

# 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 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](#)



## Lets talk about sex

### 14th Feb 2023 - We are hosting an OTalk

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.

To start off this campaign we are hosting an OTalk (twitter chat) called 'let's talk about sex in Tuesday 14th Feb 2023 at 8pm live on twitter.



To join in you just need a twitter account and to use the hashtag #OTalk - find out how to join in an OTalk [here](#)

The blog with all the other information will be posted on Tuesday 7th Feb on the OTalk website.

### The questions we will be asking during the chat are:

1. Why might we want to access sexuality in our occupational therapy practice?
2. How do we begin integrating the topic of sexuality into our practice?
3. What is important to keep yourself safe when approaching the topic of sexuality in your practice?
4. How do we write goals and plan interventions in regards to sexuality?

## The New York Times

One of our founding members Kirsty Stanley has been interviewed by the New York Times in a article called 'Britain's Economic Health Is Withering With Sick Workers on the Sidelines' Read what she had to say [here](#)

## OT Magazine

Our first column for in the OT magazine was published in January 2023. We will be writing a regular column for every edition this year, you can sign up to get this diverted to your door for £9.99 a year



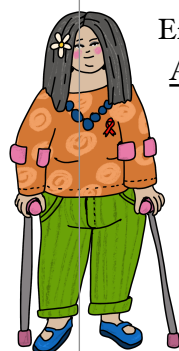
## Contact us

Email

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

February is LGBT+ History Month a time to reflected on the history of Lesbian Gay Bisexual Transgender plus experiences and learn how best to be an ally,

## What is a pronoun and why use them

You may begin to notice people adding their pronouns next to their name on social media or email signatures. [Click on this link for a great resource about understanding pronouns and why it's important to think about sharing yours if you feel conformable to do so.](#)

## Join us in Manchester 12th March 2023

The founding members of AbleOTUK are meeting up in Manchester on Sunday 12th March 2023 to visit an exhibition at the peoples history museum.



To find out more details of how to join by emailing us [AbleOTUK@gmail.com](mailto:AbleOTUK@gmail.com)

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 .