



Dear Trainees

Welcome to the February bulletin. We would like to reiterate our thanks on behalf of the entire London educator network for your continued contributions to the Covid response for London. We have this week seen the vaccinations for the London population exceed 1 million and Trusts are starting to see a reduction in admissions and a plateau in the number of patients in critical care beds. The longer-term impacts are being more fully understood and we are turning our energy to recovery planning to ensure that we understand the impact that COVID redeployment has had on you as individuals and to help us work together and plan your future training.

Please note: these communications should be read in conjunction with the National HEE COVID-19 webpage [here](#) and a [section of FAQs](#). The information in this update will change over time and we ask that you bear with us if guidance changes.

In this bulletin we will provide information on:

- February rotation pause and redeployments – London
- • March rotations
- London trainee webinar and FAQs
- National dental RCP webinar recording
- • Inter Deanery Transfers
- • Out of Programme Pause (OOPP)
- • Chief Registrar programme applications
- • Message from Prof Simon Gregory to all trainees
- Professional Support Unit offers
- • Spaces for listening
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### **February rotations and redeployments**

The exceptions to the February pause for rotations have all been reviewed and final agreements re-laid to trainees and trusts.

### **March rotations (inc OOPs)**

We can confirm that all March rotations will be going ahead as planned and thank you for your patience. Any out of programme arrangements scheduled to commence in March may also go ahead as planned.

## **Trainee Webinar & FAQs**

Thank you to those trainees who were able to attend the recent webinar and those that submitted questions ahead and on the event. A recording of the webinar will be available here shortly <https://london.hee.nhs.uk/important-update-trainee-webinar-february-rotation-pause> together with updated frequently asked questions covering those raised by trainees.

The Postgraduate Deans appreciated the opportunity to link with you directly and will be looking to host future webinars which we will keep you updated on.

A reminder of the array of support mechanisms that are available to trainees.

## **National Dental RCP Webinar Recording**

A webinar was held on Wednesday 27 January on RCPs for dental trainees. The webinar included updates on foundation, core, specialty and wellbeing. The recording and Q&As can be found on the HEE [Dental Covid-19 webpage](#).

## **Inter Deanery Transfers**

All applications must be submitted via the [PGMDE Support Portal](#) in accordance with the criteria outlined in the [Trainee Guide to Inter Deanery Transfer](#) by the submission deadline of **12pm (Noon) Monday 1st March 2021**. Applications will not be accepted in any other way or after the 12pm deadline.

## **Out of Programme Pause (OOPP)**

We are approaching the six month timeframe where OOP applications need to be submitted. You may want to take a look at the webpage giving more details on the new OOPP opportunity. <https://www.hee.nhs.uk/our-work/doctors-training/flexibility-medical-training-pathway>

## **Royal College of Physicians Chief Registrar Programme 2021/22 cohort – expressions of interest now open**

The programme is open to senior trainees (ST4 and above) **in any speciality** and can be completed in, or out, of programme.

Chief registrars will:

- o Develop the skills needed to make significant and lasting service improvement to improve the standard of patient care that is delivered
- o Gain the tools to build confidence and develop leadership skills operating as the trainee quality improvement lead in their hospital
- o Receive advice and guidance on how to collaborate better and fine-tune communications skills with a focus on wellbeing
- o Be part of a community of like-minded trainees to support their development

o Find out more about quality improvement methodology, its benefits and how to apply it in the hospital setting, by leading on several quality improvement projects

Candidates can express an interest in the programme by contacting [chiefregistrar@rcplondon.ac.uk](mailto:chiefregistrar@rcplondon.ac.uk).

### **Message from Professor Simon Gregory, Deputy Medical Director HEE**

[Link to film on YouTube](#)

### **The Professional Support Unit**

The Professional Support Unit (PSU) is a free service primarily dedicated to supporting the progression of postgraduate training for NHS healthcare professionals. We work independently of Specialty Schools, Training Programmes or Trusts and can offer confidential and impartial support more advice for those who need it.

### **COVID-19 Wellbeing Hub**

The PSU has developed a [COVID-19 Wellbeing Hub](#) where we have gathered information and resources together to help you and signpost you to routes for support.

### **PSU Pandemic Podcasts**

We're pleased to announce the launch of our new PSU Pandemic Podcasts. [You can listen to all ten of our episodes here](#)

### **Would you be interested in attending an International Medical Graduate Peer Support Group?**

Are you interested in joining a safe and supportive space for International Medical Graduate trainees from all specialities across London & KSS to connect, share experiences and access support in a relaxed environment, away from training programmes and places of work?

We would be grateful if you could spend just 3-4 minutes to complete this [very short anonymous online survey](#) to find out how much interest there would be in attending such a group and what would make it more likely for you to attend.

### **Single Point of Contact (SPOC) support with difficulties during COVID-19 outbreak**

Single Point of Contact (SPOC) is a free, confidential, and impartial service. Trainees can sign up for a confidential 45-minute appointment with senior leads within the Professional Support Unit to discuss any difficulties or dilemmas you currently face. Calls can be arranged within 2 working days to accommodate for

last minute changes in rotas. These confidential appointments can simply be one-off conversations or if necessary a follow-up can be arranged.

SPOC is suitable if you:

- want a neutral, safe & private space just to talk freely about a difficult experience you have had or are facing
- are feeling worried, overwhelmed, stressed or finding it hard to cope at work
- want guidance about what support may be most helpful
- want signposting to other resources
- want help with finding a useful way forward in your current situation

[Request a confidential 1:1 appointment by clicking here](#)

More information on the SPOC service and other forms of '1:1 Support' can be found on our [Wellbeing hub here](#).

### **1:1 Support Services and Courses**

The services we currently offer via the PSU include:

- Confidential 1:1 support or advice via the **Single Point of Contact (SPOC)** or [Individual Support Team \(IST\)](#)
- [Coaching](#)
- [Careers advice](#)
- Access to confidential [Mental Health services](#) for doctors & dentists
- Specialist [Communication & Linguistics skills](#) support
- Access to [Dyslexia assessments](#)
- Free development [courses, conferences & e-learning](#)
- Access to [wellbeing & self-management](#) resources

### **Trainee Doctors & Dentists Support Services (TDDSS)**

The TDDSS is a psychoeducation and support service which aims to offer a range of interventions to support trainees on programmes managed by HEE Local Offices in London & KSS. [To find out more about this service, visit our webpage.](#)

Spaces for Listening [register now](#).

Spaces for Listening recognises that many staff are under acute strain due to demands related to COVID-19, amongst other pressures in life and work. These one-hour sessions provide an opportunity for NHS staff in London who may be feeling overwhelmed to briefly stop and decompress.

- Friday 5 Feb 15:00 – 16:00 (registration closes Thurs 4 Feb at 12:00)
- Thursday 11 Feb 13:00 – 14:00 (registration closes Wed 10 Feb at 12:00)

Further resources can also be found on the following site

<https://people.nhs.uk/help/>

If you do have any queries in the meantime, please continue to contact us via the [PGMDE Support Portal](#).

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PG Deans for London

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