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 - ④ $(\sqrt{4})^2$
 - ⑤ Which of the
completed first?
 - ⑥ If 6 out of
of 100 are male

School Wellbeing

Premium Package

Staff Wellbeing

Complimentary services accessible through your policy

Our philosophy at School Wellbeing is to work with your school to prevent and reduce staff absence.

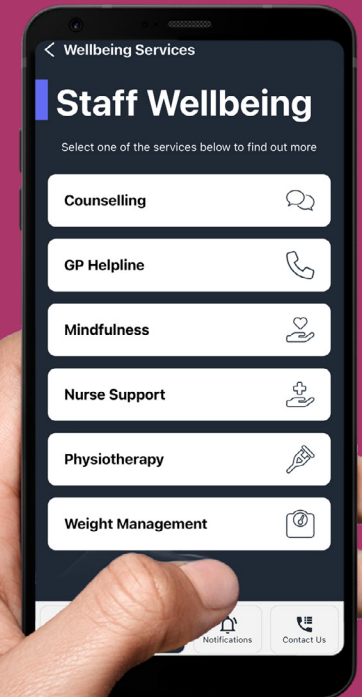
All of the physical and mental health support we offer to you is designed and implemented by our team of experienced, in-house wellbeing experts and is complimentary to your school's policy.

All services are confidential, clinician-led and managed by our NMC registered nurses.

The services we offer have been developed with over 25 years experience, working in close partnership with schools and 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.**

Click here to download our School Wellbeing App!



i To access the services, named staff can call our wellbeing team, visit our website or search 'School Wellbeing' to download our App.

Services available to you

An outline of the services available to you through our Premium Package



Services available to you

All of the services listed below are available to access via our wellbeing app and/or telephone or email



Physiotherapy

Private physiotherapy booked at a clinic close to you, with start to finish support from our team to ensure a fast recovery. The need for physiotherapy does not need to be work related and does not require any referral from a doctor.



Counselling

Private counselling booked at a time convenient to you, with an average wait time of two business days. Our counsellors are registered members of BACP and able to support for a range of specialities. The need for counselling does not need to be work related and does not require any referral from a doctor.



Nurse Support

Our NMC registered nurses are on hand to offer support whenever you have a health concern. We can support by signposting you to the relevant SAS wellbeing services, assisting you with queries relating to your health and wellbeing, such as **Cancer & Chronic Illness (including complementary therapies), Menopause, Bereavement** and **Mental Health support**.



Integrated GP Service

Our fully integrated GP service allows you to receive a consultation and the ability to speak to a qualified GP 24/7, as well as ordering prescriptions direct to your nominated pharmacy.

Please note, if you accept a private medical referral or prescription this will need to be self-funded.



Happier Healthier You

We provide access to resources and programmes through our online community to help promote positive lifestyle changes, such as; **6-week programmes, Live Online Workouts, Guided Meditations**, an online **Personal Trainer** and **Nutritional Support**.



Mindfulness

Offering a selection of mindfulness support, including; **The Relaxation Room Podcasts** and **Regular Live Sessions with Mindfulness Teacher, June**.

Services available to you

All of the services listed below are available to access via our wellbeing app and/or telephone or email



Food Sensitivity Testing

Gain access to the UK's #1 food intolerance and allergy test provider, York Test, using discount code **'SAS23'** on their hassle-free premium home blood tests, to identify your food intolerances, allergies, health insights and food sensitivities.



Ask Andy Leadership Clinic

Weekly leadership support meetings, including guidance on improving whole school wellbeing.



SAS Gym

If you're looking for guidance on your health and fitness, our SAS Personal Trainer can provide you with workout and nutrition plans to help you. You can get access to live online fitness sessions and online health and wellbeing groups, alongside ready-made workouts and challenges to improve your overall health.



Wellbeing Governor E-module

Supporting mental health and wellbeing across your organisation.



Mastering Mindfulness

Mastering Mindfulness, created by SAS Mindfulness Teacher, June, will help you build resilience and manage stress and anxiety. Instil coping strategies and learn easy techniques through this four-week programme. Work at your own pace with easy to follow instructions and videos.



Weight Management

SAS are able to provide access to 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.



Services available for your pupils

Speak to your SBL or Headteacher to find out more on how to access these services

Pupil Yoga: Videos and Onsite/Video Link Yoga Sessions

A selection of 10 guided yoga videos for you to do with your pupils, focusing around a variety of different emotions.

Through our partnership with Yoga in Schools, we can source high quality yoga instructors to deliver lessons to your pupils in person or via video link at an additional cost.

Pupil Mindfulness Videos and Recordings

A library of guided podcasts from SAS Mindfulness Teacher, June, aimed at helping your pupils unwind and relax.

Be A Champion

A pupil health and wellbeing programme in partnership with SAS.

This is where we can make a difference



How to Access

Easily get in touch using the contact details below

Nurse Support

01773 814404

Counselling

01773 814402

counselling@uk-sas.co.uk

Physiotherapy

01773 814403

physio@uk-sas.co.uk

Integrated GP Service

01773 447522

Mindfulness Support

01773 814404

askjune@uk-sas.co.uk

Personal Training & Nutrition

01773 814404

askthept@uk-sas.co.uk

The School Wellbeing App is available to download for free and provides you with more information about the services available, and the ability to submit requests directly to access support. It also allows you to stay up to date with what's going on here at SAS!

Click here to download our
School Wellbeing App!

