

THE NEW WEBSITE HAS ARRIVED!

SPOTlights and the special interest groups are getting an overhaul



Occupational Therapy - living my best life (foreword)

What a whirlwind the last five months have been! With the reduction of the COVID-19 restrictions I started travelling extensively in my clinical educator role both within the UK and Spain and it was lovely to be able to support postural assessments on an almost weekly basis. I also presented a poster at the Oceania Seating Symposium 2022 (NZ) with the support of Spex Ltd.

I'm pleased to say that I now have dedicated time now to focus on all the aspects of my service which include launching the new look of the website which will include the following:

- Launching SPOTlights members area that will currently include the following special interest groups:
 - Posture Care Management (PCMSIG)
 - The OT Tribe
- Improved information and access to specific services such as direct OT assessment and intervention, clinical education, postural care management services and resources.

As always my personal and professional accomplishments are inspired by the people I serve, my colleagues and friends who remain part of it, challenge my perspectives and encourage me onwards. To all of you who keep in touch who have subscribed to this newsletter and who reach out - THANK YOU!

WHAT YOU'LL FIND INSIDE:

- REFLECTIONS
- WHAT'S ON
- WHATS COMING



NOW LIVE! - June 2022

Posture Care Services



Over the past few years I have been primarily involved with postural assessments on behalf of Spex Ltd within their clinical educator role. This has been such a privilege and has also made me aware of the following areas which I feel require greater dedication and service offerings and on which I am going to be focusing over the next year:

- Supervision and mentoring to colleagues,
- Education on biomechanics,
- Education on the manual assessment to guide selection of assistive technology (AT),
- Education and learning from service users to ensure holistic approaches to postural management and AT selection,
- Access to timely clinical assessment and support when facing delays within existing services and/or inability to access statutory services.



SPOTlights - live NOW!

The Posture Care Management Special Interest Group (PCMSIG) has moved within the SPOTlights membership area and will be launched on 1st July 2022. It is free, a global network and an opportunity for all individuals to come together to share. It will incorporate a dedicated chat forum within the membership, too.

'The OT Tribe' is now LIVE and for all global OTs wanting to find their tribe with the focus on community and networking. This will be open to students also from 1st August 2022.

Past events for this group include:

- **OT CORE SKILLS: Activity Analysis Refresher** (Zoe Brewer)
- **Maintaining CPD compliance when working internationally** (Bridget Churchill)

I also want to use this platform to showcase some amazing charities that are working to improve access to posture care and OT services. This is a work in progress and details will be made known in the upcoming meetings and events to registered members.



Resources & fun times



With the crazy busy last few months there have been fun times, indeed, but a bit less frequently. Recently I jumped in muddy puddles and got absolutely drenched in a meet-up with a fellow OT. My behaviour probably wasn't too dissimilar to the child in the photo (right: standing in a puddle, bending over, inspecting something in his hand) whilst I photographed weeds, the canal and a nearby horse.

What I learned from this, though, is that it has been a *long* time since I had the chance to just take a breath and be present outside of work commitments. Also, that it has been a long time since I truly had a mindful walk and that puddles are very forgiving when you walk in barefoot because your shoes are so wet they leave puddles everywhere.

More good times are coming, indeed, and there will be additional resources available on the website, too.



"Reflection isn't a bad thing. It helps you take stock, to reconsider priorities, to ensure you show up in the best way possible."

Supervision & Mentoring/ Coaching



Clinical supervision is a necessary part of our clinical CPD (continuing professional development). And sometimes we need a mentor who we 'click' with and can support particular aspects of our service delivery.

Sometimes we need someone to help us get out of our own way and show up to our personal and professional goals. This is a service that I offer and, which I hope, may organically occur with the SPOTlights community also as members network and communicate. It is as important to find the support as it is to find a match with the person supporting you! This will help you to shine more brightly.

If you want to have a chat about any of these things then please get in touch [here](#).



Let us not forget - our lives as therapists are shaped the people we serve



I recently presented a poster at the Oceania Seating Symposium 2022, New Zealand, with the support of Spex Ltd. The poster was about a case study of person with Muscular Dystrophy with complex postural needs. This person continues to shape my life with his wisdom, his fortitude, his outlook and his willingness to participate in the write-up process. I have nothing but thanks for his impact - it will continue long after this presentation, for sure!

Therapists serve persons with disabilities, colleagues, organisations and ourselves. Sometimes we forget the 'ourselves' in this equation - and this is not to be selfish or arrogant, but to truly reflect on our scope of practice, our learning needs, our personal and professional aspirations and, at all times, acting in the best interests of those who are vulnerable and how we can better show up for them and improve their quality of life. I am very excited to say that with increased time available I am going to be redirecting my energy to courses I have put off and, of course, my ever elusive PhD proposal for submission!

None of this would be possible without the amazing support of my admin team, Pam & Arthur Ready (Ready Consulting, UK) - if anyone else is needing additional admin support then please don't hesitate to email them (click on their photo for the email address):



So what's next ...?

2022 is going to be about maintaining high standards of client service and building "SPOTlights." The community that breaks down boundaries, borders and cultures to share, collaborate and help therapy succeed for the people we serve.

It is also going to be able to maintain balance, setting some boundaries, showing up better for my clients and remaining excited about all the amazing people I will meet and collaborate with.



- Bridget Churchill, Director & Specialist Neuro OT