

AbleOTUK -Newsletter

Support session 2023

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 2023 are:

- Sunday 16th April 3pm
- Thursday 18th May 7pm
- Sunday 25th June 3pm
- Thursday 20th July 7pm
- Sunday 20th Aug 3pm
- Thursday 21st Sep 7pm
- Sunday 15th Oct 3pm
- Thursday 16th Nov 7pm
- Sunday 17th Dec 3pm

[Book on eventbrite here](#)



RCOT Merit Award

Rachel Booth-Gardiner



We are delighted to announce that one of our founding members has been awarded a merit award from the Royal College of Occupational Therapists. The Merit Awards were established in 2008 to celebrate excellence recognised by RCOT members' peer group. Rachel has been awarded this merit

award for her voluntary work within the wider occupational therapy community. As well as her work with us, she is a member of the OTalk team and runs a lot of the admin and website upkeep. Rachel has also service on the RCOT Northern and Yorkshire regional committee three times, is a public governor for a local NHS trust and since 2013 has written an open and honest blog about her experiences as an occupational therapist with lived experiences of disabilities. Rachel will receive this award later in the year at an event held by RCOT.

[Read her blog here](#)

Did you join our OTalk 14th Feb 2023

We hosted an OTalk Let's talk about sex! Were we asked questions to those that engaged about exploring how comfortable the profession is when it comes to talking about sex, within our assessment and interventions . You can read more about it on the [OTalk website](#)

The Next OT Magazine Article

We have a regular column in the OT magazine and in the next issue that's just been published, we explored if simulating disabilities is an appropriate way to learn, or could it be perceived as ableist?

Contact us

Email AbleOTUK@gmail.com

Twitter [@AbleOTUK](https://twitter.com/AbleOTUK)

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



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

We run workshops and give presentation

We recently ran a two hour learning event for students at the University of Southampton as part of their module Equity, Diversity, Inclusion and Belonging.

The workshop entitled AbleOTUK Exploring Ableism, Activism and Allyship. Aimed to give student the opportunity to explore these topics, in a safe and supportive environment, using shared lived experiences and case study scenarios.

If you're interested in getting ableOTUK to present at an event you're planning or at your university please email us.

Members meet up in Manchester



Sunday 12th March Founding members of AbleOTUK met up in Manchester to visit the peoples history museum, for their current exhibition 'Nothing about us without us' which is of disabled people's activism: past, present

and future.

It's on until Oct this year and is well worth a visit. We are currently writing up something to either publish or put on our blog, to share with you all.



What do we do,

ABLEOTUK is a UK Occupational Therapy Network/ Advocacy Group for OT staff, Practitioners, Students, Researchers, and Educators with lived experiences of disabilities and/or Long term health Conditions.

We plan to develop resources on a range of topics such as disclosure, supporting OT colleagues with a disability/ health condition etc.

We are in discussions with RCOT re collaborations with them about activities which have mutual benefit and aim to progress an anti-discriminatory culture within occupational therapy in the UK .