

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

Thank you to all our trainees in EoE and the support and contributions you have made to cover the last Covid wave. I am very much hoping it will be the last significant covid wave too.

Things to be grateful for:

- Many of you will be approaching your second covid vaccination.
- Returning to your planned training.
- Spring, so summer is coming.

But even looking to the positives, it is clear that as we are coming to the year anniversary of covid, it has been such a difficult year on a work, training and personal level. While we hope to support you in getting back your training pathways and getting to that CCT, we do not want to underplay the very real sacrifices many have made in many ways. Whether you have needed to shield or have been faced with the frontline care of Covid, this has had a profound impact on both professional and social lives. Faced with a radically different 'present' to the one we were expecting, we have all adapted to new realities, new ways of working as well as sustaining losses. We have all done the best we could do. Our [Professional Support and Well-being \(PSW\) Service](#) is always there for your support and we are keen for you to pass through trainee reps, TPDs and trusts the things that have worked well to support you, so that we can spread positives, as well as what might have been even better if...

Helen Johnson, Foundation School Director East of England



[EoE Postgraduate Dean Q&A Session](#)

HEE and our EoE Dean, Bill Irish would like to invite you to join the upcoming EoE Postgraduate Dean Q&A session. Details are below:

Date: 7th April 2021

Time: 13:00 – 14:00

[Click Here to join the session](#)

This is a great opportunity for you all to meet with me and ask questions.

Iain Roy, Trainee Forum Chair, Rowan Gossedge, Deputy Chair of Regional Junior Doctors Committee, and other BMA and trainee representatives will be also available to address your queries.



[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



Foundation ARCP webinar

A second webinar is being held for doctors in training on Thursday 25 March at 19.00, focusing in particular on Foundation ARCP guidance, processes and live Q&As.

The webinar will be led by Dr Mike Masding, Co-Chair UKFPO, Dr Fiona Cameron and Dr Clare van Hamel, who are both Foundation School Directors.

Questions can be submitted in advance of the webinar, which will be answered on the night.

[Link to webinar](#)

[Ask questions in advance](#)



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



Foundation Doctors: Message from Helen Johnson

We are very glad of the contribution Foundation doctors (who are now, mostly, back in their planned posts) have made to the pandemic. We have been working with Trusts to limit the effect this time has on your education and training.

Foundation Training programme

There is a wealth of asynchronous learning on the Blended Learning Platform for generic teaching, hubs and study leave or development. With additional hubs, central simulation, and VR opportunities, we are aiming that every foundation doctor has had the opportunity to access at least the 60 hours education this year. Bridge also has the covid derogation ARCP minimum criteria so that you can review the expectations. We know this is always a worry for trainees, so please speak to your ES and FTPD earlier rather than later.

Foundation Surveys

Our foundation reps have sent a few different questionnaires to you recently around aspects of the Foundation Training experience, and we will be sending out a request for feedback on the educational programme. It might not be quite what we had hoped to deliver, but we do look to improve every year and your voice matters.

Well-being Support for Foundation doctors

As always, the pandemic has affected each of us as individuals differently, and no one walks in identical shoes [ignoring crocs for a moment]. Should you wish for extra support above the local trust and FTPD, our PSW is there to help PSW.eoe@hee.nhs.uk but also to take feedback on what might be useful for the future.

Less Than Full Time training updates

Health Education England working across the East of England has a strong commitment to helping all doctors reach their full potential and to helping those with child-caring or other responsibilities or health problems, to continue training. Hence, trainees may reduce their working hours by applying LTFT application form. The form and guidance can be found on the [LTFT pages of the HEE, EoE website](#).

You also may watch an animation on the YouTube video which provides trainees with a clear understanding around LTFT process. The animation can be found by [Clicking Here](#).

Trainees are required to submit a Change in plan form only if they wish to change their percentage of full-time work and obtain/change slot share partner. Also, trainees may reapply if their LTFT end date is due to the end. Ideally, new application and change in plan forms should be submitted 3 months before the planned start date.

Update on the New Travel and Relocation Framework

The old East of England Relocation Policy will cease on 31st March 2021 and all trainees will come under the new framework. All applications with effect from 1st April 2021 will be processed using the new framework. All existing agreements will be upheld.

For more information, please visit the [Relocation pages of the Health Education England, East of England website](#).



HEE EoE Leadership Ladder

New modules launched 08/03/2021 and available in your 'Learner Library' on Bridge:

- Theories of leadership
- Being a trainee representative
- Developing teams and psychological safety

HEE Fellowship Programme

The Fellowship programme within HEE has been exciting and engaging since its official launch in 2019. We are very proud to have worked with numerous trainees on various projects and initiatives and we are delighted by the feedback received from our fellows to date. Our Fellowship roles to date have covered a wide variety of workstreams and core areas for Quality Improvement. For more information on our current Fellows and what they are working on with HEE please see here

We are also pleased to confirm that numerous HEE Fellowships will be available for the upcoming training year 2021-2022. The programme and current roles are currently under review and as many trainees will have noticed recruitment is paused for a short period. From April 2021 we will recommence recruitment to our fellowship roles and all information on what's available and how to apply can be found here.

We look forward to receiving applications from you for these roles when they are launched!



LEAF BUD (Learning to be Educators And Facilitators – Basics Underpinning Delivery)

Faculty recruitment for the course is underway.

This course is the replacement of Tomorrow's Teachers and will be delivered in July/August 2021.

Please see our webpage for more details:
<https://heeoee.hee.nhs.uk/faculty-educators/leaf-bud-learning-be-educators-and-facilitators-%E2%80%93-basics-underpinning-delivery>



LEAF (Learning to be Educators And Facilitators)

Thank you for your interest - all 5 cohorts are fully booked!

Please sign up to our waiting list linked on the webpage below as places may become available:

<https://heeoee.hee.nhs.uk/faculty-educators/learning-be-educators-and-facilitators>

Next cohorts will be arranged for delivery in September 2021 and will be included on the website.



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**](https://twitter.com/EoETrainees2020)