

NEWSLETTER



LSBU
OCCUPATIONAL
THERAPY SOCIETY

A Monthly Newsletter by the
LSBU Occupational Therapy Society



UPCOMING EVENTS

IN THIS EDITION....

- Upcoming events
- Members' survey: results
- OT Week events
- Blog: "The empowerment of spoken word" - Henna Ago

This month's edition focuses on diversity in OT, following our OT Week activities earlier this month.

December:

- **OT role in domestic violence support** -
Tuesday 1st December @ 6pm
- **AHP Leadership in action** (joint event with
Physio Soc) - Wed 9th December @ 7.30pm
- **Journal Club** (date TBC)
- **Top tips for 1st Year BSc students** (date TBC)

Find out more, and sign up via our [Eventbrite page](#)

It's all about YOU!

Results of our members' survey

Last month we ran a survey to find out what you wanted from the OT Society in 2020-21. **THANK YOU** so much to those of you who took time to complete this.

A brief summary of the results:

- Convenient time for events: weekdays, early evening (but with some variety)
- Enthusiasm for all kinds of events but especially talks & workshops
- Suggestions for future events:
 - Talks from OTs in practice & newly qualified OTs
 - Hearing from a range of service users
 - Clinical topics: stroke, perinatal mental health, end of life care

We will be using this feedback to inform our future events, and we welcome any further ideas for events or for potential speakers.

*This month's top
recommendation*

OCCUPIED
*podcast episode
63: "Unpacking
colonised thinking
in OT"*



HIGHLIGHTS FROM OT WEEK 2020

"Securing the future workforce & increasing diversity within the profession"

DIVERSITY IN OCCUPATIONAL THERAPY & HOW FUTURE OTS CAN AFFECT CHANGE

Our 3rd event of OT Week was a panel discussion hosted by Mish Ahmed-Landeryou, senior lecturer in OT at LSBU. The student panel joining her was: **Abi Odufisan** (2nd Year PGDip, LSBU); **Anna Harrison** (4th Year BSc); **Ayesha Haider** (3rd Year BSc); **Monika Zavrelova** (3rd Year BSc); and **Sheherazad (Sherri) Kapadia** (2nd Year MSc, Brunel).

Is occupational therapy diverse? What are the barriers to diversity?

While we've seen many positive changes, we still have a very long way to go. Barriers to diversity include: **visibility** of the profession; **cultural barriers**; attitudes and **perceptions**; **socio-economic** factors (e.g. costs associated with studying); and **how we treat diversity**.

"It's a circle. If you're not seeing it, you're not recruiting it, you're not seeing it..." – Anna

Why do we need to diversify the profession?

Quite simply, for our clients, for each other... for everyone!

"All we see when we have a more diverse workforce... is better outcomes – for our economy, for ourselves, and for the people we serve... In accepting diversity, everybody wins." – Sherri

What one action will you take to improve diversity once you are qualified?

Monika – awareness of my bias & assumptions. Challenging others' biases and assumptions.

Sherri – integrate diversity & cultural considerations into my research, contributing to increasing the evidence base. Also, talking a public health view in practice.

Anna – join discussions. Try to get into "decision-making spaces" & challenge archaic approaches & policies.

Ayesha – share my story to encourage others into the profession, e.g. returning to a previous job & telling carers about OT.

Abi – telling people about the wonderful benefits of OT & ensuring it is seen as a career that people from any community can contribute to.



Once again, a huge thank you to our panellists for joining us at this event!



FUNDRAISING EVENT

Our virtual fundraiser event took place on 6th November to raise money for [Legs4Africa](#). This wonderful charity provides affordable physical and emotional rehabilitation for amputees across Africa to help them live independently, through the provision of refurbished prosthetic legs donated from around the world.

We helped raise **£192** - enough to get at least **16** prosthetic legs to Sub-Saharan Africa. **THANK YOU** to all who donated and attended the event, and the OT Society committee will look forward to you joining us again on our next fundraiser!

If you signed up for any of our OT week 2020 events we would love to hear your thoughts via short survey which you can access [here](#).

Please submit your responses by **Friday 4th December**.

We would still like to hear from you even if you were unable to attend the event(s) you signed up for, just go straight to Q4.

Blog - The Empowerment of Spoken Word **By Henna Ago (Year 2 PGDip)**

It's been a challenging time for humanity across the world and it's had a significant impact on our mental health and wellbeing. **As a University student it can be overwhelming to meet high academic expectations.** Being thrown into the world of remote learning we've had to make incredible efforts to re-assess our competencies with the resources we have available, due to the biggest oxymoron of all time "Social-Distancing".

Our working lives have collided with personal spaces, so it's difficult to create a healing space. Now in my 2nd year of the PGDip OT course, I've embraced external change and internal transformation, from full time Mum to student (and soon a registered AHP!).

Spoken word is my personal outlet, to explore, acknowledge and release 'trapped' emotions. The temporal aspects of writing unfolds a journey to internalise and contribute to the development of my identities. Inspired by the wealth of knowledge of classmates, lecturers and other educators; I often encapsulate meaningfulness through the concepts, values and principles that anchor OT practice.

Please note: my writing process is "unintentional" and "automatic", driven by emotion, stress and excitement, never planned. On the next page is a poem of mine, but please note that it is **written in a way to be performed and spoken.**



*Henna performing at the Theatrery
open mic held at Mercato
Metropolitano on 4th October*

"Social Stigma" By Henna Ago

Validating your burden and it's heavy as it's handed over to your loved ones.
The burden of guilt stays. Dignity stripped away.
No way to make a drop of lemonade.
Stigmatised, sensationalised and exploited in the worst way.
Ripple impact through a life force.

"Differently-abled" thriving within a therapeutic healing environment, adaptive not
maladaptive.

Not backwards- forwards. What every human needs.
Make it work together. Inclusive design we can all access. One world, multiple countries
opened up.
Facilitating justice for all.
Let go above and BEYOND but it's your individual mindset that counts...

"... If we don't get you out there. You will grow in decline, you won't be able to see the true
love of an inter-abled relationship..."

Disability. The "Dis" strives within a broken down society because the ability is there.
A person in the flesh. Is a real person.
A soul encapsulated by a human vessel.
The need to interact with the dynamic environment is highly demanding: it's adapted and
then separated.
We don't want to move with the majority.

Anyone can be dissed out of society. Trapping the person in a dark place...a person who has
an ability...

To live life to the fullest degree. I don't want to stand in anyone's way. The whole idea of
equity over actual equality. We are not equal, we are all different.
We need to address this social justice movement.
It's a Human thing.

Never exclude anyone because they are somebody, someone. A human being.
We can't be whole.

Until each heart that makes up the society is whole: thinking holistic.
Imagine if we lived in an inclusive world.

My work is not finished. Feels like a never ending journey.
Sacrificing the will to turn away. See it straight and stand for justice.

We are the advocates. We are the people. We are a community for the human race.

Breaking down geographical, physical barriers as best as we can.
Facilitating a once who felt broken spirit to once again dream and soar

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Wellbeing top tips:
Access a Google doc on wellbeing during the pandemic (created by LSBU OT students) [here](#).

We take pride in our chosen career, our course, and our university. This programme would not be possible without you; the members. The society was created by students, for students, and this is the core of its ethos. We hope that all members feel part of the OT society community.

To join the OT Society for 2020-21, please visit our website:

<https://www.lsbsu.org/societies/lсбуotsociety/>
you will need to log in to the website to buy your membership.

SOCIAL MEDIA!



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Email us on:








occupationaltherapysoc@lsbsu.org

Visit the OT society website!

Our society aim

Welcome to the occupational therapy society, a student-led, inclusive, fun and educational group. People from all backgrounds and academic disciplines are invited (not just OT!). We'll be working hard to ensure our members still get great virtual events that are useful, interesting, relevant, and engaging!

Why join LSBU OT Soc?

-  Award winning annual conference
-  CPD opportunities
-  Academic events - talks, workshops, Journal Club
-  Social events
-  Regular newsletter and updates
-  OT Week 2020
-  Interdisciplinary events