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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 accesible through your policy

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

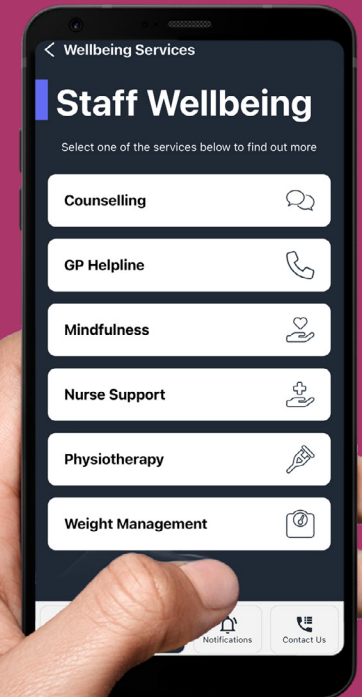
All of the physical and mental health support we offer to you is designed and implemented by our team of experienced, in-house wellbeing experts and is complimentary to your school's policy.

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



Physiotherapy

A private physiotherapy service to ensure that while you are waiting for a referral you can address and access therapy to alleviate discomfort. You are entitled to a telephone consultation with an experienced physiotherapist to assess the extent of your needs and develop a personalised treatment plan. You will then be referred to a local clinic should your condition require additional intervention.



Counselling

We offer confidential, individual therapy sessions delivered effectively to you, whether you are still working or absent through illness. The reason for counselling does not need to be work related.



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 an unlimited amount of consultations, and can offer a full Clinical Triage from a qualified nurse and the ability to speak to a qualified GP, as well as ordering prescriptions direct to your nominated pharmacy. Consultation length times are unlimited.

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



Weight Management

We provide access to resources to help you manage your weight via any of the following services; a 12-week **Weight Management Service, Live Online Workouts**, 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 telephone or email



Preparing Parents

If you're pre-leave, on-leave, or post-leave, you can access three, hour-long sessions with SAS partners CM Talent, to help you navigate the changes in your work and life as you become a parent. Available to both parents or guardians, whatever your circumstances.



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.



Be Mindful

If you feel you need help in managing your stress and anxiety levels, Be Mindful is the only NHS approved mindfulness programme for schools. Instil coping strategies with their four-week online programme, with simple instructions and at your own pace.



Financial Wellbeing

Get access to a comprehensive Financial Wellbeing online portal, covering a wide range of topics including Personal Finance, Investments and Savings, Mortgages and more.



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 Gym App** and **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. Download the SAS Gym App on IOS and Android or join our social media group **here**.



Wellbeing Governor E-module

Supporting mental health and wellbeing across your organisation.

Services available for your pupils

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

Be A Champion

A pupil health and wellbeing 8-week programme, developed in partnership with SAS and rugby league legend, Jamie Peacock MBE.

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.

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



Visit our SAS
website here

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!

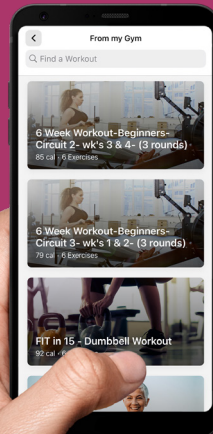
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App Store



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