

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

No support group in 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](#)

"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."



Front Cover Feature in OT News!



We're thrilled to announce that an article written by Dr. Wendy Bryant and AbleOTUK members Rachel Booth-Gardiner and Andy is featured on the front cover of the May edition of OT News! The article explores the importance of recognising rights in occupational therapy practice and highlights the power of lived experience in driving inclusive change.

If you haven't read it yet, go check it out! We're so proud of this collaborative achievement.

Living with Crohn's as a Newly Qualified OT

In her powerful new blog for AbleOTUK, Andrea shares how her 24-year journey with Crohn's disease and life with a permanent stoma and type 1 diabetes has shaped her work as a newly qualified occupational therapist in a community rehab team. As World IBD Day approaches on 19th May, Andrea reflects on balancing the dual identity of clinician and patient, and how her lived experience enriches her OT practice. [Read blog post here](#)

Spotlight on Georgia Vine

We're incredibly proud to share that our very own **Georgia Vine**, founding member of AbleOTUK, will be leading an **RCOT EDI Insights Session** on Thursday 23 May 2024. Georgia will share her personal and professional reflections on equity, diversity, and belonging in occupational therapy, focusing on disability and lived experience.

Date: 14 May 2024

 [Register or learn more](#)

Contact us

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

Email AbleOTUK@gmail.com

Instagram [@AbleOTs](#)

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

Newsletter put together by Rachel Booth-Gardiner.



Updated Definition of AbleOTUK

As AbleOTUK continues to grow, we've taken time to reflect on how we describe ourselves to better reflect who we are and what we stand for. Our updated definition now explicitly includes occupational therapy staff and students who are neurodivergent, as well as those with disabilities and/or long-term health conditions. We've also clarified that we are a volunteer-led organisation with no financial support and that our support spaces are specifically for those with lived experience. These changes reflect our commitment to inclusion, intersectionality, and the evolving needs of our community.



Sign Our Open Letter – Oppose Disability Benefit Cuts

Our **Open Letter** opposing proposed cuts to disability benefits and calling for true co-production remains live on our website. We've had fantastic feedback so far, and some members have already spoken with their local members of parliament (MPs). Let's keep pushing for change.



[Read and Sign the Open Letter:](#)



[Government consultation closes on: 30 June 2025](#)



[Submit your views here](#)

Please continue to share, sign, and speak out. Every voice matters.

Statement of Solidarity With the Trans Community

AbleOTUK stands in solidarity with the trans community. In this statement on our website, we affirm our commitment to inclusion, equity, and standing against transphobia in all forms. You can read the full piece [here](#)