

WHOLE SCHOOL WELLBEING



Schools Advisory Service

schooladvice.co.uk

Our Values

We exist to make a difference.

Our services are designed to help staff feel happier, healthier and bring their best selves to work. The schools we support all aim to give pupils a solid foundation to grow, develop and thrive; and we align with this by providing financial peace of mind and comprehensive wellbeing support to foster a thriving environment for success.

Our services empower everyone to be happier, healthier, more resilient and accountable for their own wellbeing and that of their whole school community.



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THERAPY SERVICES



CHELSEA PHARMACY
MEDICAL CLINIC



yorktest®



LEEDS
BECKETT
UNIVERSITY



BUSINESS CONSULTANCY LTD



The UK's Leading Provider of Whole School Wellbeing and Staff Absence Insurance

Schools Advisory Service have been working with schools for nearly 30 years. DfE Recommended through the CPC Framework, our role is to make a difference to the schools of today by preventing and reducing absence, making the greatest impact for tomorrow.

Prevent and Reduce Absence

With our comprehensive wellbeing package, your school will benefit from a wide range of services and the expertise of our wellbeing experts dedicated to supporting and enhancing the wellbeing of your whole school community.

The Only Provider Offering:



**Unlimited
Counselling**



**On Site Health
Screening**



**Leadership
Supervision**



**In-house nurses
and Experts**

Our Wellbeing Services

When you choose a Schools Advisory Service Absence Cover Policy, all insured staff gain free access to our comprehensive school wellbeing package—a service unmatched by any other provider or government body. Over the years, we've brought together expertise from school networks, the NHS, in-house NMC-registered nurses, therapists, BACP-registered counsellors and industry experts to create a truly one-of-a-kind provision. This support comes at no additional cost to policyholders, ensuring that your staff receive the care they need when they need it most.



Complementary Wellbeing

- ♥ Unlimited Counselling
- ♥ Cancer & Chronic Conditions Support
- ♥ GP Phone Consultations
- ♥ Menopause Support
- ♥ 24 Hour Support Through Our App
- ♥ Leadership Supervision
- ♥ Occupational Health Support
- ♥ Nurse Support
- ♥ Physiotherapy
- ♥ Private Medical Operations
- ♥ Pupil Counselling
- ♥ Annual Health Screens
- ♥ Weight Management
- ♥ Critical Incident Support
- ♥ Flu Jobs
- + [Plus More!](#)

Over 2,700

Wellbeing enquiries answered per month

£4,000,000

Spent on wellbeing last year

8%

Fewer staff absences with our wellbeing support

60%

Of staff who accessed our services were not absent

Mental Health Services

Mental health amongst school staff in the UK is a growing concern, with recent statistics showing that ***64% of teachers and support staff** say that their school does not have effective measures in place to monitor and manage stress and burnout.

SAS actively supports schools by providing extensive mental health services and resources for staff, all aimed at helping your school prevent and reduce absences. Whether you're seeking support for stress, anxiety, depression, or other mental health challenges, our goal is to help you access the resources you need to lead a healthy, balanced life.

Educational Leaders also face high expectations, heavy workloads and emotional demands, which is why we provide critical incident support for school leaders. SAS are there to support you when you're feeling completely overwhelmed with the pressure and demands of your role.

** Source: NASUWT, Teacher Wellbeing Survey, 2024*

Counselling

Our research shows that stress accounts for over a third of absences within schools and academies. We are doing everything we can to reduce this figure.

SAS offer **unlimited, private and confidential** therapy sessions with BACP accredited counsellors for named staff. These phone based sessions are available whether your staff are still working or absent due to illness. The reason for counselling does not need to be work-related, and no GP referral is needed.

Mindfulness

Our mindfulness programmes incorporate both formal and informal mindfulness interventions, using the highly researched and evidence-based Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Behavioural Therapy (MBCT).

Whether you're looking for guided meditation, stress management tools, or techniques to incorporate mindfulness into your daily life, we have tailored options to meet your needs.

Ask June - Mindfulness Expert

June is an accomplished therapist with over 15 years' experience, specialising in managing anxiety and stress. Her qualifications include:

- Neuro Linguistic Programming Practitioner
- Clinical Hypnotherapist DipHypGHR
- UK College of Mindfulness accredited teacher
- Coach ABNLP
- Psychotherapist MNCP



Mindfulness Services

One-to-One Therapy

Sessions are confidential and tailored to the individual's unique needs, allowing for a deeper exploration of thoughts, feelings, and behaviours. These sessions will help to identify and implement the most appropriate support.

The Relaxation Room

The Relaxation Room Live is a weekly, live online session lasting approximately 30 minutes. June helps listeners to tune out from the busy day-to-day commitments. Relax and unwind with previous sessions of The Relaxation Room Podcast, including over 30 mindfulness recordings, from topics such as Meditation to Relieve Pain and Acceptance of Body.

Mastering Mindfulness

In this 4-week programme, June will teach you to stand back from your thoughts and start to notice their patterns. Gradually training yourself to notice when your thoughts are taking over and realising that your thoughts do not have to control you.

During and after the course you will be part of our Happier Healthier You community, offering ongoing support and resources to help you live a more fulfilling life.

Health Line

Our Health Line is designed to provide fast, reliable and expert-led support whenever you need it. From compassionate NMC-registered nurse support and cancer & chronic illness guidance to menopause advice, counselling referrals and 24/7 GP consultations, our integrated service ensures you have access to the right care 24 hours a day 365 days a year.

Whether you need medical advice, emotional support or a pathway to long-term wellbeing, our dedicated team is here to listen, guide and support you every step of the way.

Ask Mandy - Head Nurse

Mandy is a NMC 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 for schools, working with SAS for over a decade.



Nurse Support

In 2024, our NMC-registered nursing team received **over 2,700 wellbeing enquiries** per month for support from school staff across the UK. At SAS, our Nurse Support service is an integral part of our Health Line service, providing professional, compassionate and expert guidance. Our team of in-house NMC-registered nurses are available to take your calls, visit your school or deliver engaging webinars to support your health and wellbeing.

Our nurses bring a wealth of experience across multiple specialties, ensuring you receive knowledgeable and tailored advice. Whether you have general health concerns or require specialised support, we are here to help.

Available daily from 8:30 AM to 4:30 PM as part of our Health Line service, our Nurse Support service makes accessing care easier than ever. With unlimited consultations, you can call at a time that suits you, and our team will listen, guide and signpost you to relevant services and resources.

Nurse Support Services

Cancer & Chronic Illness Support

Our NMC registered nursing team provides vital emotional support to those diagnosed with cancer or chronic conditions, helping staff navigate challenging times with compassion and expert guidance.

Menopause Support

All our in-house NMC-registered nurses are trained to support clients with menopause queries, following current, up to date research based practice regarding symptoms and treatment options.

Health Screening

Organised by and held at your school, our NMC-registered nurse-led Health Screening Days provide confidential health checks for your staff. Assessing blood pressure, BMI, cholesterol and lifestyle risks. With expert guidance on physical and mental wellbeing, we help identify concerns early and offer referrals for further support if needed.

GP Phone Consultations

Our integrated GP service gives you 24/7 access to practicing GPs, ensuring you receive the highest level of medical care and support, day or night, 365 days a year. With unlimited consultations, there are no restrictions on call length or frequency, so you can take the time you need to discuss your concerns. If required, same-day appointments are available and prescriptions can be provided when needed*. Whether you need reassurance or a diagnosis, our GP service ensures fast, professional care without the wait.

We provide holistic support with access to NMC-registered nurses, physiotherapists, counsellors, and lifestyle coaches. Additionally you can join our “Happier, Healthier You” community and download our ‘School Wellbeing’ app, both offering ongoing support and motivation.

** Private prescription charges will apply.*



Weight Management Services

Our weight management services provide a supportive environment for sustainable lifestyle changes, helping you take charge of your health and wellbeing for a happier, healthier life with ongoing support.

SAS GYM

SAS Gym offers a fitness and wellbeing community led by our Personal Trainer, Gareth. Members gain access to live classes, personalised and pre-set training plans, nutrition and fitness advice, pre-set workouts, and exclusive resources. With direct support through live PT chats and interactive discussions.

Ask The PT - Fitness & Nutrition

Gareth has been in the fitness industry for over 20 years, earning a wide range of qualifications during that time. He is passionate about working with people of all fitness levels, helping them achieve their wellbeing goals.



Happier Healthier You

Our team of SAS experts have developed a Community Platform, Happier Healthier You, built specifically to help you improve daily habits and reach your mental and physical health goals. Make positive changes to your overall health and fitness with guidance from our multi-disciplinary team and the support of a like-minded community.

Our community is fully inclusive and we welcome people who are keen to commit to our array of wellness programmes, join live online classes and sessions, and interact with others on our bespoke private platform. We look at how incorporating simple habits into our lifestyle can have a lasting impact on our overall health.

Our experts will take members on a journey to help you find your health goals, build actions, master your mindset, improve daily habits, and improve your health and fitness with a proven, tried and tested approach on how to become the best version of yourself.

The platform offers a wide array of spaces you can access for all your different wellbeing needs.

Physiotherapy

SAS offers a range of physiotherapy resources to help manage and treat a variety of conditions. To reduce waiting times, we provide a private physiotherapy service that allows staff to begin treatment and alleviate discomfort while waiting for a referral.

Each client will have a phone consultation with an experienced physiotherapist who will create a personalised treatment plan tailored to their needs. If further intervention is needed, clients will be referred to a local clinic for additional support.

Ask Mike - Physiotherapy Expert

Mike is a state-registered physiotherapist on the HCPC register. With over 25 years' experience, he has a strong background in developing and delivering services for the NHS.



General Health Services

In the UK, school staff typically take an average of **7-9 days of sick leave** each year. Our General Health services are dedicated to offering comprehensive care that supports both the prevention and treatment of a wide range of personal health issues, ultimately contributing to better health outcomes and an enhanced quality of life.

These services are carefully designed to address the most common health needs of staff, ensuring the maintenance and improvement of their overall health and wellbeing. From food intolerance testing to financial wellbeing support, our range of services are tailored to help staff thrive in both their personal and professional lives.

General Health Services

Food Intolerance & Allergy Testing

We have teamed up with YorkTest, the UK's #1 food intolerance and allergy test provider, to offer a unique discount on their hassle-free premium home blood tests for food intolerance, allergies and health insights to help you identify your food sensitivities.

Preparing Parents

We've partnered with CM Talent to provide a practical wellbeing and career support resource for all staff (including those without kids!). This practical guide aims to help managers and employees navigate parental leave processes while empowering everyone to successfully handle this change - in an open and inclusive way.



General Health Services

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.

Manspace

Manspace provides a wide-range of male-specific resources and information, such as dealing with Male Menopause, the Reduction of testosterone and how to improve it, and help and support for much more relating to your mental and physical wellbeing.

Critical Incident Support

In difficult times, immediate and professional support is crucial. We provide expert mental health counselling and guidance to help your leadership team navigate stress and crisis with confidence.

Pupil Wellbeing Services

Designed with the intent to meet the Ofsted criteria, and to help support schools in making the most positive impact possible on the wellbeing of pupils.

Pressure on schools and academies to provide support for pupils with increasingly restricted budgets has led to increased demand on school staff over the years. This is where we can make a difference.

Contact our team to access these services.

Pupil Wellbeing Hub

We have developed a library of resources, created and compiled by our experts, to support the development of pupil wellbeing in the classroom.

You will find lesson plans, videos, audio recordings and other resources ready to be picked up and delivered to your pupils. This versatile library can form a structured journey of learning or be used to bolster your existing schemes of work.

Pupil Wellbeing
Hub



Pupil Wellbeing Services

Pupil Counselling

Access Pupil Counselling support faster

- Initial assessment plus additional 40 minute flexible sessions
- Ideal for helping with a wide range of needs
- Flexible online sessions which are logged and monitored
- Minimal waiting time for sessions
- Routinely scheduled for the pupil
- All therapists are insured, BACP-registered and appropriately supervised

Pupil Speech and Language Therapy

SAS can help schools source private, high quality speech and language therapy, that is designed to support the needs of the individual pupil. Our speech therapy support can help reduce waiting times and provide regular weekly sessions to a pupil in need of support with minimal delay to start therapy.

Staff Training

Gain access to our staff training which focuses on 'Introducing the power of mindfulness and NLP in your whole school approach' with Pupil Mindfulness expert, Kate Thomas.

Pupil Wellbeing Services

Pupil Yoga

Create a calming, focused atmosphere in the classroom with our specially designed Pupil Yoga video tutorials. Each 15-minute session is tailored to address a range of emotions, helping students relax, refocus and maintain balance throughout their day.

In partnership with Yoga in Schools, SAS offers access to high-quality yoga instructors who bring expert guidance either in person or through video links, catering to your school's needs. On-site pupil yoga is available, get in touch with our team to discuss.

Pupil Yoga provides numerous benefits, enhancing spiritual, mental, and social wellness - key elements of the Ofsted framework. It's the perfect addition to the PSHE curriculum, empowering pupils to practice self-care and mindfulness.

Pupil Mindfulness

Take your pupils on a journey of relaxation, guided by SAS Mindfulness and Wellbeing Consultant, June Brade. Recordings are available for use to help students unwind and relax. The library of content will continue to grow.

Occupational Health

SAS can help your school reduce disruption caused by absence, prevent a loss of productivity, minimise the time spent on managing sickness and health related issues as well as facilitate a faster return to work after a spell of absence.

All SAS Policies come with Occupational Health support, which you can extend with our **Occupational Health Plus (OH+)** service.

Key services:

- [Unlimited Pre-Placement Questionnaires](#) - A simple process designed to identify potential barriers to work for new staff members.
- [\(OH+\) Follow-Up Assessments](#) - Ensure all health/medical needs identified in the questionnaires are addressed. Provide feedback on whether additional support is required for staff to perform effectively.
- [\(OH+\) Unlimited Occupational Health Assessments \(OHAs & OHPs\)](#) - Independent evaluations conducted by qualified Occupational Health Physicians (OHPs) or NMC-registered nurse Advisors (OHAs). Assess and evaluate on employee fitness to work safely and effectively.

Leadership Support

SAS offers a dedicated supervision support service specifically for schools. This initiative helps school leaders manage job stress, foster emotional resilience and promote professional growth through reflective sessions.

Life Coaching

Regular, scheduled one-to-one or group leadership supervision support. Proactive support that helps provide school leaders with strategies and models to help them make sense of challenges and problems that they face.

Reflective Practice

An opportunity to confidentially speak with an experienced school leader to discuss some of the issues you're facing in your role.

Ask Andy - School Leadership & Pastoral Support

Andy has over 30 years of teaching experience and 17 years as a Headteacher. During that time, he served as President of NAHT, opened and led the Blackpool Teaching School Alliance and was a board member for the Blackpool Opportunity Area and the Blackpool Improvement Board.



Awards & Programmes

School Leaders Thriving Programme

The School Leaders Thriving Programme, supports school leaders in improving their own wellbeing and that of their school community. Our experts will guide you in implementing whole-school wellbeing through a suggested or tailored approach.

Mental Health Award

In partnership with Leeds Beckett University, this award boosts resilience, emotional intelligence, and wellbeing for your school community, offering a framework to showcase policies that improve mental health for staff and students.

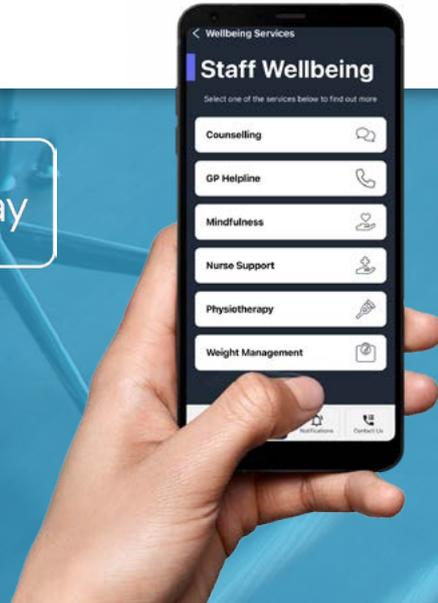
Wellbeing Governors E-Module

Assigning roles like Mental Health and Wellbeing Governance Lead ensures strategic oversight and demonstrates commitment to supporting staff and student wellbeing, emphasising mental health, equality, resilience and effective support.

Our Wellbeing App

The SAS 'School Wellbeing' app is an ideal way for staff named on a policy to access the most up to date information about the wellbeing services available to them and to make requests.

The app is free to download from the Apple and Google Play stores by clicking the buttons below.



schooladvice.co.uk



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