



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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