

Welcome to the January 2024 edition of your South East region newsletter!

In this edition we have:

- a committee update on OT week 2023
- encouragement for members to apply for Lifelong Learning Grants
- information on upcoming CPD events

Our region is here to support activities and help you to boost the profile of our profession. We are keen to hear from you. If you would like to contribute to future newsletters, [send us](#) your stories, events or reviews.

We hope you enjoy our newsletter,
Robyn, Anna, Jordan, Claire, Corrin, Janice, Flo, Jenny, Sara, Loretta and Matt (region committee)

Our news

OT Week 2023 Committee update

OT week 2023 was held from the 6–15 November 2023 and the theme focussed on occupations as central to occupational therapy. If you follow us on social media you would have seen some of the committee members sharing what occupations are important to them, such as swimming, dog walks in the countryside, walks on the beach with family, and being an allotment holder. Time in nature seems to be a common theme in our committee! We hope that you enjoyed celebrating OT week 2023 too.

If you would like to come along and observe a committee meeting, our next few meetings will take place on 5 February, 6 March and 4 April. [Contact us](#) if you would like to join us.

Don't forget to keep up to date with us on [Facebook](#) and [X \(formerly twitter\)](#) and [Instagram](#). You can also [email us](#) with your comments or suggestions for the new year.

Opportunities on our Committee

We have opportunities on our committee for a Regional Communications lead and a Member Activity lead.

The regional communications lead involves the production of the quarterly newsletter for the region. This includes encouraging and collecting articles from a range of sources, as well as linking with RCOT to ensure the webpage is updated with any key information.

The member activity lead involves being the first point of contact regarding the region's committee activities and events for RCOT members. You would also lead on developing engaging local activities that promote occupational therapy, the region and membership of RCOT and take the lead in engaging local groups and informing the Committee of feedback received from the membership.

We cover a large region geographically and are grateful for everyone volunteering their time to the committee. We are always open to welcoming new committee members, so [contact us](#) if you would like to know more about how to get involved.

Lifelong Learning Grants

The [Lifelong Learning Grants](#) (LLG) remain available throughout the year and are a great way to top up your CPD budget! The LLG is available to provide financial support to enable members to participate in learning opportunities such as short courses, workshops or conferences related to their continuous professional development and the promotion of the profession.

[You can apply now](#) for a grant up to £200. If successful, we'll ask you to write a short reflection on your course (around 200 words) for the regional newsletter!

Our events

REMAP CPD event

29 February 2024, 6.30-7.30pm

Virtual

At this event, we look forward to learning more about REMAP from their representatives about their mission to design and custom-make equipment to help people with disabilities live more independent lives. REMAP is a national charity providing custom-made equipment, free of charge for people with disabilities. It is made up of local branches and while each REMAP panel is run slightly differently; volunteers are often a mix of engineers and occupational therapists.

[Register now](#)

Microsoft accessibility session

22 April 2024, 5-6pm

Virtual

We are hosting an evening with Tris Church, an IT expert. Tris will be joining us to share his knowledge on making Microsoft more accessible to help support our work and those of our service users. Examples of skills Tris will be imparting during the session include how to use dictate mode on Microsoft Word and how to use dark mode.

[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 [X \(previously Twitter\)](#). You can also contact us at rcot.southeast@rcot.co.uk.