



Headline

May 2010 Issue 2

A note from our Chair



Being part of the Regional Committee for the Northern and Yorkshire Region has been a real pleasure and a professionally fulfilling experience; in fact, it is quite hard to think that this time is coming to an end. I have been the Chair for the last three years in an elected post and for a year previous to that chaired as a "casual" member. The committee is a strong group of Occupational Therapists who are very committed to promoting the profession and demonstrate excellent leadership skills. I would like to personally thank all those who are stepping down from their roles on the committee and to offer heart felt good wishes for those who are taking up their new posts on the committee.

The meetings are always a stimulating experience with quite a lot of discussion and debate. We are very fortunate in that those who are on the committee now have all been part of these meetings to a greater or lesser extent so will have a good idea of what is expected of them by the members in this area.

During my time in office, I have had the pleasure of, among other things, contributing to the running of three Life Long Learning events in three different Universities in our

patch, seen new posts arrive on the committee to reflect the changing needs of the organisation and the overall business strategy of the College of Occupational Therapists, met and formed links with the staff at Headquarters and also met our Patron Princess Anne.

On a personal note, my day job has changed considerably from being a Professional Lead for Occupational Therapy in an organisation which was predominantly Mental Health, to managing Wheelchair and Equipment Services. Many Occupational Therapists have experienced changes in their work roles reflecting the changes that are happening throughout the country in service provision: having strong role models is a great advantage during these life experiences, the members of the committee were a good source for this.

I would recommend highly being involved with your regional committee as an enriching and rewarding experience.

Tania Tulloch

Student Zone

Why bother with a student local group?

You may think that setting up, running or evening joining a student local group seems like a lot of effort. But there is so much that can be gained.

For starters student local groups are a great way to improve networks within your own university and with others in the region. Joining a student local group is a great way to meet students in other year groups, so you can get a heads up or a bit of advice on assignments coming your way. Finding out about other student local groups at other universities allows you to tap into their resources as well your own.

Student local groups work to expand the portfolio's of graduating students, enhancing their prospects in the highly competitive job market we are currently in. In the UK alone there are approximately 6000 OT students. So why simply graduate with a degree certificate when you can graduate with an extensive portfolio of voluntary work, attendance at guest speaker sessions, attendance at conference events, reflections and much much more.

In the Northern & Yorkshire region we are fortunate to have several well-established student local groups, working on, for example, the next regional student conference, a sensory garden and workshop afternoons. To find out about a student local group at your university have a look on the COT website, under the regional pages for contact details, or email the student representative at ny.baot@googlemail.com



What's on?

Save the date - **10th November 2010** for this year's regional lifelong learning event.

This year's event will be held at York St. John University and will focus on the achievements and work of OT's within the region. 100 places will be available to delegates with information on the event and tickets becoming available on the regional website pages in the near future.

For the first time the committee is hoping that the event can provide the opportunity to

showcase the work of OT's within the region. We are therefore looking for OT's and assistants within the region who would like to present a poster at this year's lifelong learning event. Due to the nature of the committee and our limited funds we are unable to offer financial support for the production of posters. As the committee's aim is to promote the work of OT's and their departments within the region, we welcome posters from any professional area. Submission guidelines are available to download from the regional webpage [http://www.cot.org.uk/Homepage/Regional Groups/English regional groups/Northern Yorkshire regional group/](http://www.cot.org.uk/Homepage/Regional_Groups/English_regional_groups/Northern_Yorkshire_regional_group/) This is a great to develop your CPD portfolio, showcase your achievements and grab a freebie in the bargaining, as successful submissions will each receive a £10 Amazon gift voucher per poster. For any further information please do not hesitate to contact the regional committee ny.baot@googlemail.com

It would be great to hear from you on the events you attend and are running within the region to make this section of the newsletter member focused. So drop us a line and let us and others know what is happening in our region ny.baot@googlemail.com



Breaking News

This section of the newsletter is for you. It is an opportunity to highlight good practice, an intervention which has been successful or you have learnt from, or to discuss topics and questions of interest. The committee would therefore welcome submissions for publication in the quarterly newsletter. Any articles published within Headline will receive a £10 Amazon gift card and for those of you feeling adventurous a £20 Amazon gift card is on offer if you submit an article to OTN via the regional committee, which is published. Submissions for OTN can be made at anytime throughout the year, however Headline will be published in January, April, July and October each year with the submission date for articles being the 10th of the previous month.

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