



Schools Advisory Service

## Whole School Wellbeing

01773 814 403 | [nurse@uk-sas.co.uk](mailto:nurse@uk-sas.co.uk) | [schooladvice.co.uk](http://schooladvice.co.uk)



**In 2020/21, SAS spent over £4million on wellbeing services.**

**No other staff absence insurance provider invests as much in wellbeing services as Schools Advisory Service.**

**Over 60% of staff who accessed our health & wellbeing services were not absent from work at all in 2021.**

Our philosophy at SAS is to work with your school to **prevent and reduce staff absence**. All of the physical and mental health support we offer your staff is designed and implemented by our team of experienced, in-house SAS Nurses and is complimentary to your SAS insurance. We aim to help keep your staff in work, ensuring the children at your School/Academy get the best possible opportunity to succeed!

**All services are confidential, Clinical Director led & managed by our SAS NMC Registered Nurses.**

The services we offer have been developed with over 25 years experience, working in close partnership with schools and their staff to discover the root cause of staff absence, researching what we can do to help and proactively developing preventative support.

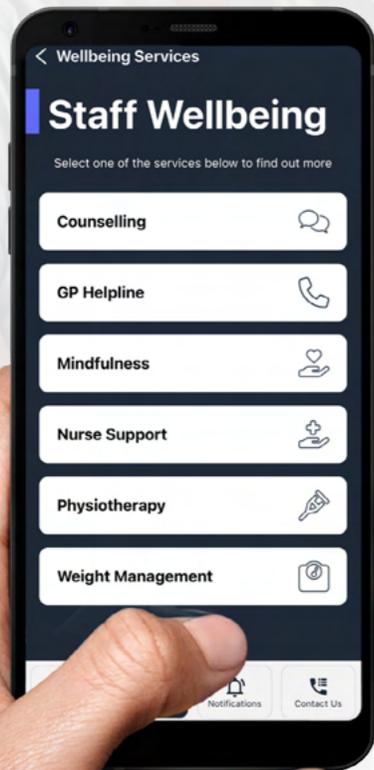
We want to be there to support and care for your staff when symptoms develop, not just when an absence occurs.

# Complimentary Wellbeing Services Available to Your Staff With SAS

All of our wellbeing services are free and confidential for named staff to access



Download our app from...



To access the services, your staff can call our NMC registered nursing staff on 01773 814403 or download the free Wellbeing App now at [schooladvice.co.uk](https://www.schooladvice.co.uk) or via the Apple & Android store. Our app details services available and provides a point of contact for insured to access services.



Terms and conditions apply. Contact SAS for more details.

# What Mental and Physical Health Support Services are Available with SAS Whole School Wellbeing?



# Nurse Support Service

On average, our qualified nurses spend **over 1400 hours carrying out Health Screening sessions in schools every year.**

We work with NMC registered nurses who are on hand to speak to whenever your staff have a health concern. Our nursing team can signpost to relevant wellbeing services, assist staff with queries relating to their own wellbeing and empower staff to ask the right questions regarding their condition. We welcome calls to offer extra care when needed, with no query too big or small, offering peace of mind with effective pastoral care.

## Ask Mandy - Nurse Support

Mandy is a registered nurse, with a special interest in palliative care. She has had experience working for the NHS for over 20 years and has been a vital line of support to schools, working with SAS for over a decade. Mandy is NMC registered with the following additional qualifications;

- Community Practitioner – Nurse Prescriber
- Specialist Practitioner – District Nursing
- Registered Nurse



**Mandy Dowsing**  
Head of Nursing

# Cancer & Chronic Illness Support

Recent statistics show that there are over **375,000** new cases of cancer in the UK every year. That is over **1,000** cases per day.

Our in-house nurse team can offer support to your staff if they have received a diagnosis of cancer or a chronic long-term condition. This can be a vital line of emotional support during a very difficult and confusing time. Additional complementary therapies can be made available to assist with the physical or psychological symptoms which can accompany such a diagnosis.

**In 2021, our nursing team supported over 16,300 school staff across the UK**

# Counselling & Mindfulness

Statistics show that around **1 in 4** people in any given year experience mental health conditions. **SAS** are proactively supporting schools with this, carrying out on average over **240** sessions of counselling per week.

Our research informs us that stress accounts for approximately **36%** of absence within Schools/Academies. We are doing everything we can do to reduce this figure. **SAS** offer confidential, individual therapy sessions to named staff which are delivered safely and are available whether your staff are still working in school or absent through illness. The need for therapy does not need to be work related.

**SAS** offer a range of mindfulness support, including:

- **One to One Therapy** - identify and implement the most appropriate support
- **Guided Relaxation Sessions** - a session to promote relaxation
- **Be Mindful** - the only NHS approved mindfulness programme for schools
- **Feeling Good** - audio app developed and tested within the NHS
- **Relaxation Room Podcast** - our popular podcast catalogue of mindfulness sessions
- **Relaxation Room Live** - weekly evening group relaxation sessions

## Ask Rebecca - Counselling Support

Rebecca holds a degree in Counselling and a Masters degree in Clinical Psychology. She is passionate about raising the profile of emotional wellbeing issues and making mental health information and support more accessible to everyone. Rebecca specialises in:

- Stress and Anxiety Management
- Domestic Abuse
- Depression and Mood Disorders



**Rebecca Wilson-Walsh**  
Head of Counselling Services



**June Brade**  
Mindfulness Consultant

## Ask June - Mindfulness & Wellbeing Support

June is an accomplished therapist with over 10 years experience and specialises in managing anxiety and stress. She has worked for over 5 years within the education sector, working with clients one-to-one or as part of a group session. Junes qualifications include:

- Neuro Linguistic Programming Practitioner
- Coach ABNLP
- Psychotherapist MNCP
- Clinical Hypnotherapist DipHypGHR

# Physiotherapy

**SAS have developed a wide range of physiotherapy resources for clients to access. These will assist with the treatment and management of a wide range of conditions.**

**97.7% of staff referred to the SAS physiotherapy service were either not absent from work or were assisted in returning to work in 2022.**

**In an effort to reduce waiting times to access therapy, SAS offer a private physiotherapy service to ensure that while your staff are waiting for a referral they can address and access therapy to alleviate discomfort.**

**All clients will have a telephone consultation with an experienced physiotherapist, who will work to develop a personalised treatment plan. Clients will be referred to a local clinic should their condition require additional intervention.**

## Ask Mike - Physiotherapy Support

Mike is a state registered physiotherapist on the HPCP register. Mike has over 25 years' experience as a physiotherapist and his background includes the development and provision of service for the NHS.

Mike has been working with SAS to help develop access to physiotherapy services and solutions. During the period of COVID-19 restrictions, Mike adapted the service to ensure patients continued to receive bespoke exercise programmes to support a range of musculoskeletal conditions.



**Mike Hodgson**  
SAS Physiotherapy

**Our Physiotherapists were able to continue supporting 100% of patients through COVID-19 restrictions**

# Weight Management

**61% of people who complete our 12 week Slimming World referral achieve a 5% weight loss.**

**SAS work in partnership with Slimming World to provide a 12-week weight management service for staff with a BMI above 30. Slimming World will provide a “readiness to change” interview with one of their consultants to make sure the programme is appropriate for your staff and that they are committed to changing their lifestyle.**

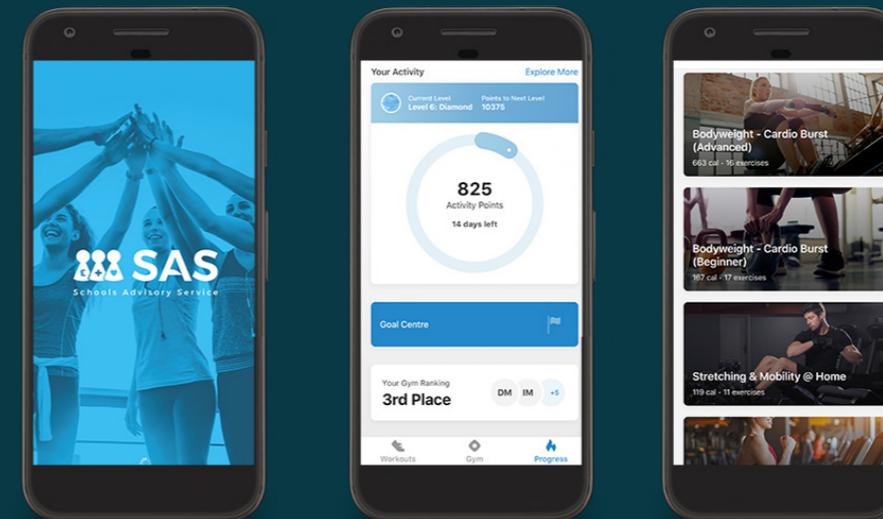


touching hearts, changing lives

## Also Available With Weight Management Support:

**SAS GYM provides users with the ability to access a range of exercise programmes, developed by our in house personal trainer, while monitoring progress towards fitness goals.**

- **Improve your overall health and Bio age**
- **Access to personal trainer support**
- **Step by Step instructional exercise programmes**
- **Links to health apps and wearable devices to record progress**
- **Special offers on nutritional supplements, equipment & much more**
- **Take part in monthly SAS gym challenges**
- **Access gym rewards with activity points earned by keeping active**



**Download the SAS Gym Mobile App**



## GP Phone Consultations

**We recognise the need for staff to have 24/7 access to medical advice for themselves and their children.**

In response we have included an extensive GP service within our support package, as we appreciate this can be difficult to arrange during school hours.

Appointments are **accessible worldwide, 24 hours a day, 365 days a year.** Active NHS GPs provide the highest level of medical support & advice. Consultation length times are unlimited and there is no limit to the number of times the service can be used.

Please note, if you accept a private referral from the GP helpline service, this will need to be self-funded.

## Private Medical Services

**Private surgery can be offered in certain circumstances to prevent or reduce staff absence.**

Research has shown that many staff absences are caused by staff awaiting an operation on the NHS, but due to the length of the waiting list and their level of discomfort they are unable to continue with their work duties. SAS work to reduce waiting times for non-urgent operations, enabling staff to return to their usual duties sooner.

## Preparing Parents

**Our Preparing Parents service involves three, hour-long sessions in partnership with CM Talent, to help you navigate the changes in your work and life as you become a parent;**

- **Pre-leave** – attend during the half term before your parental (maternity/paternity/adoption etc) leave starts
- **During leave** – attend during your parental leave to prepare for your return to school
- **Post-leave** – attend following your return to work as a working parent

**The purpose of the support is to enable you to have smooth transitions throughout your period of leave, bridging the often conflicting demands of work and being a parent, whether it is your first time or not. This is available for anyone becoming a parent or guardian, either through birth or adoption/fostering, and also for the non-pregnant parent.**

# Menopause Support

**In the UK, the average age for a woman to reach the menopause is 51.**

Through conversations with individuals contacting our SAS Nursing Team, it was recognised that a number of calls involved questions regarding menopause.

Our team have attended a recognised course for nurses covering the issues associated with menopause and all of our in-house qualified nurses are trained to provide support for these queries.

**“We can provide staff with information following National Clinical Guidelines around symptoms associated with the menopause and treatment options available.”**



**Louise Chambers**  
Assistant Lead Nurse

# Staff Wellbeing Clinics

**SAS NMC Registered Nurses conduct drop in clinics with schools on average over twice a day, every day of the year.**

**Staff who choose to attend can be assured that all discussions are completely confidential.**

**The nurses discuss topics such as current health status, family history, current medication, mental wellbeing, risk factors, medical history and lifestyle.**

**Over 200 hours of stress management and group mindfulness sessions were completed by our consultants last year.**

**Delivered by our team of clinicians, SAS can provide stress risk management workshops that can be tailored to the individual needs of each school.**

**It can be an interactive session with staff on how to identify solutions to deal with stress, or it could be a more mindfulness focused session that concentrates on relaxation techniques.**

# Leadership Support & Supervision Support

SAS have developed and provide a range of wellbeing services that not only help school leaders to develop and support the whole school community but our wellbeing package also provides professional development programmes specifically aimed at school and wellbeing leads.

Our programme includes:

- **School Mental Health Award**
- **Wellbeing Governors E-module**
- **School Leaders Thriving Programme**
- **Living Well Assessment & Development Programme**
- **Ask Andy - School Leadership & Pastoral Support**
- **Crisis Support**
- **Ask The Experts**
- **Occupational Health Referrals**
- **Pre-Employment Screenings**
- **Wellbeing Leadership Clinics**
- **Leadership Themed Webinars & Video Podcasts**
- **Professional Coaching**

**According to the 2021 Teacher Wellbeing index, 84% of senior leaders have said they felt stressed in the last year.**

## Ask Andy - School Leadership & Pastoral Support

Andy has over 30 years experience of teaching and 17 years as Headteacher. Andy opened and led the Blackpool Teaching School Alliance and supported the school led system in Blackpool, being a board member for the Blackpool Opportunity Area and the Blackpool School Improvement Board.

From May 2018 to 2019, Andy was the National President of the NAHT. He left headship in December 2019 to become National Director of Wellbeing for Schools Advisory Service, sharing the organisation's vision for all schools to become wellbeing friendly for both staff and pupils.



**Andy Mellor**  
SAS Director of Wellbeing

# School Leaders Thriving Programme

**Put your own mask on first**

**Starting from the top,  
building from the bottom**

**Well done is better  
than well said**

**From surviving to thriving**

**The School Leaders Thriving Programme has been created in partnership with SAS for school leaders to embark on a journey to improve their own wellbeing and that of their whole school community.**

**“A community being the best version of themselves, promotes and accelerates high quality practice and standards.”**

**To have everyone in the school community thriving is good for individuals, good for the school, good for mental health and good for outcomes in every sense. We know that schools can experience as much as a 20% uplift in standards when they get wellbeing right. At SAS, we are excited to be able to provide the pathway of the School Leaders Thriving Programme, backed by our wider package of market-leading wellbeing services, to help you provide support to every person in your school community so that they may be the best version of themselves. Significantly, this starts with you! Understanding and improving your own wellbeing is the first step to having an impact on others.**

**Our Wellbeing and Leadership experts will support you and your leadership team to deliver whole school wellbeing, whether that's through our suggested pathway or a bespoke process.**

# Pupil Wellbeing Support

Designed with the **intent** to meet the new Ofsted criteria, and to help support schools in making the most positive **impact** possible on the wellbeing of pupils.

Pressure on schools and academies to provide support for pupils with ever restrictive budgets has led to increased demand on school staff over the years.

**This is where we can make a difference.**

**The UK's Leading Provider of Pupil Wellbeing Support**



# BE A CHAMPION



Be A Champion is a pupil health and wellbeing programme developed in partnership with SAS and rugby league legend Jamie Peacock MBE.

The 8-week programme focuses on encouraging pupils to make improvements to the four habits which can have the greatest impact on a person's overall health.

**“I am looking forward to helping pupils find their inner champion and make a difference to their wellbeing.”**



**Jamie Peacock MBE**  
Be A Champion

## Pupil Counselling

**In England, 2 in 3 young people with a mental health condition do not receive support from specialist services and there is a long wait for child mental health services. SAS are working to improve this statistic.**

**Access Pupil Counselling Support faster.**

- **Initial assessment plus an additional 40 minute flexible sessions**
- **Ideal for helping with a wide range of needs**
- **Flexible online sessions which are logged and monitored**
- **Minimal waiting time for sessions**
- **Routinely scheduled for the pupil**
- **All therapists are insured, BACP registered and appropriately supervised**

**According to recent statistics, 1 in 8 young people report experiencing anxiety or depression in the UK.**

# Pupil Yoga Videos

Create a space of calm in the classroom with a range of yoga video tutorials. These are available with SAS policies and can be found in the Pastoral and Wellbeing Resources section of our website. The videos are around 15 minutes in length each and cover a range of emotions including:

- Fear
- Worry
- Anger
- Frustration
- Sadness
- Anxiety
- Positive Thoughts

**10 Guided Pupil Yoga Videos available with all SAS Policies**

# Pupil Yoga Onsite/Video Link

SAS partner with Yoga in Schools to help source high quality yoga instructors who deliver sessions in person or via video link, depending on the needs of the school. The benefits of Yoga & Mindfulness are key to help deliver opportunities to meet the new Ofsted framework meeting spiritual, mental and social wellness. As well as providing classes for the PSHE curriculum of self-care.

- Suitable from nursery to sixth form
- Sessions available during and after school hours
- Build Focus & Concentration
- Reduce Stress & Anxiety by encouraging relaxation and 'letting go'
- Build healthy bodies and strong bones
- Spread connection through growing acceptance & sense of community

**Contact SAS for an Onsite/Video Link Pupil Yoga Quote**

## Speech & Language Therapy

**SAS can help schools source private, high quality speech and language therapy, that is designed to support the needs of the individual pupil. We can help facilitate online or in person provision.**

**Our speech therapy support can help reduce waiting times and provide regular weekly sessions to a pupil in need of support with minimal wait times to start therapy.**

**Contact SAS for a Speech & Language Therapy Quote**

**According to NHS England, more than 10% of all children and young people (1.4 million in the UK) have long-term speech, language and communication needs.**

## Pupil Mindfulness

**Take your pupils on a journey of relaxation, guided by SAS Mindfulness and Wellbeing consultant June. Recordings are available for use to help students unwind and relax.**

**The library of content will continue to grow, but currently includes the following themes:**

- **Your Party**
- **Magic Carpet**
- **Gradual Relaxation**
- **Flight of the Eagle**
- **Positive Future**
- **Adventure Time**
- **Magic Bubble**
- **Journey Into Space**
- **Body Scan**

**Video Lessons on Teaching Pupil Mindfulness Also Available**



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Trigg House, 11 Maisies Way, South Normanton, Derbyshire, DE55 2DS

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FCA Registration Number: 309701

SAS192 V16