

Heales Medical

# OCCUPATIONAL HEALTH NEWSLETTER

MARCH, 2026



## MEET THE TEAM

This month, we are shining the spotlight on the **IT team**, who keeps our systems secure, our technology running smoothly, and our employees supported every day. From troubleshooting to cyber security, they're the team working behind the scenes to keep everything connected.

Pictured below (left to right):

- **Mezan Butt** – IT Support
- **Akhila Anil** – Knowledge Transfer Partnership Associate
- **Mounica Nemmandi** – IT Lead
- **Khadija Bi** – Cyber Security Analyst Apprentice
- **Charishma Burra** – Artificial Intelligence/Machine Learning Engineer
- **Jason Hang** - Cyber Security Analyst Apprentice
- **Bujji Babu** - IT Manager
- **Progress Orish** - Software Developer



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## EMPLOYEE NEWS

This month, we're delighted to introduce some new faces to the team and warmly welcome back a colleague returning from maternity leave. Join us in celebrating their journeys and wishing them every success in their roles.



Kiran Nair

Bid Writer

As a recent English graduate with a passion for writing, I hope to continue honing my craft working in the Bid writer role at Heales. The company's willingness and diligence to deliver the best of the best in occupational healthcare undoubtedly makes it the right space to flourish in a role that is both challenging and, even more so, rewarding.



Marcus Arnold

Bid Writer

I bring over four years of experience supporting regulatory applications and local council bids for health and social care providers. With a background in consultancy, I have guided clients through CQC and Ofsted registrations, led new service developments, and produced tailored business plans aligned with regulatory standards. I now aim to build on this experience to support Heales Medical's growth and delivery of expert services across the United Kingdom.

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Sardor Akhmedov

Finance Manager

I bring over 20 years of experience in accounting and finance, working across financial services, software development, construction, facilities management, and security services. I'm thrilled to be joining Heales as Finance Manager and look forward to bringing my expertise to support the team, streamline processes, and contribute to the company's continued growth. I'm excited to be part of such a dedicated and passionate organisation and to help drive its success across the UK.



Carys Wheeler

Marketing Manager

We're delighted to welcome Carys Wheeler back from maternity leave, as she rejoins the Marketing team at the beginning of March. Carys will be returning to her role and continuing to support a range of marketing and health promotion activity across the business. We're really looking forward to having her back, benefiting from her experience and insight, and working closely with her again as the team continues to grow and develop.

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## RAMADAN

Ramadan is currently being observed by many of our colleagues across the UK. As this important month continues, we'd like to take a moment to acknowledge its significance and share how we can be supportive as a workplace.

Ramadan is a holy month in Islam focused on fasting, reflection, prayer and community. Those observing fast from dawn to sunset, which means no food or drink during daylight hours. While it is a deeply meaningful time, fasting alongside work can sometimes affect energy levels and daily routines.

Small actions can make a big difference. Being mindful of lunchtime meetings, offering flexibility where possible, and showing understanding around social events involving food are all simple ways to support colleagues. Respectful curiosity and kindness go a long way.

If you'd like to learn more about Ramadan and the wellbeing aspects of fasting, you can read our blog on the [Health & Wellbeing Portal](#).

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## Wellbeing

[NHS Highland](#) will launch a virtual support service for people with Myalgic encephalomyelitis/chronic fatigue syndrome ([ME/CFS](#)), expanding its long Covid service to offer online consultations across the Highlands and Argyll and Bute.

From spring, GP-referred patients will receive personalised strategies to help manage symptoms such as extreme fatigue.

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

## Children's health

[Danone](#) has recalled more batches of Aptamil and Cow & Gate infant formula in the UK due to possible toxin contamination.

Parents should check the Food Standards Agency website for affected batch numbers and stop using them.

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

## Woman's health

Researchers say testing menstrual blood for [cervical cancer](#) could offer an accurate, at-home screening alternative, potentially improving uptake as a third of women miss current NHS tests.

The early-stage study used blood collected via a sanitary pad, and charities say gentler options could boost access.

The NHS is already rolling out at-home vaginal swab kits for women who miss appointments, with wider use planned this year.

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

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## Wellbeing

[Jersey Community Foundation](#) has opened applications for [Kezia's Fund](#), supporting projects that help children and young people's mental health, particularly early intervention and prevention work.

Grants typically range from £5,000 to £20,000, and organisations are encouraged to apply before the 29 March deadline.

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

## Lifestyle

The "Natural Health Service" is being trialed across North Yorkshire to support people facing loneliness.

Over ten weeks, participants take part in outdoor activities to boost confidence and physical and mental wellbeing.

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

## Public health

The UK has lost its [measles elimination status](#), according to the World Health Organisation, following a rise in cases linked in part to lower uptake of the MMR (measles, mumps and rubella) vaccine.

Measles is highly contagious and spreads through coughs, sneezes and close contact. Symptoms include a high fever, red or watery eyes, cough and sneezing, followed by a blotchy red or brown rash that often starts on the face and behind the ears before spreading. The rash can be harder to see on darker skin tones.

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

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## Recipe of the Month - Bang Bang cauliflower bites

### Recipe

- 1 medium cauliflower
- 1 tbs extra virgin olive oil
- 2 tbs sweet chilli sauce
- 1 ½ tsp Sriracha + extra for serving
- Juice of ½ a lime
- ½ tsp sea salt flakes
- 2 handfuls panko breadcrumbs
- ½ tsp smoked paprika
- Small handful of fresh coriander



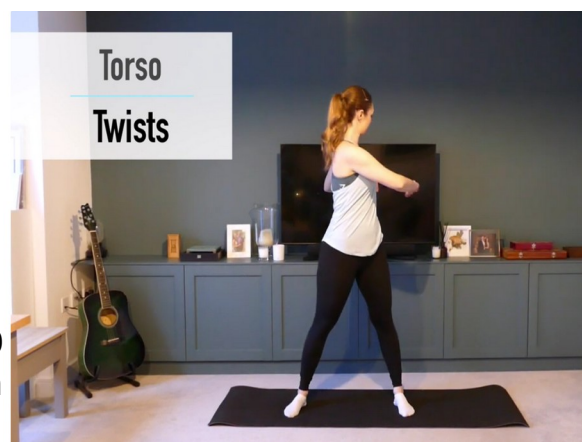
To see the method for this recipe, and for more recipes from Corrie, sign into [www.heales.com](http://www.heales.com) and click on Healthy Eating Blog.

## Workout of the month - Title

### Exercises

- Standing hip circles
- Standing twist
- Shoulder rolls
- Upper back stretch (arm across)

Perform each exercise 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.



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## Health Promotion Calendar

Click on the event to go to their website.

### APRIL

[Stress Awareness Month](#)

01/04/26-30/04/26

[Bowel Cancer Awareness Month](#)

01/04/26-30/04/26

[World Autism Day](#)

02/04/2026

[Walk to Work Day](#)

03/04/2026

[World Health Day](#)

07/04/2026

[International Earth Day](#)

22/04/26

[World Day for Safety and Health at Work](#)

28/04/26

[Stop Food Waste Day](#)

29/04/2026

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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



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## 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:

- 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](mailto:marketing@heales.com).