Royal College of Occupational Therapists

OT Week 2026: Participation Changes Everything

Join us in celebrating the activities that make us who we are

OT Week takes place from 2 to 8 November 2026. This year, we're inviting people with experience of occupational therapy, public figures, creators, supporters and organisations to help us celebrate by **sharing a short video about the power of participation**.

Whether you're sharing something meaningful you take part in, or how occupational therapy supported you to do something that matters, we'd love to hear your story.

Taking part in the activities that matter to us helps us feel like ourselves. From spending time with family and friends, to playing sport, volunteering, taking part in community life, **enjoying everyday routine**s, or achieving something you once thought might not be possible, these moments bring purpose, connection and meaning to our lives.

Your invitation

We'd love you to support OT Week 2026 by creating and sharing a short video (30 seconds or less).

Ideally, start your video with:

'Participation changes everything...'

Then choose **one** of the following:

- Tell us about something meaningful you take part in and why it matters to you; or
- If you've been supported by an occupational therapist, tell us how they helped you take part in something meaningful.

At a glance

When: OT Week, 2 to 8 November 2026

What: Share a video (30 seconds or less) about the power of participation

Start with: 'Participation changes everything...'

Talk about: Either something meaningful you take part in, or how occupational therapy helped you take part in something meaningful

Share on: Instagram, TikTok and/or LinkedIn

Use: #RCOT #OTWeek2026 #ParticipationChangesEverything

Tag: @RCOT so we can engage with and amplify your content

Need help? Contact marketing@rcot.co.uk

Your story can be about something significant or something seemingly ordinary. What matters is why it's meaningful to you.

Examples could include:

- A hobby, sport or activity you enjoy
- Time spent with friends, family or your community
- A daily routine that helps you feel like yourself
- Returning to an activity after a challenge or setback
- Returning to work, education or volunteering
- Becoming more independent in everyday activities
- Rebuilding confidence after illness, injury or a life change
- Achieving something you previously thought might not be possible

Authenticity is more important than production quality. We're looking for genuine stories about activities, experiences and moments that matter to you.

When and where to share

Please post your video during ***OT Week, 2 to 8 November 2026***, on Instagram, TikTok and/or LinkedIn.

Please use:

#RCOT #OTWeek2026 #ParticipationChangesEverything

And tag @RCOT so we can engage with and amplify your content.

Filming tips

- Keep your video to 30 seconds or less
- Film in a quiet location with good lighting
- Clean your camera lens before recording
- Use the rear-facing camera if available
- Speak clearly and directly to camera
- You could also show yourself taking part in the activity you're talking about, rather than speaking directly to camera throughout, and use a caption to explain why it matters to you.

If you'd like more guidance, have a look at our extended guide and our example video (opens on Instagram).

Don't want to appear on camera?

That's absolutely fine. You can instead:

- Share a photograph or series of images showing something meaningful you take part in
- Use the caption to explain what participation means to you

Please remember to use **#RCOT #OTWeek2026 #ParticipationChangesEverything**

Before posting

Please ensure you:

- Respect the privacy and confidentiality of others
- Have permission from anyone featured in your content
- Only use content that is your own or shared with permission

Questions?

If you have any questions about taking part, or would like any support with creating your content, please contact us at **marketing@rcot.co.uk** and a member of the team will be happy to help

Thank you

By taking part, you'll help raise awareness of the importance of participation in everyday life and the difference occupational therapy can make in helping people do the things that matter most to them.