

Welcome to your Eastern region newsletter!

We have an opportunity to share for funded tickets to attend the RCOT conference #RCOT2024, and we share a memorial piece for one of our committee members, Suzy Wood.

Our news

RCOT Conference #RCOT24 – opportunity of funded tickets for Eastern region members Wednesday 12–Thursday 13 June 2024 online

We are offering the opportunity of funded tickets to 15 of our members and invite you to apply for a ticket to attend [RCOT Annual Conference](#). In return we ask you to share your written reflections of the conference and join us in a joint reflective discussion online Tuesday 25 June 2024 from 7-8:30pm.

Over the past few years, we have provided members with funding for conference tickets to aid in their professional development. Here are some highlights of the conference experiences our members had.

I had a fantastic time at the RCOT's Annual Conference (2023), even though it was virtual. The focus on mental health in primary care services was prominent, especially given the challenges exacerbated by the pandemic.

Venus Madden's session on increasing the visibility of occupational therapy was enlightening, stressing the importance of self-care for therapists.

The Conference was a great opportunity for learning, networking, and promoting awareness of occupational therapy.

Find out more about Conference, including the themes, on [the RCOT website](#).

If you would like an opportunity to receive a funded ticket, email rcot.eastern@rcot.co.uk to express your interest and include 100 words on why you want to attend.

Our member features

In memoriam

Susan (Suzy) Woods
May 1964 – January 2024

It is with a heavy heart and great sadness that we reflect on the time we shared with Suzy in the Eastern Region. Suzy died unexpectedly on 25 January 2024 with her family around her. Her family was such a big part of her life, she was a very proud mother and grandmother often sharing her pride with us.

Suzy graduated from the University of Essex in 2009, during her time as a



student she joined the British Association of Occupational Therapist Eastern Region committee as the student representative from 2007- 2009.

I met Suzy when I was a student at the University of Essex when she came to a lecture and shared her experiences and passion of volunteering for the regional committee. She encouraged me to take the baton from her to continue to represent the students in the region.

After her graduation Suzy took on the role of communications lead. She instigated and edited the first regional newsletter in 2006 which has evolved over time. Susy would include fun tips and seasonal recipes always promoting engagement in meaningful occupations. She was proud of her certificate of appreciation from Julia Scott for the significant contributions she made from 2012-2015.

In September 2021 Suzy reached out expressing an interest to volunteer on the committee again, she took on the role of members activity lead supporting the orchestration of events. Suzy put her all into the role, learning new ways of working and organisation through the changes made over the years.

In the last round of HCPC reregistration, Suzy was selected to submit her profile. I recall the night sitting with her on the phone when she was trying to re-register, and she was stopped by a red box – which directed her to submit her profile. She went into a state of shock and reached out to Emma Grover and I for support. She shared her email of 27 November informing her of acceptance of her CPD profile – it was in her junk box!

Suzy's feedback on the process of re-registration was 'OMG, I enjoyed it in the end, but **"be prepared"** is my biggest tip!

If Suzy leaves you with anything it is the promotion of meaningful activities in all our lives, the dedication and reward we get from our roles and the importance of being prepared for audit.

We miss you Suzy, thank you for the time you gave to the region, to the insights you shared and the laughs we had on the way.

Amanda White
Chair of the Eastern Region

News from across RCOT

Drive our profession forward by shaping our new Research and Innovation Strategy

Whether you know it or not, you're a researcher and innovator – you make decisions every day that drive our profession forward and build new knowledge.

If you don't think you've engaged with Research and Innovation (R&I) before, the development of our [Research and Innovation Strategy](#) is a great place to get on board.

You can input via [our simple form](#) or at a [nation-specific strategy shaping workshop](#).

Join your profession at Annual Conference

[#RCOT2024](#) – **Wednesday 12–Thursday 13 June 2024** – is the showcase for occupational therapy.

You can get up to 40% off your ticket to access the debates that matter and explore new and updated professional knowledge.

[Get your ticket today.](#)

Innovation Fund 2024

Innovation Fund – launching **Monday 29 April 2024** – will provide members with small grants (£5k and under) to support their innovation/improvement project.

Learn more about the [innovation hub](#) ahead of the fund launch.

Stay in touch

You can stay up to date with us on social media – [follow us on X](#). You can also contact us at rcot.eastern@rcot.co.uk.