

SYMPLUR

#OTalk Transcript

Healthcare social media transcript of the [#OTalk](#) hashtag.

Tue, December 15th 2020, 2:40PM – Thu, December 17th 2020, 2:40PM
(Europe/London).

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Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

[@TokunboTweetz](#) [@OTalk](#) That's kind. Thanks. Still learning daily. [#otalk](#)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

It was literally a careers fair that is the reason I am an OT today. Afterwards I switched my A Levels round and everything. [#otalk](#)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

a month ago

RT [@Beth_Rocketship](#): [@Occ4LifeLtd](#) Amplifying the voices of OTs and service users from different demographics! And actually listen and learn...



Hannah Spencer ❤️ [@hspenceruk](#)

a month ago

[@Occ4LifeLtd](#) [@The_HCPC](#) Haven't yet but shall do and will bash my thoughts your way once done 🤗🇧🇷 [#OTalk](#)



- SYMPLUR**
- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago
 In a fabulous topic to end the year on. I think I will ask to book a mid 2021 [#otalk](#) to review how we have all progressed with actions!!!
 🗨️ ↻ ❤️
-
- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago
[@hspenceruk](#) [@OTnews](#) I can sleep now, right? [#otalk](#) 😊
 🗨️ ↻ ❤️
-
- Rebecca Twinley** [@RebeccaTwinley](#) a month ago
[@hspenceruk](#) [@Occ4LifeLtd](#) Late to this [#OTalk](#) convo but agree here. Makes me think anyone in process of figuring out or unsure of gender id -when asking for or expecting use of pronouns- could further marginalise, make people feel uncomfortable, reinforce feelings of fear/shame & forced to choose pronoun
 🗨️ ↻ ❤️
-
- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago
 Happy Holidays all - may your energy reserves be restocked and may you stay safe. [#otalk](#)
 🗨️ ↻ ❤️
-
- Hannah Spencer** ❤️ [@hspenceruk](#) a month ago
[@OTalk](#) [@celiabentleyOT](#) [@ot4lyfe](#) [@AHPLLeader](#) [@BAMEOTUK](#) [@GeekyOT](#) Another I'm particularly keen to catch up on 👍🇬🇧 [#OTalk](#) thank you for sharing [@OTalk](#) [@GeekyOT](#) [@AHPLLeader](#) and all that had the courage to contribute.
 🗨️ ↻ ❤️
-
- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago
[@RebeccaTwinley](#) [@hspenceruk](#) Honest question. Is it better to offer yours or make a mistake and correct yourself? [#otalk](#)
 🗨️ ↻ ❤️
-
- Carolyn #OccupationalTherapist** [@CeeCeeOT](#) a month ago
 I was on a phone call and completely forgot about [#OTalk](#) this evening 🙄
 🗨️ ↻ ❤️
-
- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago
[@RebeccaTwinley](#) [@hspenceruk](#) If anything I would hope it would start discussing about gender identity and it's fluidity. I need to remember what book it was where there's a character who switches their pronoun use on different days and I love how it's just accepted. [@LucyPowrie](#) is it in [#ReadwithPride](#)? [#otalk](#)
 🗨️ ↻ ❤️
-
- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago
[#otalk](#) The early OT catches the school 🤔
 🗨️ ↻ ❤️
-
- Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#) a month ago
[@CeeCeeOT](#) You are always welcome to add in your contributions. The transcript won't be captured for a while. [#otalk](#)
 🗨️ ↻ ❤️

Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#) a month ago
 **SYMPLUR** OTalk: [@hspenceruk](#) [@celiabentleyOT](#) [@ot4lyfe](#) [@AHPLeader](#) [@BAMECTUK](#) [@GeekyOT](#) also gave a podcast recommendation earlier today relevant to...
 🗨️ ↻️ ❤️

BethChesworth [@Beth_Rocketship](#) a month ago
 [@RebeccaTwinley](#) [@hspenceruk](#) [@Occ4LifeLtd](#) When you ask pronouns, you are asking what pronouns you should use for that person at that moment in time. I think this highlights how we need to normalise introducing ourselves with pronouns [#OTalk](#)
 🗨️ ↻️ ❤️

Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#) a month ago
 Exactly so we should do it every time [#otalk](#)
 🗨️ ↻️ ❤️

Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#) a month ago
 [@dapperdan247](#) [@RachaelD_OT](#) [@AndrewBatesOT](#) 🙌 that might change again in 2021 [#otalk](#)
 🗨️ ↻️ ❤️

BethChesworth [@Beth_Rocketship](#) a month ago
 [@Occ4LifeLtd](#) [@RebeccaTwinley](#) [@hspenceruk](#) [@LucyPowrie](#) This sounds great, I will check it out! [#OTalk](#)
 🗨️ ↻️ ❤️

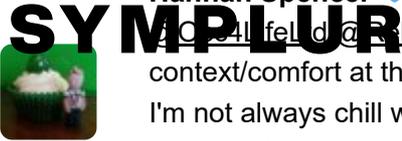
Andrew Bates [@AndrewBatesOT](#) a month ago
 [@cathymc9781](#) [@Occ4LifeLtd](#) [@celiabentleyOT](#) [@OTalk](#) [@theRCOT](#) Have a look at [@InspiringTE](#) - we have delivered online talks to schools in our boroughs during lockdown [#OTalk](#)
 🗨️ ↻️ ❤️

Andrew Bates [@AndrewBatesOT](#) a month ago
 [@celiabentleyOT](#) [@Occ4LifeLtd](#) [@InspiringTE](#) are your go to for this - very easy to set up an account and they guide you towards your local schools/college [#OTalk](#)
 🗨️ ↻️ ❤️

Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#) a month ago
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 🗨️ ↻️ ❤️

Andrew Bates [@AndrewBatesOT](#) a month ago
 [@cathymc9781](#) [@Occ4LifeLtd](#) [@celiabentleyOT](#) [@OTalk](#) [@theRCOT](#) [@InspiringTE](#) I've even been asked by [@KAA_Intrepidus](#) via [@InspiringTE](#) to deliver a talk to their Psychology Society on Zoom in January. Apologies in advance to the world of Psychology if we have a group of newly inspired OTs coming through the ranks! [#OTalk](#)
 🗨️ ↻️ ❤️

BethChesworth [@Beth_Rocketship](#) a month ago
 [@RebeccaTwinley](#) [@hspenceruk](#) [@Occ4LifeLtd](#) I imagine that having someone assume your pronouns/gender might be more uncomfortable than being asked what your pronouns are? Also, some people may not have the energy/might not be comfortable or confident to correct you if you assume incorrectly [#OTalk](#)
 🗨️ ↻️ ❤️

Hannah Spencer  [@hspenceruk](#) a month ago
 [@Occ4LifeLtd](#) [@RebeccaTwinley](#) Honest answer for me might change dependent on context/comfort at that time. For me, 'girl/woman/lady' etc = more of a discomfort than 'she', but I'm not always chill with having that conversation... Generally speaking ain't an intro conversation if that makes sense? [#OTalk](#)

Susan Madigan OT [@SusanMadigan3](#) a month ago
 RT [@AndrewBatesOT](#): [@Occ4LifeLtd](#) Small changes e.g. adding pronouns to email signature/name badge, discussing ED&I topic each team meeting,...

Hannah Spencer  [@hspenceruk](#) a month ago
 [@Occ4LifeLtd](#) Out of practice, even forgot the [#OTalk](#) 🙄

Kirsty Stanley Occupation4Life  [@Occ4LifeLtd](#) a month ago
 [@RebeccaTwinley](#) [@hspenceruk](#) I feel I'd offer mine and then leave it up to the person to offer their if they wanted and maybe try and use gender neutral as default. It's something I need to read more around. And I was advised not to say preferred pronouns but just pronouns [#otalk](#)

Hannah Spencer  [@hspenceruk](#) a month ago
 [@Beth_Rocketship](#) [@RebeccaTwinley](#) [@Occ4LifeLtd](#) Yup energy. Choosing battles springs to mind... [#OTalk](#)

BAMEOTUK [@BAMEOTUK](#) a month ago
 RT [@GeekyOT](#): If you listen to only one podcast this week, make it this one. [@CK_ldn_nyc](#) [@NikoBrenner](#) [@JayHolder17](#), Jay & Hannes share the...

Melissa chieza [@melissa_chieza](#) a month ago
 [@Occ4LifeLtd](#) I attended one a year ago on placement and it seems our profession get missed out or it is not heard of. [#weneedtochangethis](#) [#otalk](#)

Kirsty Stanley Occupation4Life  [@Occ4LifeLtd](#) a month ago
 [@hspenceruk](#) [@RebeccaTwinley](#) Yes that makes sense. I guess my feeling is if we normalise asking and simply accepting eventually it might be easier? [#otalk](#)

BAMEOTUK [@BAMEOTUK](#) a month ago
 RT [@OTalk_](#): Thanks [@KwakuOT](#) and others from [@BAMEOTUK](#) for all your actions to increase representation and diversity in the profession. Much...

BAMEOTUK [@BAMEOTUK](#) a month ago
 RT [@KwakuOT](#): [@Occ4LifeLtd](#) Alongside colleagues at [@BAMEOTUK](#) we have engaged in conversations with different organisations. I have personall...

**Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#)

a month ago

SYMPLUR
 I'm Missa chiz. I guess not every profession can be covered but if every other healthcare profession is there's definitely a problem [#otalk](#)

**Jackie P** [@OT_JackieP](#)

a month ago

I've learnt the we lack on multiple levels and need to do better - largely white, middle class and AFAB. There are multiple steps to ensuring diversity and increasing representation in the OT community. [#OTalk](#)

**Susan Madigan OT** [@SusanMadigan3](#)

a month ago

RT [@GeorgiaVineOT](#): [@Occ4LifeLtd](#) I've learnt a lot about how there's little representation and not just meaning small numbers of people who...

**BethChesworth** [@Beth_Rocketship](#)

a month ago

[@RebeccaTwinley](#). [@Occ4LifeLtd](#) [@hspenceruk](#) I think it's important to acknowledge that we all have and use pronouns, whether we are trans or not. [#OTalk](#)

**Mary O'Kane** [@Mpmok](#)

a month ago

RT [@OG_TosinV](#): Would be great to do something similar in dietetics [#RDchat](#)
[@BDA_Dietitians](#) [@LondonBDA](#) [@WeAHPs](#)

**BDA London Dietitians** 🌲 [@LondonBDA](#)

a month ago

RT [@OG_TosinV](#): Would be great to do something similar in dietetics [#RDchat](#)
[@BDA_Dietitians](#) [@LondonBDA](#) [@WeAHPs](#) <https://t.co/9JE9uX9Ndg>

**BDA London Dietitians** 🌲 [@LondonBDA](#)

a month ago

RT [@OTalk](#): [#OTalk](#) 15th Dec – Improving Representation in OT – Update and Key Priorities for 2021 <https://t.co/qVVamJxExV>

**Jackie P** [@OT_JackieP](#)

a month ago

I listen to my BAME colleagues and try to use the privilege I have to change things I am able to within my department or the Trust, I represent on the staff network for LGBTQIA+ staff, I hold all staff accountable when I am able to, including myself.

**Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#)

a month ago

😞 well done for persevering. [#otalk](#)

**Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#)

a month ago

[#otalk](#)





Robert Workman @RobW_OT

a month ago

Autism that I miss [#OTalk](#) tonight, especially as it was a topic close to my heart. Improving Representation in OT. Looking forward to catching up on what I suspect was a very thought provoking discussion.



Susan Madigan OT @SusanMadigan3

a month ago

[@Occ4LifeLtd](#) I start every presentation/workshop, regardless of topic and audience, by talking about diversity, including my own. Since I'm dyspraxic, it helps break the ice as i explain that; I find presenting difficult, i might speak too fast, or lose my words. [#OTalk](#)



Susan Madigan OT @SusanMadigan3

a month ago

[@Occ4LifeLtd](#) Since i only work with one other OT, I don't promote it so much in OT in my day to day life, but I work with other professionals, and its great to challenge assumptions around hidden disabilities, and the prevalence of disability, especially in the academic setting [#OTalk](#)



LecturerMish 🦋🇬🇧🇮🇪🇪🇺💙🌸 She/Her @LecturerMish

a month ago

RT [@OTalk_](#): Thanks [@KwakuOT](#) and others from [@BAMEOTUK](#) for all your actions to increase representation and diversity in the profession. Much...



LecturerMish 🦋🇬🇧🇮🇪🇪🇺💙🌸 She/Her @LecturerMish

a month ago

RT [@KwakuOT](#): [@Occ4LifeLtd](#) Alongside colleagues at [@BAMEOTUK](#) we have engaged in conversations with different organisations. I have personall...



Hassan Ali @hassanali_OT

a month ago

Sad to have missed this [#OTalk](#) because of work but what a talk it was...reading through the comments can agree to it all that an increased representation is v much NEEDED🙌🙌



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