

AbleOTUK -Newsletter

Support sessions 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 20th July open to allies 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 Disability Pride Month

An international annual event first celebrated in 1990. It started as a one-day event, but since 2015 the entire month has become an annual event worldwide to celebrate disabled people and the diversity of the community.

Its aim is to shine a light on physical, learning, hidden disabilities and mental health conditions, by enabling open conversations about disability, encouraging people to share experiences, raise awareness and challenge barriers, while celebrating diversity and pride with the community.

Following on from last years #BeAnAbleOTUKally campaign we will be celebrating disability pride month throughout July including;

- A weekly blog posted each Monday.
- Hosting an #OTalk 11th July
- Opening up the support session on 20th of July to allies, where we will be hosting a quiz and have a few other plans to celebrate.
- An Article in July's OT News about the work we are doing with RCOT and their EDB strategy.
- Our column in The OT magazine out soon.

RCOT Conference #RCOT2023



Our Georgia writes a forward Occupational Therapy and Play practice guideline

It really is truly humbling to have been one of the few people approached to write a foreword, nominated by the Children, Young People and Families (CYPF) RCOT Specialist Section committee themselves. I love working in academia and I wouldn't change that, but children's occupational therapy is my passion.

I advise anyone interested in play to give the guidelines a read, not just occupational therapists, I thoroughly enjoyed reading them! What a brilliant network we have of fantastic occupational therapists involved! Read them [here](#)

Were you able to attend this years annual conference held online 14th 15th June? Remember if you had a ticket you can access the content for the 6 months.

AbleOTUK members presented a number of workshops. We had added those presentations to our website you can watch them via this [link](#).

Session 39.2 Positive disclosure and placement-specific learning support plans - Georgia Vine and Samantha Tavendar.

Session 33.2 Retaining the option to dial in: criticality of hybrid in occupational therapy for inclusion and belonging Sam Pywell coordinator: social prescribing unit @UCLAN University of Central Lancashire

Session 41.2 A personal recovery journey: The challenge I now have for the profession Rachel Booth-Gardiner.

HCPC - self disclosure

It's that time of year again for registration or re-registration, but for those of us with lived experiences of disabilities and/or long term health conditions this can be daunting.

Last year our Georgia had a negative experience with the HCPC, she has been in contact with them, along with support from RCOT and we are hopeful changes are coming. Yet, things take time and as far as positive disclosure comes there is still work to be done.

If you have passed all your placements and/or feel you can do your role with reasonable adjustments in place our advice is to not disclose, however we understand disclosure is a natural process, so Georgia is continuing to work on getting the HCPC to have better processes.

What ideas do you have?

What would you like to see AbleOTUK doing in the future?

Would you like to get involved with some of our projects?

What can we improve on?

AbleOTUK is a voluntary group founded by occupational therapy staff and students with lived experiences of disabilities and/or long term health conditions, which offers support, actively campaigns for change and provides learning opportunities for others, to do this we need help from others, so please get involved.

Contact us

Email AbleOTUK@gmail.com

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

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

Website <https://affinot.co.uk/ableotuk/>

Newsletter put together by Rachel Booth-Gardiner
@OT_rach



Monday 19th June was World Sickle Cell Day,

A United Nation's recognised day to raise awareness of sickle cell across the world. We used our social media platforms to highlight awareness of this condition that can impact on a persons occupational preference.

Joint Expert Advisory Groups Meeting with RCOT's Steve Ford and Rob Smyth.

Some AbleOTUK founding members have been on RCOT's Equity, diversity and belonging reference group, helping to advise RCOT on the development of their Equity Diversity and Belonging strategy which launched in June.

They are currently asking for feedback so please click [here](#) to access it. PLEASE TAKE THE TIME TO GIVE YOUR FEEDBACK.

As part of the process members met with Steve Ford RCOT Chief Executive and Rob Smyth RCOT's New Director of Strategy, Technology and Transformation to review the groups experiences and think about what they could do to support RCOT in the future.

It was decided that RCOT will continue with engaging with the advisory groups on projects and will be looking for more member's soon.