

OCCUPATIONAL THERAPIST

Eleanor Carstairs

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HCPC-registered occupational therapist with four years of experience in community mental health and neurological rehabilitation. Currently a Band 6 OT in a community mental health team in Nottingham, managing a caseload of 28 service users with complex needs including psychosis, personality disorder, and treatment-resistant depression. Good at building therapeutic relationships with people who find services hard to trust.

EXPERIENCE

Sep 2023 – Present

Band 6 Occupational Therapist – Community Mental Health, Nottinghamshire Healthcare NHS Foundation Trust, Nottingham

Occupational therapist within the South Nottingham Community Mental Health Team, providing assessment and intervention for adults with severe and enduring mental health conditions.

- Manage a caseload of **28 service users** with complex needs including psychosis, EUPD, PTSD, and treatment-resistant depression
- Conduct **MOHOST and OCAIRS assessments** to identify occupational needs and develop person-centred intervention plans
- Run a weekly **anxiety management group** (8-10 participants) and a cooking skills group for independent living
- Completed **14 housing and equipment assessments** in the past year, enabling 9 service users to remain in independent accommodation

Sep 2021 – Aug 2023

Band 5 Rotational Occupational Therapist, Nottingham University Hospitals NHS Trust, Nottingham

Two-year rotational programme across neurology, acute medicine, orthopaedics, and hand therapy at Queen's Medical Centre and City Hospital.

- Completed **4 rotations** (6 months each) — gained broad experience across acute hospital and outpatient settings
- Managed a neurology caseload of **12-15 inpatients** daily including stroke, TBI, and MS patients
- Delivered **upper limb splinting** and home environment assessments for 8-10 patients per week on the orthopaedic ward
- Contributed to a QI project reducing delayed discharges by **15%** through earlier OT assessment on acute medical wards

EDUCATION

Sep 2018 – Jun 2021

BSc (Hons) in Occupational Therapy, University of Nottingham, Nottingham

First Class Honours. 1,000+ hours of clinical placement across NHS mental health, community, and acute settings. Dissertation on *the role of meaningful occupation in recovery from first-episode psychosis*.

SKILLS

OT assessment (MOHOST, OCAIRS, AMPS) • Mental health intervention planning • Cognitive behavioural approaches • Group facilitation & therapeutic activities • Housing & equipment assessments • Upper limb splinting & hand therapy • Neurological rehabilitation (stroke, TBI, MS) • Risk assessment & safeguarding • Rio & SystmOne clinical systems • Clinical supervision & student mentoring

CERTIFICATIONS

Sep 2021

HCPC Registration – Occupational Therapist, Health and Care Professions Council

Sep 2021

RCOT Membership, Royal College of Occupational Therapists

Jun 2024

Sensory Integration Level 1, Sensory Integration Education

LANGUAGES

English (native)

PROJECTS

Jan 2024 – Sep 2024

Cooking Skills Group – Nottinghamshire Healthcare NHSFT

Designed and launched a weekly cooking skills group for community mental health service users working towards independent living.

- Ran **32 sessions** with 6-8 participants per group over 9 months
- Post-group evaluation showed **78% of participants** reported increased confidence in meal preparation and budgeting
- 3 participants successfully transitioned from **supported accommodation to independent tenancies**

Sep 2022 – Mar 2023

Delayed Discharge QI Project – Nottingham University Hospitals

Quality improvement project to reduce occupational therapy-related delayed discharges on acute medical wards.

- Introduced **same-day OT screening** for all new medical admissions aged 65+
- Reduced OT-related delayed discharges by **15%** over 6 months

REFERENCES

Sarah Goodwin

OT Team Lead – Community Mental Health, Nottinghamshire Healthcare NHS Foundation Trust, sarah.goodwin@nottshc.nhs.uk, +44 7700 900 518

Dr Anil Kapoor

OT Professional Lead, Nottingham University Hospitals NHS Trust, anil.kapoor@nuh.nhs.uk, +44 7700 900 237

EXTRA CURRICULAR ACTIVITY

Jun 2022

Volunteer – Framework Housing Association, Nottingham

Run monthly drop-in sessions providing activity-based support for people experiencing homelessness. Focus on daily living skills, budgeting, and routine building. Supported 40+ people over 2 years.

Jan 2023

Member – Nottingham Climbing Centre

Regular climber (V4-V5 bouldering). Helped organise 2 charity climb-a-thons raising £2,800 for Mind Nottingham.