

Health Education England - East of England Newsletter for Trainees – November 2020

At the time of writing this month's newsletter, there is a palpable tension between the hopes and expectations arising from the imminent availability of mass vaccination and the exhaustion being felt on a daily basis across all healthcare settings resulting from unprecedented service pressures. We know our trainees are at the forefront of this, working in highly pressurised teams, delivering the very best health care under extreme conditions. We also know that our home and family lives continue to be disrupted and this is having a significant impact on all of us.

We have said this on many occasions, but we make no apology for repeating ourselves, we are so incredibly impressed by your willingness, flexibility and commitment to your patients and the teams you work with.

As well as reminding you of our [Professional Support and Wellbeing service](#) and the incredible teaching resources available on the [Panopto/Bridge platform](#), we also wanted to highlight some fantastic development opportunities that are about to be advertised. Firstly, please look out for a range of fellowship posts, which include Global Health Fellowships, a Digital Fellowship and Teaching Fellowships linked to each School to help to develop the Panopto/Bridge project. You will be able to find further details about these on the [Fellowship pages of the HEE website](#). These posts will provide a real opportunity to develop your career around some key areas of interest.

We also want to highlight our Leadership Ladder and the new LEAF project. Please do take a minute to look at these new initiatives as they will provide support during your training programmes. More information about them is available further down this newsletter.

Please continue to look after yourselves, 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.



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 have been 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 this mailbox 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 Leadership Ladder webpage](#)



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

We are pleased to announce a launch of novel teaching course LEAF (Learning to be Educators And Facilitators). This online interactive course addresses the practicalities of teaching in the workplace and is aimed at trainees who already have teaching experience and are looking to expand on their current skillset. Applications will open soon, please keep an eye on our [LEAF website pages](#)

Currently we are in a process of recruiting faculty. If you are passionate and experienced within the medical education field, we need your involvement. Please contact us on TTfaculty.eoe@hee.nhs.uk if you have any questions.



[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 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 several Trust SuppoRTT Champions and Peer Specialty SuppoRTT Champions across the schools to provide local and specialty specific advice and support for retuning 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](#).



[National Virtual Conference: Laying the Foundation of Quality](#)

This conference will be an excellent opportunity for all foundation doctors and junior clinical fellows to present their quality improvement work on a national level.

The deadline for submission of abstracts is **11:59pm Thursday 3rd December 2020**. The abstract submission form can be found by clicking [Here](#).

200 posters will be accepted, and the TOP THREE scoring abstracts will be invited for oral presentations on the day which will be live streamed.

Announcement, if your abstract has been accepted by will be disclosed on Friday 18th December 2020.



Less Than Full Time (LTFT) Training

The Programme Management team would like to share some updated information around LTFT Training:

Which Specialties/Programmes are eligible to apply for category 3?

Only Emergency Medicine, Paediatrics and Obstetrics & Gynaecology are eligible to apply for category 3 as has been agreed by the HEE national team.

Which trainees can apply to have their hours reduced as part of the LTFT Training Expansion (Category 3)?

The programme permits all higher EM trainees (ST4+), current ST3 run-through trainees and current ST2 Emergency medicine run-through trainees (who are on the Emergency Medicine ACCS curriculum) who are expected to progress to ST3 in August 2020, to apply for LTFT training, without needing to meet Category 1 or 2.

The expansion permits all Obstetrics & Gynaecology and Paediatric junior doctors to apply for LTFT training, without needing to meet Category 1 or 2 including NIHR Academic Clinical Fellows and Clinical Lecturers.

[Click here for more LTFT FAQs](#)

Trainee can access the latest and most updated information about Category 3 from the [national webpage for LTFT Category 3](#)



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)