

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 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](#)



Coming Soon: Exciting Updates from AbleOTUK!

Georgia Vine's EDB Insights Session - May 14th

On May 14th, Georgia Vine will deliver an Equity, Diversity & Belonging (EDB) Insights session with RCOT on ableism and 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!

Rest-Do Days in OT News!

AbleOTUK members Andy Chapman, Rachel Booth-Gardiner, and Wendy Bryant have an article coming soon in OT News!

Rest-Do Days: An Occupation-Centred Approach to Fatigue explores Wendy's self-management approach to fatigue, based on her experience with vasculitis. The article challenges traditional fatigue management and highlights flexible, person-centred strategies to adapt occupations and balance energy levels.

 Watch for publication details soon!

March 2025: Awareness Days Reflecting Disability and Long-Term Health Conditions

March is **Developmental Disabilities Awareness Month** – Promotes respect and inclusivity for individuals with developmental disabilities.

March 1: **International Wheelchair Day**

March 8: **International Women's Day**

March 9: **COVID-19 Day of Reflection**

March 17-23: **Neurodiversity Celebration Week**

March 21: **World Down Syndrome Day**

March 26: **Purple Day** – Dedicated to increasing awareness about epilepsy and supporting those affected by the condition.

March 31: **International Transgender Day of Visibility**

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/ableotuk/>

Newsletter put together by Rachel Booth-Gardiner.

RCOT CEO Announces Retirement – A Message of Thanks from AbleOTUK



AbleOTUK would like to take a moment to acknowledge and express our gratitude to **Steve Ford**, CEO of the Royal College of Occupational Therapists, who has announced his retirement after leading the organisation since **April 2021**.

Since stepping into the role, Steve has played a key part in shaping the direction of RCOT, championing the profession, and advocating for a more inclusive and forward-thinking approach. Throughout his tenure, he has shown unwavering support for **AbleOTUK**, engaging with our founding members and demonstrating a commitment to promoting the voices and experiences of disabled occupational therapists.

Under his leadership, we have seen greater recognition of lived experience within the profession, and we appreciate his willingness to listen, learn, and collaborate with our community. His support has been invaluable in fostering discussions around accessibility, inclusion, and representation within occupational therapy.

As he prepares for his next chapter, we want to sincerely thank Steve for his work and wish him all the best for the future. His impact on RCOT and the profession will not be forgotten.

AbleOTUK will continue to engage with RCOT as they transition to new leadership, ensuring that our voices remain heard in shaping the future of occupational therapy. Read more about his retirement [here](#)

Thank you, Steve!