



Schools Advisory Service

**Your Health & Wellbeing  
Support from SAS**

01773 814 403 | [nurse@uk-sas.co.uk](mailto:nurse@uk-sas.co.uk) | [schooladvice.co.uk](http://schooladvice.co.uk)

**At SAS, we believe that prevention is better than cure.**

**Over 60% of staff who accessed our health & wellbeing services were not absent from work at all in 2018.**



Our philosophy at SAS is to work with you to **prevent and reduce staff absence**. All of the health and wellbeing support we offer you is designed and implemented by our team of experienced in-house SAS Nurses. 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 20 years experience, working in close partnership with schools and their staff to discover the root cause of staff absence and researching what we can do to help.

We want to be there to support and care for you when symptoms develop, not just when an absence occurs. Therefore all our health & wellbeing services can be accessed without you being absent from work.

# Wellbeing Services Available to You With SAS



**The services listed in this book are free and confidential for staff named on a Schools Advisory Service staff absence insurance policy to access.**

Terms and conditions apply. Contact SAS for more details.

Contact our Wellbeing team to make an enquiry or access therapy, you can contact them directly via any of the buttons below.



Download the free Wellbeing App now at [schooladvice.co.uk](http://schooladvice.co.uk) or via the Apple & Android store. Our app details services available and provides a point of contact for insured to access services.

Click to Download our app from...



You can use these buttons in the digital copy of this book to contact our wellbeing team directly



# Nurse Support Service



Last year, our qualified nurses spent **over 1400 hours** carrying out **Health Screening sessions** in schools.

SAS directly employ NMC registered nursing staff who are on hand to speak to whenever you have a health concern. Our nursing team can sign post to relevant wellbeing services and:

- **Assist staff with queries relating to their own wellbeing**
- **Empower staff to ask the right questions regarding their condition**
- **Welcome calls to offer extra care when needed, no query too big or small**
- **Offer peace of mind with effective pastoral care**

**In 2018, our nursing team supported over 13,600 school staff across the UK.**

**“No query is too small and our SAS Nursing Team welcome calls to offer that extra care at a time when it is needed. All discussions with our nurses are completely confidential. Our aim is to provide peace of mind to School/Academy leaders & their staff, as we know effective pastoral care can make a real difference.”**

**Mandy Dowsing**  
Head of Nursing



# Counselling



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 220 sessions of counselling per week.**

Our research informs us that stress accounts for approximately **31%** of absence within Schools/Academies. We are doing everything we can do to improve this statistic.

- **♥ SAS offer solution focused therapy sessions to named staff**
- **♥ Available whether you are still working in school or absent through illness**
- **♥ Session content and access is completely confidential**
- **♥ Cause does not need to be work related**

## Over 95% of responding patients would use SAS Wellbeing Counselling Services again in the future.

**“As the Head of Psychological Services, I wholeheartedly believe in the value of promoting good emotional and physical health, helping people work towards an improved quality of life at times of stress or difficulty.**

**As a team, we place great focus on delivering counselling services that are not only clinically safe, effective and accessible but also delivered by experienced and dedicated staff who are compassionate and respectful in their approach to their work.”**

**Dr Kathy Thwaites**  
Head of Psychological Services



# Physiotherapy



**Of those accessing our physiotherapy service, the likelihood of potential absence went down by 36% from referral to discharge in 2018.**

**It is estimated that around 43% of people in the UK suffer with chronic pain. 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.**

- **♥ Support any condition a GP has recommended physiotherapy as treatment**
- **♥ Cause does not need to be work-related**
- **♥ Aim to place referrals with a physiotherapist within a week**
- **♥ Private physiotherapy clinic with locations nationwide**

**74.5% of all people accessing physio with SAS would have been likely to experience absence without intervention.**

**“The heart of our service is the control and quality of treatment along with a unique measurable outcome tool, which is acclaimed by clinicians and clients alike.”**



**Dale Naylor**  
Chartered Sports Physiotherapist & Biomechanist  
Clinical Director of The SAS Physio Service



# 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.

**Some examples of operations SAS provide are:**

-  Cataracts
-  Hernias
-  Gall Stones
-  Bladder
-  Joints - Hip & knee, correction & replacement
-  Haemorrhoids
-  Men's Health
-  Women's Health
-  Carpal Tunnel

# 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/psychological symptoms which can accompany such a diagnosis.

# Weight Management

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.

# 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.**

SAS also work in partnership with Simply Hormones and we have received media attention for the recognition of our work in this area.

**“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



# GP Consultations

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:

Active NHS GPs providing the highest level of medical support & advice

A worldwide service, accessible anywhere you are

Support is available 24 hours a day, 365 days a year

Only GP service provider with unlimited consultation length & no limit to the number of times the service is used



# Mindfulness

Mindfulness and meditation teaches us to enjoy the journey, be present rather than reflecting on the past or worrying about the future and can aid the reduction of stress.

Stress Awareness sessions, delivered and designed by an experienced therapist, help staff recognise stress in oneself, in others and learn to be more resilient to managing anxiety.





## New For 2019 Pupil Wellbeing Services



As part of **SAS Whole School Wellbeing**, staff absence customers can benefit from Pupil Wellbeing Services designed to fit the new Ofsted rating system introduced from September 2019.

### Be A Champion

Pupil health and wellbeing mentoring programme focusing on improving mindset, sleep patterns, eating habits and physical activity

### Mable Therapy

Award winning, innovating speech & language therapy programme

### My SEND App

Bespoke and private app based support for pupils with SEND

### Pupil Counselling & Yoga:

SAS can also provide counselling support for pupils and Yoga lessons for class groups

Contact **SAS Pupil Wellbeing** for a **Counselling or Yoga quotation** on **01773 851 043**



TRACK PUPIL PROGRESS & ENGAGEMENT

PUPIL HEALTH & WELLBEING LESSON PLANS

BE A CHAMPION PUPIL SUBMISSION APP



# BE A CHAMPION

“I am looking forward to working with SAS to help pupils find their inner champion and make a difference to their wellbeing.”

Leeds Rhinos Rugby League Legend  
**Jamie Peacock MBE**



# Health & Wellbeing Service Feedback



“The service received from the SAS team has been very beneficial in supporting our staff wellbeing. The service provided by the nursing team has been very beneficial to the staff at Passmores Academy who have accessed the scheme. The general feedback regarding the nursing team has been “very supportive”, “approachable”, “informative” and issues have been dealt with promptly and in a professional/confidential manner.”

**-Passmores School**

“Thank you for your advice. I will discuss the physiology and mindfulness with the OH Therapist at my CFS clinic appointment next Friday and will continue doing the Headspace app meditations as I have just downloaded the free app. Thanks so much for your support, it means a lot.”

**-Oxhey Wood Primary School**

“I am so delighted that I took the steps to make use of the free Weight Management membership. It has provided me with the motivation that I needed to lose weight and get healthy. So far I have lost a stone and this is just the beginning of my journey.”

**-Staff at Abbey Grange Academy**

“I have not been ‘well’ for some time, about 2 years. I finished up in hospital and was diagnosed with gall stones in the summer holidays. I was told that my gall bladder needed to be removed, but that I could wait for up to 6 months for an appointment to see a consultant and a further few weeks for an operation on the NHS.

I contacted SAS, who were amazing. They were really helpful, friendly and efficient. I paid to see a private consultant the following week and had my gallbladder removed privately (fully funded by SAS) within a month of first contacting SAS. I am now fit and well, (I even played golf just 3 weeks after the operation) and now realise how tired and lethargic I had become.

I have a new lease of life and am enjoying and coping with my heavy workload much better.

**Thank you SAS, I have my life back!.”**

**-Headteacher, Kelsale CEVCP**

The logo for SAS Schools Advisory Service, featuring three stylized human figures in blue, green, and red, followed by the text 'SAS Schools Advisory Service' in a blue, sans-serif font.



Schools Advisory Service

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



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

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