



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:

17th March 2026 at 09:30-12:00

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 which is 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. A variety of OT topics are available.

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.



Fun with Food Training Pt1

Join SEND OT and Speech & Language Therapy virtually to discuss feeding & eating difficulties and strategies to support children in your settings.

25th March at 09:30-11:00

Fun with Food Group Pt2

You will be supported to develop a Fun with Food group (pt2) within your setting, with a focus on engaging children in food play. Please note that part 1 must also be booked.

This training is for early years- nursery, reception and KS1 children

Ready, Steady, Reception Group

This is a joint training programme with Speech and Language Therapy and SEND OT to upskill staff to run intervention groups, focussing on school readiness; communication and interaction, pre-writing skills, toileting, dressing and mealtimes.

This training is for early years- nursery and reception children

IMPACT:

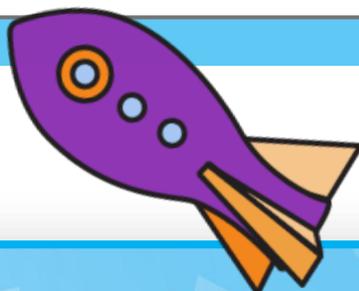
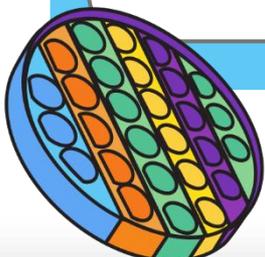
We are happy to share that a mainstream school in Birmingham received Fun with Food and Ready, Steady, Reception Group support and have reported positive impact from families and have embedded the principles from the groups into their curriculum.



Contact Us!

Email: bchc.sendtherapy@nhs.net

Eventbrite: www.eventbrite.co.uk/o/bchc-send-occupational-therapy-team-58871323623



**Birmingham
Community Healthcare**
NHS Foundation Trust



Occupational Therapy Newsletter

Birmingham Families Offer

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.

www.bhamcommunity.nhs.uk/child-OT

Top Tip

Is your child struggling with sleep? Have you thought about changing the environment to support with their sleep? If you would like more information please view the Cerebra website: www.cerebra.org.uk/get-advice-support/sleep-advice-service

OT Advice Line

Parents, professionals and education staff can contact the OT advice line to gain OT 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.

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 at home, incorporating this intervention into your child's daily routines.

18th May 2026 at 09:30-11:00

Virtual Training

Book via Eventbrite

Contact Us!

Website: www.bhamcommunity.nhs.uk/child-OT

Eventbrite: www.eventbrite.co.uk/o/bchc-send-occupational-therapy-team-58871323623



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