



HELEN BUTEUX

Paediatric Occupational Therapist

- 07534 791110
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- www.supportiveaction.com
- North Yorkshire



Profile

I am a highly experienced and compassionate paediatric occupational therapist with over 12 years of NHS and community-based practice, specialising in supporting children and families with complex needs. My clinical expertise spans sensory integration, postural care, and specialist equipment provision, with a strong track record of delivering impactful interventions across early years, school-aged, and multidisciplinary settings.

As a former Deputy Team Lead, I have led service redesigns, championed safe and efficient equipment pathways, and collaborated with senior stakeholders to ensure high standards of care and clear communication across systems. I bring a proactive, solutions-focused approach to my work, underpinned by a deep belief that every child deserves the opportunity to thrive.

My practice is informed by both evidence and empathy. I've delivered parent workshops and written for professional publications. Becoming a mother myself has further deepened my understanding of the lived experience of families navigating support systems. I'm excited to bring my clinical insight, leadership experience, and relational approach to Supportive Action, working collaboratively to empower families, optimise function, and ensure equipment provision is safe, appropriate, and person-centred.

Key Qualifications

- BSc (Hons)
Occupational
Therapy York St
John University, 2:1**
- Sensory Integration
Education Module 1:
Foundations and
Neuroscience**
- Sensory Integration
Education Module 2:
Clinical Reasoning
in Sensory
Integration:
Assessment**



Key Achievements

- Led a service redesign to streamline caseloads and improve patient safety.
- Delivered tribunal reports and attend case conferences under tight deadlines.
- Created and deliver parent and professional workshops on sensory processing, motor skills, feeding difficulties and early intervention.
- Collaborated in joint clinics with the wider team to best support the child and family.
- Contributed to professional publications and featured as a guest speaker on parenting and therapy podcasts.
- Support staff and student development through structured feedback.
- Completed further training in sensory integration, postural care, cerebral palsy and coaching approaches.
- Competed at World Championship level in rowing, demonstrating resilience, discipline, and high performance under pressure—qualities that inform my clinical leadership and commitment to excellence.



Professional Memberships

- **Health and Care Professions Council (HCPC)**
- **Royal College of Occupational Therapists (RCOT)**





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Work Experience

Nov
2025

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Present

Specialist Children's Occupational Therapist

SupportiveAction Ltd

- Integrate evidence-informed practice with play, sensory foundations, and compassionate family support.
- Specialise in early child development, sensory and motor skills, neurodivergence, neurological conditions, emotional regulation, and maternal wellbeing.
- Combining professional expertise with lived experience, I support parents to understand their child's development, nurture connection, and build confidence from the earliest stages, while fostering positive relationships with both the child and their wider family or caring team.

Nov
2021

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Present

Deputy Children's Occupational Therapy Team Lead

Harrogate & District NHS Trust

- Led service redesign to implement a universal, targeted, and specialist caseload model.
- Collaborated with senior managers to clarify team commissioning and ensure safe handovers.
- Created equipment guidance for schools to support safe use and maintenance.
- Managed team operations: absences, expenses, incident reporting, and recruitment.
- Produced tribunal reports and attended case conferences for complex cases.

May
2018

-

Oct
2021

Specialist Children's Occupational Therapist

Mid Yorkshire NHS Trust

- Streamlined the Developmental Coordination Disorder pathway.
- Assessed and prescribed specialist equipment for ages 0-19.
- Supervised junior staff and students, delivering structured feedback and appraisals.
- Co-developed sensory sessions and fine motor groups with colleagues.
- Reviewed and improved clinical resources to meet governance standards.



**Professional references and more experience
available upon request**

