

AbleOTUK -Newsletter

Support session 2023

We hold monthly networking/support sessions on alternative Thursday evenings or Sunday afternoons. These sessions are open to all UK based occupational therapists/students who identify as disabled or as having a long term health condition. **We respectfully ask that allies do not attend these sessions to allow a safe space for all participants.**

Dates for 2023 are:

- Thursday 19th Jan 7pm
- Sunday 19th Feb 3pm
- Thursday 16th March 7pm
- Sunday 16th April 3pm
- Thursday 18th May 7pm
- Sunday 25th June 3pm
- Thursday 20th July 7pm
- Sunday 20th Aug 3pm
- Thursday 21st Sep 7pm
- Sunday 15th Oct 3pm
- Thursday 16th Nov 7pm
- Sunday 17th Dec 3pm

[Book on eventbrite here](#)



Happy New Year

We hope this newsletter finds you well, and that you have time to relax and enjoy some of the festive season.



Working with Royal College of OT

In early November some of the AbleOTUK team met up with the new equity diversity and belonging (EDB) manager of RCOT at an awards event in London.

Although AbleOTUK is independent we are working with RCOT on developing their equity, diversity and belonging (EDB) strategy. Members have been involved in a number of consultation workshops and strategy meetings, We will aim to keep you up to date on the process in our next news letter.

We need you to get involved!

Planning 2023

Throughout 2022 we used our social media platforms and blog to highlight and celebrate events like, deaf awareness month, Disability pride month, World CP day, Disability history month.

Planning is underway for a number of projects. We want to hear your ideas and for members to get involved in leading campaigns.

Do you have an ideas for a projects, blogs and campaigns during 2023?

Theme

We have decided to have a running theme throughout the year. **Sex and sexual health**, as to what this might include we are open to thoughts and ideas.

OT Magazine

We are so excited to have secured a regular AbleOTUK feature in OT magazine which is published six times a year. Now all we need content, ideas welcome.

Contact us

Email AbleOTUK@gmail.com

Twitter [@AbleOTUK](https://twitter.com/AbleOTUK)

Instagram [@ableots](https://www.instagram.com/ableots)

Lets talk about Sex O'Talk

To start off our year of talking about sex and sexual health, we are hosting at OTalk on 14th Feb 2023.

#OTalk is a weekly Twitter chat, designed to enable discussion about occupational therapy and the broader academic discipline of occupational science.

The #OTalk twitter chats take place on Tuesday evenings between 8pm-9pm (UK time) to learn how to join in watch [this YouTube video](#).

Are you a wheelchair users?

One of founding members Rachel is looking for others to help write something to celebrate world wheelchair day, about the lived experiences of going to work using a wheelchair, if you interested in getting involved please email us.



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

What do we do,

ABLEOTUK is a UK Occupational Therapy Network/ Advocacy Group for OT staff, Practitioners, Students, Researchers, and Educators with lived experiences of disabilities and/or Long term health Conditions.

We will host monthly Zoom/Teams get togethers as a closed safe space for members to share and gain peer support to process experiences and challenges. There will also be time and space for non-disabled allies to learn and connect.

[Join via Eventbrite](#)

We plan to develop resources on a range of topics such as disclosure, supporting OT colleagues with a disability/ health condition etc.

We are in discussions with RCOT re collaborations with them about activities which have mutual benefit and aim to progress an anti-discriminatory culture within occupational therapy in the UK .