



## Occupational Therapy at WMSLT



### School Based Service



The OT team at WMSLT works in a variety of schools across Birmingham, covering primary, secondary, and resource base settings. We use a three-tiered approach to service delivery, collaborating closely with school staff to tailor our services to ensure we meet the individual needs of each school.

Over the last few years, we (along with our SaLT colleagues) have also been involved in various Developing Local Provision (DLP) projects in the city. Our input within these projects has had a focus on upskilling school staff at a universal and targeted level to support students with physical and / or sensory processing challenges that affect their participation in school-based learning and daily occupations. In addition to support for school staff, we have provided both online and face-to-face workshops for parents. These workshops have focused on sharing strategies for developing independence skills and providing support for sensory processing needs within the home.



**We have vacancies for a Speech and Language Therapist and an Occupational Therapist (both Band 6/ Band 7). Please Spread the Word!**

**We're Hiring**





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### Meet the Team



Lyndsay Steventon  
Senior OT  
Service Manager

I qualified as an OT in 2007, and during my first rotational post, I quickly came to realise that working with children and young people was going to be my passion. I have many years of experience of working within NHS children services (community and schools), with a clinical interest in DCD, ASC, Cerebral Palsy and sensory processing differences.

In 2019 I moved to WMSLT to support the development of their school based OT service.

I enjoy working with students, school staff and parents, to help identify and overcome barriers that impact an individuals ability to engage in daily occupations and learning.



Nicola Redwood  
Senior OT

I have been working as an occupational therapist for many many years within different clinical areas including adult mental health, children and young people with learning difficulties in a CAMHS setting, and with children with neurodevelopmental conditions in the community.

During this time, I have had the privilege of working with lots of inspiring individuals and have enjoyed being part of their journey in overcoming challenges and supporting their well-being through occupation. I enjoy the opportunity of being creative in my role and using children's main occupation of play within assessment and intervention which brings in lots of fun and laughter.



Isabella Bottrell-  
Campbell  
NQP OT

We look forward to welcoming Isabella, a newly qualified OT, to the WMSLT team. Isabella will start her OT journey within our schools at the beginning of the Spring term.

### Find us on Social Media!



@WMISLT2



@wm\_sl\_t\_ot



@West Midlands Speech  
and Language Therapy





## OT week! 6th-12th November 2023

### Occupation is our superpower!

In the month of November we celebrated #OTWeek23 here at WMSLT, with a focus on the importance of 'occupation' in the context of occupational therapy.

From working with children who experience difficulties in these areas we see the impact that that not being able to perform activities has on children's self-esteem, confidence and general well-being. The good news is that by working together effectively as a team; children, families, occupational therapist, schools and other invaluable professionals we have the power to make a difference. With collective hard work and commitment, we can watch children flourish.

Here are a few examples from our team on what occupations matter to them. What are yours?

"Baking, driving and walking help to clear my mind. All of these calm and relax me." - Elle



"I love my skincare routine. Taking time to use face masks help to keep me relaxed, which supports my mental health." - Mollie



"I like to go to the gym and go to all the different classes. I have discovered the power of exercise for good mental health in later life!" - Lisa

"I like going out with my brother and sisters for a catch up and food. Life is so busy for all of us with family and work, we make an effort for just us to go out. No work talk, no family talk, just hanging out, being us again. I feel like I'm missing out if I don't make it!" - Sanjeeta

