



Get ready for BSc(Hons) Occupational Therapy

Welcome!

Congratulations on choosing and accepting your place with us to join our fantastic BSc Hons Occupational Therapy programme at UWE Bristol.

On behalf of the entire programme team, we would like to extend a warm welcome to you as you start your professional journey with us. We are really proud of [our university](#) and the experience that we offer our students.

We are delighted to welcome you to the programme and are looking forward to meeting you at our beautiful Glenside campus on Monday **15th September 2025** for the start of induction week. You will receive lots of essential information throughout the week which will underpin all your future studies and success at UWE.

We will meet you at reception at 9.30am in readiness for your first session starting at 10am

If you have any questions about your offer or studying on our degree programme, please get in touch, we are here to help. We are your programme leads, and you can contact us here:

- Fi Ingleby (email fiona2.ingleby@uwe.ac.uk)
- Lynda Hughes (lynda.hughes@uwe.ac.uk)

Essential understanding for your future degree:

The core concept of occupational therapy: Occupation, Health and Well-being

The power of occupation to transform lives is the central belief of occupational therapy.

Occupational therapists assert, that health and wellbeing is created through engagement in meaningful occupations (rather than health being dependent on the absence, elimination or reduction of a medical condition).

Occupation is therefore essential to the health and wellbeing of individuals, communities and society. Engagement in occupation is both the goal of occupational therapy and the main tool of occupational therapists.

The key focus of occupational therapists is to enable individuals and communities to create ways of living that are personally meaningful, sustainable and that support the achievement of a person's occupational aspirations.

'Doing', 'being', 'becoming' and 'belonging'

The following four interrelated concepts support understanding of the relationship between occupation and health and well-being

1. *Doing*
2. *Being*
3. *Becoming'*
4. *Belonging*

Doing

Being able to engage in meaningful occupations (do the activities we have to, need to, or want to do) is essential to enabling and maintaining health and wellbeing.

Being

Engaging in meaningful occupations gives us an experience of being who we are in any moment.

Becoming

When we engage in occupations which offer new experiences, this is how we experience personal change and have opportunities for growth, transformation, adaptation and become a 'new, future self', according to our occupations.

Belonging

When we engage in occupations with and shared by others, we also gain a sense of 'belonging' to a wider community or group (Hitch et al 2014) and experience shared purpose and appreciation of each other

Occupations that reduce health and well-being?

'Doing', 'being', 'becoming' and 'belonging'

These concepts also apply to understanding the motivations, future choices and impact of occupations that are meaningful but ultimately harmful to our health and wellbeing.

You as the occupational therapists of the future!

Your focus as an occupational therapist's will always be to enable individuals and communities to establish ways of living that are personally meaningful, sustainable, and which support people to engage in and achieve their occupational aspirations.

Therefore, here at UWE, occupation is at the core of our curriculum, into which all other subjects are integrated.

You will qualify as an autonomous, reflective professional. Your practice will be underpinned by your understanding of the contribution of meaningful occupation to the mental and physical health and wellbeing of people.

You will learn to embody a 'bio-psychosocial framework' to enable you to deliver occupation-focused, person-centred interventions across the spectrum of public, independent, private and third sector settings and health, wellbeing, social and integrative care systems.

We aim to facilitate all learners to experience the transformative potential of occupation by embedding your understanding of the importance of occupation in human life in all aspects of the curriculum.

During your learning journey when you are preparing to join the occupational therapy workforce, you will develop the knowledge and skills to become strong advocates of occupational therapy and embrace the power of occupation to transform lives, communities and societies.

The link between occupation and health and wellbeing will become core to your professional identity, will underpin all activities and should be used to bring about transformational change to the benefit of individuals and communities who access occupational therapy services.

Critical to your ability to inspire, facilitate and implement change will be your understanding of the local and system-wide contexts in which occupational therapists work, as well as developing political astuteness and leadership skills at all levels to ensure that occupational therapy continues to evolve and develop in response to our ever-changing world.

We value the rich, interesting and diverse experiences and opinions of all students, and as such, active student participation and working with others is a fundamental, rewarding and enjoyable aspect of our programme.

Our occupational therapy programme adopts a wide range of learning and teaching strategies, which will support you to develop and enhance your professional skills and hopefully flourish in your studies and future career.

We have included an interesting and informative article for you to read before you start your course. [This article: 'Belonging, Occupation, and Human Wellbeing: An exploration \(Hammell, 2014\)'](#), link here: [Belonging, occupation, and human well-being](#)

This will hopefully both inspire you for your future learning and develop your understanding of health, wellbeing, occupation and belonging. Enjoy the read!

We look forward to supporting you and sharing your exciting and transformative educational journey over the next three years, to become highly competent and confident state registered occupational therapists, ready to embark wonderful, and rewarding future careers.

We look forward to meeting you then, Warm wishes, Fi, Lynda and the occupational therapy team.

Lynda Hughes Co-Programme Lead and Senior Lecturer Occupational Therapy
Dip COT, MSc Occupational Therapy, MSc Leadership and Management P.G. Cert. (HE)
Fellow of the Higher Education Academy

Fiona Ingleby Co-Programme Lead and Senior Lecturer Occupational Therapy
BSc (Hons) OT, PGCert HE, MSc CPD, Fellow of the Higher Education Academy



Here are some of our team members on our away day at a colleague's ice cream shop! Please visit our [SWAY](#) document for more information!

References

Hitch D, Pépin G, Stagnitti K (2014) In the footsteps of Wilcock, part one: the evolution of doing, being, becoming and belonging. *Occupational Therapy in Health Care*, 28(3), 231–246.

Before you start

We are looking forward to welcoming you in the week commencing Monday 15 September for Starting Block and the beginning of your programme. Please note that Starting Block activities are confined to the first week on the occupational therapy programme, after which the taught modules will commence.

Starting Block will help you settle into university and to help you get to know your teaching team and student peers. We will help you find your way around, get used to our systems, and practise the skills you need to make a strong start. Look out for further emails and explore the [Starting Block website](#) with more details.

Your [timetable](#) will be available to you via MYUWE (login required) once you have started the registration process. Please visit the '[Understanding your teaching timetable](#)' website to find out when your timetable will be published.

Preparing and arrival

You can find everything you need to know about registration, Starting Block and the start of teaching, on our [Preparing and Arrival](#) webpage. Take a look at our website to familiarise yourself with our facilities and services such as the [library](#), [study skills](#), [academic support](#), [health and wellbeing support](#) and much more.

Registration

Once you have satisfied all admissions requirements, we'll send you your login details for our IT systems to enable you to activate your university email account. Once your account has been activated, you'll gain access to the [MYUWE](#) platform where you can register. Note that your login details for MYUWE are different to those used for the UWE Welcome website. Registration for September programmes will only be open from August onwards. You can find guidance and further information on our [Registration](#) website.

ID card - upload your photo now

We can only print your ID card if you have added your photo to [MYUWE](#). To avoid delays, upload your photo as soon as you receive your login details. For help, go to our [student card guidance](#).

How to make a successful start to your programme

Specific for your course

In previous correspondence you will have already been informed about our additional requirements which must be completed ahead of Registration and Induction:

- **Academic certificates**
- **Disclosure and Barring Service check**
- **Occupational Health clearance**

Immunisation

Please read both the [Immunisation Letter](#) and [Immunisation leaflet](#) prior to commencing your studies.

If any of these requirements are still outstanding, you must send the relevant paperwork to us, as instructed, as soon as possible.

Please be aware that Incomplete Disclosure Barring Service and Occupational Health Checks will impact on your ability to access learning materials, attend placements and complete your registration onto your degree programme.

Placement Uniform

Details of how to order your placement uniform online will be sent to you by email soon after you start. This will include guidance to help you take accurate measurements that will be required to process your uniform order. You will also be asked to provide an address where your uniform will be delivered – please ensure that the address you provide is where you will be based when the delivery is made. Uniform deliveries will be made between late September and end of October. Look out for the email in your UWE email inbox and order your uniform promptly.

Engage with your programme

Read around your subject

A key skill which is required to achieve a high level of success within your chosen programme is the ability to think critically about key issues and practices. To help you to enhance these skills and be ready to engage with your studies, you should start to read and research around your subject before you arrive. Explore the [Library](#) web pages to see the wide range of resources available to you once you become a UWE Bristol student.

Each module will have a reading list with essential and further reading indicated. All resources are available via the library and essential or key texts are available online via the library. Please do not go and spend a fortune on books, you will have access to everything you need here at UWE.

Connect with others

There is a strong **Occupational Therapy Society** of students at UWE. All students at any level of their studies can join and are encouraged to participate in the running of the society and organising events. The Occupational Therapy Society liaises closely with the programme team and also works with our professional body, the Royal College of Occupational Therapists, to ensure the student voice is heard. Members of the Society will come to talk to you during your induction week.

Join your Cohorts Instagram Account: search UWEOTs

Be prepared

Access support

Check the information on our [Disability web pages](#) so you know what you need to do. If you need any urgent additional mobility or other support to fully access all activities during your studies, contact me as your programme leader.

Get equipped

The University has computers on all our campuses for you to use during your studies. These provide access to our core digital learning tools and any specialist software required for your course. You may have scheduled sessions in computer labs or other specialist facilities, and you will be able to use open-access PCs for self-study.

UWE Bristol licenses many specialist software packages for use on personal laptops for the duration of your course. If you're struggling to meet the financial demands of your course, please contact the [Student Money Service](#) team for advice and guidance.

See the UWE website for detailed information on [choosing your IT equipment](#) including [recommended specifications](#).

For this programme we recommend the **Core Specification**.

International students

[The Global Student Support Team](#) offer information and advice to ensure you receive all the support you need to get the best from your time at UWE Bristol. They are here to help you to settle in when you first arrive at UWE Bristol and organise social events to help you to adapt to your new environment.

Who to contact if you have questions

For any questions about the course, please contact: **Lynda Hughes** or **Fi Ingleby** via email at Lynda.Hughes@uwe.ac.uk or Fiona2.Ingleby@uwe.ac.uk.

Please note: this information has been provided on the assumption that you will meet the conditions of your offer and be eligible to take up your place.

Entry: September 2025

Last updated: Spring 2025