



College of  
Occupational  
Therapists



# New Graduates e-Bulletin

Issue (3) May 2016

**Welcome message from Dr Stephanie Tempest  
(Lead for CPD, College of Occupational Therapists)**



I was delighted to be asked to write the welcome message for this edition of the New Graduate Bulletin, not least because I started at COT in February, so feel we have a connection in our 'newness' and the transitions we find ourselves going through.

So, I thought I'd share with you information from a leaflet I found from my borough council in my local library which outlines '*Five ways to Wellbeing*'. **1) connect; 2) be active; 3) take notice; 4) keep learning; 5) give** (Hillingdon Council 2016)

When I reflect on the five ways in relation to starting out as a newly qualified occupational therapist, I think there are some useful messages for us:

- 1) **Connect** - with each other, with your professional body (via COT HQ, Regional and Specialist Groups), with our AHP colleagues; with our occupational therapy theory and evidence base
- 2) **Be active** - join a COT committee, offer to review journal articles for BJOT, start up a peer support group in your local area if there isn't one
- 3) **Take notice** - especially in relation to how you are feeling; transitions provoke many emotions (both positive and negative) and each subjective reaction is unique to the individual. But notice them and respond to them and remember that transitions are stages you move through (like surviving fresher's week!)

- 4) **Keep learning** - remember all your pre-registration learning and then build on it, reflect on it in the real world and capture it to show your continuing professional development
- 5) **Give** - this can be as simple as thanking someone for their help or any small act of random kindness to someone receiving your services.

I hope that this bulletin also supports you to connect, be active, take notice, keep learning and give too and I look forward to working with you throughout your careers.

Best wishes,

Stephanie

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@setG75

<http://www.connecttosupporthillingdon.org/s4s/WhereILive/Council?pageId=1484>

(accessed 22nd April 2016)

## Support

**Calling New Graduate BAOT members everywhere!**



We are planning our annual New Graduates Workshop day here at COT on **Wednesday 3rd August 2016, from 10.30 - 3pm** (last year's was a great success!).

If you are interested in attending, please register your interest with [Angie.Brown@cot.co.uk](mailto:Angie.Brown@cot.co.uk)

It's a great opportunity to meet your peers, the COT team, to network, share experiences, take part in workshops tailored to you - and we even have an extra surprise for you! Travel costs and lunch will be provided - but you need to register quickly - we only have spaces for 40.



We'll let the successful 40 applicants know by the end of June.

## **Supporting Practice - Evidence and Resources (SPEaR)** topics are an online signposting resource



The individual topics (28) draw together information on a particular subject, providing hyperlinks to relevant documents/websites. Information is organised under the following headings; Policy and Context; COT resources; Evidence

The informatics agenda is relevant to all occupational therapists. Use the **new Informatics/Digital Technologies** SPEaR topic to access some key information in relation to this important topic!

<https://www.cot.co.uk/supporting-practice/evidence-and-resources>.

**!!Top tip!!**

Set up an email alert for key journals such as BJOT, AJOT, CJOT and AOTJ, here: <https://www.cot.co.uk/journals-ejournals/journals-ejournals>

*(Please log-in to the COT website to access these resources)*

## Connect

College of  
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Occupational Therapy

*Improving Lives, Saving Money*

#ValueofOT

### Improving lives, saving money

#### Start as you mean to go on - recording the value of occupational therapy

The College's 'Improving Lives, Saving Money' campaign highlights the need to demonstrate how your services make a difference

<https://www.cot.co.uk/cot/occupational-therapy-improving-lives-saving-money>

The campaign has a tripartite focus;

***Keeping people out of hospital***

***Reducing pressure on primary care***

***Addressing over-reliance on social care***

Integral to evidencing the value of occupational therapy is the measurement of service user outcomes, and the use of occupation-centred language in electronic care record data fields. Using coded terminology means that there is the potential to enhance delivery of care to the service user and also to aggregate that occupation-centred information to support service evaluations, audits, research and commissioning activities.

***Visit the new 'Outcomes and record keeping' page on the COT website to help you connect with resources available on record keeping - you can find it at***

<https://www.cot.co.uk/outcomes-and-record-keeping>

You can also sign up for our monthly COTIM (College of Occupational Therapists Information Management) newsletter by emailing [Lesley.Gleaves@cot.co.uk](mailto:Lesley.Gleaves@cot.co.uk)

**You're brilliant! – tell us why...**

Your chance to get involved in our free workshops as part of our engagement campaign

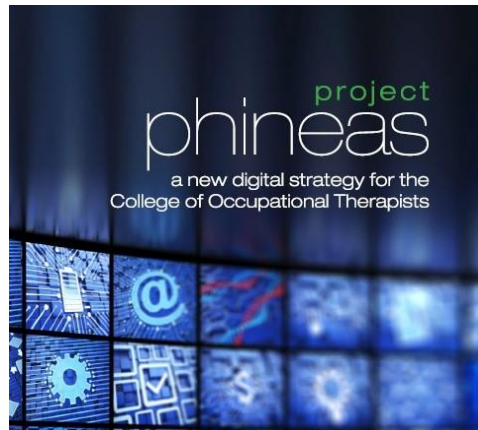
Occupational Therapy  
*Improving Lives  
Saving Money*

#ValueofOT

Go to <https://www.cot.co.uk/cot/occupational-therapy-improving-lives-saving-money> to find out more

## Engage

Help us build a new website!



We are just starting a major project at COT to completely rebuild our website and broader digital services. To help with this we are starting a period of member consultation and need your input on what you would like to see and what you would like to be able to do online.

***It's exciting!!***

An extensive membership survey was carried out in November 2015, and one of the main themes was that you would like the COT website to provide a more intuitive way to help you with your professional needs and access to the substantial resources COT has to offer.

To achieve a better understanding of your needs, we are holding a series of Focus Group events around the UK, and have already visited Exeter and Cardiff. we have spaces available at our forthcoming events which will be held in Belfast, Edinburgh, Newcastle, Manchester, Birmingham, Peterborough and London. To find out more and secure a place at one of these events, please go to the following link;

<http://www.surveymonkey.co.uk/r/Phineas> Consultation

***Don't miss this opportunity to have your say - after all you are the future of our profession and it's partly up to you to help shape this for us!!***



## And Finally...



***Don't forget*** to make sure you have all your contact details up to date on the COT website. It's your way of safeguarding your access to our fabulous resources and any mailing that is being designed especially with **YOU** in mind!

*You can log-on and update your details at:*  
<https://www.cot.co.uk/iris/user/baot/details>

**We would love to hear your thoughts and comments on suggested items for the next bulletins - after all, it's you who knows best what you need, so get in touch.**

*Please email [Maureen.grove@cot.co.uk](mailto:Maureen.grove@cot.co.uk) or [Stephanie.tempest@cot.co.uk](mailto:Stephanie.tempest@cot.co.uk) and let us know what you think! Or use the Twitter #NQOT16 @MMShiells or @setG75 to connect with us*