possible care for patients, which is why it is crucial they look after their own mental and physical wellbeing.

[HEE Wellbeing Resources](#)



[Assessment & Revalidation Update](#)

Some exciting news from the Assessment & Revalidation team. We now have two new Animations uploaded to our web pages one Animation containing information around our ARCP process and a second Animation around our Revalidation process. Each Animation can be found by following the below links.

[Revalidation Animation](#)

[Assessment Animation](#)

We hope for these animations to provide trainees with a clear understanding around each process including actions to be taken and timeline for these.

Please do also visit our [Revalidation & Assessment webpage](#) where you will find a wide range of support and information.



[Bursaries for PGCert, PGDip \(60 credits\) and MSc \(60 credits\) in Medical Education](#)

The applications will open on 29 March, closing date 19 April. Updated guidance and applications form will be available soon.

[Click Here for more information](#)

Please send your queries to MedEdBursaries.eoe@hee.nhs.uk



[Tomorrow's Teachers Course](#)

Our Tomorrow's Teachers course has now been replaced with LEAF-BUD. The last Tomorrow's Course was held at the beginning of February. Those who had signed up to the waiting list for this course will automatically be transferred to the LEAF-BUD waiting list and will be contacted regarding dates when released.



Learning to be
Educators
And
Facilitators
-
Basics
Underpinning
Delivery

[LEAF BUD Programme](#)

LEAF BUD (Learning to be Educators And Facilitators – Basics Underpinning Delivery) our Tomorrow's Teachers replacement, will run from July 2021. Initially, it is likely to be held online due to the current climate, however, it is planned to be held by local hubs across the East of England in the near future. This course is aimed at Core and Junior Trainees (ST1-ST3) applying for Higher Education Training, International Medical Graduates at all levels.

We are currently recruiting for LEAF BUD Faculty members – deadline for application is 5pm 11th March 2021. Please see link below for more details and how to apply to become faculty. More information please see our webpage here: [LEAF BUD](#)

If you have any queries, please contact:
traineesfaculty.eoe@hee.nhs.uk



Learning to be
Educators
And
Facilitators

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

We have now recruited our faculty members and our new LEAF course dates are now available! This course is aimed at Higher Education Trainees and those with lots of teaching experience. Please follow the link below for details on the course and how to book: [LEAF](#)

If you have any queries, please contact traineesfaculty.eoe@hee.nhs.uk



[Multifaith Cultural Calendar](#)

Are there religious or cultural days that you observe throughout the year?

- [Multifaith Year Planner 2021](#)
- [Multifaith Calendar 2021](#)
- [HEE North East Faith Summaries](#)

Our colleagues in the North East, in consultation with trainees, have developed several resources that highlight some of the faith and culture holidays that trainees, educational supervisors and training programme directors may observe throughout the year.

The guides can be used to support trainees and trainers when considering timetables, rotas, and other events. Accommodating specific requests may not always be possible, however trainees are encouraged to initiate these conversations with their supervisors as early as possible; particularly if there are any adjustments or support needed related to fasting or praying. You may also find this [Multi-faith Resource for Healthcare Staff](#) helpful.

Further support on necessary adjustments can be discussed with your TPDs.

Please note that the holidays highlighted within the resources are not an exhaustive list and do not represent all religious and cultural days or holidays. If you have any feedback on these resources or would like to add any holidays or cultural days to future calendars, please leave your [feedback here](#).



[GMC Trainee Survey](#)

The GMC National Training Survey is due to open on 20th April 2021 and close on 28th May 2021. Please ensure that you complete the survey to provide useful feedback to the GMC when the information is circulated.



[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](#)
