

# Whole School Wellbeing

**Free access for all CAPH member schools until 1st Sep 2020**

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

**In 2018/19, 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 2019.**

As a CAPH Preferred Partner, SAS has provided excellent support to CAPH and to individual schools, headteachers & staff members for a number of years now. We are delighted to be able to support this fantastic initiative offering free Whole School Wellbeing to all CAPH schools until 1st September.

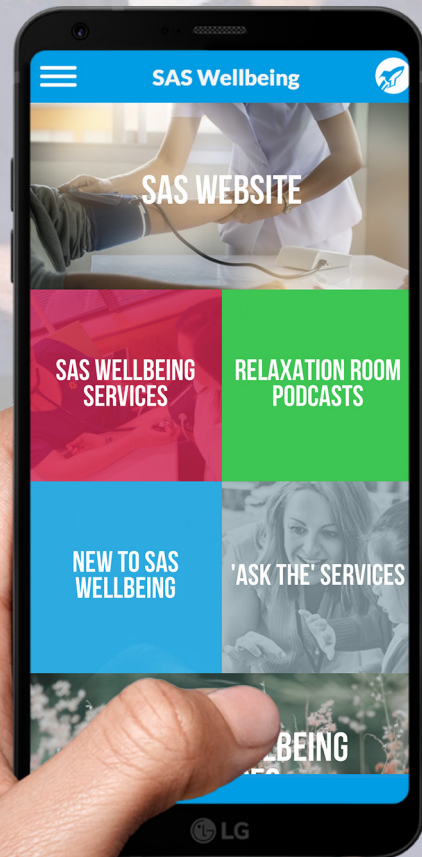
The wellbeing of all staff is so important to the positive nature of the school and here is your chance to support all of them. Add in the provision for all your children if needed and you have a major package at no cost at this time. Please ensure that you make the most of it.

The CAPH Team

**Contact SAS Wellbeing  
01773 814 403**



# Wellbeing Services Available to Your Staff With SAS



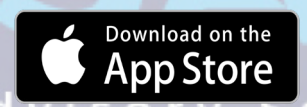
**All of our wellbeing services are free and confidential for named staff to access**



Terms and conditions apply. Contact SAS for more details.

To access the services, your staff can call our NMC registered nursing staff on 01773 814400 or download the free Wellbeing App now at [schooladvice.co.uk](http://schooladvice.co.uk) or via the Apple & Android store.

Click to Download our app from...





Launched  
June 2020

# National Wellbeing Partnership

The UK's first partnership of wellbeing support services tried, tested and approved by education sector experts to support making a difference to whole school wellbeing

## Who is a Part of the Partnership?



Contact the Partnership  
[nwp@uk-sas.co.uk](mailto:nwp@uk-sas.co.uk)





# Nurse Support Service



**Last year, our qualified nurses spent over 1400 hours carrying out Health Screening sessions in schools.**

**SAS directly employ NMC registered nursing staff who are on hand to speak to whenever your staff have a health concern. Our nursing team can sign post to relevant wellbeing services and:**

- **♥ Assist staff with queries relating to their own wellbeing**
- **♥ Empower staff to ask the right questions regarding their condition**
- **♥ Welcome calls to offer extra care when needed, no query too big or small**
- **♥ Offer peace of mind with effective pastoral care**

**In 2019, our nursing team supported over 16,300 school staff across the UK.**

**“No query is too small and our SAS Nursing Team welcome calls to offer that extra care at a time when it is needed. All discussions with our nurses are completely confidential. Our aim is to provide peace of mind to School/Academy leaders & their staff, as we know effective pastoral care can make a real difference.”**

**Mandy Dowsing**  
Head of Nursing





# Counselling



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 220 sessions of counselling per week.**

Our research informs us that stress accounts for approximately **31%** of absence within Schools/Academies. We are doing everything we can do to improve this statistic.

- **♥ SAS offer solution focused face-to-face or telephone therapy sessions to named staff**
- **♥ Available whether your staff are still working in school or absent through illness**
- **♥ Session content and access is completely confidential**
- **♥ Cause does not need to be work related**

**Over 95% of responding patients would use SAS Wellbeing Counselling Services again in the future.**

**“As the Head of Psychological Services, I wholeheartedly believe in the value of promoting good emotional and physical health, helping people work towards an improved quality of life at times of stress or difficulty.**

**As a team, we place great focus on delivering counselling services that are not only clinically safe, effective and accessible but also delivered by experienced and dedicated staff who are compassionate and respectful in their approach to their work.”**

**Dr Kathy Thwaites**  
Head of Psychological Services





# Physiotherapy



**Of those accessing our physiotherapy service, the likelihood of potential absence went down by 40.2% from referral to discharge in 2019.**

**It is estimated that around 43% of people in the UK suffer with chronic pain. 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.**

- **♥ Support any condition a GP has recommended physiotherapy as treatment**
- **♥ Cause does not need to be work-related**
- **♥ Aim to place referrals with a physiotherapist within a week**
- **♥ Private physiotherapy clinic with locations nationwide**

**74.5% of all people accessing physio with SAS would have been likely to experience absence without intervention.**

**“The heart of our service is the control and quality of treatment along with a unique measurable outcome tool, which is acclaimed by clinicians and clients alike.”**

**Dale Naylor**  
Chartered Sports Physiotherapist & Biomechanist  
Clinical Director of The SAS Physio Service














# 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.

**Some examples of operations SAS provide are:**

-  Cataracts
-  Hernias
-  Gall Stones
-  Bladder
-  Joints - Hip & knee, correction & replacement
-  Haemorrhoids
-  Men's Health
-  Women's Health
-  Carpal Tunnel

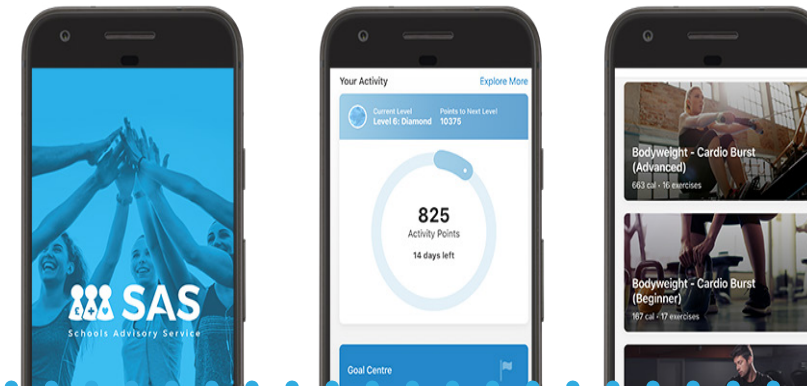
# Weight Management

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 Includes:

EGYM provides users with the ability to access a range of exercise programmes, developed by a fitness trainer, while monitoring progress towards fitness goals. Improve your overall health and bioage.

- Step by Step instructional exercise programmes
- Links to health apps and wearables to record
- progress towards fitness goals
- Take part in SAS gym challenges



EGYM



# 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 Head of Nursing, Mandy Dowsing, has 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.**

SAS also work in partnership with Simply Hormones and we have received media attention for the recognition of our work in this area.

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

**Kathryn Colas**  
Founder & CEO  
Simply Hormones



# GP 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:

Active NHS GPs providing the highest level of medical support & advice



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



Only GP service provider with unlimited consultation length & no limit to the number of times the service is used



# 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.

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.

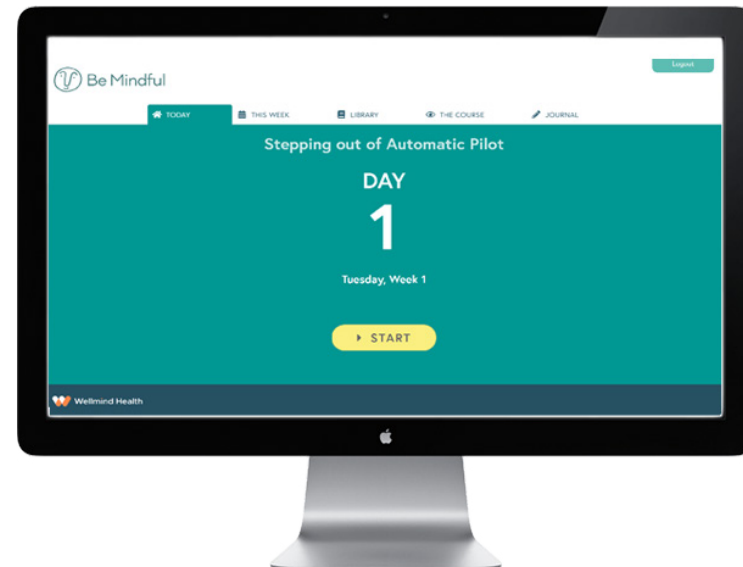


# Mindfulness

Mindfulness and meditation teaches us to enjoy the journey, be present rather than reflecting on the past or worrying about the future and can aid the reduction of stress.

We offer two forms of Mindfulness support, which are available to support staff in developing improved coping strategies and further developing their resilience.

[Click Here To Register for Mindfulness Services](#)



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.

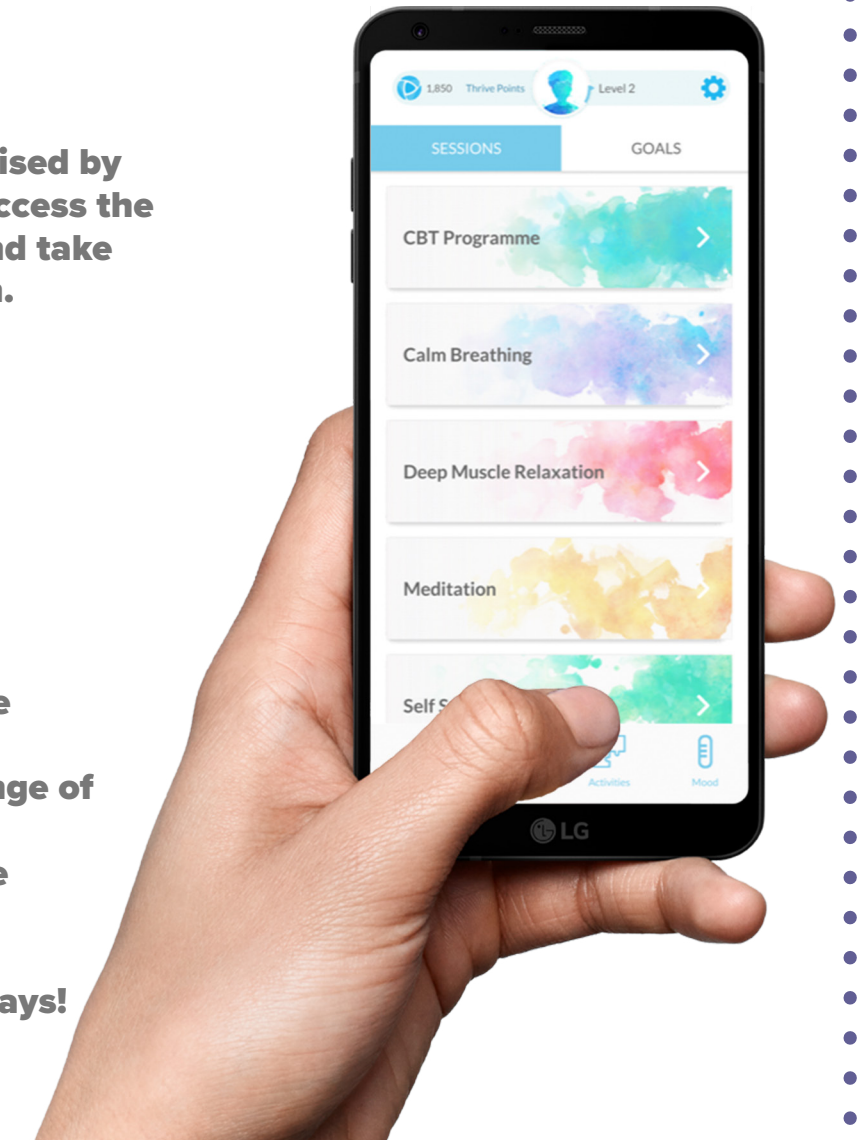
Thrive has created an **NHS approved** digital tool which can be used remotely by the individual, or in the workplace. This tool helps identify risk factors for stress, and then provides a mechanism to eliminate them by changing habits.



Thrive is a powerful prevention tool now recognised by the NHS. It has **over 1,000,000 users** who can access the level of support they need when it suits them and take day to day action to manage their mental health.

## What is in the app?

- **CBT (Cognitive Behavioural Therapy) programme**
- **The ability to seek further support with the touch of a button**
- **Over 100+ hours of content including a range of stress reducing sessions**
- **Games to distract your mind - try our 'Wise Words' game (It's harder than you think!)**
- **A progress journal tracking your moods, stressors and reminding you of the good days!**











# Health Screening Day

Following national clinical guidelines, our NMC Registered Nurses carry out a lifestyle health screens at schools, allowing your staff to receive **one-to-one nursing time**. Staff who choose to attend can be assured that all discussions are **completely confidential**.

The nurse will do a health check on:

-  BMI
-  Blood Pressure
-  Advice & support surrounding diet, exercise, cancer awareness & lifestyle.
-  Urinalysis
-  Cholesterol
-  Central Weight

**SAS NMC Registered Nurses are in schools over twice a day, every day of the year.**

## A recent case study example from a Southwark school:

During a health screening day at the school, our SAS nurse noticed very high blood pressure and an irregular heartbeat on the schools Admin Assistant. She advised the staff member to either go straight to hospital or try and get an emergency doctor’s appointment. The staff member managed to get a GP appointment for about an hour later. After seeing her, her GP sent her straight to Kings Hospital where she was prescribed medication and a stent was put on her heart.

**If the problem hadn’t been spotted by the SAS nurse, the staff member would have been at a very high risk of a stroke happening at any point.**

# Stress Management / Mindfulness Day

**Over 200 hours of on-site stress awareness courses were completed by our consultants last year.**

Delivered by our team of NMC Registered Nurses, 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.







# **New to SAS Wellbeing for 2020**

- **School Leaders Mental Wellbeing Toolkit**
- **School Leaders Pastoral Support Service**
- **Staff Wellbeing Surveys & Report Service**
- **Wellbeing Regional Networks**
- **Half Termly Wellbeing Newsletter – Blog & Vlog**
- **90 min Ofsted - Prep Top Tips**
- **Lesson Plans**

**“In this year’s national research a total of 73% of classroom teachers reported being stressed.”**

**“A recent national poll shows that 78% of those surveyed feel that their school does not have sufficient mental health support for students.”**

**SAS are working to improve these statistics by striving to provide a harmonious balance of support for individuals and guidance for school leadership. Our whole school wellbeing services promote a culture of wellbeing and self-care in school communities.**

**Statistics Source: Education Support Charity 2019**



# Online Wellbeing Support Services with SAS

## Ask Andy

Whole School Wellbeing Advice & Guidance for Headteachers from former NAHT president & Headteacher, Andy Mellor

## Ask the Inspector

No query is too small, if it's clarification or you need a second opinion - “ Just Ask” for any question. We will offer an answer and will look to share best practice from our 4000 schools.

## Ask the Counsellor

FAQs and guidance from an experienced counsellor

## Ask the Physio

FAQs and guidance from an experienced physiotherapist

## Ask the Nurse

FAQs and guidance from our in-house NMC registered nurse

SAS Wellbeing Director - Andy Mellor  
Former NAHT President



“I have not been ‘well’ for some time, about 2 years. I finished up in hospital and was diagnosed with gall stones in the summer holidays. I was told that my gall bladder needed to be removed, but that I could wait for up to 6 months for an appointment to see a consultant and a further few weeks for an operation on the NHS.

I contacted SAS, who were amazing. They were really helpful, friendly and efficient. I paid to see a private consultant the following week and had my gallbladder removed privately (fully funded by SAS) within a month of first contacting SAS. I am now fit and well, (I even played golf just 3 weeks after the operation) and now realise how tired and lethargic I had become.

I have a new lease of life and am enjoying and coping with my heavy workload much better.

**Thank you SAS, I have my life back!.”**

**-Headteacher, Kelsale CEVCP**





# Wellbeing Services Available to Your Pupils With SAS

## How to Contact the SAS Wellbeing Team and Access our Pupil Wellbeing Services:

Pupil Wellbeing Services Telephone:

**01773 851 043**

or click to call



Pupil Wellbeing Email:

**[pupilwellbeing@uk-sas.co.uk](mailto:pupilwellbeing@uk-sas.co.uk)**

or click to email







# BE A CHAMPION

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

Leeds Rhinos Rugby League Legend  
Jamie Peacock MBE

TRACK PUPIL PROGRESS  
& ENGAGEMENT

PUPIL HEALTH & WELLBEING  
LESSON PLANS

BE A CHAMPION PUPIL  
SUBMISSION APP



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.

TO LEARN MORE VISIT  
[WWW.BEACHAMPION.CO.UK](http://WWW.BEACHAMPION.CO.UK)





## Mable Speech & Language Therapy

**Mable** is an award-winning speech and language therapy service based in the UK.

Experienced Mable clinicians use our custom-built therapy platform to deliver thousands of sessions to children and young people across the country.

**Schools & Academies accessing Mable receive #TheMableBox at the start of their speech & language therapy.**

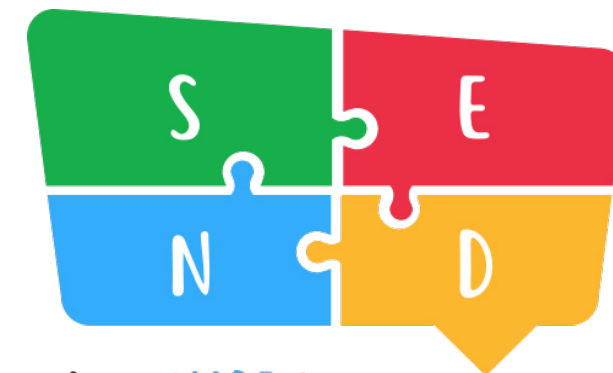
Includes headphones, splitter, folder, identification checklist, consent forms, lanyard, stickers, and wellbeing handout. One box per policyholder. Subject to Availability.



## my SEND App

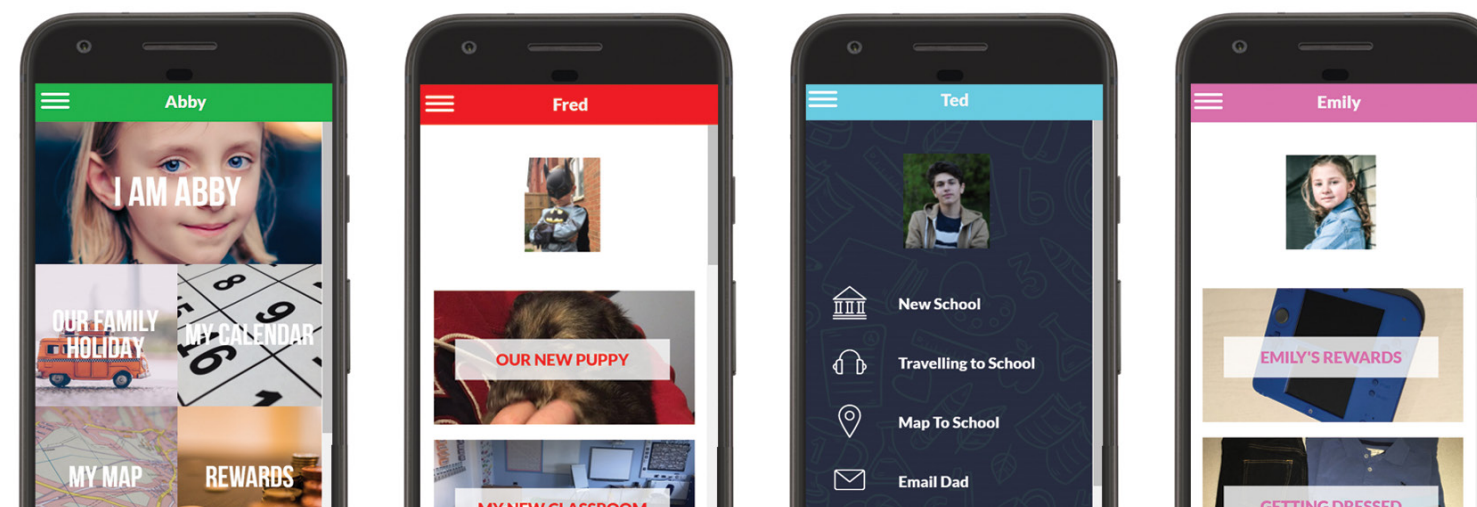
Platform to build a bespoke app to support users with SEND.

Use your photos, audio and video files to implement support features of your choice.



Apps **MADE** for you

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







## Pupil Yoga

### Build Focus & Concentration

Pupil Yoga services can be accessed by any age from nursery to 6th form. It's completely up to the school when the sessions take place, this can be during school hours or after school. Pupil Yoga services are designed to help pupils:

- Build Focus & Concentration
- Reduce Stress & 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
- 10 on-site sessions over the course of a term
- Groups of up to 30 and inclusive of all key stages

## Pupil Counselling

### Access Pupil Counselling Support Faster

The pupil counselling service includes an initial assessment plus an additional 6-8, 40 minute sessions (but flexible depending on the requirements of the pupil).

The service is Ideal for helping with a wide range of needs and includes flexible online sessions which are logged and monitored.

There is a minimal waiting time for sessions, and they are booked in a routine for the pupil.

All therapists are insured, BACP registered and appropriately supervised.



Thrive  
For Pupils

Coming  
Autumn 2020

- Cognitive Behaviour Therapy
- Breathing Exercises
- Meditation
- & more therapy techniques & distraction tools



Contact us for a Pupil Counselling or Yoga Quotation





Schools Advisory Service

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

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

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FCA Registration Number: 309701

SAS192 V3