

LINKS THERAPY COMPANY

Catch Up



October 2025

Welcome to our first catchup!

This summer, we had the joy of bringing some of our community together for our Links Extended Family Fun Day. It was such a treat to meet so many of you, to chat, laugh, and get stuck into crafts and activities together. The day was full of colour, energy, and connection — and it reminded us just how special it is to come together outside of our everyday settings.

We want to say a big thank you to everyone who joined in and helped make the day so memorable. And to those who couldn't be there this time, we missed you and hope this newsletter helps you feel part of the community we're building.

It was during the Family Fun Day that the idea for this newsletter was born. We wanted to find a way of keeping that same sense of connection going throughout the year — sharing stories, celebrating little wins, and keeping you up to date with what's happening in our company.

This catch up is the next step in our journey, and we're excited to share it with you. Our hope is to bring together people who share our ethos and core values, creating a space for connection and support. This is our very first edition, and alongside more newsletters, we look forward to hosting more events where we can continue to learn, celebrate, and grow together. If you missed an invite to our summer gathering get in touch with Becky who can make sure you get invited to the next one.

With Best wishes,
Becky and Ann & the Links Therapy Team

P.S. We'd love to hear from you! If you'd like to share your thoughts, stories, or ideas for future newsletters — or even get involved in our upcoming events — please reach out. This is a space for all of us, and your voice matters.



Our Family Funday

The day was a really good opportunity to introduce music therapy and therapeutic exercise, guided by our new associates, Liv and Marc:

Art and Music activity with Liv

"I took part on one of Liv's sessions. Liv is a qualified teacher and music therapist. She gave us a snapshot of one of the many resources/strategies/activities she may use during her sessions. This group activity involved us listening to the compilation of music played and using colours to draw whatever came to mind. As someone who wouldn't describe themselves to be in anyway 'arty' or 'creative', this was out of my comfort zone! It took me a while to stop worrying about what others were doing or if they were doing artistic pieces when my skills definitely need some fine tuning. I also realised how I find it hard to come out of the cognitive and allow myself to tune in to my thoughts and translate into drawing. It got easier as the music went on and when I consciously ignored everyone else and just went with it, I did find it quite calming and relaxing and think I need to challenge myself to try such different things again!"

Jayne Foxley (Speech & Language Therapist)



Therapeutic Exercise with Marc



Marc is pioneering a new role with the Links Family focussing on therapeutic exercise. As well as working alongside our therapists to show how recommended programmes and strategies can be embedded into daily activities, he will be working with people of all ages and abilities to help them become more active in ways that suit their needs. The family day was a great opportunity for Marc to give us tasters of the range of things he can offer – from table top activities to challenge our hand eye coordination through responsive light and sound games, to fun activities helping to build coordination, balance and core stability.

Marc also works with some of the people we support to help them access their local gym or community spaces building programmes and supporting them to build up confidence using the equipment.

Marc's role is all about enabling people with a range of additional needs to discover movement that works for them—and to enjoy the benefits of being active.



Our Village of Belonging: Growing a Community Together

At Links Therapy, we believe that the best things happen when people come together—not just as a team, but as a true community. For us, that means trying to create a space where ideas are shared openly, where support is given freely, and where everyone knows they are valued. Each of us has a role to play and each of us brings something unique to the whole.

To celebrate this, we wanted something that would capture the spirit of our community in a lasting and joyful way. That's where our Family Day mural came in. We invited the wonderfully talented **Vikki Howard** (aka Felted Friends) — whose artwork has transformed school walls into vibrant storytelling spaces—to design a village mural for us. But this wasn't just about creating something beautiful to look at; it was about inviting everyone to be part of the picture.



We asked people to add themselves into the mural—as a person, an animal, a flower, or even something a little more imaginative. Some chose to be in the heart of the school, others placed themselves in the playground, and a few even took to the sky. And to our delight, some chose mythical creatures—reminding us that community isn't bound by limits but powered by imagination.

It's been wonderful to see the variety of choices and the personal stories behind them. Each addition has brought something new to the mural, just as each person brings something special to our community. The village is growing into a colourful, lively reminder that we all belong here—and that together we create something far richer than we ever could alone.

The mural isn't finished yet, and that's the best part. We want everyone in the Team Links family to have the chance to add themselves in, so the picture can keep growing and changing, just as our community does.

Because at the heart of Links Therapy is a simple truth: when people feel seen, supported, and valued, amazing things happen. And this village is proof of that.



Little Lucy joined our Associate OT Jemma and her family on the 16th August at 3.01am. Weighing 9lb 3oz she kept them waiting for 2 weeks but was worth the wait! She is smiling and having conversations already at 6 weeks.



Having Naomi home over the summer has meant she could spend some time creating some resources for events and this has resulted in the production of 2 stand up banners introducing Links Therapy Company and our values and also 3 new flyers to introduce Occupational Therapy, Speech and Language Therapy and Physiotherapy.

Let us know if you want some of the flyers or need to borrow the banners if you are asked to have a stand at a parents evening. We welcome ideas about what else could be useful for people – maybe talking about some of the training we offer. Get in touch with Becky!

She has also been formatting some of the presentations and report examples, exploring ways to implement the logo and colours of Links to create a recognisable look. This includes this Newsletter/ catch up...

Occupational Therapy

Working towards participation in activities of daily life

At Links Therapy our Occupational Therapists are dedicated to utilising their expertise and experience to empower individuals of all ages to achieve independence, as well as engage in and carry out everyday activities in a way that is fulfilling and meaningful to them. The



Physiotherapy

Using physiotherapy to enhance the lives of children and adults with additional needs

At Links Therapy, we are dedicated to providing comprehensive and personalised physiotherapy services planned with you to support mobility and motor skills, while helping to improve and maintain overall physical wellbeing. Physiotherapists work in a range of settings



Speech & Language Therapy

Personalised communication support for children, young people and adults

At Links Therapy we believe we all deserve a 'voice' to communicate and advocate for ourselves throughout our daily lives as much as possible. Our Speech and Language Therapists listen to the individuals they work with, to try to understand their thoughts, opinions, feelings and what is important to them. Our team offers support to children, young people and adults in a wide range of areas. This includes support for those around the child, young person or adult (at home, in school, in a care setting, workplace or community).

Our support may include those who

- Want to improve their communication skills.
- Have difficulties with the process of eating and drinking.
- Are neurodivergent (including Autism, ADHD and DLD).
- Need access to alternative communication methods when mouth words are not always accessible.
- Have experienced developmental trauma.
- Present with distress behaviours that may challenge services.

What is Speech and Language Therapy?

It is about improving communication skills, increasing confidence and enhancing overall wellbeing.

Support may be needed when there are difficulties with:

- Understanding spoken information (and how to support individuals with this difficulty).
- Communicating for a range of reasons to enable greater participation in daily life.
- Communicating effectively using a clear means of communication.
- Vocabulary needed to access daily activities.
- How to understand and navigate communication with others.
- Eating and drinking.



Spotlight on Training

Training coming up!

ARFID (Avoidant Restrictive Food Intake Disorder)

On Tuesday 21st October we are hosting Dr Gillian Harris via zoom who is delivering an online workshop around ARFID – its not too late to request a place – they are £100 pp. Contact admin@linkstherapycompany.co.uk to book. We'll be arranging some follow up clinical discussions in the weeks after the training so we really reflect on and apply what we have learnt (first one 10th Nov 6-8pm via teams).

Jayne and Becky are heading up to Manchester to attend "Dream Big! Trauma Informed Practice in Practice: Moving Beyond the Concept" at the People's History Museum, Manchester, on Thursday 9 October 2025. We'll be sure to feed back

Resource focus: Dr Zig's Bubbles



Dr Zig's bubbles

Did you see the photo of the gigantic bubbles from our family day? Check out Dr Zigs - their products are made from non-toxic, cruelty free, vegan and ethically sourced ingredients and the bubbles are amazing!

<https://drzigs.com>

Activities outside of work!

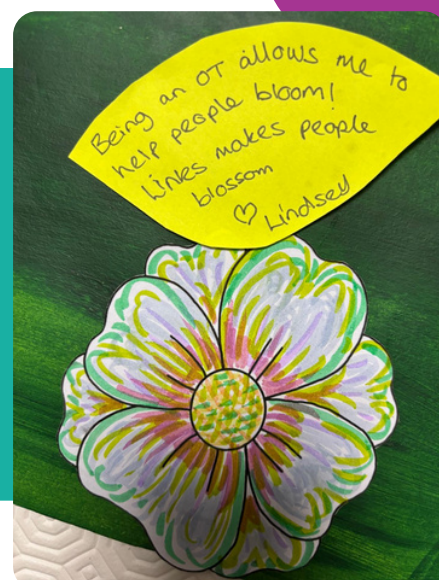
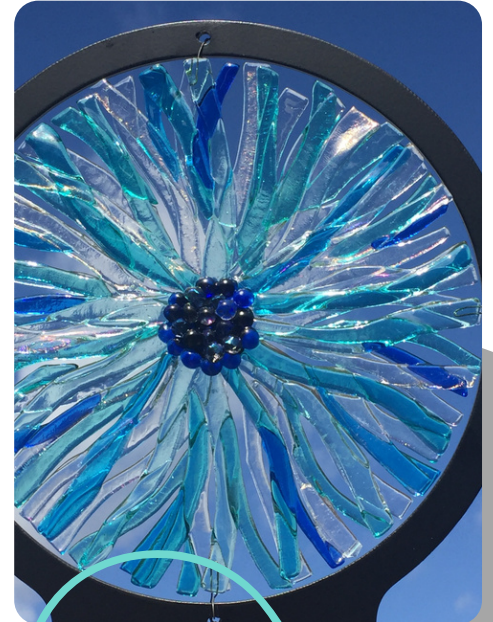
Lindsey - glass making:

"As an Occupational Therapist I know the intrinsic value of 'doing' when considering how best to support wellbeing. My favourite form of 'doing' is glass work; since I was a child I have been drawn to the colours and tactile quality of glass whether that's stained glass windows, tumbled sea glass found on the beach and pieces of smooth fused glass in gift shops. So, it's no surprise that a 2 hour workshop with my lovely Mum catapulted me into a keen exploration of this hobby.

I've always enjoyed any activity related to arts and crafts, and glasswork provides an opportunity for this in many forms. I often sketch out and add colour to my planned designs, or build cardboard templates before even cutting the glass, but sometimes I take a more organic, free form approach and dive straight in. Once I start cutting and grinding the individual pieces of glass that will combine to become my completed piece, I often become so absorbed in what I'm doing that hours can pass without me noticing.

The OT's among us will recognise this as 'Occupational Flow - a psychological state of complete absorption and engagement in an activity' Mihaly Csikszentmihalyi.

I then assemble all of the pieces and either solder them together or fuse them in the kiln for around 16 hours using temperatures of around 800 degrees Celsius. I get such a buzz from seeing the finished product. I'm so lucky to have found a way to support my wellbeing through 'doing' and love supporting others to experience the same".



INTERESTING RESOURCES

Check out **Neurodiverse Connection** – they are really active on social media. A community interest group creating a work environment where neurodivergent professionals can be empowered to help other neurodivergent people – they have some fantastic resources and are also leading a campaign to raise awareness about the harm PBS (Positive Behaviour Support) can do while offering compassionate and neurodiversity-affirming alternatives.

<https://ndconnection.co.uk/about>

Coventry & Warwickshire Partnership NHS Trust have just launched this new online resource which looks to be bringing information and resources together in one place.

<https://www.covwarkpt.nhs.uk/learning-disability-and-autism-support-hub>

It is designed to support carers and families of and professionals working with autistic people and those with a learning disability in Coventry and Warwickshire (there are some national links too). There are some printable / editable resources on there and links to services including lots of signposting to raise awareness of the need for annual health check ups, dangers of constipation, guides to reasonable adjustments. Spread the word...

Autism Level Up is an autistic-allistic partnership and a fantastic resource written by Amy and Jaq who are both neurodivergent. Many of the resources are free to download from their website and quite a few of us have purchased the “**The Energy Manual**” which is a really helpful toolkit. Some of us are introducing this to the schools where we are working, as a neuro-affirming approach to help regulation – it draws on communication and sensory strategies whilst minimising the need to identify and label emotions. All energy has its place!

<https://www.autismlevelup.com>

Closing notes...

This wraps up our first “Catch up”.

Thankyou for being part of our community. Please get in touch with anything you would like to share in our second catch up.

We’ll leave you with this illustration shared with Amy and Jac’s permission. It was created by an illustrator listening to them present ‘Energy level Up’ at the OT Schoolhouse Back to School Conference. Would love to get Amy and Jac over to the UK to work with us..... #goals

