

Welcome to your Scottish Eastern region newsletter!

This edition contains articles written by local members celebrating the successes of winter 2023 and also sharing their insights into recent OT practice placements around Edinburgh city centre. As we step into the new year, it is a time to reflect positively on the previous year's end and look ahead to the coming months. We would love to hear from our members in future editions, so please consider contributing to the newsletter this year. Perhaps as a new year's resolution for your CPD, or a chance to celebrate your own practice.

## Our member features

### A day in the life of an Occupational Therapy Student

Victoria Miler, Members Activity Lead on the regional committee, facilitated a 2<sup>nd</sup> year post graduate student placement at the end of last year. She has created a short video demonstrating [a day in the life of an OT student in the community](#) which was filmed during OT week 2023.

[Watch the video](#)

## Our news

### Celebrating Occupational Therapy week 2023



As part of the NHS Fife Occupational Therapy Learning Disability Team, we celebrated OT week to promote the importance of occupation as therapy.

We created a large display for the main reception area at Lynebank Hospital, with our inpatient clients writing on a balloon an occupation that is meaningful to them and how it 'Up'- lifts them. Patient involvement was our focus in designing the display, using a variety of communication strategies such as pictures, easy read resources and verbal communication.

Since OT week, we have expanded on this and created displays in each ward to involve staff and patients with the aim of promoting Occupational Therapy and highlighting the importance of occupations.

## Reflecting on our successful “Power of OTea” event



Following the success of our previous afternoon tea networking event in 2022, we organised the “Power of OTea” at LeMonde Hotel, Edinburgh on Saturday 28 October 2023.

This was a great opportunity to celebrate in the run up to World Occupational Therapy Day and Occupational Therapy Week by connecting with other members in our region. Members from variety of different settings attended which opened up lots of discussions about what teams have previously done for Occupational Therapy Week and what they are planning the current year to celebrate and promote the profession.

It was also an opportunity to share upcoming local events and discuss challenges and achievements whilst enjoying lots of tasty cakes, scones, sandwiches, tea and fizz! We received positive feedback and I’m pleased to have been part of organising this event along with the others on the committee. It has also given us some inspiration to help organise our future events.

Lyndsay farmer

## Regional committee meeting schedule (online Zoom)

We invite members from across the region to join us at our upcoming committee meetings (dates listed below). This is a great opportunity to come along and hear about the work of the committee, especially if you’re interested in getting involved.

- Thursday 8 February 2024 at 6pm
- Thursday 21 March 2024 at 6pm
- Thursday 2 May 2024 at 6pm
- Thursday 13 June 2024 at 6pm

**Contact us** if you’d be interested in attending a meeting or finding out about becoming involved.

## We want to hear from you

We’ve created a quick questionnaire to hear from members when, where and how you would like us to host our events. Please complete this very quick questionnaire so we can make sure we’re giving members the best opportunity to attend events.

## **Complete the questionnaire**

## 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 – follow us on [Facebook](#). You can also contact us at [RCOT.ScotlandE@rcot.co.uk](mailto:RCOT.ScotlandE@rcot.co.uk).