



QADIRA MIA

OCCUPATIONAL THERAPIST

PROFILE

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Qadira joined the Hopscotch Children's Therapy Centre team on 13 July 2026 as a Senior Occupational Therapist, bringing a wealth of paediatric clinical experience and proven leadership capability from both the UK and South Africa. She works with children and young people aged 4-25 with a wide range of needs, including Autism Spectrum Condition, ADHD, sensory processing differences, developmental delays, and emotional and attachment difficulties, delivering therapy across clinic, school, and community settings.

At Hopscotch:

At Hopscotch, Qadira carries a complex paediatric caseload, delivering ASI®-informed occupational therapy assessments and individualised intervention programmes. She conducts standardised assessments and produces detailed EHCP and private reports, working closely with families, schools, and the wider multidisciplinary team to ensure therapy goals are embedded meaningfully across home and school environments. Qadira also contributes to the supervision and mentorship of junior colleagues, bringing the leadership experience she developed throughout her career.

Background:

Prior to joining Hopscotch, Qadira worked at a specialist paediatric private practice in London, where she progressed rapidly from Junior Occupational Therapist to Lead OT. In her leadership role, she oversaw a team of eight therapists, managed the day-to-day operations of a busy clinic, and provided clinical oversight of assessment, intervention plans, and reports across private and local authority-commissioned services, all while maintaining her own complex caseload. Before relocating to the UK, she completed her community service year as an OT at a military hospital in Cape Town, followed by locum work across paediatrics, adult rehabilitation, psychiatry, and hand therapy.

Qadira holds a Bachelor of Honours in Occupational Therapy from Stellenbosch University and is registered with the HCPC (OT088030) and the Royal College of Occupational Therapists. She is committed to ongoing professional development and brings warmth, creativity, and a genuine passion for child-centred care to every child she works with.

Qadira's professional training includes:

- PGCert in Sensory Integration – Sensory Integration Education, accredited by Sheffield Hallam University (in progress)
- Therapeutic Listening – Vital Links
- DIR Floortime – DIR 101
- Training in Fidelity to Ayres Sensory Integration® (ASI®)

CONTACT

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HCPC

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