

AbleOTUK -Newsletter

Support sessions 2025

We hold monthly networking/support sessions on the first Wednesday of each month. These sessions are open to all UK-based occupational therapists/students who identify as disabled or have a long-term health condition.

We respectfully ask that allies do not attend these sessions to allow a safe space for all participants.

Date for 2025

Wednesday 8th Jan

Wednesday 12th Feb

Wednesday 12th March

Wednesday 9th April

Wednesday 14th May

Wednesday 11th June

Wednesday 9th July

Wednesday 13th Aug

Wednesday 10th Sept

Wednesday 8th Oct

Wednesday 12th Nov

Wednesday 10th Dec

[Book on eventbrite here](#)



Happy New Year Reflection on 2024 and AbleOTUK Summary

Advocacy and Activism:

AbleOTUK was significant in addressing ableism within occupational therapy, hosting impactful events and contributing to campaigns like RCOT's workforce strategy and Disability History Month.

Members, including Georgia Vine, consistently highlighted the challenges disabled individuals face in healthcare and promoted inclusivity through presentations, publications, and book launches.

Community Support:

Monthly networking/support sessions provided safe spaces for disabled occupational therapists and students, fostering peer support and shared learning.

Major Events and Contributions:

Celebrated Disability Pride Month with special events and reflections on achievements, diversity, and inclusion.

Partnered with RCOT for initiatives such as shaping new website accessibility and participating in significant online events.

We'd love to feature your voice!

If you have insights, experiences, or stories to share, consider contributing to our next newsletter. Contact us via the below channels.

Contact us

Email

AbleOTUK@gmail.com

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

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

Newsletter put together by Rachel Booth-Gardiner.



Publications and Resources:

Released Georgia Vine's book, Occupational Therapy, Disability Activism and Me: Challenging Ableism in Healthcare, which offered reflective exercises and actionable insights .

Engaged with new publications like Wendy Bryant's Rest Do Days, exploring energy management and inclusion .

Social Media Shift:

Departed from Twitter/X due to inclusivity concerns but remained active on Instagram and the website.

World Occupational Therapy Day and OT Week:

Contributed to campaigns like "Occupational Therapy for All," emphasising the profession's transformative impact.

Shared personal reflections on inclusivity and accessibility during OT Week events.

AbleOTUK's Goals for 2025:

- Expand the reach of their support sessions and campaigns.
- Continue advocating for systemic change and inclusive practices.
- Enhance digital accessibility through collaborations with RCOT and other stakeholders.

This year reflects significant strides in amplifying disabled voices in occupational therapy while fostering a sense of community and driving meaningful change.