

Heales Medical

OCCUPATIONAL HEALTH NEWSLETTER

JANUARY, 2026

Meet the team

Our success is powered by our people. Behind everything we do is a team of talented individuals who make it happen every day. We're excited to kick off a monthly team spotlight, starting with our SMT, where we'll shine a light on the people behind the role.



Eamonn Swanton

Heales Innovation Group Chairman and Managing Director

Eamonn leads the organisation with a strategic and tactical focus on current priorities and long-term planning, developing modern infrastructure and impactful services and products that support staff, clients, and the wider community.



Zara Swanton-Fallowell

Business Support & Development Director

Zara has worked in Heales' Business Development since 2015, specialising in sales, tender writing, pricing, contract negotiation, and marketing. She now also leads the Business Support Team, overseeing finance, HR, facilities, and governance.



Abi Wren

Senior OH Nurse Adviser

Abi is Head of Clinical at Heales and she manages the Nursing Team. She has been with the organisation for over eight and a half years, contributing to the delivery and development of the nursing team to provide high-quality occupational health services for our clients.

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Dr Jacquie Halliday-Bell

Lead Consultant OH Physician

Jacquie is a Consultant Occupational Health Physician at Heales Medical, providing senior clinical leadership, delivering clinics for Hereford & Worcestershire Fire and Rescue Service, supporting complex cases, and ensuring high standards of clinical governance and professional development.



Jane Kettle

Operations Manager

Jane is the Operations Manager, based in the Bradford office, and regularly travels to company sites across the UK. She brings broad experience across operations, supply chain, purchasing, sales, marketing, and human resources to Heales.



Anita Polec-Blackshaw

Group Head of HR

Anita is Group Head of HR at Heales Innovation Group, leading HR strategy in a regulated clinical environment. She has extensive international HR leadership experience and is committed to fostering compliant, high-performing cultures, offering accessible HR support and guidance.

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Top health news

Wellbeing

A free NHS scheme in [Shropshire](#) supporting people with severe mental health issues (SMI) has expanded beyond tennis to include a wider range of sports, following its early success.

Launched two years ago, the Wellbeing, Belonging and Moving for Mental Health Project will now offer football, multi-sport activities and gentle exercise sessions alongside its original tennis programme.

The initiative is delivered through a partnership between the local NHS and organisations such as physical activity group Energize Shropshire, Telford and Wrekin.

BBC ([click here to read full article](#))

Cardiovascular health

[High blood pressure](#) is rising rapidly among children and working-age adults, once mainly affecting older people. Often symptomless, it can cause serious damage to the heart, brain, kidneys and eyes, and is linked to increasing stroke rates.

Rates in young people have quadrupled since the 1990s, largely due to poor diet, inactivity and obesity. Doctors stress early detection and lifestyle changes, including healthier eating, exercise and weight control, to prevent long-term harm.

Guardian ([click here to read full article](#))



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Respiratory health

People with [asthma](#) could be supported by new digital tools, under draft guidance recommending eight apps and online platforms for NHS use while more evidence is gathered.

The tools offer personalised action plans, medication reminders and symptom tracking to help people manage asthma alongside regular care.

Early evidence suggests they can improve control and reduce hospital visits.

NICE ([click here to read full article](#))

Physical health

Just a few extra minutes of daily exercise could significantly reduce the risk of early death, research suggests.

A study of 135,000 people found that adding five minutes of moderate activity, such as brisk walking, was linked to a 10% drop in deaths, while cutting sitting time by 30 minutes reduced deaths by 7%. The biggest gains came from small increases in activity among the least active people. The findings were published in [The Lancet](#).

LBC ([click here to read full article](#))

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Recipe of the Month - Chocolate pear porridge

Recipe

- 1/3 cup porridge oats
- 2/3 cup oat milk
- 1 heaped tsp cocoa powder
- 1 tsp milled flaxseed (optional)
- Pinch of sea salt flakes
- Handful fruit and nuts
- 1 tsp maple syrup + extra to serve
- Drop of vanilla extract (optional)
- ½ pear to serve, sliced

To see the method for this recipe, and for more recipes from Corrie, sign into www.heales.com and click on Healthy Eating Blog.



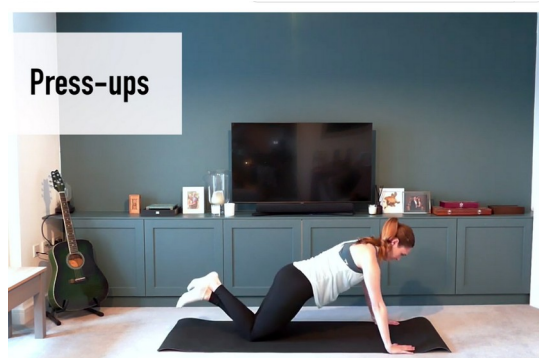
Image of chocolate pear porridge

Workout of the month - Upper body strength

Exercises

- Back extension
- Press up/floor press
- Walkouts
- Bent over row
- Prone fly
- Shoulder press

In a circuit for 10 repetitions, with as little rest as possible in between exercises for 4 or 5 rounds. To see Carys performing the workout, and for details on how to do the exercises, log on to the Heales Medical Health and Wellbeing portal and check out the workout on our homepage.



Woman doing press ups



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Health Promotion Calendar

Click on the event to go to their website.

MARCH

[Endometriosis Awareness Month](#)

01/03/26-30/03/26

[Ovarian Cancer Awareness Month](#)

01/03/26-30/03/26

[World Hearing Day](#)

03/03/26

[International Women's Day](#)

08/03/26

[World Kidney Day](#)

12/03/26

[Disabled Access Day](#)

16/03/26

[Neurodiversity Celebration Week](#)

16/03/26-22/03/26

[International Women's Day](#)

21/03/26-28/03/26

[World Down Syndrome Day](#)

21/03/26

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Health Promotion and Education

Heales Medical can help advise and manage proactive health promotion days that will encourage employees to adopt healthier lifestyles.

Our health promotion days specialise in the prevention of ill health and the promotion of health & well-being within your organisation.

Our services are delivered by high calibre, well qualified staff with a broad experience base and all results are assessed against National Clinical Guidelines.

During each assessment, the health professional will ask lifestyle questions about the employee's general health and give health advice.

After each assessment we will be able to provide results, advice and an information pack.

If you have any queries or are interested in having an event, please contact a Heales Occupational Health Advisor or Contract Manager for further information.

- ✓ Advice of physical activity
- ✓ Advice on healthy eating
- ✓ Advice on weight management
- ✓ Advice on stress management
- ✓ Advice on smoking, alcohol & drugs
- ✓ Understanding blood pressure
- ✓ Understanding blood cholesterol

Health and Wellbeing Portal

For more resources see our Health and Wellbeing Portal!

Our portal has a wide range of information, tips and advice to help you support your health and wellbeing, including:



Woman and girl stretching to touch their toes



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- Health Promotion Blog
- COVID-19 advice
- Health & healthy eating tips
- Health Newsletter archive
- Healthy lifestyle & exercise blog
- Vegetarian blog
- Accessible apps
- Specific information and tip pages for injury, illness and disability in daily life and in the workplace
- Occupational Health information

Pages and information will be updated and added to continually, if you have any suggestions, let us know at marketing@heales.com.