



Issue 7

December 2020

Welcome to the 7th edition of the RCOT Wales Region e-Newsletter.

The RCOT Wales Region Committee is here to support activities across our Region and help you to boost the profile of our profession. If you have anything that would be of interest to others to be included in future e-Newsletters, send your stories, events, or pictures to RCOT.Wales@rcot.co.uk

Features

We do hope this e-Newsletter finds you safe and well. As Christmas approaches and 2021 is just around the corner, we also hope that you can reflect on some positives that have come out of this year. For example, the increased recognition of the powerful work occupational therapists are doing throughout all sectors, a real sense of community spirit across the country and finally, a growth in personal resilience and self-care. We as a Committee would like to wish you a happy and healthy 2021 and remain optimistic that during the new year we will be able to see you at one of our events face to face.

Welcome Rachel Rowlands to the Wales Region Committee!



We would like to welcome and introduce Rachel Rowlands to the Committee. Rachel is an occupational therapy lecturer at Cardiff University and is our new Member Activity Lead. Rachel will be available to offer any support to the Wales local groups and looks forward to working with all groups and plans to get in touch with each group soon. Rachel Rowlands tells us about how the students at Cardiff University have been involved in the RCOT's latest #ChooseOT campaign.

Dai Davies (Professional Practice Lead, Wales) tells us about the RCOT Wales manifesto and gives us an update about the RCOT Right to Rehab campaign. We also talk about the success of our latest 'virtual' Annual Review Meeting (ARM).

A sincere goodbye to Julia Scott, RCOT Chief Executive, from the Wales Region Committee:

As members you are aware Julia Scott CEO will be leaving RCOT in the New year so the RCOT Wales Region sends this message.

"Dear Julia,

We have valued the time you have always taken to reach out to us, supporting and encouraging us as

Committee members. Your passion for the profession is infectious and you have inspired many of us to take on and continue with Region Committee roles. A massive thank you from each and every one of us for your commitment, inspiration, dedication and courageous leadership. You have made us "Loud and Proud"! We wish you every success for your future".

Local news

Cardiff University #ChooseOT:

Cardiff University occupational therapy students have been proactively planning to engage with the Royal College of Occupational Therapists Occupational Therapy Week campaign. The Cardiff University Occupational Therapy Society has reached out to students, lecturers and alumni and collected personalised video recordings of "I love Occupational Therapy because...". These will be shared across their social media platforms with the #ChooseOT hashtag after the 2nd November to raise the profile of occupational therapy and the amazing healthcare professionals empowering service users across the UK.

Furthermore, a number of students across the BSc cohorts have also started to reach out to local schools and colleges, introducing themselves and asking for an opportunity to organise presentations about occupational therapy as a potential career pathway. This initiative has been actively led by a Level 5 student and a lecturer, who have recruited volunteers via the occupational therapy social engagement group, which was originally set up to ensure that students are able to stay in touch during the COVID-19 pandemic. The students have written their own introductory email and are putting together their own presentation that they are hoping to deliver virtually to a range of schools and colleges over the next academic year. They have used the resources provided by RCOT to guide their plans. Both initiatives have been in response to RCOT's #ChooseOT campaign and have been designed to inspire a new generation of people to follow an occupational therapy career pathway.

RCOT Wales Manifesto:

The Welsh Parliament/Senedd election is only 6 months away and RCOT have been working behind the political scene to ensure that RCOT members are heard and that political parties have health and social care priorities at the core of their manifesto. RCOT developed our own manifesto earlier this year and we have used this to advocate for the following RCOT 4 keys asks:

1. Legislate to ensure a streamlined approach to housing adaptations.
2. RCOT supports the cross party calls for the exploration and to ensure a parity of greater esteem between Health and Social Care.
3. Support the Right to Rehabilitation campaign.
4. A Healthy and fit workforce.

For more information see: <https://www.rcot.co.uk/file/4270/download?token=IEzIXVwO>

RCOT as now meet with every major political party in Wales and use this time to explain our key priorities on behalf of our members. We have attended key round table events on primary care, social care and mental health with all the political parties and attended all of their virtual party conferences.

RCOT Right to Rehab campaign:

RCOT is one of the leading organisations that is part of the Wales Right to Rehab campaign. Ourselves and 20 other organisations are currently advocating the importance of rehabilitation to the population of Wales. Since the summer we have had a number of virtual meetings with key political stakeholders. RCOT members are key experts in promoting rehabilitation. Members Lisa John, Ffion Marshel and Matthew Hayes have given presentations on occupational therapy and rehabilitation to the lead spokespeople on health and social care from Plaid Cymru and Conservatives.

Our 'Virtual' Annual Review Meeting (ARM) (Wellbeing in Wales – Everyone's Occupation) :

Firstly, a huge thank you to everyone who attended this event. We had just under 90 participants. Although it was a very new way of doing things, we as a Committee felt it was a great success. During the ARM the Chair of the RCOT Wales Committee, Abbe Harvey, presented an informative talk reviewing the Wales Region's activities over the past 12 months and all members of the Committee shared their 'Small Change, Big Impact' stories plus gave their commitment to complete their #ChooseOT story. Also, Dai Davies, RCOT's Professional Practice Lead, gave us an update on the Wales manifesto and the RCOT Right to Rehab campaign.

We would also like to thank Joanne Dixon (seen below with her "thank you" flowers) for presenting at the event. Joanne Dixon, Healthy Carers' Worker – Denbighshire County Council, is a qualified physiotherapist. During the ARM, Joanne Dixon delivered a brilliant presentation reinforcing the importance of self-care during this challenging time. We particularly enjoyed observing everyone's participation in the laughter yoga. Finally, we would like to say another huge "thank you" to our very special guest, Julia Scott, who took time out of her very busy schedule to give us an inspiring and motivating goodbye speech.



Future CPD Courses and Events

Watch this Space!

Due to the huge success of our recent virtual Annual Review Meeting (ARM), we as a Committee are discussing the prospect of a virtual event. Please get in touch if you have any ideas or would like to get involved in arranging such an event. Keep an eye on our social media platforms for more information.

The North East Wales Local Group is currently looking for a new group lead. If you are interested please get in touch via our email, RCOT.wales@rcot.co.uk. RCOT local groups are supported financially by the Region Committee and offer the opportunity to gain valuable continuing professional development (CPD), share experiences, develop, expertise and competence.

RCOT News

The FaQ on Administration of COVID- 19 vaccination is now here:

<https://www.rcot.co.uk/coronavirus-covid-19-0>

You're inspiring people to #ChooseOT:

Thank you for taking part in Occupational Therapy Week 2020 and kick starting the #ChooseOT careers campaign. There were over 10,000 uses of #ChooseOT with a social media reach of 5.4 million. You shared over 2,300 stories about why you love being occupational therapists – check these out on the #ChooseOT story wall. You can keep inspiring future occupational therapists by giving a virtual careers talk at a local school using the ready-made presentation and guide.

Download resources from <http://rcot.co.uk/ChooseOT>



Campaign launch #BGSFairCare:

The BGS has launched a campaign across the four nations of the UK to raise awareness of issues critical to protecting older people during the second wave of the COVID-19 pandemic. Older people bore the brunt of the first wave, with 90% of COVID-19 deaths in people aged over 65: <https://www.bgs.org.uk/policy-and-media/bgsfaircare-bgs-launches-campaign-to-urge-the-government-to-protect-older-people> Many older people experienced a detrimental effect on their physical and mental health, due to shielding and resultant lack of activity, leaving them more susceptible to other illnesses, falls and hospitalisation. The cancellation of non-COVID services such as elective procedures, outpatient consultations and social support has created a massive backlog. When combined with seasonal illnesses, this adds up to a very concerning picture for the health of older people.

We have sent open letters to the Secretary of State for Health and Social Care, Matt Hancock, and to Health Ministers in Wales, Scotland and Northern Ireland to alert them to key lessons from the first wave which must now be applied to ensure older people are not disproportionately affected by the second wave of the pandemic and its associated restrictions: <https://www.bgs.org.uk/resources/bgsfaircare-our-letters-to-ministers> We are also asking healthcare professionals to write to their elected officials: <https://www.bgs.org.uk/http%3A/www.bgs.org.uk/covid-19/bgsfaircare-protecting-older-people-in-the-second-wave>

We invite you to join us in this campaign, and to amplify its messages through your networks and communication channels, using the resources on our website and the hashtag #BGSFairCare. Together we can help to ensure the best possible outcomes for older people at this immensely challenging time.

New FAQs and Updated Resource:

RCOT is pleased to announce that some new FAQs, developed collaboratively by the Education & Research and Professional Practice teams, have been added to the RCOT Assessments and Outcome Measures page: <http://www.rcot.co.uk/practice-resources/occupational-therapy-topics/assessments-and-outcome-measures>

There is an FAQ about the Montreal Cognitive Assessment, 'Do I need to be trained and certified to use the Montreal Cognitive Assessment (MoCA)', and a set of FAQs about 'Delivering standardised assessments and outcome measures within the context of COVID-19'.

The 'Overview of research training/career development awards across the four nations of the UK', available at <https://www.rcot.co.uk/practice-resources/research-and-development> (under 'Funding for Research and Development') has also recently been updated.

New Bevan Foundation Report on COVID-19 and the Impact of Shielding:

The Bevan Foundation have published an independent report on 'Lessons from lockdown experiences of shielding'. RCOT was part of the focus groups for this report on shielding. The Bevan foundation is a really influential campaign group and the recommendations fit in with the RCOT Right to Rehab campaign.

The report can also be found on their website: <https://www.bevanfoundation.org/publications/experience-of-shielding/>

RCOT Research Foundation grants 2021 – call for applications:

Applications are now being accepted for the RCOT Research Foundation grants 2021. The grants provide five funding opportunities to support RCOT members with planned research activities, offering up to £10,000 or £100,000.

With three award categories available, interested members can find full details and application packs on the Research and Development webpage under the Funding for Research and Development section: <http://rcot.co.uk/application-information>

This year's applicants should align their proposals with the recently announced top 10 priorities for occupational therapy research in the UK: <http://www.rcot.co.uk/top-10>

Please promote the RCOT Research Foundation grants as widely as possible and encourage your research colleagues to make an application. All applications must be submitted by 5pm on Wednesday 10 February 2021.

Disclaimer:

Not all the resources contained in this e-Newsletter may be known to the Royal College of Occupational Therapists (RCOT) or the RCOT Region Committee. Inclusion of these resources is for general information purposes only and does not constitute endorsement by either the RCOT or the RCOT Wales Region Committee. The Royal College of Occupational Therapists and the RCOT Region Committee shall not be liable for any loss or damage either directly or indirectly resulting from the use of these resources and makes no warranties of any kind, express or implied, about the reliability and/or suitability with respect to the resources. Any such reliance you place on these resources is therefore based on your own professional judgement.

Contacts

Committee Chair: Abbe Harvey
Email: RCOT.Wales@rcot.co.uk



(c) Copyright 2020
Royal College of Occupational Therapists.
All rights reserved.