



# HELEN BUTEUX

## Paediatric Occupational Therapist



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



### Profile

A compassionate and highly experienced paediatric Occupational Therapist with over 12 years of NHS and community-based practice, specialising in supporting children and families with complex needs. Known for expertise in sensory integration, postural care, and specialist equipment provision, and for delivering meaningful interventions across a range of settings.

Experienced in leadership as a former Deputy Team Lead, driving service improvements, strengthening equipment pathways, and working closely with senior stakeholders to ensure high-quality, joined-up care. Recognised for a proactive, solutions-focused approach and a strong commitment to helping every child reach their potential.

Practice is shaped by both professional expertise and lived experience, including parenthood, offering a deep understanding of the challenges families face. Brings a collaborative, empathetic, and person-centred approach to empowering families and achieving sustainable outcomes.

### 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 right 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  
-  
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  
-  
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**

