



# **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](http://www.schooladvice.co.uk)

Wellbeing:  
01773 814403

Counselling:  
01773 814402

Enquiries:  
[nurse@uk-sas.co.uk](mailto:nurse@uk-sas.co.uk)

To get a quote please email [sales@uk-sas.co.uk](mailto: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



## 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 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**

