

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.

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](#)

Anything underline in this



We're With You - Open letter addressing government changes to benefits

We know that recent weeks may have felt uncertain or worrying, especially with the proposed changes to the benefits system. These changes could affect not only many of our members but also the people we support as occupational therapists and students.

At AbleOTUK, we want you to know you're not alone. We're here to support one another and to amplify our collective voice. That's why we recently shared an [open letter](#), which calls for decisions about benefits and support to be shaped alongside disabled people—not without us.

We also know the importance of having space to talk and be heard. Our monthly AbleOTUK Support Network meets on the **second Wednesday of each month**, and in **April we'll dedicate time to gently explore how people are feeling about these changes**, offering a safe and supportive space to share views or simply listen.

You are part of a community that cares—please reach out if you need us. We're here, and we're stronger together.

Georgia Vine's EDB Insights Session

On May 14th, Georgia will deliver an Equity, Diversity & Belonging (EDB) Insights session with RCOT on positive disclosure, particularly for students and newly qualified OTs. She'll also share updates on her work with HCPC to make the session relevant for all.

Booking details coming soon!

Recommended Reading: Capacity vs. Demand Tool for Long Covid

Occupational Therapists Abigail Howe, Faye Peary, and Lisa Johnson have developed the *Occupational Therapy Capacity vs. Demand Tool*—a simple, visual way to support energy management, activity pacing, and self-efficacy for people with Long Covid. Grounded in lived experience and OT principles, it helps service users explore their capacity and make informed choices about daily life and work.

Read the full article in **OTnews**, March 2025, pages 31–33.

Contact us

Do you have something you would like to share with the AbleOTUK community?

Email AbleOTUK@gmail.com

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

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

RCOT Responds to Welfare Reform Green Paper

In March, the government published a **Welfare Reform Green Paper**, setting out proposals that could lead to significant changes in the benefits system. These changes may affect many disabled people, including occupational therapy staff, students, and those we support in practice.

In response, **RCOT released a statement** reminding decision-makers that “benefits are more than just financial support.” You can read the [full statement here](#).


RCOT highlights that benefits play a crucial role in enabling people to participate in daily life, access opportunities, and live with dignity. They call for meaningful co-production with disabled people and professionals in shaping any future reforms, and for a system that truly supports people to thrive—not just survive.

Calling All OTs – Your Voice Is Missing!

We've been contacted by Hat, a trained occupational therapist now working in research, who is part of a team gathering priorities for future research into problematic menstrual bleeding. This important project is supported by the NIHR James Lind Alliance and is currently running a survey to gather questions from people with lived experience, carers, and health and social care professionals.

So far, no occupational therapists have responded—and that's something we need to change! As OTs, we know how deeply menstruation can affect daily life, roles, routines, and occupational participation. Yet it's an area often overlooked in our training and wider health research.

Please take a few moments to complete the survey and share your perspective:

 [Take the survey](#)