

Welcome to your London region newsletter! Happy 'Fabulous' New Year 2024. Wishing all our members a very happy, healthy and prosperous year ahead!

As 2023 came to a close, we had some exciting CPD events including Spasticity Management – A Multidisciplinary Approach, a Family Day at Museum of London Docklands and Fit note - A year on from the introduction of AHP 'Health & Work' Reports.

As a committee, we worked incredibly hard to host our first OT Week 2023 Networking Social event at Soho Theatre in November, which was on the theme of "power of occupation". The tremendous effort gone into locating the 'perfect' venue by Roisin Living (Activity Lead) and rest of the committee, did not go a miss - considering our members needs and barriers. We had a great outcome of attendees from students, and professionals from London and oversea, looking to for opportunity to connect.

This year we're looking for members to get Involved with the committee and events. We have three great opportunities and you can read more about these in this newsletter. There is lots of opportunities to develop, pick up new skills and support your co-members with organising activities. If anything sparks your interest, [contact us!](#)

## Our member features

### Excellence in Occupational Therapy Awards 2023

Our Chair, Ruth Crowley, has recently finished her term on our Committee. Ruth has been dedicated to our committee for a longtime, initially starting her role as Communication Lead, then moving onto Vice-Chair and then Chair. We were delighted that Ruth had the pleasure of attending the Excellence in Occupational Therapy Awards in October 2023, at one of London's most iconic venues "The Shard" visited by many tourists across the globe!

There has been some fantastic achievements by our London Award Winners: Musharrat J. Ahmed-Landeryou and Emma Linley for Merit Awards; Dr Anita Atwal for Grant Winner; Dr Maria Avantaggiato-Quinn for Fellowship Award and Samantha Bowden for Early Researcher Prize winner.

Fantastic achievements to all our winners. We are greatly proud as our profession takes shape, welcomes innovation and moves forward with the new logo RCOT identity in 2024.

[Read Ruth's reflection of the auspicious day!](#) 😊

### Update on the picket line at Brunel – Pertinent words by our UNISON Steward Mike Griffiths on work-related matters!

In 2023, our RCOT co-opted BAOT UNISON Steward, Mike Griffiths, had an extremely busy year as the Unison representative on the Committee. He is an asset to our committee and has a wealth of knowledge. Mike participates in all work-related matters regarding pay, cost of living, strikes and campaigning.

Additionally, he has become aware on Government's anti-trade union laws, in Europe and engaged in challenging issues in the workplace, supporting occupational therapist around the rise in islamophobia and antisemitism during the attack on Gaza.

His key message is: "...To have more occupational therapy activists...".

We need occupational therapists at all levels to get involved with our campaigning, around pay, equalities, health and safety or other workplace issues.

[Read Mike's full article](#)

### **Volunteer opportunities with our Committee**

All members can volunteer on their region's committee. And you don't need any previous experience.

You'll learn new skills and grow personally and professionally. Your volunteering counts towards your CPD as you can develop across the pillars and levels of our *Career development framework*. And you'll gain leadership experience you can then use in your career, as you lead your region.

You'll support your local community of OTs to thrive by providing networking, development, learning and funding opportunities. And meet new people, expanding your professional network.

Read about the [opportunities on our committee](#).

## **Our news**

### **Lifelong Learning Grant**

Consider applying for a Lifelong Learning Grant (LLG). The LLG provides financial support for RCOT members to participate in learning opportunities, such as short courses, workshops or conferences. Pre-registration Bsc and Msc courses are not eligible for LLG funding.

To apply for a LLG, please download and complete the [application form](#) and return it to the [Communities team](#). Applications are accepted all year round. [Visit our webpage](#) for more information.

### **Contacting UNISON**

There will be waves of success and challenges, whatever stage you are at in your profession. Sometimes these can be beyond our scope of understanding. The RCOT Membership offers UNISON for advice, support, and guidance on complex matters related to work and legal advice, if needed.

Additionally, RCOT members can access UNISON services via local staff stewards. If you do not have a UNISON staff steward then contact your UNISON Branch Secretary by telephoning 0800 0857 857.

The London Region OT Shop Stewards' Forum meets three times per year. Any OT shop steward is welcome to attend. Feedback from your workplaces is taken to the National RCOT/Unison Panel so that our national work plan can reflect the experiences in the workplaces. If you would like more details about the forum or about the shop steward role, please email Mathew Rowley.

## **Our events**

**RCOT London Region - Occupational Formulation – Making sense of someone's circumstances using occupational theories and concepts**  
**Wednesday 21 February 2024, 12-1.30pm**  
**Virtual**

Occupational Formulation is the part of occupational therapy processes that synthesizes information from

your occupational therapy assessment and discussion with the person into a structured narrative underpinned by occupational theories and models.

Rob Brooks is co-creator of the Occupational Formulation process and associate professor of occupational therapy in the University of Bradford. This session will provide members with an introduction to the background of 'formulation in practice', will detail recommended ways of structuring occupational formulation and give opportunities for members to have a go.

[Register now](#)

## News from across RCOT

### Spread the word to create research that benefits everyone

We're looking for two people who have experience of occupational therapy (OT) services, and an interest in research, to help us make sure the research we fund matters to the people who receive OT services, their families and carers and the wider community.

If you're an occupational therapist or organisation working with members of the public – we need [your support in spreading the word](#) about this opportunity.

### Boost your research in 2024

Less than a month to go to submit for or pass on details about our Research Foundation Grants. Applications for our Research Foundation Grants close on **Wednesday 14 February**.

[Submit your peer-reviewed research proposal to us.](#)

### Did you see our new CPD platform opened in December?

You can learn how to use this new tool and start embedding good CPD habits by watching the recording of our launch event for the CPD portfolio.

[Watch the recording](#)

## Stay in touch

You can stay up to date with us on social media – [join us on Facebook](#) and [follow us on X](#). You can also email us at [rcot.london@rcot.co.uk](mailto:rcot.london@rcot.co.uk).