

Heales Medical

# OCCUPATIONAL HEALTH NEWSLETTER

FEBRUARY, 2026

## Heales news

The new front-end framework is 90% complete, with passkey registration being finalised. Database connectivity is being added to enable both offline and online use. Marketing has developed the new look for the Heales management system, and we plan to begin incremental front-end updates aligned to the new architecture in February.


The new Management Referral process and mobile clinical case window are nearing completion. IT has reached testing stage for both the reporting and new video platforms, with limited live testing planned from the week commencing January 26th.

The remote HS project has progressed to its next stage, with outcomes expected in 2-3 weeks. In parallel, a partnership has been formed to develop a new health product, with an initial recruit and a Design, Development, and Manufacturing team launching in Bradford in February.

Training plans for AEMDR and its Progressive Web App are progressing, alongside discussions on research opportunities to further support AEMDR.

## Health promotion calendar

### MARCH

Endometriosis Awareness Month	Ovarian Cancer Awareness Month
3 World Hearing Day	8 International Women's Day
12 World Kidney Day	16 Disabled Access Day
16 - 22 Neurodiversity Celebration Week	21 - 28 National Complimentary Therapy Week
21 World Down Syndrome Day	



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## **Counselling for employees**

Heales provides an external counselling service for staff. This service can help with issues that may be affecting your mental health such as bereavement, stress, depression, work related issues etc.

You can the internal counselling services via Elise either directly or by asking your line manager to refer you.

**0117 934 0105**

**Policy number:** 100579745CC1

## **AEDMR for employees**

You may also access internal AEMDR therapy with Adrian or Oti in the same way.

AEMDR (Eye Movement Desensitisation and Reprocessing) is a specialised, neuroscience-informed therapy that builds on standard EMDR protocols to more effectively address complex trauma, attachment wounds, and severe PTSD. By integrating somatic psychology, working memory principles, and flexible, individualised techniques, it accelerates trauma processing and can often reduce the need for lengthy, traditional therapy.

If you wish to arrange treatment, please contact Adrian or Oti:  
**[adrian.radford@heales.com](mailto:adrian.radford@heales.com) / [oti.sanchez@heales.com](mailto:oti.sanchez@heales.com)**

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## 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.



**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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## 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.

### 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.



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## HEALTH NEWS

### 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.

### Is fibre the new protein?

**Fibre** is the latest nutrition trend, yet most UK adults still consume well below the recommended 30g a day. Found in plant foods, fibre supports gut health and is linked to reduced risk of several long-term conditions.

### 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**.

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## Recipe of the month - Chocolate pear porridge

- 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)
- 1/2 pear to serve, sliced



## How to take your daily supplements

### B-Complex vitamins

Split dose of B-Complex into two: one in the morning and one in the early afternoon on an empty stomach



Avoid taking your second dosage at night as B vitamins provide energy and can keep you awake

### Vitamin C

Take up to 500mg at a time, on an empty stomach



Take them at a different time from your B vitamins and calcium supplements

### Vitamins A, D, E, K

Take with a meal that contains some fat for optimal absorption.



### Calcium

Take one dose in the morning and one with lunch

Take up to 500mg at a time



### Coenzyme Q10

Do not take this if you are on insulin or warfarin; ask before taking if you are on anticoagulants



### Magnesium

Take with or without food

**Mg**

Do not take with bisphosphonates, antibiotics, diuretics, acid reflux drugs, peptic ulcer drugs and very high doses of zinc



### Iron

Take on an empty stomach

Consider taking with vitamin C

Do not take with magnesium, multivitamin, calcium, milk or coffee

## Workout of the month - Upper body strength workout



Press-ups

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

