

# 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 11th June

Wednesday 9th July

Wednesday 13th Aug

Wednesday 10th Sept

Wednesday 8th Oct

Wednesday 12th Nov

Wednesday 10th Dec

[Book on eventbrite here](#)

*"Remember that everything AbleOTUK does is on a voluntary basis, so please bear this in mind if you ask for support or advice via email or social media."*



## Have Your Say: Help Shape the Future of Welfare and Work Support

The UK Government is consulting on the Pathways to Work Green Paper, Reforming Benefits and Support to Get Britain Working. These proposed reforms could have a major impact on disabled people, those with long-term conditions, and the people we support as occupational therapists.

As disabled occupational therapists and allies, we know that work is only meaningful when it is accessible, sustainable, and right for the individual. This consultation is an important opportunity to promote person-centred, needs-led support and to challenge proposals that may cause harm.

You can respond based on your lived experience, your professional perspective, or both. You do not need to answer every question, just the ones that are relevant to you.

The more responses they receive, the louder our collective voice becomes.

The consultation closes on 22 July 2025

Submit your feedback here

<https://www.gov.uk/government/consultations/pathways-to-work-reforming-benefits-and-support-to-get-britain-working-green-paper>

Let us make sure the voice of our community is heard.

## Planning for Disability Pride Month

As part of our celebrations for Disability Pride Month this July, AbleOTUK is looking for contributions from our community. Whether you identify as disabled, neurodivergent, or have a long-term health condition, we want to hear from you.

We welcome blog posts, videos, artwork, or social media reflections that explore pride in your identity, challenge ableism, or celebrate what it means to be part of the disabled occupational therapy community.

If you have an idea or would like to contribute, please get in touch with us via email.

Let's make Disability Pride Month a time to centre, amplify, and celebrate disabled voices in occupational therapy.

## Contact us

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

Email [AbleOTUK@gmail.com](mailto:AbleOTUK@gmail.com)

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

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

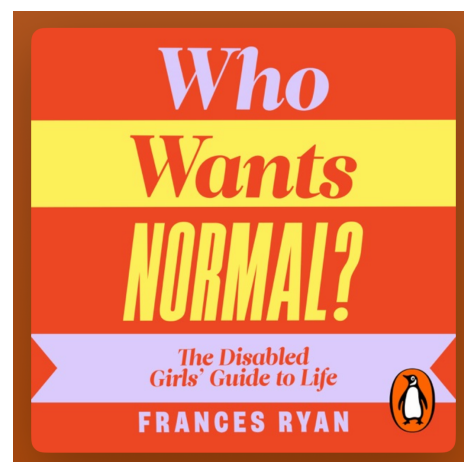
Newsletter put together by Rachel Booth-Gardiner.

## Book recommendation: Who Wants Normal? The Disabled Girl's Guide to Life by Frances Ryan

This month, we're spotlighting *Who Wants Normal?* by Frances Ryan, a book that has sparked important conversations in our community. In a recent [review and reflection by Rachel Booth-Gardiner](#), she shares why this is essential reading for occupational therapists. Ryan doesn't

just write a guide to disability; she challenges the very notion of "normal" and reclaims space for disabled women and non-binary people to define life on their terms. It is part manifesto, part memoir, and part mirror, holding up hard truths about systemic ableism while also celebrating disabled identity. If you believe in occupation as a right, not a privilege, this book will resonate deeply.

The book is available from [Penguin Books](#) and other major retailers.



## Open Letter Gains Momentum

Thank you to everyone who signed and shared our open letter opposing cuts and calling for co-production to address the real barriers faced by disabled people. We've been encouraged by the response. The letter has attracted interest from the press, the Royal College of Occupational Therapists (RCOT), and a Member of Parliament. We will attend several meetings in June to continue voicing our concerns and advocating for meaningful change.

You can read the letter [here](#)