

# AbleOTUK -Newsletter

## Making It Easier to Connect with the AbleOTUK Support Network

We're changing the way you access our monthly support groups to make things simpler and more accessible.

From now on, you will no longer need to sign up via Eventbrite. Instead, all AbleOTUK members will automatically receive diary invites for our monthly support groups when they join the network.

To help you stay connected, you'll also receive an email reminder on the day of each group meeting.

We hope this change makes it easier to join us, whether you're coming every month or just when you need a listening ear.

If you have any questions or suggestions, please get in touch - we're always keen to make our network work better for you.

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



## July is Disability Pride Month – A Time to Be Visible and Valued

Disability Pride Month is a chance for us, as disabled occupational therapists and allies, to celebrate our identities, experiences and communities. It is not about being proud of the barriers we face, but of how we navigate them, challenge them, and push for a more inclusive and equitable world.

This month is an opportunity to reflect on the richness and diversity within our profession. Whether you are newly identifying as disabled, have lived experience over many years, or are exploring your relationship with health, impairment or neurodivergence, you are part of this community.

Too often, disability is framed only through deficit. Disability Pride Month reclaims that space, reminding us that being disabled is not something to hide or overcome, but something to live fully and proudly with.

We encourage you to:

- Share your stories, art, writing or reflections
- Celebrate the contributions of disabled people in occupational therapy
- Continue pushing for access, equity and visibility

If you feel comfortable, please share your Disability Pride on social media and tag **@ableotuk** on Instagram. Use the hashtag **#BeAnAbleOTUKally** to help amplify our voices and show your support.

If you'd like to contribute to the next newsletter or spotlight a disabled OT you admire, do get in touch.

Together, we are changing the narrative - not just in July, but every day.

## 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 9th July

Wednesday 13th Aug

Wednesday 10th Sept

Wednesday 8th Oct

Wednesday 12th Nov

Wednesday 10th Dec

### 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.

## Have your say on RCOT's revised Learning and Development Standards

The Royal College of Occupational Therapists (RCOT) has launched a consultation on its updated **Learning and Development Standards for pre-registration education**, open until **30 September 2025**.

These standards aim to shape how OT programmes are designed and delivered, with a renewed focus on:

- Embedding occupation-centred practice
- Equity, diversity and belonging
- Preparing students and apprentices for real-world practice

As disabled occupational therapists and allies, your lived experiences matter. Please take some time to reflect:

- Do these standards reflect your needs as a disabled person?
- Have your experiences of education or supervision been inclusive and accessible?
- Are your needs recognised within the support offered to learners, educators and practice educators?

You can read more and access the consultation here:

RCOT News Article: [www.rcot.co.uk/latest-news/learning-and-development-standards](http://www.rcot.co.uk/latest-news/learning-and-development-standards)

Consultation Document and Survey: [rcot.co.uk/practice-resources/learning-and-development/consultation-learning-and-development-standards](http://rcot.co.uk/practice-resources/learning-and-development/consultation-learning-and-development-standards)

Please make your voice heard; your insights are essential to ensuring that future standards reflect the diversity of our profession and the communities we serve