



Recruitment Pack

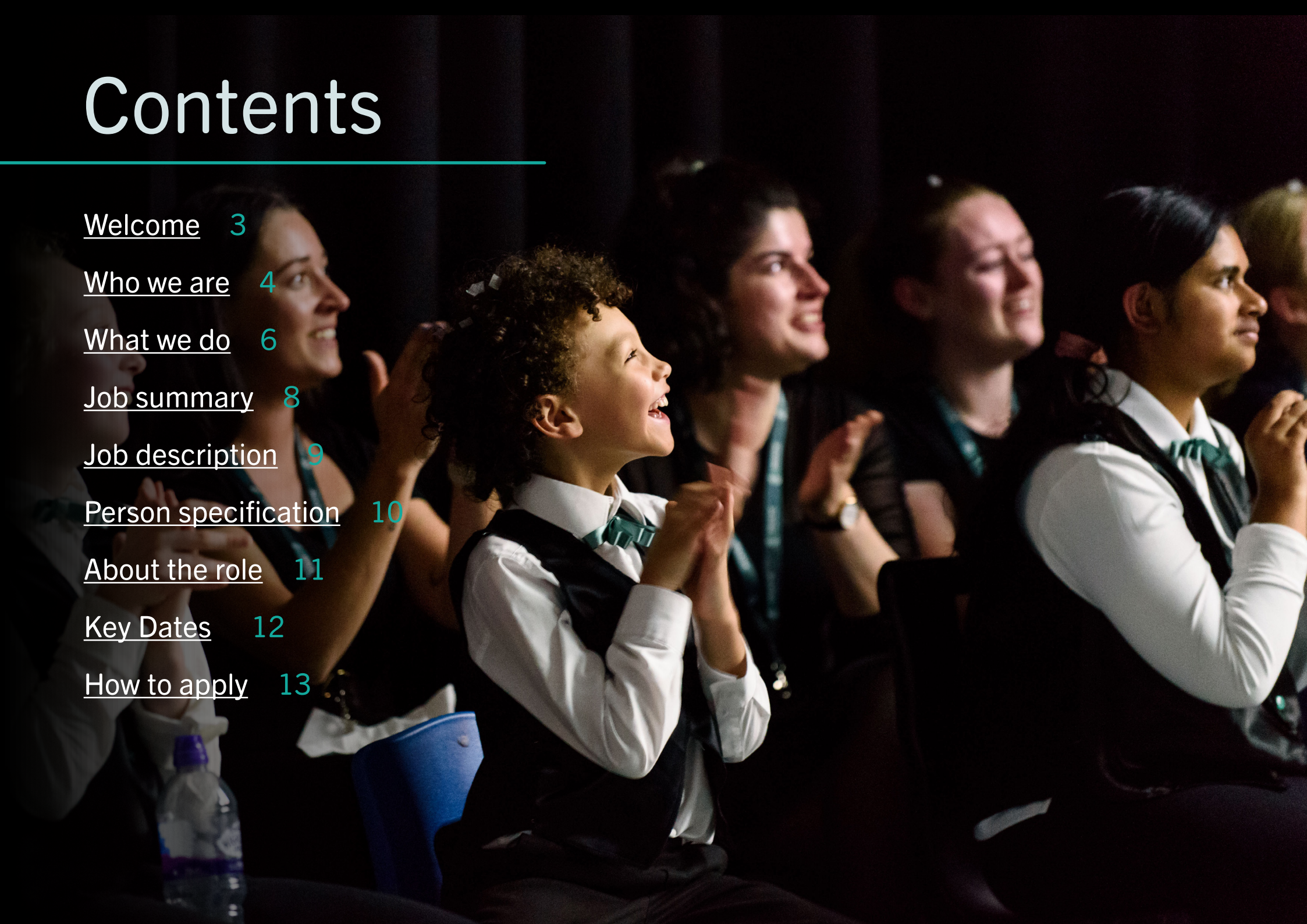
Occupational Therapist (Freelance)

Breathe Magic Intensive Therapy Programme

April 2026

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Welcome

I would like to personally thank you for being interested in our work at Breathe Arts Health Research, and taking the time to learn about what we do and how we do it.

We care about supporting every individual we encounter to live their healthiest and most fulfilling life. We know from a decade's worth of research, that creativity can play a unique role in supporting the health and wellbeing of individuals and communities, and we pride ourselves on creating safe and inclusive environments where individuals can thrive. This doesn't just apply to the communities we support, but also to all of those who work at and for Breathe.

Breathe is a values-driven organisation, and we ensure we are led by our values in all we do, and all that we are. We value every individual for the unique contribution they make to the workplace and do all we can to support every person to flourish in their role. At Breathe, you will work alongside those who value kindness, integrity and inclusivity as key drivers. You will also enjoy a workplace environment that values both professionalism and fun in equal measure.

I hope that you will find this pack useful and insightful, and even if you don't feel this role is the right fit for you, we always welcome the opportunity to connect with like-minded creative people, so please do feel free to get in touch.



Yvonne Farquharson
Founder and Managing Director



Who we are

Breathe Arts Health Research (Breathe) is a not-for-profit social enterprise, founded in 2012.

We are world leaders in combining creativity and robust scientific research to improve health and wellbeing.

Our vision
is to transform
healthcare, embedding
evidence-based
arts & health into
the mainstream.

We are
connected and
grounded by our values –
to be **pioneering**,
empowering, **collaborative**,
inclusive and to act
with **integrity**.

Breathe has a core team of **14 staff**, over **100 freelance creatives** and **30 volunteers**, supported by a **Board of Directors**, helping to shape and deliver our vision.

We have co-authored medical journals, published books, and contributed to government policies. We are multi-award-winning, receiving accolades and recognition from **NESTA**, **NHS England** and **Royal Society for Public Health**, to name a few.

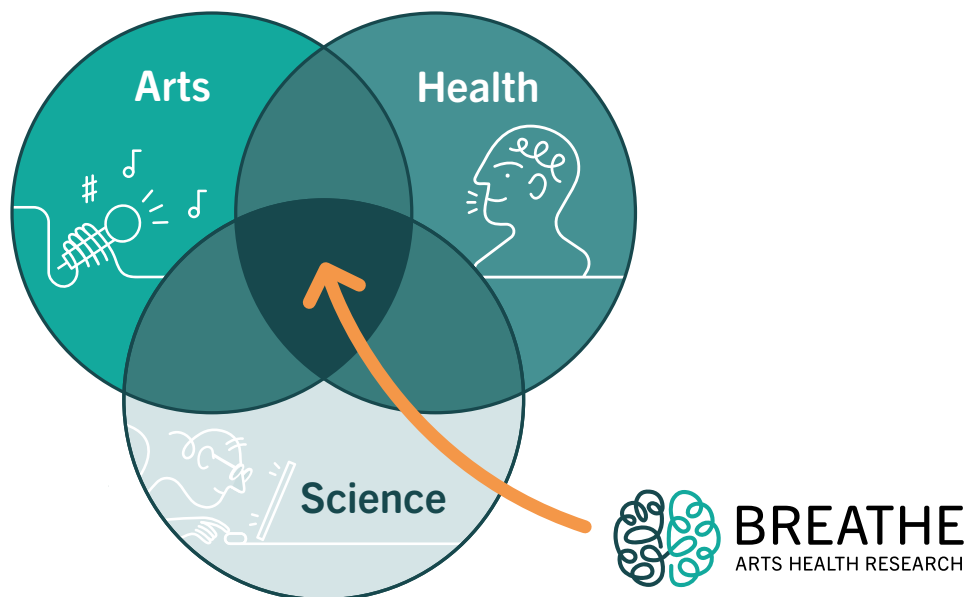


What we do

We deliver innovative, evidence-based programmes across a range of art forms, meeting specific clinical and wellbeing needs and shaping healthcare pathways. Our multi-award-winning work is co-designed with healthcare professionals, creatives, researchers, academics, patients, and communities - ensuring everything we do is relevant, inclusive, and impactful.

Breathe's work has been featured in worldwide press, published books and peer-reviewed medical journals. We are committed to robust scientific research, including randomised controlled trials, our most recent of which gained global recognition for its ground-breaking findings.

From partnering with grassroots organisations and advocating on international stages, to influencing government policy and training the World Health Organization, we draw on over a decade of expertise to shift mindsets, transform systems, and change lives.



Each year,
Breathe is proud to
deliver **1,800 workshops**,
talks and performances,
engaging over **64,000**
people nationally and
internationally.

Programmes

Our innovative programmes support babies to older adults to live their healthiest lives. We do this through music, dance, magic and more, working with the very best in each field.

Research

Our work is underpinned by rigorous research, ensuring we can measure quality and impact, to always make a meaningful change.

Training

We use our decade of expertise and experience to inform, educate and equip organisations and individuals.

Talks and Advocacy

We provide major contributions to the national advocacy of arts and health, helping to drive the sector forward and build communities of practice.



Job summary

Occupational Therapist (Freelance)

Breathe Arts Health Research are seeking a passionate and creative Occupational Therapist to join our multidisciplinary team delivering the Breathe Magic Intensive Therapy Programme (BMITP).

You will play a central role in planning and delivering intensive therapy for children and young people aged 7–18 with hemiplegia, using magic and performance as a motivating and meaningful therapeutic tool.

This role will work under the guidance of the Joint Clinical Lead Occupational Therapists, supporting the delivery of high-quality intensive therapy and gaining experience in an innovative, intensive therapy model. Occupational Therapists at any level of their career, who are life-long learners, creative-thinkers, highly reflective and passionate about high-quality interventions will be considered.

Since 2010, Breathe has designed, researched and delivered this innovative intervention - incorporating specially selected magic tricks that provoke specific

two-handed actions, performance and problem-solving skills into an intensive bimanual and goal-oriented therapy programme for young people with hemiplegia.

This evidence-based approach gives young people access to over 60 hours of intensive therapy. Occupational Therapists work alongside Magic Circle Magicians to provide therapy in a group setting at a summer camp, with one-to-one support, delivering an intervention tailored to suit each young person's particular strengths and needs.

Occupational Therapists contribute across the programme including screening and taster sessions, pre-camp assessments to establish baseline participation and therapeutic goals, preparation of the therapeutic environment, delivery of the 10-day intensive camp over two consecutive weeks, post-camp assessments, and writing clinical reports to guide families, schools, and local providers to support next steps. Each year, Occupational Therapists also review clinical outcomes to evaluate and inform ongoing programme delivery and development.

Job description

Occupational Therapist (Freelance)

Breathe Magic Intensive Therapy Programme

Responsibilities include:

Clinical Delivery

- Assist in delivering high quality, evidence based occupational therapy within the BMITP where bimanual therapy and goal-oriented approaches are combined.
- With training and supervision, conduct individual pre and post-camp assessments, facilitate goal setting, and write clinical summaries and care plans for young people with support from the Clinical Lead Occupational Therapists.
- Adapt group-based therapeutic activities to meet a wide range of abilities, learning styles, and clinical presentations.
- Build positive, empowering relationships with children, young people, and their families.
- Communicate complex and sensitive information to children, families, and professionals in a clear, compassionate, and accessible manner.
- Identify personal limitations in relation to clinical practice, seeking advice and guidance through supervision structures.

Quality, Safety & Evaluation

- Maintain accurate and timely clinical records and contribute to data collection for research and evaluation.
- Maintain up to date knowledge of relevant legislation, clinical guidelines, and best practice in paediatric occupational therapy, in addition to the organisation's policies.
- Uphold safeguarding, risk management, and health & safety standards throughout the programme.
- Contribute to continuous improvement of the programme's clinical delivery and child and family's experience.
- Ensure delivery remains compassionate and child-centred in approach.
- Engage in regular supervision and continuing professional development to maintain and advance specialist skills. Specifically required to complete Paediatric First Aid, Epilepsy Awareness and Medications Administrator training (paid for by Breathe).
- Hold our Company Values in all that you do; to be Pioneering, Empowering, Collaborative, Inclusive & act with Integrity.

This job description is intended as an outline of the general areas of activity and can be amended in light of the changing needs of the programme. BMITP has a small core team and flexibility is required to support the wider needs of the programme.

Person specification

Essential Requirements

- Degree or equivalent qualification in Occupational Therapy.
- HCPC registration.
- Experience working with children and young people.
- Strong clinical reasoning skills, creative problem-solving, and enthusiasm for using non traditional therapeutic tools.
- Ability to analyse tasks and activities, synthesise findings and develop goal-oriented treatment plans.
- Experience delivering goal-oriented interventions.
- Working knowledge of typical child development and neurological conditions, how they impact on body structures, function, activity and participation.
- Understanding of how neurodevelopmental differences, disability, and health experiences may influence children and young people's functioning, participation, and psychosocial wellbeing.
- Excellent collaboration and communication skills, with confidence in working in a multidisciplinary team and facilitating group sessions.
- Excellent organisational and time management skills, including prioritising tasks for oneself and others.

Desirable Experience

- Experience working with people with neuro/physical disabilities, and/or delivering upper-limb or intensive therapy models.
- Previous involvement in arts in health or creative therapies.
- Certification in the Assisting Hand Assessment (AHA), and experience in upper limb assessments and screening tools.
- Familiarity with understanding the different clinical presentations of cerebral palsy.
- Familiarity with understanding different conditions and neurological presentations that may result in acquired brain injury, associated with acquired hemiplegia.
- Knowledge of hemiplegia aetiology and the impacts on daily life.
- Knowledge of upper-limb therapies, motor learning principles, adjuncts to these therapies and the evidence-base for intervention with children with cerebral palsy or acquired hemiplegia.

Please note that the successful applicant will be required to undertake an enhanced DBS check, and a job offer would be conditional on this. In addition, the post holder must have the right to live and work in the UK. Offers are subject to two references satisfactory to Breathe and confirmation of availability with the key dates listed on page 12.



About the role

Contract:

8-month freelance contract from May 2026, with a view to extend on an annual basis (note key dates on page 12).

Salary:

£30 per hour (plus expenses if required)

Reporting to:

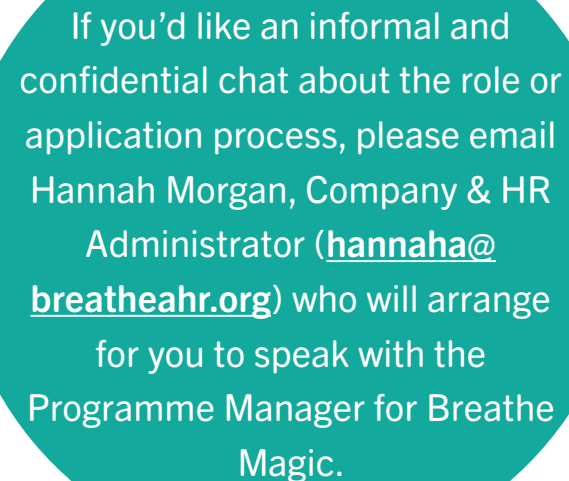
Programme Manager, Breathe Magic

Place of work:

- Blend of remote working, Breathe's Office (SE1 6FE) and attendance at all delivery in central London locations

Benefits:

- Mentorship and supervision from the Joint Clinical Lead Occupational Therapists.
- Opportunities for professional development in intensive therapy models and arts-in-health practice.
- Employee Assistance Programme - including free counselling, telephone helpline, consultations with qualified experts, self-help tools and resources.
- Company Tate membership including free access to exhibitions.
- Access to free cultural events through our networks and partners.



If you'd like an informal and confidential chat about the role or application process, please email Hannah Morgan, Company & HR Administrator (hannah@breathehr.org) who will arrange for you to speak with the Programme Manager for Breathe Magic.

Key Dates

Mandatory Key Project Dates

- Pre-camp clinical assessments: Monday 6th, Tuesday 7th and Friday 31st July 2026 (in-person, minimum attendance of 2 dates)
- Magic Camp Intensive Dates:
 - Monday 3rd to Thursday 13th August 2026 (weekdays, in-person), 8.30am – 5.30pm
 - Friday 14th August 2026 (in-person) 9am – approx. 8.30pm
- Post-camp clinical assessments: Saturday 15th and Monday 17th August (in-person)
- Project debrief: Friday 4th September – AM (online)
- Magic Club and Taster Screenings: Saturday 24th October (in-person)
- Plus approx. 3-4 full days available for a blend of external in-person and online training, completed before 31st July.*

Additional administrative time will be agreed with the successful applicant and will be flexible around their availability.

*The role requires approximately three to four days of training, delivered by external providers through a combination of in-person and online sessions. Training dates will be confirmed based on external provider availability and locations and agreed with the successful applicant.

Desirable Key Project Dates

- Magic Trainer training day: Friday 26th June 2026 (online)
- Team meeting: Friday 10th July 2026 - AM (online)
- Magic clubs:
 - Saturday 3rd October – AM (online)
 - Saturday 28th November (in-person)



How to apply

Breathe Arts Health Research is an equal opportunities employer, and we embrace diversity. We positively welcome applications from individuals who identify as people of global majority, d/Deaf and/or disabled and all under-represented groups.



1. Write to us in no more than one A4 page, telling us:

- Why you are suitable for this role & what you can bring to Breathe.
- The experience and qualities you would bring to the role and how this meets the job specification.
- The names and contact details of two referees (only contacted after seeking permission).
- If you have used AI to help write your application.

2. Submit your CV (max 2 pages)

- HCPC registration number.
- Confirmation that you are available to work the key dates that are outlined in the job advertisement.

3. Complete our [Equal Opportunities form here](#) (this is for monitoring only and will be separated from your application)

How to submit:

Via email or [WeTransfer.com](https://www.wetransfer.com) link to info@breatheahr.org using the subject heading 'Application: Occupational Therapist (Freelance)'

Deadline for applications:

12:00 on Monday 20th April 2026

Interview date:

Friday 1st May 2026

Interview location:

Online via Zoom



Contact us

info@breatheahr.org

020 3290 2013

The Clarence Centre, 6 St George's Circus, London, SE1 6FE

@BreatheAHR

breatheahr.org