



# Occupational Therapy Newsletter



## Sensory Circuit Training

Sensory Circuits are a series of motor activities that aim to support with sensory regulation. This training explores how to run and implement sensory circuits within your setting. The next upcoming sensory circuit training is on: **25/02/2026, 09:00-12:00**

**Arrive at 9am for a 09:15 start. Venue TBC, one staff member per setting**

Alternatively, if you have 10-20 staff members or parent/carers that would attend an in-person sensory circuit training at your setting, you can host the training run by a SEND OT.

## Spill the Tea with OT

Occupational Therapy (OT) led coffee mornings for Birmingham families. OT's can deliver a short 20-minute presentation to your families in your setting.

Please express your interest via our email and choose from a list of OT topics.

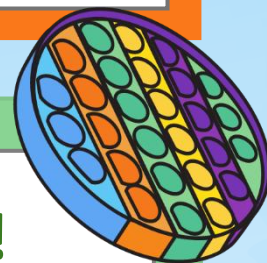
## Don't Forget!

### Advice Meetings:

SEND OT can offer a 30-minute virtual advice meeting with an OT to discuss OT concerns. Please ensure you have accessed our other SEND OT offers.

### Multi-agency Coffee Mornings/ Stay and Plays:

Invite SEND OT, they can provide advice and signposting to parents.



## OT Skill Builders

This programme supports a member of staff in school to set up and run intervention groups in school.

The training works on the development of life skills such as independent travel, meal preparation and media leisure (touch typing skills). Gain support around how to identify young people for groups, assess baselines, design session plans and run intervention groups.

*Please express your interest via email.*

## Virtual Training

SEND OT offer virtual training to settings on a variety of topics including sensory processing. The training offers are aimed at school staff and families.

*Discover and book our training via Eventbrite*



## Contact Us!

**Email:** [bchc.sendtherapy@nhs.net](mailto:bchc.sendtherapy@nhs.net)

**Eventbrite:** [www.eventbrite.co.uk/o/bchc-send-occupational-therapy-team-58871323623](https://www.eventbrite.co.uk/o/bchc-send-occupational-therapy-team-58871323623)



**Birmingham  
Community Healthcare**  
NHS Foundation Trust



**SEND**  
**BIRMINGHAM**

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Birmingham Families Offer

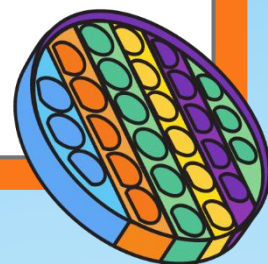


## Sensory Circuit Training

Sensory Circuits are a series of motor activities that aim to support with sensory regulation. This training explores how to run and implement sensory circuits, incorporating this intervention into your child's daily routines.

**21<sup>st</sup> January 2026 at 09:30-11:00**

**Virtual Training**  
Book via Eventbrite



## OT Advice Line

Parents, professionals and education staff can contact the OT advice line to gain advice and signposting on children's OT needs.

**Monday-Friday, 09:00-16:00**

**0121 683 2325**

Interpreting Advice Line information is found on our website, please see the link below.

## OT Advice Packs

On our website you can download a variety of advice packs with information to support: self-care skills, school-based skills and sensory processing.



## Contact Us!

**Website:** [www.bhamcommunity.nhs.uk/paediatric-occupational-therapy](http://www.bhamcommunity.nhs.uk/paediatric-occupational-therapy)

**Eventbrite:** [www.eventbrite.co.uk/o/bchc-send-occupational-therapy-team-58871323623](http://www.eventbrite.co.uk/o/bchc-send-occupational-therapy-team-58871323623)



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