

Health Education England - East of England Newsletter for Trainees – 21st August 2020

Message from Bill Irish, Regional Postgraduate Dean, and Senior Leadership Team

Can we start by welcoming all of those of you who are new to the East of England. It is a great place to live and work and we hope that you are settling in to the area. As you can see from the details outlined below, we have lots in place to support you, so if you need any help with anything please do not hesitate to get in touch with the appropriate team.

Many others of you will have just rotated into new placements within the Region and again we are hoping that you are settling in and are receiving all the support that you need. We recognise that many of you will have had reduced access to training opportunities over the last few months and we are anticipating that we are now entering a period where you should be able to catch up. If for any reason, this is not the case, please escalate this through your TPD in the first instance so that we can explore what options are available to help you.

One thing we are really excited about is the progress we have made with the online learning platform, which we are currently rolling out across our Schools and training programmes. This is not only going to allow regional training to continue while we are still socially distancing but will revolutionise the way our regional training days are delivered in the longer term by improving access and reducing the need to travel long distances.

Please take good care of yourselves and remember that we are here for you if you need us

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



Professional Support and Well-being (PSW) Service

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 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. The PSW does not impact on your training.

Some feedback from our trainees include:

- I got the help and support I need to be able to carry on despite poor health
- I was listened to
- I was able to express all my thoughts freely without judgement
- Quick response time

We do require a referral which can be found on our [website](#). At the moment, we are accepting self-referrals, as well as educator referrals, for all matters.

Any queries or would like to speak to someone in the team, please email psw.eoe@hee.nhs.uk.



ARCPs

Two new ARCP Outcomes have been introduced – Outcomes 10.1 and 10.2, which recognise that the trainee was achieving progress and developing competences, capabilities at the expected rate, but that acquisition of some capabilities has been delayed by the impact of COVID-19.

If you need any advice or information about assessments, please do not hesitate to contact us on assessment.eoe@hee.nhs.uk



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



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. In addition, trainees who have been shielding as a result of the Covid-19 pandemic are welcomed to access the SuppoRTT services available for trainees.

For more information, please visit the [SuppoRTT pages](#) of the Health Education England, East of England website, or contact SuppoRTT.eoe@hee.nhs.uk.



Out of Programme Pause (OOPP)

HEE are offering anyone who is ST2/IMT2/CT2, or more senior, an opportunity to take a pause from training. This is a National project, with Nationally agreed criteria which can be found by [Clicking Here](#).

Unlike an Out of Program Career break, capabilities acquired during OOPP may be able to count towards your training.

For more information, contact your TPD or the OOP Team on OOP.eoe@hee.nhs.uk.



Bursaries for PGCert and PGDip in Medical Education

Second round of bursaries for courses commencing in January/February 2021 open in September 2020. These bursaries are for Trainees, Educators, Simulation Leads and SAS Doctors.

Application and candidate specification are being revised. Updated documents will be published soon:

<https://heeo.eoe.hee.nhs.uk/faculty/bursary-funding>

Please send your queries to tefunding.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)