



# SAS

Schools Advisory Service

**Whole School Wellbeing**

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

**In 2019/20, 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 2020.**

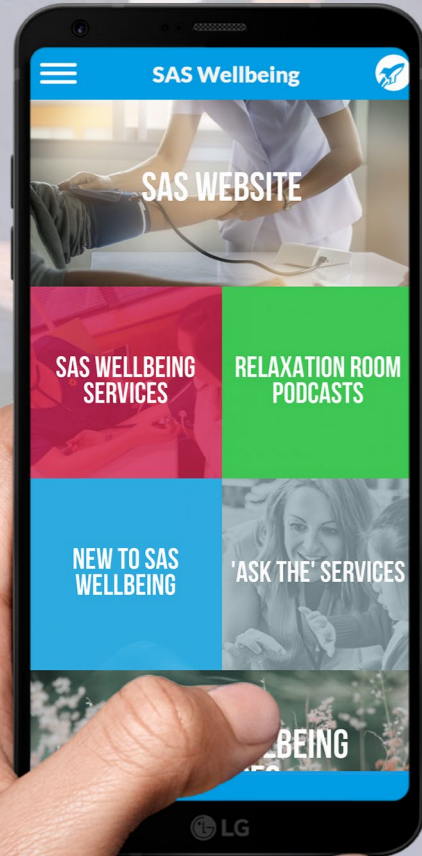
Our philosophy at SAS is to work with your school to **prevent and reduce staff absence**. All of the physical and mental health support we offer your staff is designed and implemented by our team of experienced, in-house SAS Nurses. We aim to help keep your staff in work, ensuring the children at your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

**All services are confidential, Clinical Director led & managed by our SAS 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. **Therefore all of our health & wellbeing services can be accessed without your staff being absent from work.**

# 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 814403 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...



SAS  
Schools Advisory Service

Please note: Due to COVID-19 some of these services are subject to restrictions. For more information, please speak to our wellbeing team.



**Exclusive Content and  
Discounts Available with**



[Click here to learn more](#)

# 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

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

# Nurse Support Service



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

**SAS directly employ NMC registered nurses 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 2020, 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 individual therapy sessions to named staff which are delivered safely and appropriately**
- **♥ 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 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.”

**Rebecca Wilson-Walsh**  
Head of Counselling Services



# Physiotherapy



**SAS has developed the physiotherapy resources to include a wide range of common conditions and the management of them for clients to access. 97.7% of school staff referred to SAS Physiotherapy were either returned to or were not absent from work through Physiotherapy intervention.**

**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.**

- **♥ Cause of pain does not need to be work related**
- **♥ All clients will have a teleconsultation with an experienced physiotherapist**
- **♥ Physiotherapist will develop a personalised treatment plan**
- **♥ Clients will be referred to a local clinic should their condition require additional intervention**

## SAS Physiotherapists were able to continue supporting 94% of patients through COVID-19 restrictions.

**“Access to Physiotherapy intervention has always been a key component of the Schools Advisory Service’s commitment to the Schools it covers. The Physiotherapy service has been responsive to and reflective of the challenges of 2020, with a reshaped Clinician led service offering early self management advice, bespoke exercise packages, and referral to ever increasing numbers of clinics nationally.”**

**Mike Hodgson**  
SAS Physiotherapist



# 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.

\*Terms & Conditions Apply. Contact SAS to learn more.

# 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.

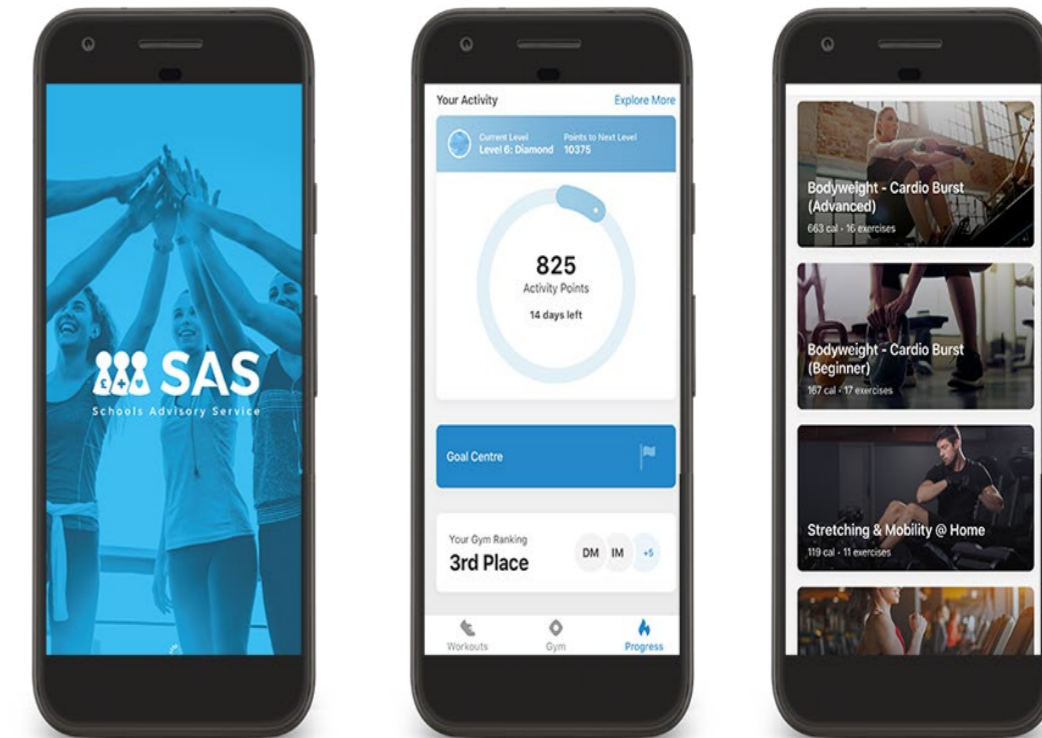


**61% of people who complete our 12 week Slimming World referral achieve a 5% weight loss.**

## Weight Management Support Also Includes:

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 bioage.

- Access to personal trainer support
- Step by Step instructional exercise programmes
- Links to health apps and wearable devices to record progress towards fitness goals
- Take part in monthly SAS gym challenges
- Access gym rewards with activity points earned by keeping active



# 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

[Click Here To Register for SAS Mindfulness Support](#)



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.

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.

**Users of our NHS approved guided mindfulness programme were shown to have over a 50% average reduction of depression after four weeks.**

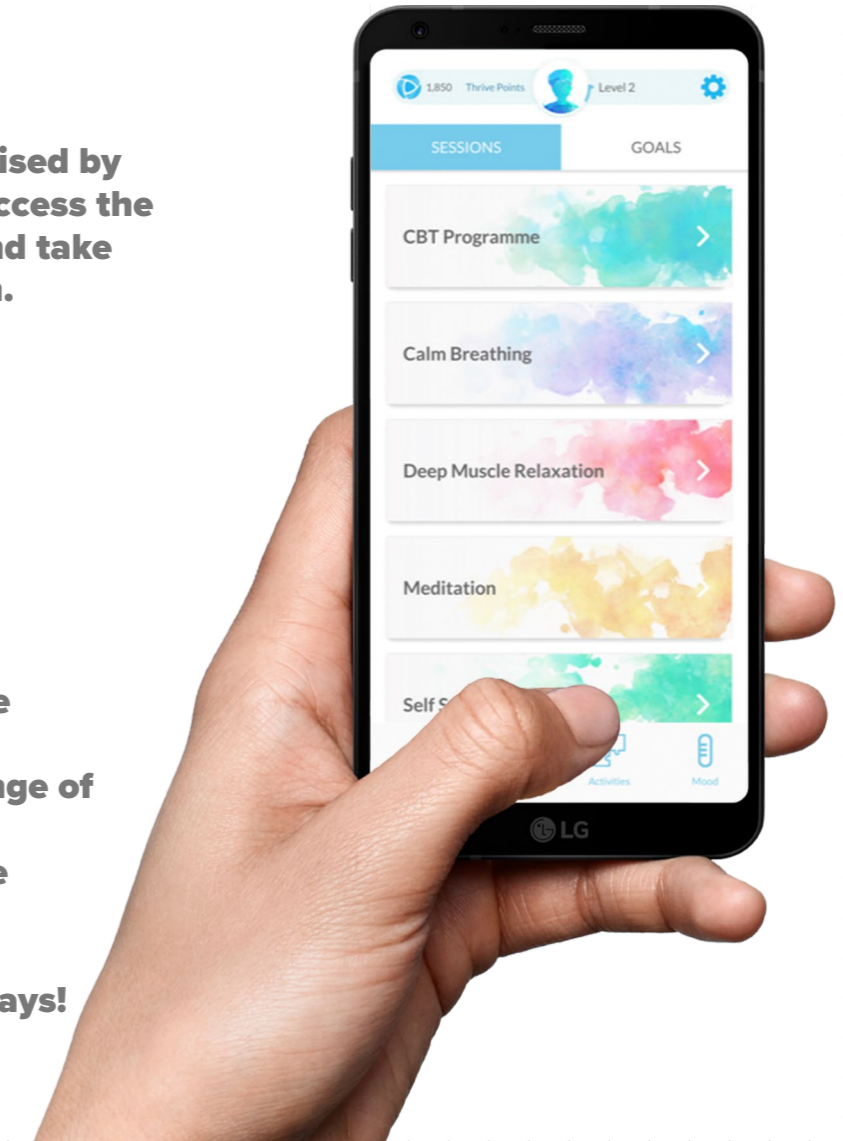
Thrive has created an **NHS approved** digital tool which can be used remotely by the individual, or in the workplace. This tool helps identify risk factors for stress, and then provides a mechanism to eliminate them by changing habits.



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!**



# Nurse Drop-in Clinic

Following national clinical guidelines, our NMC Registered Nurses carry out lifestyle health screens, 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 nurses discuss:

-  Health Status
-  Family History
-  Current Medication
-  Mental Wellbeing
-  Risk Factors
-  Medical History
-  Lifestyle

**SAS NMC Registered Nurses conduct clinics with schools on average **over twice a day, every day of the year**.**

**A 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 about an hour later. After seeing her, the GP sent her straight to Kings Hospital where she was prescribed medication and a stent was put in 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 stress awareness courses were completed by our consultants last year.**

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.



# Expert Wellbeing Advice from SAS

Ask our clinicians and experts for direct and specific advice on a range of wellbeing related topics

## Ask Andy - School Leadership & Pastoral Support

Andy has over 30 years experience of teaching and 17 years as Headteacher of a two form entry primary school in Blackpool, leading the school to Ofsted Outstanding in March 2016. 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 to May 2019 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.



## Ask Mike - Physiotherapist Support

Mike is a state registered physiotherapist, qualified through the HCPC, allowing him to work in the NHS and as a private practitioner. Mike qualified in 1991 at Bradford Hospital School of Physiotherapy with two distinctions and has been working in private practice for over 25 years.

Mike is also a member of the Chartered Society of Physiotherapy and has been working with SAS for nearly two years 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.



## 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



## Ask June - Mindfulness 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. June's qualifications include:

- Neuro Linguistic Programming Practitioner
- Coach ABNLP
- Psychotherapist MNCP
- Clinical Hypnotherapist DipHypGHR



## 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



## 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.

Along with the help of Valusska who is an experienced personal trainer, 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.

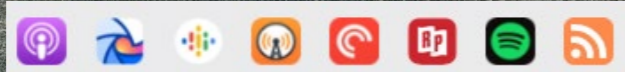


# The Relaxation Room

Exclusive mindfulness and relaxation podcast created by SAS Mindfulness Consultant June.

The twice a week podcast focuses on guided recordings to help listeners practice mindfulness, meditation, relaxation, and hypnotherapy.

The Relaxation Room is also available for live sessions. [Click here to sign up to future Relaxation Room Live sessions.](#)



[Listen to Podcasts](#)

## SAS Whole School Wellbeing Making a Difference

“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**

# Occupational Health & Pre-Employment Screening

## OH Referrals - Tackle the cause of absence and get the member of staff back to work quickly and safely

- Reduce disruption caused by absence
- Prevent a loss of productivity
- Minimise the time spent managing sickness and health related issues
- Facilitate a much faster return to work of employees after a spell of illness

## Pre-Employment Screenings - Streamline screening & recruitment process

- Identify new staff with underlying health issues or those at higher risk
- Advice to management to enable schools to better protect the member of staff's health and any reasonable adjustments they should consider
- **Free & unlimited under the policy**

[Request a Screening](#)

Pre-employment screenings are free with active SAS staff absence insurance policies. Contact SAS for an OH referral quotation. Terms & Conditions Apply



LEEDS BECKETT UNIVERSITY  
CARNEGIE SCHOOL OF EDUCATION

In partnership with



## Accredited Mental Health & Wellbeing Lead Governor E-Module

Creating and assigning link governor roles to individual members of a governing body is an effective way to ensure governance remains strategic and focussed on key issues.

The development of a Wellbeing Governor role demonstrates the governing bodies commitment to supporting the mental health and wellbeing of both staff and pupils.

The creation of the role also emphasises the importance of establishing robust mental health provision in schools, providing equal opportunities, building resilience and developing support strategies and tools.

## School Mental Health Award

### What does the school mental health award cover?

The award takes a whole school approach to mental health and covers eight key competencies each with a series of statements that schools will work to embed.

The eight competencies are:

Leadership and strategy

Support for staff

Support for pupils

Working with parents and carers

Organisational structure and culture - staff

Organisational structure and culture - pupils

Staff professional development and learning

Working with external services

### Why Attain the Award?

- Creates a culture of an awareness of mental health, tolerance and acceptance, helping to reduce behavioural problems and promotes positive mental health strategies
- Improves community wellbeing for all
- An opportunity for the school to identify its own priorities and areas for development using the framework
- Addresses the needs of all mental health needs of your community including pupils and staff
- Increases staff retention rates and the ability to attract high calibre staff
- Demonstrates commitment to adhere to and exceed professional, government and Ofsted guidance. Allows specific professional development opportunities for all levels of staff whether house based or as part of a whole school team

# £2,600 of Wellbeing Services Available to Your Pupils With SAS

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.

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

Pupil Wellbeing Services Telephone:

**01773 814 095**

or click to call



Pupil Wellbeing Email:

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

or click to email





**TRACK PUPIL PROGRESS & ENGAGEMENT**

**PUPIL HEALTH & WELLBEING LESSON PLANS**

**BE A CHAMPION PUPIL SUBMISSION APP**



**Positive Mindset**



**Good Sleep**



**Eating Healthily**



**Physical Activity**

# BE A CHAMPION

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

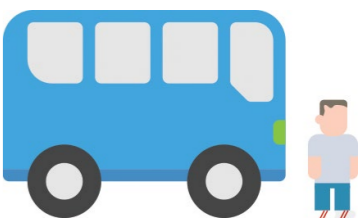
**Leeds Rhinos Rugby League Legend  
Jamie Peacock MBE**



**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.

**70% of Speech and Language appointments were still able to be conducted throughout the school closures.**

Mable were able to continue supporting the SLT needs of most requests through the early part of 2020 as therapy is completed online.



# my SEND App

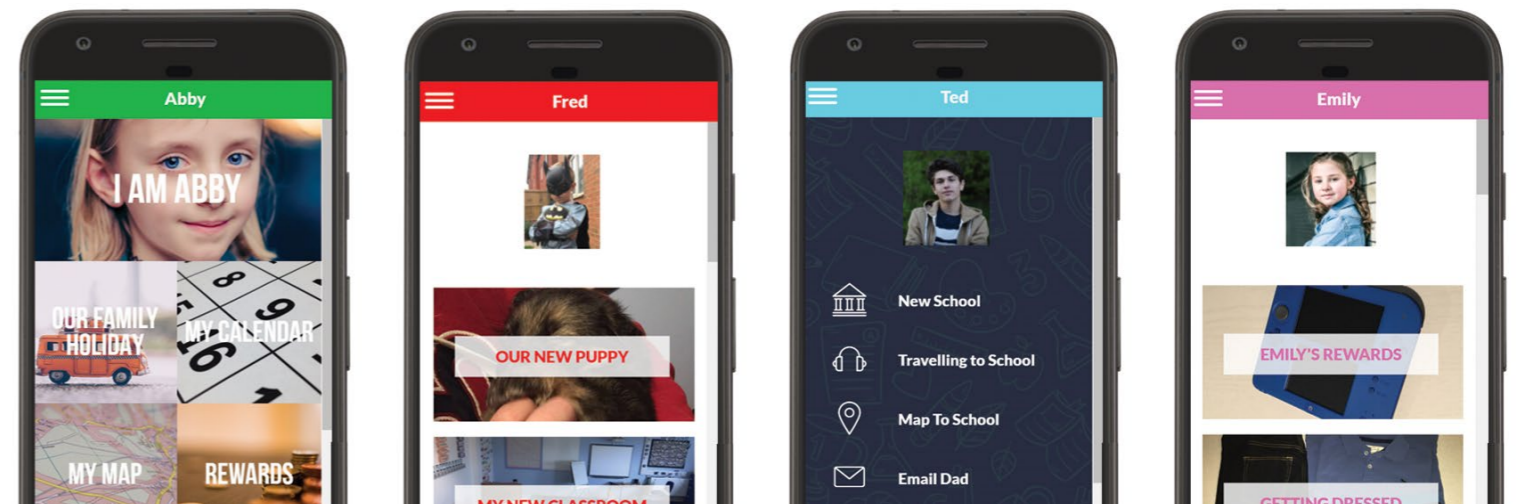
Platform to build a bespoke app to support users with SEND.

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 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**  
**Postive Thoughts**

## 10 Guided Pupil Yoga Videos Available with all SAS Policies



## Pupil Relaxation Recordings

Take your pupils on a journey of relaxation, guided by SAS Mindfulness and Wellbeing consultant June.

Recordings available for use to help students unwind and relax.

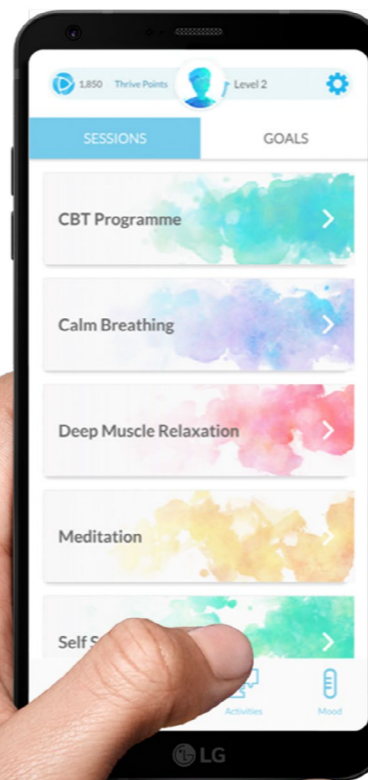
The library of content will be growing in the new year, but currently includes the following themes:

**Your Party Magic Carpet**

**Adventure Time Magic Bubble**



Thrive  
For Pupils



## Available for Use in Classroom Setting

Thrive has created an NHS approved digital tool which can be used remotely by the individual, or in the classroom. This tool provides a mechanism to eliminate stress by changing habits.

Available for use in the classroom

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

Pupils Thrive is suitable for children aged 12 years +



\* SAS can also provide licenses for individual pupils to be used outside of the classroom setting. Contact SAS for a quotation



## 10 Guided Pupil Yoga Videos Available with all SAS Policies

### Onsite 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 routinely scheduled for the pupil.

All therapists are insured, BACP registered and appropriately supervised.



Contact us for a Pupil Counselling or an Onsite 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](http://schooladvice.co.uk)

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

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