



SAS

Summer 2021 Newsletter

Hello and welcome back to the Summer 2021 instalment of the SAS newsletter!

Mental Health Awareness Week is May 10 - 16 this year and SAS are celebrating the nature theme this year by encouraging others to share photos of peaceful outdoor scenes they see on twitter using #SASMHWeek. Have a scroll through some of the images.

Announcements and SAS News

SAS Recommended for Both Insurance and Mutual Protection Options

In a recent CPC framework tender, SAS are the only provider to be recommended for both absence insurance and staff absence mutuals in a framework approved by the DfE. This ensures that no matter your choice of absence coverage, SAS can provide a range of options to suit any budget. Furthermore, with all insurance and mutual policies, you are guaranteed the highest level of mental and physical health support. The CPC was the first known tendered framework agreement for staff absence protection offers. The framework enables CPC members to procure absence insurance policies through a simple and compliant process that will provide a solution to any staff absence insurance need.

You can learn more about the tender by clicking the CPC logo.



Crescent Purchasing Consortium

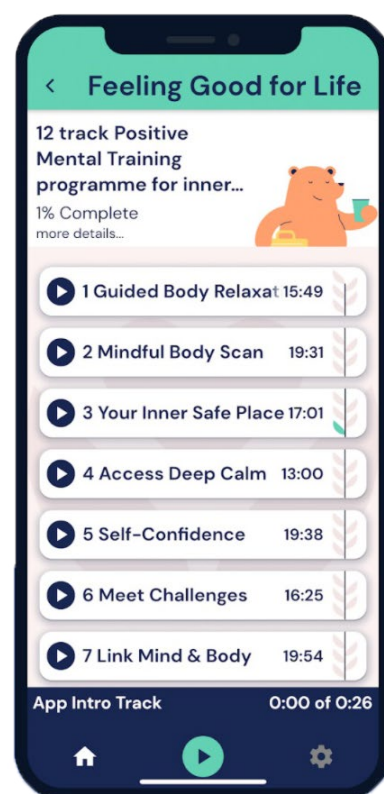
New to SAS - Feeling Good Staff App & Programme

Recently SAS launched the NHS Feeling Good Staff app and the Feeling Good Schools Programme, suitable for KS3+. The audio app boosts key skills for mental wellbeing, aids recovery and builds resilience. Derived from Olympic sports coaching it not only improves mental health but also performance in work and social settings, improving quality of life and job satisfaction. **This support is available to all staff working at schools insured by SAS staff absence insurance as part of our Whole School Wellbeing Package.**

'Feeling Good For Schools' is a series of two, six week wellbeing/resilience programmes for pupils that takes a non-stigmatising approach to positive mental health. The programme also includes access to the teen version of the Feeling Good audio app.

[Click here to learn more about the Feeling Good Staff App](#)

[Click here to learn more about the Feeling Good in School Programme](#)



New to SAS - Manspace Men's Health

In May, SAS launched Manspace. Manspace provides support for Men's health specific support. After nearly a decade working with Simply Hormones to offer support for menopause and other women's health queries, we acknowledged that there are many specific conditions affecting men, which require specific support. Support topics include conditions such as prostate cancer, testicular cancer and overall mental health. One thing that highlights the need is recent national statistics showing that over 75% of all suicides in the UK are men.

This support is not only for men seeking advice about their own health and wellbeing, but also for those looking to support a loved one with a condition they are experiencing. Our wellbeing support team are on hand to listen, give health related advice and refer individuals to support services which manage and treat the condition.

Get in touch with our wellbeing team on 01773 814 403 to learn more.



[Click here to learn more about Manspace](#)

New to SAS - Maternity Mondays

In partnership with CM Talent, SAS are pleased to offer all staff at schools insured with SAS access to free Maternity Monday webinars. The webinars, occurring once per half term, focus on the 3 stages of maternity:

pre-leave – attend during the half term before your maternity leave starts

during leave – attend during your maternity 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 staff to have smooth transitions throughout the period of leave, bridging the often conflicting demands of work and becoming a new parent whilst providing support to adjust to their new role as a parent (whether this is your first child, second or more).



[Click here to learn more about Maternity Mondays](#)

New to SAS - Andy's Wellbeing Clinics

SAS National Wellbeing Director Andy Mellor is now offering School Leaderships support through one-on-one wellbeing clinics running every Monday morning. School leaders can book directly on our website. This service is an ideal source of support for school leaders who are struggling with where to start improving their whole school wellbeing approach, or just need someone to talk to that has been there. Availability is first come first served. [You can sign up for the wellbeing clinics by clicking here or email \[askandy@uk-sas.co.uk\]\(mailto:askandy@uk-sas.co.uk\) to learn more.](#)

2020 SAS Wellbeing Statistics

SAS are pleased to share some of our latest Wellbeing Statistics:

- SAS Wellbeing **provided over 12,500 sessions of counselling in 2020**. That's an average of 240 sessions per week.
- SAS Physiotherapists were able to **continue supporting 94% of patients** through COVID-19 restrictions.
- **Over 60% of staff** who accessed our health & wellbeing services **were not absent from work** at all in 2020
- **Over 98%** of responding patients would recommend SAS Wellbeing Counselling Services.
- **97.7% of staff referred** to SAS Physiotherapy either returned to work or were not absent due to intervention

Participants submitting self-ratings for the Free 30 Day Wellbeing Challenge SAS hosted at the start of 2021 with Jamie Peacock showed the following averages over the course of the programme:

- Average participant noted **24% increase** in listening to positive influences
- **Increase of 31%** in their view of self confidence and 32% in how resilient they are
- Average participant's self ratings showed an **increase of 48%** in sleep quality
- Participant's self ratings showed an **increase of 38%** in the amount of physical activity completed
- **Increase of 32%** in the positive mindset section of the programme
- Average participant's self ratings showed an **increase of 33%** in healthy eating habits.
- Overall participants rated the programme an **average of 9.13 out of 10** and **100%** of responding participants said the programme helped improve their wellbeing.

EduPod Award

SAS are pleased to share that Innovating Minds has won the Mental Health Platform Development Company of the Year 2021!

Their platform, EduPod, is available with SAS staff absence insurance policies and helps to provide mental health leads with tools to plan, manage and evaluate their journey to creating happy and mentally healthy environments for the whole school community.

SAS clients can access this support by contacting their account manager.



Prize draw winner

In March, SAS held a prize draw for schools renewing or accepting a new policy and offered a chance to win a free policy paid for in full. Congratulations to the winner, Great Waltham in Chelmsford! If you are interested in entering for your chance to win, keep an eye out for more competitions from us in the future.

Free Wellbeing Survey

SAS recently announced a new wellbeing survey for pupils, staff or parents from one of the National Wellbeing Partners Bounce Together, who have made a wellbeing survey for staff, pupils or parents available to schools. Over 2,500 people have taken the surveys so far!

[Click here to learn more and access the Free Wellbeing Survey with Bounce Together.](#)



See SAS Out and About

SAS will be taking part in a number of virtual and in person conferences and events over the next few months. If you are out and about, we would love for you to stop by and say hello to the team. Mark your calendars for the dates below.

May 12 & 13 - SNE Healthy MindED

Andy Mellor is presenting at the virtual Schools North East Healthy MindED Conference.

May 19 - Apple Accessibility Festival

Andy Mellor is presenting at the virtual Apple Accessibility Festival.

June 10 & 11 - Leadership Conference

SAS will be attending the Leadership Conference at Low Wood Bay Resort.

June 15 - Leicester Primary SBM

SAS will be attending the Leicester Primary SBM Virtual Conference.

June 24 & 25 - Inspiring Leadership

SAS will be attending the Inspiring Leadership Conference at the ICC Birmingham.

June 25 - PASH

SAS will be attending the PASH Residential Conference in Wirral.

July 1 & 2 - Blackpool Senior Leadership Conference

SAS will be attending the Blackpool Senior Leadership Conference.

November 11 & 12 - ISBL National Conference

SAS will be attending the ISBL National Conference at the Hilton Birmingham.

November 17 & 18 - Schools and Academies Show

SAS will be attending the Schools and Academies Show at the NEC in Birmingham along with the CPC.

We understand that not everyone will be able to attend the events this year, but please know that the team are on hand for any specific queries that you have and are also able to accommodate virtual visits and meetings if you are interested in SAS speaking with schools within your multi-academy trust, diocese or cluster group as part of a wider discussion about options for later in the year or early next year.

If you feel that you would benefit from some support to better understand our services, your account manager can assist with a virtual meeting to detail the services further or answer any queries you may have.



[**Click Here to Request Virtual Meeting**](#)

National Wellbeing Partnership Offers

Student Mindset Academy - Coach and Mentor Students

25% off 1:1 6 week programme and discussion with schools for termly support for up to 10 pupils.

25% off INSET/ staff meeting input – online or in person.

Happy Smiles Training - Disability Awareness & Social Inclusion Training

SAS clients receive a free consultation with our team, as well as 25% off training services.

Full Colour Coaching - Coaching & Wellbeing Services

10% off services for SAS staff absence insurance clients.

New Routes - Supervision & Training

10% discount on annual supervision package.

Terms and conditions apply. Contact SAS for more information.

SAS Policy Reminders

Staff Lists -

With a new term you may find that your school / academy has a few new faces. If you need to insure these staff or remove any staff which have left, please remember to update your staff list on the online portal.

School Holidays -

It is worth a quick glance at your holidays for the rest of the academic year to ensure that all holidays including inset days have been added to the administration portal.

Outstanding & New Claims -

Please ensure you update any outstanding claims with any new information, certificates or return to work dates. Also please remember to report any new claims which may have commenced over the school holidays.

For any administration support, please contact your account manager



How to Access Wellbeing

SAS staff wellbeing services are available to staff named on SAS policies and our pupil wellbeing support is available for the school to access on behalf of the pupil. A range of wellbeing support is also available to staff not insured on your policy. Contact your account manager to learn more.

SAS Website

More information can be found on our website about the Whole School Wellbeing services available to your school community. Requests can be submitted online. Click the links below to access this information.

Pupil Wellbeing

Staff Wellbeing

Call SAS Wellbeing Support

Physiotherapy - 01773 814 403

Counselling - 01773 814 402

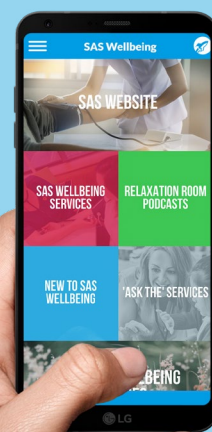
Cancer & Chronic Illness / Nurse Support - 01773 814 404

GP Helpline - 0845 403 1037

Pupil Wellbeing - 07113 814 095

Download the SAS App

Search the app store for 'Schools Advisory Service' or click the below to download



**See You Soon For
the Autumn Term
Newsletter!**

