

Health Education England - East of England Newsletter for Trainees – 23rd October 2020

For those of you who have commenced higher specialty training programmes in September and October, we are delighted you have chosen to complete your training in the east of England and we are excited to support you to gain your CCT in your chosen specialty. Many of you will already be familiar with life and work in the east of England, but for those who are new to the area, we hope you are settling in well and enjoying some of the stunning countryside and coastline

We recognise that we remain in one of the most challenging times the NHS has ever experienced and that you are at the forefront of the delivery of patient care, working in uncertain, ever changing conditions. We thank you wholeheartedly for all you are doing for your patients and we are immensely impressed by your willingness, adaptability, and flexibility.

Can we highlight to you our [Professional Support and Well-Being service](#). You can self-refer online for access to a whole range of professional and personal support. We also want to highlight the Panopto/Bridge platform, which includes some 4000 hours of teaching. It is an incredible resource, and your programme directors are working hard to develop and deliver a coherent programme of education and learning opportunities specific to your programme and stage of training. We know many of you are involved in developing some of the educational resources, we are grateful for your support and enthusiasm to ensure exceptionally high-quality education is available to all trainees.

Whilst we are striving to continue to provide a raft of education and training opportunities for you, of most importance is your health and wellbeing. Please look after yourselves, take the opportunity to enjoy some Autumn walks, treat yourselves to some delicious warming food and spend time with those you love, even if this is by social media/zoom. Finally, if there is any support that you need then please do not hesitate to be in touch with us and we will do our best to ensure that this is put in place.

For recruitment information: <https://heeoee.hee.nhs.uk/recruitment>



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.

LEADERSHIP



HEE EoE Leadership Ladder:

HEE in the east of England are launching a new, online leadership and management development platform, the 'Leadership Ladder'. The ladder's content will be freely available to all doctors and dentists in training programmes across the EoE, via the online learning platform Bridge. Trainees will be contacted directly throughout October and November 2020 with further information, as the first four modules, a Programme on Quality Improvement become available to access.

Communication will come directly from

blendedlearning.eoe@hee.nhs.uk

Over the coming months we will continue to add content to the ladder covering the core elements of junior doctor leadership requirements. You can keep up to date with our progress and the modules available via the dedicated webpage:

<https://heeoee.hee.nhs.uk/medical-training/leadership-hub/hee-eoe-leadership-ladder>



Supported Return to Training (SuppoRTT)

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 because of the Covid-19 pandemic, please visit the [SuppoRTT Pages](#) of the HEE, EoE website for information on the SuppoRTT services available.

The SuppoRTT team has identified a number of 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 will be updated [Here](#).



Revalidation

Please remember to ensure that your Designated Body and Responsible Officer information is up to date on your GMC Connect online account.

All trainees within the East of England should be connected to the following:

Responsible Officer: Professor Bill Irish

Designated Body: Health Education East of England

If you have any questions about revalidation, please contact revalidation.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 – we hope you find this to be a useful resource at a very challenging time.



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