

Welcome to our November recent newsletter.

## SPOTLIGHT

### Curry Night in Inverness:

Thanks to Hailey McCallum, RCOT Scottish Northern Region Committee Social Media Lead, for organising this event and writing a few lines for our e-Newsletter.

We had our second Inverness curry night on the 23rd of August and another fantastic turnout! 20 occupational therapists from all different roles, areas and backgrounds came together for a good catch up.

Hoping to have another one early in the new year.

### North Curry Night in Perth:

We met on 3rd July at Tabla, Perth for a fabulous dinner. It was a great event with scrumptious food, great company and a healthy measure of laughter. We all work at Perth Royal Infirmary (PRI) and discussed the RCOT Conference, what events we could hold and what RCOT has to offer members.



*(Picture from left: Kirsty Niven, RCOT Scottish North Committee Member, Karen Collins, Occupational Therapy Team Lead, Lucy Wedderburn, Specialist Occupational Therapist, Caroline McKay, Hand Specialist Sheen Law - Neurology Occupational Therapist)*

Our second event was hosted at Kisa's where we were joined by two of our newly qualified occupational therapists (on the far left) Demi Armstrong at Crieff Cottage Hospital/ Community Rehabilitation Team and Randal Eggar in Acute Medicine at PRI. We spoke about our journeys from being student occupational therapists to where we are now. It was great to share experiences and our aspirations. We hope to hold our next dinner in February 2020. We are always looking for more ideas and folk to join us so if you'd like to get involved, please do hesitate to email Kirsty for more information at [RCOT.Scotlandn@rcot.co.uk](mailto:RCOT.Scotlandn@rcot.co.uk)



*(From left - Demi Armstrong, Community Rehabilitation Occupational Therapist, Gillian Edgerton, Community Rehabilitation Occupational Therapist, Randal Eggar - Acute Medical Occupational Therapist, Kirsty Niven, Trauma/Elective Orthopedic Occupational Therapist, Lucy Wedderburn, Specialist Occupational Therapist)*

Thanks, Kirtsy, for organising curry night in Perth .

#### **Curry night – Shetland:**

*'A total of 17 occupational therapy staff met on 27th August for an excellent curry night in Lerwick. This was a fabulous turnout and included 14 RCOT members from hospital, community, intermediate care and paediatric settings. We were also pleased to welcome an occupational therapy student and recent occupational therapy graduate. Although the occupational therapy community in Shetland is small, we all enjoyed the opportunity to catch up with colleagues and socialise outside of work and talk about our service to those thinking of working in Shetland. A total of £65 was raised on the night which will be donated to the MRS Scanner appeal which will mean people will no longer have to leave Shetland to have an MRI scan. The evening was so well attended that we are already planning our next event'.*



Thanks Denise Neild, RCOT Scottish Northern Region Committee Vice-chair/UK Branches Forum Lead for organising this event

## Picnic:

Our Region held a picnic in Aberdeen on 7th September. The picnic should have been held on 31st August but had to be rescheduled due to inclement weather. Those who did join us had a great time and enjoyed games as well as refreshments. We hope to run a similar event in the Aberdeen area next year with an earlier date in the summer and, fingers crossed, the weather will be more kind to us. Alix Shearer, RCOT Scottish Northern Region Committee Member Activity Lead, was at the picnic and has written a few words about the event:

*'On a sunny (ish) Saturday in September RCOT's Scottish Northern Region Committee joined occupational therapists, students and their families to celebrate our profession and network with each other. The decorated bandstand sheltered us from the wind and the games of rounders certainly warmed us up, ready for the picnic that followed. The games allowed everyone of all ages to support each other in some healthy competition! The Region Committee provided plenty of sandwiches which were enjoyed by all and sweet treats were shared amongst us too. Unfortunate Scottish weather meant we had to change the original date of the event, however, don't worry if you missed out this year, it is something we hope to repeat next summer'*

## CPD EVENTS

### **'Small Change, Big Impact' - A Series of Events to Showcase Occupational Therapy Practice:**

We were pleased to welcome Julia Scott, RCOT Chief Executive, to Aberdeen on 7th November. Julia visited members at Woodhill House, Aberdeen, during the morning when some occupational therapists from our Region very kindly agreed to come along to deliver presentations which showcased three examples of best practice in our Region. The RCOT Roadshow was presented in the afternoon. We are sure that everyone who attended this event had a very enjoyable day and took away a great deal of new knowledge and information. Time was built in for networking as well as to read posters which were display at the venue.

Please contact the Committee and give us any ideas you may have regarding any future events that we may be able to organise or assist members in organising.

You can message us on our Region's Facebook page; RCOT Scottish Northern Region or follow us on Twitter @RCOTScotnorth or email us at the address below.

## LOCAL ACTIVITIES AND SHARING KNOWLEDGE

### **Lifelong Learning Grants (LLG):**

Lifelong Learning Grants (LLG) are available through your Region. If you wish to apply please follow guidelines on RCOT webpage. Applications will be considered at our meetings. Up to £200 is available to members to support any learning you may be considering which can be expensive. We ask that, if you do receive an LLG that you submit a reflection for this e-Newsletter.

## RCOT NEWS

### **Occupational Therapy week 4th-10th November 2019 *Small Change, Big Impact* # OTweek2019:**

Occupational Therapy Week 2019 kick started our campaign *Small Change, Big Impact*, those changes that may seem small, but have a powerful impact.

During the week, over 610 members shared their stories of *Small Change, Big Impact* on our interactive [story wall](#). As the *Small Change, Big Impact* campaign continues, members can keep [adding](#) their stories at <https://www.rcot.co.uk/node/2432>. These stories reflect the wide variety of roles, sectors and workplaces that occupational therapists work in, from students and independent practitioners to consultants and researchers, from hospitals and schools to prisons and offices, across research, education and clinical practice.

Look out for our star stories highlighted in gold with a star – these show the broad range of changes our members are making that are achieving a powerful impact.

Check out the hashtag [#OTWeek2019](#) to see what members got up to.

Watch the [story wall](#) continue to grow as more stories are added and together with our members, we showcase the impact and value of occupational therapy.

## Publications:

### ***new Occupational Therapy: Improving Lives, Saving Money campaign report – Occupational Therapy: Unlocking the Potential of Children and Young People:***

The College has launched a new Occupational Therapy: Improving Lives, Saving Money campaign report – Occupational therapy: unlocking the potential of children and young people. If you would like printed copies then please contact [Clare.Leggett@rcot.co.uk](mailto:Clare.Leggett@rcot.co.uk). If you use social media please retweet <https://twitter.com/thercot?lang=en> on the report or you can also support the report by tweeting about it.

### ***Occupational Therapy - Improving Lives, Saving Money campaign, latest report titled "Relieving the pressure on social care; the value of occupational therapy" published at the end of August:***

The report outlines the integral role that occupational therapists play in the social care system. The report shows how the work of occupational therapists can relieve the pressure on the social care system and highlights that despite making up just 4% of the regulated workforce, occupational therapists address 35 – 45% of local authority referrals.

The report demonstrates that occupational therapists take a holistic approach to providing social care. They look at not only the person but their occupations and their environment, whether it is within their home or related to accessing their community or work.

Members can download copies from the ILSM pages of the RCOT site: <https://www.rcot.co.uk/promoting-occupational-therapy/occupational-therapy-improving-lives-saving-money> Copies will be available in the RCOT Library and for reference in the Reception. If members enquire about printed copies, please direct them to Clare [Leggett@rcot.co.uk](mailto:Leggett@rcot.co.uk).

### ***New report, as part of the "Occupational Therapy - Improving Lives, Saving Money" campaign, titled "Leading Fulfilled Lives: Occupational Therapy supporting people with learning disabilities":***

The report makes recommendations for how occupational therapists can be most effectively used to enhance the life opportunities for people with learning disabilities. As experts in occupations and participation, as well as mental and physical health, occupational therapists are ideally placed to provide a leading role in the delivery of multi-disciplinary learning disability services.

The report was launched at the Annual Conference. The report is available on the ILSM pages of the RCOT site and publication will be supported by communications to our members and the media as well as targeted letters to stakeholders.

Let us know about your current and planned activities around learning disabilities by emailing [clare.leggett@rcot.co.uk](mailto:clare.leggett@rcot.co.uk)

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## CONTACTS

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