

# Your Medical & Well-Being Support from SAS



Providing **YOU** with the  
highest quality Medical  
& Well-Being support



# A Clinician Led Well-Being & Medical Service

**Making a difference to your health & well-being!**

Our philosophy at SAS is to work with you to **prevent and reduce staff absence**. Therefore, all the Well-Being and Medical support we offer you is designed and implemented by our team of experienced in-house SAS Nurses. We aim to help keep you in school, thus ensuring the children at your School/Academy get the best possible opportunity to succeed!

**“All services are Clinical Director led & managed by our SAS Nurses”**

All the services we offer have been developed over our 20+ years of experience working in partnership with Schools/Academies and their staff to discover the main causes of staff absence and researching what we can do to help. The bespoke services that form the extensive package that you see today, have been tailored specifically over time with the well-being of School/Academy staff always in the forefront of our minds. We are not an Employee Assistance Programme, which are designed to assist businesses. Schools/Academies need specialist support

that understands the Education Sector. That's why at SAS, all the Well-Being and Medical services we offer are led by a Clinical Director and managed by our team of SAS Nurses.

**“SAS believe that prevention is better than cure”**

At SAS we believe prevention is better than cure. Therefore, all the Well-Being and Medical services we offer can be accessed without you being absent from work. We want to be there to support and care for you when symptoms develop, not just when an absence occurs. In fact, in the last 12 months.

**Over 50% of staff who accessed our medical & well-being services were not absent from work at all in 2018.**





# Well-Being Services

## Nurse Support Service (NSS)

NSS is the gateway to SAS Support Services, providing a triage approach to determine the Well-Being and Medical priority. Our in-house SAS Nurse team are available to assist you with any queries you have regarding your own well-being and to empower you to ask the right questions regarding your condition.

No query is too small and our SAS Nurses welcome calls to offer that extra care at a time when it is needed. All discussions with our SAS Nurse team are completely confidential. Our aim is to provide peace of mind to you, as we know effective pastoral care can make a real difference.

**“The service received from the SAS Team has been very beneficial in supporting our staff well-being. The service provided by the Nursing team has been very beneficial to the staff at Passmores Academy who have accessed the scheme. The general feedback regarding the Nursing team has been “very supportive”, “approachable”, “informative” and issues have been dealt with promptly and in a professional/confidential manner.”**

**Shirley Tyler at Passmores School**

## Physiotherapy

SAS offer support to you for any condition that your GP has diagnosed physiotherapy for as a treatment. The injury or condition does not have to be work-related.

The service aims to place you with a physiotherapist within a week, reducing the potential amount of time spent absent from work awaiting a referral from your GP. You will attend a private physiotherapy clinic of your choice.

**“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



## Counselling

Our research informs us that stress accounts for approximately 31% of absence within Schools/Academies. The SAS counselling service are doing everything we can to improve that statistic for the Schools/Academies we work with. SAS offer solution focussed therapy sessions to you. Like all our well-being services, the counselling is offered to you whether you are still working in school or absent through illness, and is completely confidential.

Furthermore, the ailment that is causing the need for counselling doesn't need to stem from a work issue. If for example counselling is needed due to issues outside of the workplace, SAS can support.

## 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 you and that you are committed to changing your lifestyle.

**"I am so delighted that I took the steps to make use of the free Weight Management membership. It has provided me with the motivation that I needed to lose weight and get healthy. So far I have lost a stone and this is just the beginning of my journey. Thank you."**

**Staff at Abbey Grange Academy**

**"As the Head of Psychological Services, I wholeheartedly believe in the value of talking therapies in 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 are 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



## Pupil Well-being

Our focus at SAS is to make a difference to schools and academies in the UK. As the market leader, we strive to bring added value to our already comprehensive policies and well-being services. SAS are now expanding our services to provide pupil well-being to all policy holders and offer Whole School Well-being Support Services and continue to align our services to make a difference and be proactive as prevention is better than cure.

Pupils at schools insured by SAS can now benefit from:

### Be A Champion Well-being Programme - Developed with Jamie Peacock

Be A Champion encourages pupils to document and focus on the 4 Pillars of Well-being:

1. Positive Mindset
2. Nutrition
3. Exercise
4. Sleep

Guiding and encouraging pupils so that they too can be champions of their own well-being.

Progress is monitored on an app (provided free of charge) reports sent directly to teachers and rewards given to pupils.

Rewards sponsored by SAS.

## Speech and Language Therapy

One pupil per term support available at no cost, clinician led and weekly reports provided for both School and Parents.

## My SEND App

Bespoke, private mobile app building platform to provide sensory support to individuals with special educational needs and disabilities.

## Pupil Counselling Service

In school mental health support for pupils so that young people can be supported available at discounted costs for SAS schools.

**“I am looking forward to working with SAS to help pupils find their inner champion and make a difference to their well-being.”**

**Jamie Peacock MBE**

Be A Champion



**\*Contact us to learn more about new services available above.**



## Menopause Support

Through conversations with individuals contacting our SAS Nursing team, it was recognised that a number of calls involved questions regarding the menopause. Our Head of Nursing, Mandy Gallagher, has attended a recognised course for nurses covering the issues associated with the menopause and all of our in-house SAS Nursing team are now trained to provide support for these queries. We can provide you with information following National Clinical Guidelines around symptoms associated with the menopause and treatment options available. SAS deliver specialist solutions to School/Academy staff.

SAS also work in partnership with Simply Hormones and we have received media attention for the recognition of our work in this area: Kathryn Colas is a hugely respected voice for women going through the menopause. The founder and chief executive of the women's advice and support service Simply Hormones, she has become a sought-after media commentator and public speaker. Kathryn is recognised for her work with NGOs, public and private sector organisations in improving understanding of menopausal symptoms; empowering women with better information while influencing policy and practices in the workplace.



**Kathryn Colas**  
Founder & CEO  
Simply Hormones

Kathryn became the first and only non medical person to be appointed to the medical advisory committee of the British Menopause Society.

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



**Mandy Gallagher**  
Shown on the BBC



**Mandy Gallagher BSC,RN,DN**  
**Head of Nursing**

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# Medical Services

## Private Medical Operations

Research has shown that many staff absences are caused by staff members 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 in their working duties. At SAS we believe that it is in the best interest of the school and children to have their teacher at work and we have therefore created a support service providing private medical operations. The operation will be performed at a local private hospital if you are having non-emergency surgery and are facing an extended wait on the NHS.

### T&C apply

Contact SAS for more information

### Some types of operations SAS provide are:

- ✓ Cataracts
- ✓ Hernias
- ✓ Gall Stones
- ✓ Bladder
- ✓ Spine/Slipped Disc
- ✓ Joints – Hips and knees, correction & replacement
- ✓ Haemorrhoids
- ✓ Men's Health
- ✓ Women's Health
- ✓ Carpal Tunnel

**“Can't praise you highly enough. You made a potentially stressful situation into something bearable. You were fantastic – can't thank you enough”**

**Staff Member at Kenilworth School**

## Cancer & Chronic Illness

Our in house nurse team can offer support to you 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. Additional complementary therapies can be made available to assist with the physical/psychological symptoms which can accompany such a diagnosis.

**“Thank you Louise. I will discuss the physiology and mindfulness with the OH Therapist at my CFS clinic appointment next Friday and will continue doing the Headspace app meditations as I have just downloaded the free app. Thanks so much for your support, it means a lot”**

**Sam from Oxhey Wood Primary School**





# Medical Services

## GP Consultations

SAS understand that it can be difficult and disruptive to get an appointment with your GP, often resulting in absence from work at short notice. We recognise the need for you to have 24/7 access to medical advice, for yourself and your children, and in response we have included an extensive GP service within our support package:

## A GP helpline providing telephone support



Active NHS GP's providing the highest level of medical support & advice



A worldwide service, accessible from anywhere you are



Support is available 24 hours a day, 365 days a year



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



This service is for you and your families



Prescriptions can be sent directly to your email or phone to print

## An online GP Service with video consultation



Connects users face-to-face with an active NHS GP to aid in a rapid diagnosis



Benefit from a pre-planned appointment time to fit in with your busy schedule



Prescriptions can be sent directly to your email or phone to print

## Mindfulness

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

Stress Awareness sessions, delivered and designed by an experienced therapist, help staff recognise stress in oneself and in others and learn to be more resilient to combat anxiety.

**\* Speak with your School to arrange this**





# Your Medical & Well-Being Support

available from SAS under your Staff Absence Insurance

## Pupil Well-being

Exclusive to SAS

FREE Confidential Support Services



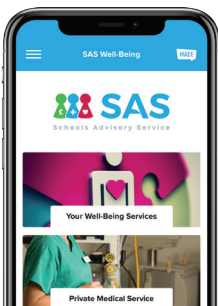
## New for 2019

24/7 Worldwide, Video Counselling Service

## How to Access

Download the Well-Being App now at [schooladvice.co.uk](http://schooladvice.co.uk) or via the Apple/Android store. Once downloaded click onto the relevant service you require to access more information.

Download our app from...



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Terms and conditions apply. Contact SAS for more details

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 Cancer & Nurse Support Service - 01773 814404  
 Counselling - 01773 814402  
 Physiotherapy - 01773 814403  
 24 hour GP helpline – 0845 4031037  
 Pupil Well-being Services - 01773 851043