



Whole School Wellbeing

Schools Advisory Service

Complimentary Services

With your Schools Advisory Service policy

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 wellbeing experts and is complimentary to your SAS policy.

All services are confidential, clinician-led and managed by our 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.**

To access the services, your staff can call our wellbeing team, visit schooladvice.co.uk or search 'School Wellbeing' to download our App.

Staff Wellbeing

For named staff and accessible through our wellbeing app



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.

98% of referred staff were not absent from work or were assisted in returning 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 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 Expert

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 Hodgson
SAS Physiotherapy

Counselling

Our research shows that stress accounts for over a third of absences within Schools and Academies.

We are doing everything we can do to reduce this figure. SAS offer private and confidential, individual therapy sessions with BACP Counsellors to named staff, which are delivered effectively and are available whether your staff are still working or absent through illness.

The reason for counselling does not need to be work related and no referral is needed.

On average, SAS carry out over 440 sessions of counselling per week.

Ask Rebecca - Counselling Expert

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

Mindfulness

SAS offer a range of mindfulness support, including:

- **One to One Therapy:** Identify and implement the most appropriate support
- **Guided Relaxation Sessions:** Sessions to promote relaxation
- **Relaxation Room Podcast:** Our popular podcast of mindfulness recordings
- **Weekly live sessions with June:** Weekly evening group sessions, covering Mindfulness and Relaxation
- **Mastering Mindfulness:** A 4-week course to help you build resilience and manage stress and anxiety.

Over 21,000 listens on The Relaxation Room Podcast

Ask June - Mindfulness Expert

June is an accomplished therapist with over 15 years experience and specialises in managing anxiety and stress. June's qualifications include:

- Neuro Linguistic Programming Practitioner
- Coach ABNLP
- Psychotherapist MNCP
- Clinical Hypnotherapist DipHypGHR
- UK College of Mindfulness accredited teacher



June Brade
Mindfulness Teacher

Happier Healthier You



Our team of SAS experts have developed a series of wellness programmes to help you improve daily habits and reach your health goals. Make positive changes to your overall health and fitness with guidance from our multi-disciplinary team and the support of a like-minded community.

Our programme is fully inclusive and we welcome people who are keen to commit to attending weekly webinars and interacting on our bespoke private platform. We look at how incorporating some simple habits into our lifestyle can have a lasting impact on our overall health.

Happier Healthier You offers members regular 6 week programmes, where our experts will take members on a journey to help you **find your health goals, build actions, master your mindset, improve daily habits,** and **improve your health and fitness** with a proven, tried and tested approach on how to become the best version of yourself.

Join a community of like-minded people to become a Happier, Healthier You!

Weight Management

SAS are able to provide access to 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.

61% of people who complete the 12 week programme achieve weight loss

Menopause Support

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

All of our in-house qualified nurses are trained to provide support for menopause queries. We can provide staff with information following National Clinical Guidelines around symptoms associated with the menopause and treatment options available.

Nurse Support

We work with NMC registered nurses who are on hand to offer support whenever your staff have a health concern.

Our nursing team can signpost to relevant SAS wellbeing services, assist staff with queries relating to health and wellbeing and run Health Screens or Wellbeing Workshops in your school.

We welcome calls to offer extra care when needed, with no query too big or small, offering peace of mind with effective holistic care.

On average, our nurses spend over 1,400 hours carrying out Health Screening sessions every year

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

Leadership Support

SAS have developed and provisioned a range of wellbeing services that not only help school leaders develop and support their whole school community, but also provide professional development programmes specifically aimed at school and wellbeing leads.

Our programmes include:

- School Mental Health Award
- Wellbeing Governors E-module
- School Leaders Thriving Programme
- Crisis Support
- Pre-Employment Screenings
- Wellbeing Leadership Clinics
- Leadership Themed Webinars and Podcast
- Professional Coaching

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 a Headteacher. During that time, he opened and led the Blackpool Teaching School Alliance and was a board member for the Blackpool Opportunity Area and the Blackpool Improvement Board.



Andy Mellor
Wellbeing Director

Integrated GP Service

Our fully integrated GP service allows you to receive a consultation and the ability to speak to a qualified GP 24/7, as well as ordering prescriptions direct to your nominated pharmacy.

There is no limit to the number of times the service can be used. Skip the lengthy referral process and get instant signposting where needed.

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

Unlimited access to medical advice

Cancer & Chronic Illness

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.

Private Medical Operations

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

Staff Workshops

Health Screening

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, BMI, mental wellbeing, risk factors, medical history and lifestyle.

Stress/Mindfulness Workshops

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

The workshop 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.

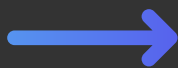
Over 200 hours of workshops were completed by our consultants last year

School Leaders Thriving

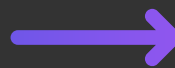
The School Leaders Thriving Programme has been created in partnership with SAS for school leaders to embark on a journey to improve their own wellbeing and that of their whole school community.

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.

**Leadership
Wellbeing**



**Whole School
Wellbeing**



**Improved
outcomes for all**

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

Financial Wellbeing

We are able to provide access to Financial Wellbeing.

Insured staff can get access to a comprehensive Financial Wellbeing service, covering a wide range of topics including personal finance, investments and savings, mortgages and more!

You can speak to a financial advisor about any of the topics above.

A photograph of a library interior, featuring rows of wooden bookshelves filled with books. A large window in the background allows natural light to enter the space. The floor is made of light-colored wood. The image is overlaid with a semi-transparent blue filter.

Whole School Wellbeing

For uninsured staff and your whole school community

SAS GYM is our specialist fitness and nutrition service, headed by our Personal Trainer, Gareth. Some topics SAS Gym covers:

- **1-to-1 Personal Training**
- **Training and workout plans**
- **Weight Management**
- **Nutrition plans and support**
- **Live exercise sessions, including Pilates/Core Control**

Gareth also hosts regular sessions online and has a variety of workouts available. Please contact us for information on accessing the following:

- **Private weight loss groups**
- **Core Control live online sessions**

Ask the PT - Fitness & Nutrition

Gareth has been in the fitness industry for over 20 years and holds the below qualifications:

- OCR 2 in Teaching Exercise and Fitness
- OCR 2 in Gym Instruction
- OCR 2 in Teaching Circuit Training
- NVQ Level 2 Fitness Instructor
- Level 3 Advanced Personal Training
- Boxercise Instructor
- Mat Pilates Instructor
- Level 3 Sports Massage
- Weight Management and Nutrition Consultant



Gareth Tattum
Personal Trainer

Food Sensitivity Testing

We have teamed up with YorkTest, the UK's #1 food intolerance and allergy test provider, to offer a unique discount on their hassle-free premium home blood tests for food intolerance, allergy and health insights to help you identify your food sensitivities.



Mastering Mindfulness

A 4-week interactive, online course created and hosted by our Mindfulness Teacher, June Brade. It delves into the wonderful world of Mindfulness and will help you build resilience and manage stress and anxiety.

Developed over years of experience, June will guide you through a series of meditation practices including mindful eating, breathing techniques, and coping strategies.

Mindfulness-based therapies are recommended by the National Institute for Health and Care Excellence (NICE)

Pupil Wellbeing

Contact our wellbeing team for access to these services

Designed with the intent to meet the 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 increasingly restricted budgets has led to increased demand on school staff over the years.

This is where we can make a difference.



Pupil Yoga

10 Guided 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**

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

Onsite/Video Link Yoga lessons

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.

To get a quote and book this service, email robyn@uk-sas.co.uk.

Pupil Mindfulness

Pupil Mindfulness recordings

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**

Pupil Mindfulness Training

Gain access to our staff training which focuses on 'Introducing the power of mindfulness and NLP in your whole school approach' with Pupil Mindfulness expert, Kate Thomas.

Kate has over 12 years' experience as a primary teacher and is trained in mental health for children and young people, including mindfulness and NLP.

To get a quote and book this service, email robyn@uk-sas.co.uk.



Kate Thomas
Pupil Mindfulness
Expert

Pupil Counselling

Access Pupil Counselling Support faster

- Initial assessment plus 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

In England, 2 in 3 young people with a mental health condition do not receive support from specialist services

Ask Charlotte - Pupil Counselling

Charlotte holds a BA (HONS) in Counselling and Psychotherapy and is currently studying towards her MSc in Forensic Psychology. She is passionate about a whole wellbeing approach and has a passion for building mental and emotional resilience with children and young people.

Charlotte specialises in children and young people's mental health with over 10 years' experience. Her specialities are stress management, anxiety, relationships, confidence and self-esteem issues, ADHD, ASD, and play and arts therapy.



Charlotte Fisher
Wellbeing Counsellor

Educational Psychology

Through your policy with us, you can access a fully online, specialist Educational Psychology service, with short waiting times and faster reporting.

As waiting times for in-school Educational Psychologist assessments remain prohibitively long, we are pleased to offer our schools access to our partners who provide full online access. This allows them to deliver more sessions and at a faster rate, as well as completing and returning reports back to the school and parents much quicker!

Access private Education Psychologist services at a discounted rate, to fast track student assessments and reports

This service is available for both clients and non-clients, with our schools able to access a more significant discount.

Please contact our team for details of how to access.

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.

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

Be A Champion

BE A CHAMP ION

Be A Champion is a pupil health and wellbeing programme developed in partnership with SAS.

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



Schools Advisory Service

sales@uk-sas.co.uk | schooladvice.co.uk | 01773 814 400

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