rehabilitate therapy ltd

Annelies F

Clinical Specialist
Occupational Therapist

- Over 20 years occupational therapy experience including inpatient and community, NHS and private.
- Particular experience in mental health, neurodiversity, and vocational rehabilitation



Education

- Bachelor of Health Science (Occupational Therapy), Auckland University of Technology, NZ (2003)
- Postgraduate Certificate in Advanced Occupational Therapy, University of Northampton, UK (2011)
- Sensory Integration 1, Ulster University, UK (2016)
- Comprehensive Functional Capacity Evaluation, Work Health Academy (2026)

Career Summary

- Independent occupational therapist in occupational health and vocational rehabilitation (2+ years)
- NHS staff wellbeing and Occupational Health Cambridge University NHS Foundation Trust (7 years)
- Lead occupational therapist for personality disorder services, Cambridge and Peterborough NHS Foundation Trust (4 years)
- Lead occupational therapist for inpatient mental health services, Cambridge and Peterborough NHS Foundation Trust (2 years)
- Senior occupational therapist inpatient mental health services, Cambridge and Peterborough NHS Foundation Trust (4 years)
- Acute inpatient occupational therapist across stroke, orthopaedics, care of the elderly, Peterborough District Hospital (18 months)
- Occupational therapist in head injury rehabilitation and vocational rehabilitation, Ranworth Healthcare Ltd, Auckland, NZ (14 months)

Key Expertise Areas

- Brain injury and orthopaedic experience.
- Fatigue management and sleep hygiene
- Pain management
- Neurodiversity expertise
- Using a biopsychosocial approach to assessment and rehabilitation
- Rehabilitation programmes for clients with long term health conditions and/or mental health conditions
- Functional assessment and goal-oriented treatment planning
- Vocational rehabilitation: work and education
- Functional Capacity Evaluation
- Activities of daily living
- Community engagement and reintegration
- Minor aids and adapts

Memberships

- HCPC registered
- Royal College of Occupational Therapists
- Society of Occupational Medicine
- Vocational Rehabilitation Association
- Institute of Occupational Health

"I love how as an occupational therapist I am able to empower clients to achieve what is important to them!"

Annelies 2026