

CURRICULUM VITAE
LIZZIE SYKES
Consultant Occupational Therapist
BSc (Hons)

Located in North Yorkshire

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HCPC: OT77223

PROFILE

Lizzie is an Occupational Therapist currently working in a clinical and leadership role within specialist education for ages 8-25 years. Her experience spans over 14 years and she has been qualified as an OT for seven years during this period. This includes working in paediatrics, mental and physical health and learning disabilities. She has confidently worked both independently and within multidisciplinary teams, managing complex caseloads and delivering high-quality, evidence-based assessments and treatment plans.

Her experience includes the management of clinical caseloads, supervision of others, service development, staff training and expert witness assessments and reports as part of statutory EHCP process including attendance at tribunals. Throughout her career she has worked with multidisciplinary teams in both low secure and high secure settings. She has undertaken numerous assessments to identify a child's needs and establish a joint meaningful and purposeful goals within the context of daily living. From this she has been able to facilitate and plan group, and individual therapy plans to support the child in achieving their goals. Lizzie is also specialised in the detailed assessment of sensory, motor and ADL needs where she can use evidence-based strategies and direct/ indirect interventions to meet individual outcomes. She is able to assess care needs. Due to her experience with multiple multidisciplinary teams, education staff, commissioners and young people she has integrated and collaborative working skills which can be applied to a range of areas. These skills can then be applied towards risk assessments, safeguarding, supervision and training.

Lizzie is service development and quality assurance qualified and has previously completed routine audits and monitoring of OT services. She is also familiar with the maintaining of records and keeping in line with current GDPR having attended relevant and mandatory training. She has previously attended hearings and her experience working with children and young people has equipped her with a strong foundation for assessing a range of childhood conditions and needs.

RELEVANT QUALIFICATIONS AND EXPERIENCE

- BSc (Hons) Occupational Therapy
- City and Guilds Moving and Handling Train the Trainer
- RCOT – Cognitive Orientation to Daily Occupational Performance
- RCOT Essential Skills for Paediatric Occupational Therapy
- Makaton – Level 1 and 2
- PECS – Level 1 and 2

RELEVANT SKILLS/ SPECIALISM

- Paediatrics
- Autism
- Learning Disabilities
- Mental health
- Developmental Coordination
- Environmental Assessments
- Quality assurance
- Leadership
- Evidence for tribunals
- Specialist Equipment
- EHCP's
- Expert Witness Reports
- Makaton (Level 1 & 2)
- Service development
- Supervision
- Manual handling
- CPR Part 35 Expert Witness Legal Training

RELEVANT EMPLOYMENT HISTORY

2025 – Present	Expert Witness, Fiona Johnson Ltd.
2021 – Present	Consultant Occupational Therapist – Cambian Group LTD
2018 – 2021	Specialist Occupational Therapist – Specialist Children's Services – Harrogate and District NHS Foundation Trust
2012 – 2013	Occupational Therapist Technician – West London Mental Health Trust
2011 – 2012	Occupational Therapy Assistant – Alpha Hospital, Woking
2007	Camp Counsellor, Camp America – supporting children with learning disabilities, including those with Foetal Alcohol Syndrome and at-risk youth
2006 – 2011	Range of administrative and customer facing roles across sectors including retail, hospitality, and government

PROFESSIONAL MEMBERSHIPS

- HCPC