

Health Education England - East of England Trainee Newsletter – July 2021

The summer season is upon us, both in terms of (hopefully!) some sunshine as well as new trainees joining the East of England (EoE) in August on the Foundation programme and in all our speciality schools. Whenever you start somewhere new, it is always nice to be welcomed and that must be especially the case for our colleagues who have moved to the UK to join a training programme. So, as an educator or a trainee, if you see someone who looks lost, or a bit bewildered, why not take time to stop and say hello, and to offer help?

And please can I take this opportunity to raise your awareness about a new group that we have recently formed in the EoE? The aim of our Inclusivity in Education group is to work towards providing as inclusive a learning environment as possible for all trainees and educators in the EoE, no matter their professional group or background. And when I say inclusive, I mean in every respect – gender, race, disability, sexual orientation and so on. We have some trainee representation on that group already although we would love more. So, if you are interested in joining the group, please contact Deans Support on deanssupport@hee.nhs.uk. We need to hear from you about your experiences of training in EoE and what we can do to improve that experience. We can influence our culture together, step by step.

With very best wishes to you all

Janet Rutherford
Primary Care Dean

doctors4thenhs@gmail.com', and 'Any questions about the competition can be sent to this address.' At the bottom, it states 'Doctors for the NHS was founded in 1978. We are a professional medical organisation whose sole purpose is to fight for the NHS and the public it serves. Membership is open to all doctors who share these commitments.' and provides contact information: doctors4thenhs.org.uk, [Doctors4NHS](https://twitter.com/Doctors4NHS), and [Doctors4TheNHS](https://facebook.com/Doctors4TheNHS)."/>

[The Doctors for the NHS Essay Prize 2021](#)

The doctors for the NHS are repeating the Essay Prize this year with £700 prize money, again in association with the Journal of the Royal Society of Medicine who have offered to publish the winning entry as well as offering free membership of the RSM as a further prize. The essay title is:

What lessons should we learn from the Covid-19 pandemic?

This competition is open to all doctors in training, and includes a first prize of £500 and second prize of £200. Essays should be under 2000 words (excluding references) and use the above title.

The closing date for submissions is 31st July 2021

Essays and any queries should be submitted by email to doctors4thenhs@gmail.com.

For more information, please [Click Here](#)



[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](#)



[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](#).

We will shortly be releasing dates for our upcoming exam support, communication skills and well-being workshops. Further information will follow in the next newsletter.

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

EOE Mentoring Masterclass (Online via Zoom, 90 minutes) - Registration now OPEN!

Our brand-new Mentoring Masterclass provides current and prospective mentors with the fundamentals of effective mentoring.

- **What is Mentorship?** - The basics of Mentoring
- **Skills & Qualities** - What are the skills and qualities needed?
- **The Mentoring Relationship** - What are the principles of the relationship?
- **Pitfalls & Dilemmas** - What can go wrong and how to prevent it.
- **Setting up a scheme** – The process and top tips
- **Moving Forwards** – Putting it all into practice.

Duration: 90 minutes.

21 places available per session. SIX initial sessions, with more to come!

- Wednesday 11th August 2021 (TWO sessions available: 10:00-11:30 or 14:00-15:30)
- Wednesday 1st September 2021 (TWO sessions available: 10:00-11:30 or 14:00-15:30)
- Wednesday 15th September 2021 (TWO sessions available: 10:00-11:30 or 14:00-15:30)

[Click Here to Register](#)



Autumn Symposium 2021

We hope to be running a blended event this Autumn, of both virtual and face-to-face workshops.

Our trainee day will be the 30th September. More details on trainee applications will be sent via email and posted on our website in due course.

Educators booking will be released shortly via email and on our website. More information can be found by [Clicking Here](#).



Study Leave - Covid Related Support

In recognition of the current challenges with “normal” examination preparation resulting from the COVID19 pandemic, HEE EoE are pleased to continue to provide additional study leave funding support to trainees in relation to exams for the 2021/22 financial year.

If a trainee has received study leave funding for an examination preparation course for a curriculum-required Royal College examination and then fails the examination, they may apply for funding to support further examination preparation course(s) prior to subsequent attempts at the examination. All other previous funding guidelines apply; a maximum of £1000 can be claimed per attempt at an examination (or part of an examination). Applications and claims can be managed locally, trainees will be required to follow the local study leave process and include relevant evidence with their claims.

In order to ensure that we make best use of the study leave budget and maximise your chances of passing the examination at your next attempt, can we also ask that, if you fail a part of an

examination twice or more, you also self-refer to the [Professional Support and Wellbeing Service \(PSW\)](#), so that they can assess whether you might benefit from other forms of examination support

Please be aware that this offer is for examination preparation courses only; HEE does not fund examination fees or any other curriculum-related knowledge-based assessments such as Diplomas.



[Prescribing Skills Examination 2021-2022](#)

Please be aware that the first PSA examination of the new academic year will be **Tuesday 7th September at 13.00**. If you are an incoming F1 who is required to sit the exam you will be contacted with further instructions as soon as we receive pass lists from the Medical Schools Council. We are hoping this will be by the end of July latest. Thank you for your patience and we will be in touch soon.

[HEE EoE Leadership Ladder](#)

Two new modules launched as part of the HEE EoE Leadership Ladder:

- Strengths-based Leadership
- Understanding state and its impact on you as a leader - module 1

Both have been made available via the 'Learner Library' on Bridge.



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

Next cohorts will be arranged for delivery in September 2021 and will be included on the website: [Click Here](#)



[LEAF - BUD \(Learning to be Educators And Facilitators - Basics Underpinning Delivery\)](#)

We have now run our pilot courses and will be advertising new dates shortly. Please keep an eye on our webpage for more details: [Click Here](#)



[Twitter - @EoETrainees](#)

Our 'EoE Trainee' Twitter page is now LIVE! This is designed to bring you updates and information as it becomes available.

 [@EoETrainees](#)

EoE Trainees
@EoETrainees2020

Training-related updates on behalf of HEE EoE relevant to all healthcare trainees.