



SAS

Schools Advisory Service

Whole School Wellbeing

01773 814 403 | nurse@uk-sas.co.uk | 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 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 NMC Registered Nurses.

The services we offer have been developed with over 23 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



Terms and conditions apply. Contact SAS for more details.

To access the services, your staff can call the wellbeing team on 01773 814403 or download the free Wellbeing App now at schooladvice.co.uk or via the Apple & Android store.

Click to Download our app from...



SAS
Schools Advisory Service



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



Nurse Support Service

On average, SAS partnered nurses spent **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. The nursing team can sign post to relevant wellbeing services, assist staff with queries relating to their own wellbeing and empower staff to ask the right questions regarding their condition. SAS welcome calls to offer extra care when needed, with no query too big or small, offering peace of mind with effective pastoral care.

Cancer & Chronic Illness Support

Recent statistics show that there are around **363,000 new cases of cancer in the UK every year. That is around 990 cases per day.**

The 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.

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 10 years. Mandy is NMC registered with the following additional qualifications

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



Mandy Dowsing
Lead Nurse, Wellbeing

In 2021, the 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 31% of absence within Schools/Academies. Stress related absences are also expected to increase over 20% through 2022. We are doing everything we can do to improve this statistic. SAS offer confidential, individual therapy sessions to named staff which are delivered safely and appropriately and 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. **Our Mindfulness Support includes:**

- **One to One Therapy** - identify and implementing 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 with over 30 recordings
- **Relaxation Room Live** - weekly Thursday 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

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



June Brade
Mindfulness & Wellbeing
Consultant

Physiotherapy

SAS has 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 assisted to return to work.

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 can have a teleconsultation 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 musculo-skeletal conditions.



Mike Hodgson
Physiotherapist Lead

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.

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

Ask Ed - Fitness & Nutrition Support

Ed is a former PE teacher with 9 years experience and has also been an active personal trainer for 16 years with a Level 4 Diploma in exercise and nutrition. Ed is qualified in a range of fitness based classes including spinning, kettlebell, pump FX, and circuits to name a few.

Ed supports the fitness programs on the SAS GYM app and is available to help support insured staff with their fitness, nutrition and weight loss goals as well as running video based sessions.



Ed Gladstone
SAS GYM Personal Trainer



Download the SAS Gym Mobile App



GP Phone Consultations

A recent poll found the average waiting time to see a GP in the UK was almost 15 days.

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.

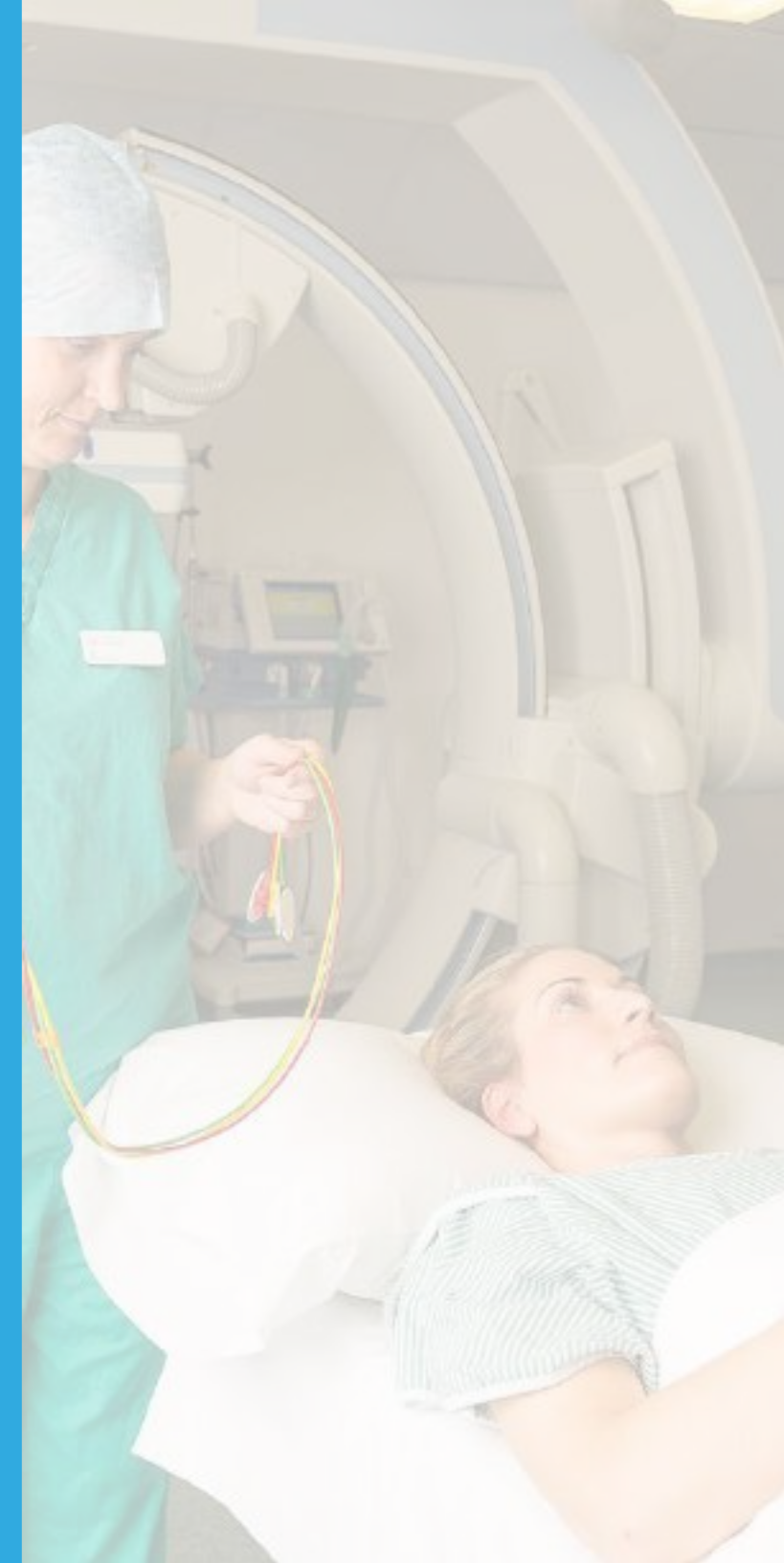
Appointments are accessible worldwide, 24 hours a day, 365 days a year. Active NHS GPs provide the highest level of medical support & advice. Consultation length times are unlimited and there is no limit to the number of times the service can be used.

Accessible worldwide, 24 hours a day, 365 days a year

Private Medical Services

According to the NHS waiting times guide, the maximum waiting time for non-urgent consultant-led treatments is 18 weeks from the day your appointment is booked through the referral system.

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.



Menopause Support

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

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

Staff Wellbeing Clinics

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 partnered consultants

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 - 19 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

Schools Advisory Service are proud to bring you School Leaders Thriving Programme (SLT Programme) Support.

Based on 35 years of academic research, the SLT Programme is designed to support the Leaders within Education, aiming to offer the crucial supervision support that is vitally needed.

SAS are so convinced of the long term benefits of SLT Programme that if you're a school leader and undertake the course, we'll offer a 2.5% discount to your Staff Absence Insurance quotation



Focusing on 6 dimensions, the SLT Programme allows you to tap into your own wellbeing in

In under an hour, gain insights into habits of thinking and add value to your life by maximising your own potential and the potential of others.

3 Steps of SLT Programme

INTENT: 10-20 minute questionnaire to assess the level to which you are currently thriving

IMPLEMENTATION: a detailed report with insight to your current state of wellbeing

IMPACT: gain advice on how to thrive as a leader, and how that will empower your staff to thrive

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.

My SEND App

Platform to build a bespoke app to support users with SEND. Use your photos, audio and video files to implement support features of your choice.



- | | |
|---|---|
|  Maps |  Social Stories |
|  Visual instruction |  Emotional Support |
|  PECs Galleries |  Visual Timetables |
|  Communication Tools |  Reward Tracking |



Pupil Yoga Videos

Create a space of calm in the classroom with a range of yoga video tutorials. These are available with SAS polices 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

10 Guided Pupil Yoga Videos Available with all SAS Policies

Pupil Mindfulness

Take your pupils on a journey of relaxation, guided by our Mindfulness and Wellbeing consultant June. Recordings available for use to help students unwind and relax. The library of content will be growing in the new year, 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

Speech & Language Therapy

We can help schools source private, high quality speech and language therapy, that is designed to support the needs of the individual pupil. SAS 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.

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.

Onsite / Video Link Pupil Yoga

SAS partner with Yoga in Schools to help source high quality yoga instructors which can deliver sessions in person or via video link, depending on the needs of the school. The benefits of yoga and 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 for nursery to sixth form**
- **Sessions available during and after school hours**
- **Build Focus & Concentration**
- **Reduce Stress and Anxiety by encouraging relaxation and 'letting go'**
- **Build healthy bodies and strong bones**
- **Spread connection through growing acceptance & sense of community**

Contact SAS for a Speech & Language Therapy or Onsite / Video Link Pupil Yoga Quote



Schools Advisory Service

**Follow SAS on Socials to contact our
Wellbeing Team and learn more**

01773 814 403 | nurse@uk-sas.co.uk | schooladvice.co.uk

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