School Wellbeing

at the heart of education

Wellbeing Services

School Wellbeing Cover Options

To access the services included in your cover, contact us via one of the following options;

www.schooladvice.co.uk

Wellbeing:
01773 814403

Counselling:
01773 814402

Enquiries:
nurse@uk-sas.co.uk

To get a quote please email sales@uk-sas.co.uk or visit our website.

Essential

Essential cover provides a cost-effective solution for providing wellbeing support for your staff and pupils, whilst also meeting the DfE's requirements for wellbeing in schools.

All services in Pink are included in Essential cover

Premium

Premium cover is a comprehensive package of wellbeing support for your staff designed exclusively for schools. Staff have access to our outstanding team of in-house wellbeing experts; counsellors, nurses and physiotherapists as well as all of the services in the Essential package.

All services in both Pink & Blue are included in Premium cover

Bespoke

We can build a bespoke package for your school or academy from our full range of wellbeing services. Get in touch to discuss your requirements.

Coming soon - Anxiety Programme for Staff and Pupils, Mental Health Lead Support and Psychology Service

Marketing document

Wellbeing Telephone Support

Confidential support from our team of in-house NMC registered nurses with a wealth of experience and expertise.

Bereavement Support

Emotional support from our in-house nurses for any staff experiencing bereavement.

Cancer & Chronic Illness Support

Our nursing team can provide support if you 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.

Menopause Support

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

Manspace

School Wellbeing offer mental and physical health support for men's health related queries. 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.

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.

Support Topics Include:

- Mental Health
- Prostate Cancer
- Testicular Cancer

+ More

Relaxation Room

Mindfulness consultant June walks listeners through meditation, relaxation and mindfulness techniques.

Live sessions are held regularly online.

Ask Andy

Andy is the 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 has over 30 years' experience of teaching and 17 years as Headteacher. From May 2018 – 19 Andy was the National President of the NAHT.

Maternity Mondays

Our Maternity Monday service involves three, hour-long sessions in partnership with CM Talent;

- **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 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 is available for anyone becoming a parent or guardian, either through birth or adoption/fostering, and also for the non-pregnant parent.

Feeling Good App

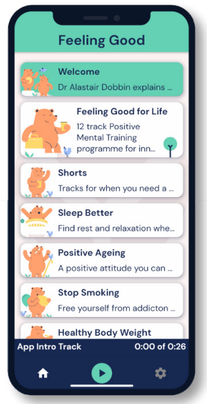
Feeling Good is an NHS approved audio app which boosts key skills for mental wellbeing, aiding recovery and building resilience.

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.

Download the Feeling Good App

GET IT ON Google Play

Download on the App Store



SAS GYM

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.

SAS Gym features:

- Range of Step by Step instructional exercise programmes developed to suit a range of abilities
- Compatibility to health apps and wearables to record progress
- Special offers on nutritional supplements, equipment & much more
- Monthly SAS Gym challenges

GET IT ON Google Play

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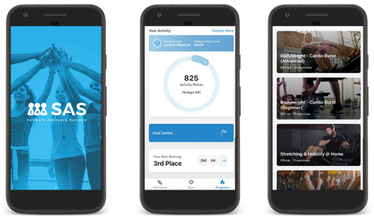


Download the SAS GYM App

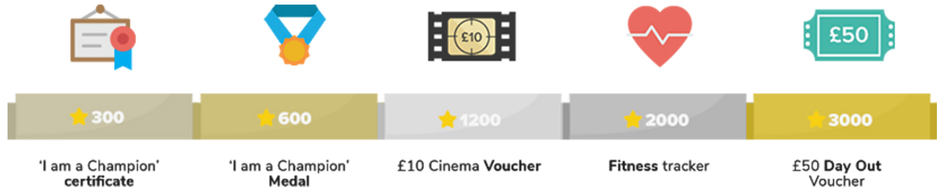
Be A Champion

Be A Champion is an app-based pupil health, wellbeing and mentoring programme developed in partnership with Jamie Peacock and Schools Advisory Service.

Focussing on four pillars of wellbeing:

- Healthy eating
- Exercise
- Sleep
- Positive mindset

This 8-week programme helps pupils form healthy habits and rewards them for participating.



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Pupil Yoga Support

A collection of 10 guided video sessions aimed at primary and secondary aged children.

Pupil Yoga services are designed to help pupils:

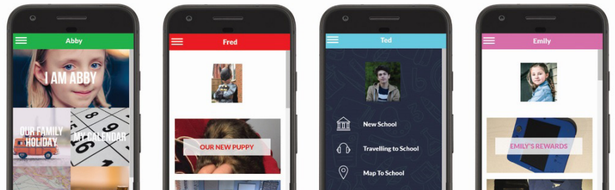
- Build Focus and Concentration
- Reduce Stress and Anxiety by encouraging relaxation and 'letting go'.
- Build healthy bodies and strong bones.
- Build body awareness and positive body beliefs.
- Spread connection through growing acceptance & sense of community.

My SEND Pupil Support

My SEND App is a bespoke app building platform for parents, teachers and carers to build a support platform specifically for an individual with SEND using your own images, content and about topics of your choice.

The apps can be used to help prepare for transition or to support day to day activities with step by step instruction.

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



Counselling

School Wellbeing offer confidential, individual therapy sessions* to staff which are delivered safely and appropriately and available whether you are still working in school or absent through illness.

The need for therapy does not need to be work related.

*The number of counselling sessions available is equal to the number of staff included i.e. 50 staff = 50 counselling sessions. Additional sessions can be purchased at £300 for initial assessment plus 5 sessions.

Meet Rebecca

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

Physiotherapy

School Wellbeing 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.

We work with experienced Physiotherapists across the country to provide personalised treatment plans for clients, whether on the telephone or face to face.

Meet Mike

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.

Complementary Services

Complementary therapies can be made available to assist with the physical or psychological symptoms which can accompany a cancer or chronic long-term illness diagnosis.

Ask Andy Leadership Clinic

If you are in a school leadership role and would like guidance with where to start to improve your whole school wellbeing approach, or just need someone to talk to with leadership experience, this service is an ideal source of support.

Each weekly meeting lasts for no more than one hour and runs from 10am every Monday morning.

GP Helpline

Appointments are accessible worldwide, 24 hours a day, 365 days a year.

Active NHS GPs provide the highest level of medical support and advice.

Consultation length times are unlimited and there is no limit to the number of times the service can be used.

Wellbeing Governor E-module

The development of a Mental Health and Wellbeing Governance Lead will demonstrate your governing board's commitment to supporting the mental health and wellbeing of both staff and pupils across the whole organisation.

Completion of our online course will award a governor with the 'Carnegie Mental Health & Wellbeing Governance Lead' status.

Be Mindful

The only NHS approved mindfulness programme for schools. Over a four week programme, it will help instil coping strategies for stress and anxiety for the user.

Be Mindful offers a practical approach to mindfulness with engaging videos and interactive sessions to teach a more effective way of handling stress and challenges.

Weight Management

School Wellbeing 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 you and that you are committed to changing your lifestyle.

Bespoke Services

We can build a bespoke package for your school or academy from our full range of wellbeing services.

You can mix and match services which meet your individual requirements, as well as enquire about other services we can provide.

We offer services which are scalable, from individual schools and academies to large-scale Multi Academy Trusts and more.

Get in touch today to discuss your requirements.

HOW TO ACCESS

Contact Robyn Breckons, Wellbeing Coordinator: robyn@uk-sas.co.uk

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01773 814403 | nurse@uk-sas.co.uk | www.schooladvice.co.uk

or download the SAS App to request any of our services

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