

Presenter biographies

Matthew Carter

Matthew has been working as Clinical Lead Occupational Therapist within the Acute Liaison Mental Health Service in Northamptonshire for the past 2.5 years. Prior to this Matthew worked for many years when working within the in-patient adult mental health Occupational Therapy setting. Matthew is one of only two occupational therapists working within the Liaison Health pathway in Northamptonshire and works hard to maintain his clinical occupational therapy skills and professional identity as part of a multi-disciplinary mental health service.

Jane Clewes

MClinRes, MA, PG-Dip, CertMHS, DipCOT, FHEA

I have worked in various mental health settings form 30+ years, mainly as an Occupational Therapist but have also worked as a Manager, Lecturer, Mental Health Professional (generic role) and Best Interests Assessor (Deprivation of Liberty Safeguards). I have edited *Mental Health Occupational Therapy* journal and co-edited the book *Diverse Roles for Occupational Therapists*. The College of Occupational Therapists conferred a Merit Award on me in 2010 and invited me to be a Valued Friend. I am a Trustee of the North Staffs Voice for Mental Health.

Jennifer Creek

Jennifer Creek qualified as an occupational therapist in 1970. She worked in the fields of adult mental health, adult learning disabilities, occupational therapy education, primary care and community development. Jennifer has a Masters degree by research from Manchester University and a PhD from Sheffield University. She was the editor and co-editor of an undergraduate textbook, *Occupational Therapy and Mental Health*, for its first four editions. She has edited two collections of essays on occupational therapy philosophy and theory, one in collaboration with Anne Lawson-Porter. Her book, *The core concepts of occupational therapy: a dynamic framework for practice*, was the outcome of a collaboration with colleagues in five other European countries, supported by ENOTHE. A collection of essays on professional reasoning was published in 2016, co-edited with the American author, Marli Cole. Jennifer retired from full-time work in 2009 but still engages in teaching, writing and consultancy around the world on a sessional basis.

Jacque Gowans

Jacque has been working as Clinical Lead Occupational Therapist within the Acute Liaison Mental Health Service in Northamptonshire for 2 years. Prior to this Jacque has worked for a number of years in Older People's Mental Health services, namely Community Mental Health Teams, Memory Assessment Services and Inpatient Wards. In the last year, Jacque has also combined her Occupational Therapy role, with Team Lead responsibility for Liaison Psychiatry for Older People within the Liaison service across Northamptonshire.

Liv Leonard

My passion for the therapeutic power of animals, in particular horses, started at an early age, volunteering with the Riding for the Disabled. I completed a degree in Equine Science with a focus on equine behaviour and the therapeutic use of horses. Following this I worked at the National Star College (a specialist college for young adults with physical and learning

disabilities), supporting students to increase their independence in daily living skills, including work and community access. This is where I discovered Occupational Therapy (!) and started to see how horses could be used as a therapeutic tool with the skills and knowledge of an Occupational Therapist.

I qualified from Oxford Brookes University in 2014 with a dissertation focused on the therapeutic use of horses with people with Autism Spectrum Disorder. I now work at FarmAbility, a day service based on a working farm, supporting adults with autism and learning disabilities. As part of my role I particularly enjoy enabling co-farmers to change their occupational narrative to one in which they are 'doing, being, becoming and belonging'; autonomous, capable and valued members of their community.

Brief info about presentation: 'Embedding the Occupational Therapy paradigm into a farm-based day service'

This presentation will be a reflection on my experience of introducing the Occupational Therapy paradigm to FarmAbility (a day service based on a working farm for adults with autism and learning disabilities) and how Occupational language, theories, approaches and practice have become integral to our identity and service delivery.

Sarah Mead

Sarah is a Senior Lecturer in Occupational Therapy at the University of Brighton and an independent supervisor for HCPC registered occupational therapists working in diverse practice settings and OT's with disabilities. Sarah's main areas of specialism are: OT CPD and registration in diverse settings, practitioner resilience and vocational rehabilitation (including working with health professionals and carers as clients), bariatric care with a psychosocial focus and the use of technology in OT. She is also an author for the COT Work Matters online Resource and for a chapter on vocational rehabilitation in "Diverse Roles for Occupational Therapists" (Clewes/Kirkwood, 2016, M&K Publishing).

Helen Mcloughlin

Helen is the Allied Health Professions Manager at Up Unlocking Potential www.up.org.uk Since September 2015, she has set up and run the OT provision within UP, across 3 different programmes, SidebeSide Schools programme (9 inner London primary schools), Corner House afterschool provision (for children with Social, Emotional and Behavioural difficulties) and the School of Confidence (a personalised programme for 18-25yr olds aimed at increasing confidence and overall wellbeing and supporting people to progress into employment or education). She facilitates student placements across all of the 3 programmes.

Previously worked at Kids Company, initially providing Occupational therapy support in mainstream secondary school, before developing the student placement provision and the occupational therapy service across the organisation.

She absolutely loves being a placement educator and encouraging others to think about their educator role. She also provides long arm supervision to Therapists working in diverse settings, www.theguardian.com/social-care-network/social-life-blog/2015/feb/04/volunteering-overseas-india-occupational-therapist

Helen provides sessions to Oxford Brookes, Brighton, Brunel, Liverpool and LSBU to inform students about the diverse/role emerging opportunities which are out there and also about

making yourself employable. She is currently involved with RCOT and the current research into Occupational Therapy practice education across the UK. Outside of work, does Yoga incredibly badly, runs slower than a tortoise and thinks about undertaking more study.

Jo Southall

Jo is an independent OT specialising in helping those with long-term conditions to live well. She works almost exclusively via video chat teaching self-management strategies like pacing and sleep hygiene in 30 minute masterclasses. Jo Also volunteers with the Hypermobility Syndromes Association doing live Q&A sessions via Facebook livestream. Jo's love of social media and skills at distance working also translate well to a range of corporate and accessibility projects.

Stephanie Tempest

Dr Stephanie Tempest is the Professional Development Manager at the Royal College of Occupational Therapists (RCOT). As the project lead for the 'Career Development Framework: Guiding Principles for Occupational Therapy', she has drawn upon her own experiences from clinical practice, academia, action research and strategic leadership, to co-create the resource with the occupational therapy community. She enjoys the opportunities and challenges in bringing people together to collaborate in the production of meaningful and accessible resources.

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