



Schools Advisory Service

**Your Health & Wellbeing
Support from SAS**

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

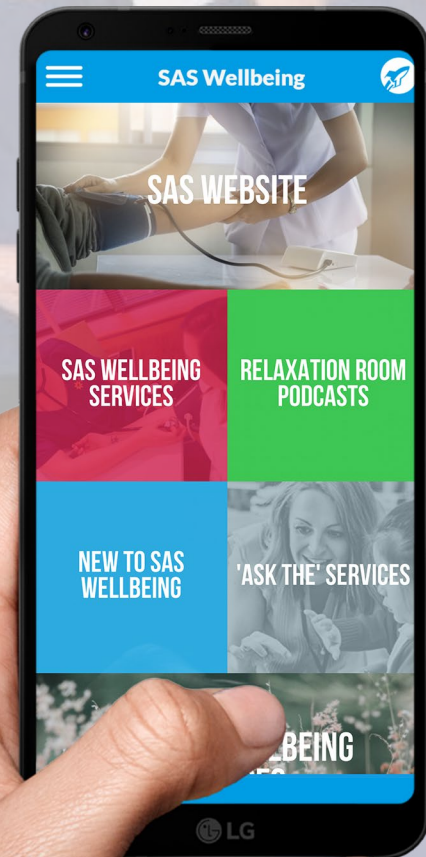
Our philosophy at SAS is to work with your school to **prevent and reduce staff absence**. All of the physical and mental health support we offer you is designed and implemented by our team of experienced, in-house SAS Nurses and is complimentary to your SAS insurance. We aim to help keep you in work, 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 you when symptoms develop, not just when an absence occurs.

Complimentary Wellbeing Services Available to You 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, staff can call our NMC registered nursing staff on 01773 814403 or download the free Wellbeing App now at [schooladvice.co.uk](https://www.schooladvice.co.uk) or via the Apple & Android store.

Click to Download our app from...



SAS

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



Nurse Support Service

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

SAS directly employ NMC registered nurses who are on hand to speak to whenever you have a health concern. Our nursing team can sign post to relevant wellbeing services, assist staff with queries relating to their own wellbeing and empower staff to ask the right questions regarding their condition. SAS welcome calls to offer extra care when needed, with no query too big or small, offering peace of mind with effective pastoral care.

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 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 or psychological symptoms which can accompany such a diagnosis.

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



Mandy Dowsing
Head of Nursing

In 2020, our nursing team supported over 16,300 school staff across the UK.

Counselling & Mindfulness

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 240 sessions of counselling per week.

Our research informs us that stress accounts for approximately 31% of absence within Schools/Academies. Stress related absences are also expected to increase over 20% through 2022. We are doing everything we can do to improve this statistic. SAS offer confidential, individual therapy sessions to named staff which are delivered safely and appropriately and available whether you are still working in school or absent through illness. The need for therapy does not need to be work related.

SAS offer a range of mindfulness support. Our Mindfulness Support includes:

- **One to One Therapy** - identify and implementing the most appropriate support
- **Guided Relaxation Sessions** - a session to promote relaxation
- **Be Mindful** - the only NHS approved mindfulness programme for schools
- **Feeling Good** - audio app developed and tested within the NHS
- **Relaxation Room Podcast** - our popular podcast with over 30 recordings
- **Relaxation Room Live** - weekly Thursday evening group relaxation sessions

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



Rebecca Wilson-Walsh
Head of Counselling Services

Ask June - Mindfulness & Wellbeing 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. Junes qualifications include:

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



June Brade
Mindfulness & Wellbeing
Consultant

Physiotherapy

SAS has developed a wide range of physiotherapy resources for clients to access. These will assist with the treatment and management of a wide range of conditions.

97.7% of staff referred to the SAS physiotherapy service were either not absent from work or assisted to return to work.

In an effort to reduce waiting times to access therapy, SAS offer a private physiotherapy service to ensure that while you are waiting for a referral you can address and access therapy to alleviate discomfort.

All clients will have a teleconsultation with an experienced physiotherapist, who will work to develop a personalised treatment plan. Clients will be referred to a local clinic should their condition require additional intervention.

Ask Mike - Physiotherapy Support

Mike is a state registered physiotherapist on the HPCP register. Mike has over 25 years' experience as a physiotherapist and his background includes the development and provision of service for the NHS.

Mike has been working with SAS 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.



Mike Hodgson
SAS Physiotherapy

SAS Physiotherapists were able to continue supporting 100% of patients through COVID-19 restrictions

Weight Management

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

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.

Also Available With Weight Management Support:

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 Bio age.

- **Access to personal trainer support**
- **Step by Step instructional exercise programmes**
- **Links to health apps and wearable devices to record progress**
- **Special offers on nutritional supplements, equipment & much more**
- **Take part in monthly SAS gym challenges**
- **Access gym rewards with activity points earned by keeping active**

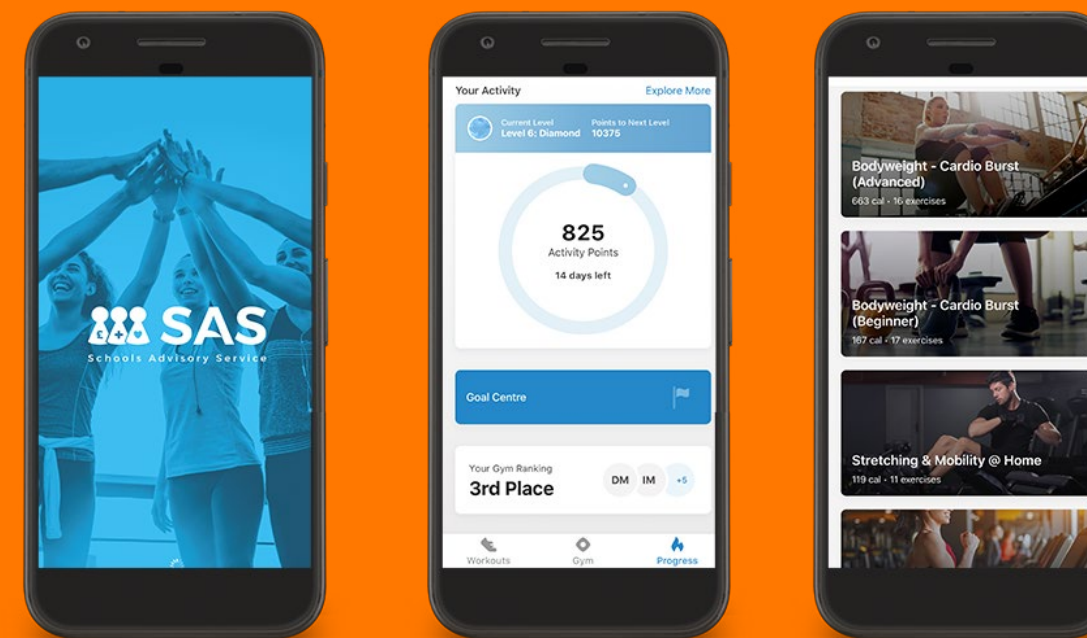
Ask Ed - Fitness & Nutrition Support

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.

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.



Ed Gladstone
SAS Personal Trainer



**Download the SAS
Gym Mobile App**



GP Phone Consultations

A recent poll found the average waiting time to see a GP in the UK was almost 15 days.

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.

Appointments are accessible worldwide, 24 hours a day, 365 days a year. Active NHS GPs provide the highest level of medical support & advice. Consultation length times are unlimited and there is no limit to the number of times the service can be used.

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

Private 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.



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.

“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

Staff Wellbeing Clinics

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

Staff who choose to attend can be assured that all discussions are completely confidential.

The nurses discuss topics such as current health status, family history, current medication, mental Wellbeing, Risk Factors, Medical History and Lifestyle.

Over 200 hours of stress management and group mindfulness sessions 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.

Contact your staff absence insurance administrator to organise staff wellbeing clinics for your school.





SAS

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



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FCA Registration Number: 309701

SAS192 V11