



SAS

Schools Advisory Service

Whole School Wellbeing

01773 814 403 | nurse@uk-sas.co.uk | 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.

Our philosophy at SAS is to work with your school to **prevent and reduce staff absence**. All of the health and wellbeing 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 20 years experience, working in close partnership with schools and their staff to discover the root cause of staff absence and researching what we can do to help.

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 814400 or download the free Wellbeing App now at schooladvice.co.uk or via the Apple & Android store.

Click to Download our app from...





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

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/psychological symptoms which can accompany such a diagnosis.

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.

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

A worldwide service, accessible anywhere your staff are

Support is available 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



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.







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



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





Pupil Wellbeing Services

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.

Over **£2,600** of Pupil Wellbeing Services Available in our Policies

Pupil Counselling & Pupil Yoga:

SAS can also provide counselling support and yoga lessons for pupils of any ages

To receive a quotation or to learn more contact us on **01773 851 043**

Be A Champion

Mable Therapy

Award winning, innovating speech & language therapy programme

My SEND App

Bespoke and private app based support for pupils with SEND



TRACK PUPIL PROGRESS & ENGAGEMENT

PUPIL HEALTH & WELLBEING LESSON PLANS

BE A CHAMPION PUPIL SUBMISSION APP



BE A CHAMPION

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

Leeds Rhinos Rugby League Legend
Jamie Peacock MBE





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

01773 814 403 | nurse@uk-sas.co.uk | schooladvice.co.uk

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