

AbleOTUK -Newsletter

Support sessions 2024

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 2024 are:

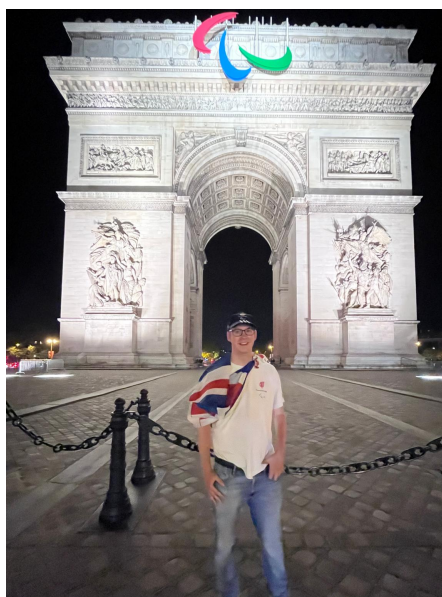
- Wed 2nd Oct 7pm
- Wed 6th Nov 7pm
- Wed 4th Dec 7pm

[Book on eventbrite here](#)

eventbrite



Call for Input: The Paralympic Movement and Occupational Therapy Perspectives



I'm Andy, An Occupational Therapist living with Cerebral Palsy. I had the incredible opportunity to attend the Paris 2024 Paralympics, which was an unforgettable experience.

Inspired by the event, I'm working on an article about the Paralympic movement.

I would love to hear from fellow occupational therapy staff and students with lived experiences of disabilities and long-term health conditions. I want to gather your thoughts on key topics such as whether the Paralympics should remain a separate event or be combined with the Olympics.

If you're interested in sharing your perspective or contributing to the conversation, please reach out to me at Andy@sportforconfidence.com

World Occupational Therapy Day 2024

The theme is 'Occupational Therapy for All'. The theme reflects the important role of the profession to facilitate the ability of individuals, communities and populations to participate in the activities that they want, need or are expected to do in their daily lives. The World Occupational Therapy Day theme and logo is available in multiple languages [here](#).



Your Input is Needed:

Help Shape the Future of Occupational Therapy Careers!

- Are you an occupational therapist?
- Interested in employability and career progression?
- Had an unusual career path, or wish you could change yours?
- Want to shape the future of employability for occupational therapists in the UK?

Over the past few months, the EACHOT Elizabeth Casson project has been co-producing workshops to better understand the employability challenges and needs of the OT community. Whether you've participated in these workshops or not, your voice is critical to shaping the future of our profession.

The EACHOT Project is creating a movement by occupational therapists, for occupational therapists, empowering our profession."

The survey is open to **ALL UK-registered Occupational Therapists**. Your input can help drive the direction of the EACHOT project, and together, we can make meaningful change.

Please Complete the survey by **5 PM, Friday 4th October** to ensure your experience is counted in this exciting initiative! [Survey Link](#)



Pre-order Wendys Book

[Waterstones](#)

[Amazon](#)

[Chelseagreen](#)

The book will be published on 17th October 2024.

We are also excited to announce that AbleOTUK is in discussions with Wendy for an upcoming article in OT News.

So keep an eye out for more updates!

Contact us

Email

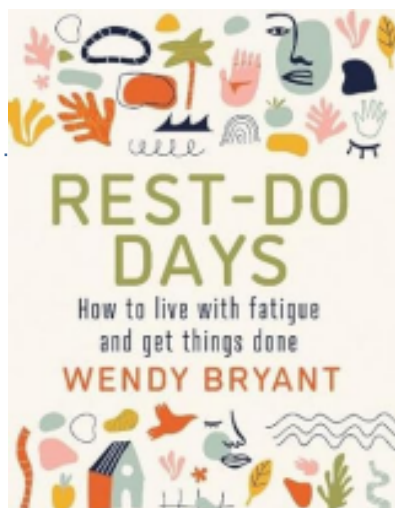
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Newsletter put together by Rachel Booth-Gardiner @OT_rach



REST DO DAYS - Book

In her upcoming book, *Rest Do Days: How to Live with Fatigue and Get Things Done*, Dr Wendy Bryant, a retired occupational therapist, shares her journey of managing fatigue after

being diagnosed with vasculitis. Drawing from her professional expertise in occupational therapy, Wendy explores how to balance rest with the demands of daily life. *Rest Do Days* challenges the idea that rest is just about sleep or doing nothing. It offers readers creative, flexible, and sustainable ways to manage their energy and make life more fulfilling, even with chronic illness.

Wendy's approach centres on rethinking life's most important and satisfying activities, helping individuals develop their own 'rest-do days'. The book includes practical tips, examples, and worksheets to inspire readers to find a positive approach to living with fatigue. It is an essential guide for those living with degenerative conditions such as multiple sclerosis, rheumatoid arthritis, stroke, lupus, or Parkinson's, as well as for those who support someone with chronic fatigue.

Wendy Bryant, a Fellow of the Royal College of Occupational Therapists and Honorary Professor at the University of Essex, continues to write academic papers and has co-edited key textbooks on occupational therapy and mental health. In *Rest Do Days*, she combines her lived experience and professional knowledge to offer a practical, encouraging guide to thriving despite fatigue.