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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.

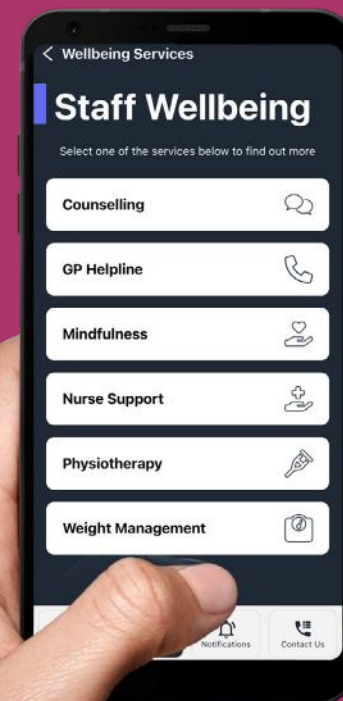
All of the physical and mental health support we offer to you is designed and implemented by our team of experienced, in-house wellbeing experts and is complimentary to your school's policy.

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

The services we offer have been developed with almost 30 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.

Comprehensive Wellbeing Support for Your School Staff

Our premium package builds on everything included in the essential package, offering an extended range of services designed to provide deeper, more personalised support.

Included services:

- Integrated GP Service
- Counselling
- Physiotherapy
- Leadership Support & E-modules
- Happier Healthier You Wellbeing Programme

Helping Staff Get Back on Track

With access to enhanced services, staff can feel confident they'll receive expert, end-to-end support tailored to their needs—right when they need it most.

Support Across the UK

We offer support across the UK, from in-person physiotherapy at a location that suits you, to a host of wellbeing services available for you to access online anytime, anywhere.

All services are completely confidential.

Please note: some online sessions may require staff to have their camera on.

Services Included



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, Bereavement** and **Menopause Support**.



Online Wellness Support

Join our online communities to gain access to a range of resources and support with like-minded people in order to help promote healthy lifestyle changes.



Ask Andy 1:1 Call/Email

Connect directly with Andy Mellor, Director of Wellbeing, for a one-to-one wellbeing or leadership strategy session by phone or email. Get personalised advice and practical support tailored to your individual needs or organisational goals.



Relaxation Room Podcast & Webinars

Regular podcast episodes and guided mindfulness & meditation evening webinar sessions, covering a range of topics with our Mindfulness Teacher, June.



Pupil Wellbeing: Mindfulness & Yoga Videos

Including our Pupil Wellbeing Programme, our Essential Package includes recorded mindfulness sessions recorded by our Mindfulness & Wellbeing Consultant, and access to 10 guided yoga videos focusing around a variety of emotions, in partnership with Yoga in Schools.



3 Week Weight Management Programme

A guided 3 week programme designed to give you the tools needed to kick-start your weightloss journey, whether you're looking to lose, gain or control your weight. You'll also get access to our Happier Healthier You and SAS Gym communities.



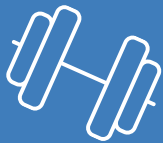
Mastering Mindfulness Programme

Join our mindfulness expert for a 4 week course, built specifically for education professionals. The course aims to build resilience against stress and anxiety.



Happier Healthier You Community

We provide access to resources and programmes through our online community to help promote positive lifestyle changes, such as; live online workouts, guided meditations, an online personal trainer and nutritional support, and support and advice from our mindfulness and relaxation expert.



SAS Gym

Looking to improve your health and fitness? Our personal trainer offers workout and nutrition support, live online fitness sessions, an online wellbeing community, and ready-made workouts and challenges to boost your overall health.



Preparing Parents

Get access to our interactive e-guide designed in partnership with CM Talent, which gives support to all staff and those preparing for parental leave.



Food Intolerance & Allergy Testing

We've partnered with YorkTest to offer you an exclusive discount on their comprehensive allergy and food intolerance testing kits, helping you take control of your health and wellbeing with confidence. Discover potential triggers and make informed dietary choices with trusted, science-backed results.



Counselling

Private counselling booked at a time convenient to you, inclusive of evenings and weekends. 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.



Physiotherapy

Private physiotherapy booked at a time and clinic convenient 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.



Complementary Services

A range of supportive therapies designed to help manage the physical and psychological symptoms that often accompany cancer and other chronic illnesses. These services aim to enhance overall wellbeing, ease discomfort, and improve quality of life alongside conventional medical treatment.



Supervision Crisis Support

Emergency mental health support specifically for school leaders facing a crisis. This service provides immediate access to professional care, helping you navigate high-pressure situations with guidance, emotional support, and practical strategies for managing stress and safeguarding wellbeing.



Leadership Clinic

Join weekly leadership support sessions with Andy Mellor, offering practical guidance on leadership challenges and improving whole school wellbeing. A space to share, reflect, and develop effective strategies.



6 Week Wellness Programme

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.



Financial Wellbeing

Insured staff can claim reimbursement for the cost of engaging their own financial advisor. This support can cover advice on a wide range of topics such as personal finance, investments and savings, mortgages, and more.



Weight Management

Kick-start your weight management journey with our tailored courses and programmes designed to give you the tools, resources, and ongoing support you need from our team of experts. Alternatively if you have a BMI above 30, you can opt for a 12 week Slimming World programme.



Ask Andy

A School Leadership and Pastoral Support hub hosted by Andy Mellor, Director of Wellbeing. He has shared useful resources to support school leadership and promoting a better wellbeing culture within the school community. For specific advice or support, you can contact Andy directly.



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.



Wellbeing Governors E-Module

This online module in partnership with Leeds Beckett University, certifies a governing board member as a Carnegie Mental Health & Wellbeing Governance Lead, giving them the tools to champion staff and pupil wellbeing across the school.

How to Access

Easily get in touch using the contact details below

Nurse Support

01773 814404
nurse@uk-sas.co.uk

Mindfulness Support

01773 814404
askjune@uk-sas.co.uk

Personal Training Support

askthept@uk-sas.co.uk

24/7 GP Helpline

01773 447522

Counselling

01773 814402
counselling@uk-sas.co.uk

Physiotherapy

01773 814403
physio@uk-sas.co.uk

Pupil Wellbeing

01773 814095
pupilwellbeing@uk-sas.co.uk

Click or scan to download
our 'School Wellbeing' app!



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 on and what's new!

