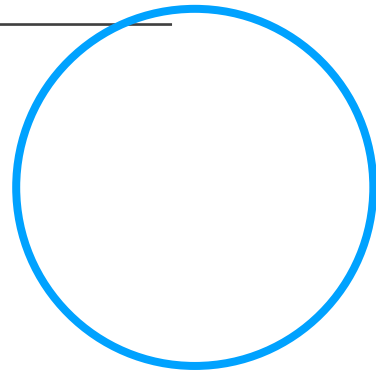


YOUR 2021 WHOLE SCHOOL WELLBEING SERVICES



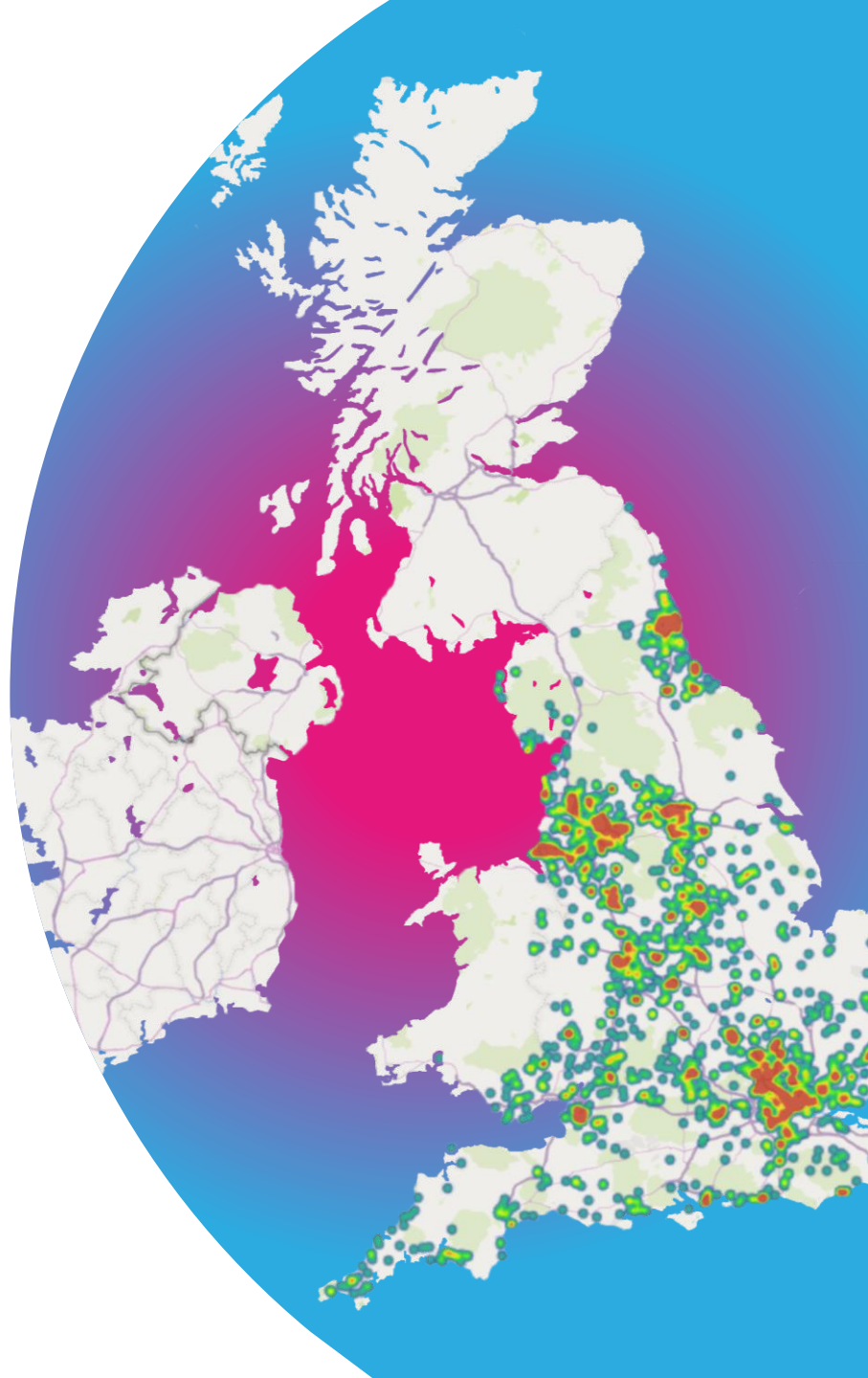


SAS have over 22 Years experience working exclusively in the Education Sector and work with over 4000 schools across the UK.

We are continually striving to [make a difference in education](#) by shaping the market and setting the standards for all to follow.

The following slides indicate the services your school have bought into and how to access these. You do not need to be absent from work to access these services as [at SAS, we believe prevention is better than cure.](#)

All services are completely confidential, clinician-led and managed by our experienced in house NMC registered Nurse Team.



IF YOU HAVE ANY QUESTIONS ON THE SERVICES,
PLEASE DO GET IN CONTACT ON THE DETAILS
BELOW



HANNAH DOWLEY
ACCOUNT MANAGER
E: HANNAHD@UK-SAS.CO.UK
T: 01773 814 400 EXT: 940



TRIGG HOUSE, 11 MAISIES WAY, SOUTH NORMANTON, DERBYSHIRE, DE55 2DS
SCHOOLS ADVISORY SERVICE IS A TRADING NAME OF SOVEREIGN RISK MANAGEMENT LIMITED
(REGISTERED IN ENGLAND NO. 03475198) FCA REGISTRATION NUMBER: 309701 | SAS229 V2
TERMS AND CONDITIONS APPLY. CONTACT SAS FOR MORE DETAILS.

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.

- Short term therapy
- Can be used for work or personal issues
- Initial assessment over the phone to determine most appropriate setting/delivery
- Research shows telephone therapy gives individuals the best outcome, so we deliver the majority of our therapy over the telephone





Nurse Support Service

In 2020, our nursing team supported **over 16,300 school staff** across the UK.

- In-house nurse led service
- Experienced qualified nurses, with a variety of experience
- We will listen to any query and provide support
- If appropriate assist the individual to access SAS services
- Signposting to recognised organisations who may be able to offer assistance





Physiotherapy

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

- Referrals begin with a telephone consultation with our lead physio team
- A personalised exercise programme will be emailed over with a follow up consultation
- If required, we will then refer on for face to face sessions
- We also have our Ask Mike section on our website where you can find exercises and advice.



Cancer & Chronic Illness

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.

- In house nurse team can offer support to patients who have received a diagnosis of cancer or a chronic, long-term condition
- Individuals are able to access complementary therapies.
- Refer to SAS services if appropriate
- Signpost to other services / charities



Weight Management

61.1% of people who complete our 12-week Slimming World referral achieve a 5% weight loss.

- Working in partnership with Slimming World
- Slimming World will provide a “readiness to change” interview with one of their consultants to make sure the programme is appropriate and that they are committed to changing their lifestyle
- Individuals are able to access 12 weeks membership, subject to eligibility





Menopause Support

In the UK, the average age for a women to reach the menopause is 51.

- SAS work in partnership with Simply Hormones and have received media attention for the recognition of our work in this area
- Menopause is a personal journey with varying symptoms. We can direct you to sources of up to date information and support
- Speak with our in house nurses to discuss your symptoms

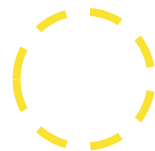




GP Consultations

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

- Contact the service directly
- Experienced NHS GP's
- 24 hours a day, 365 days a year
- Unlimited access
- For individual and members of their household
- Prescriptions can be delivered to a local chemist (prescription cost involved)





Mental Health Support

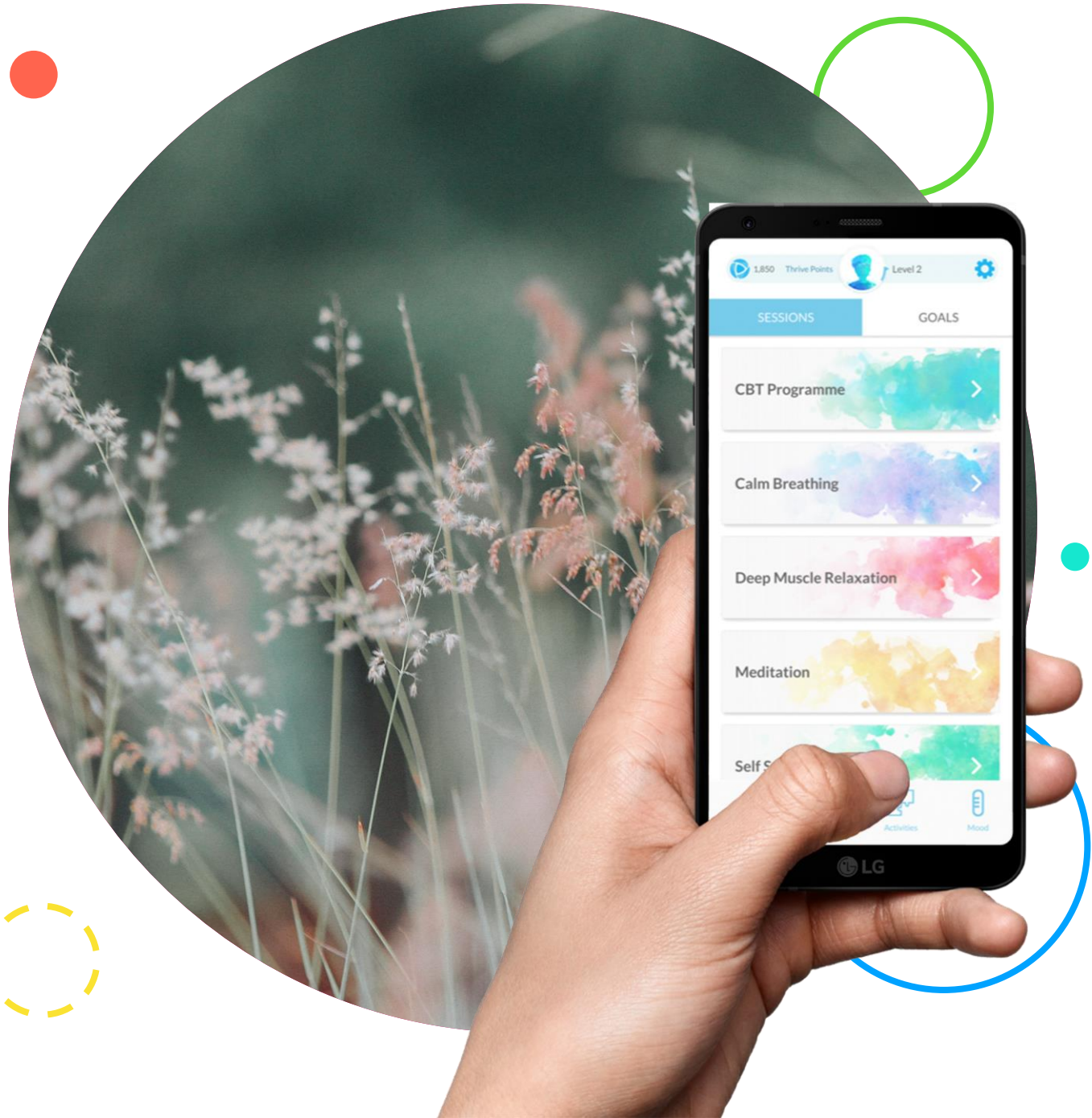
A range of proactive mental health support is available with SAS, including support platforms approved by the NHS.

- SAS nurses identify staff that may benefit from one-to-one mindfulness and relaxation sessions with our Mindfulness and Wellbeing Consultant
- Sessions can be used to combat symptoms of anxiety
- Consultant is a qualified Neuro Linguistics Programming Practitioner, ABNLP Coach, Psychotherapist MNCP, Clinical Hypnotherapist DiPHypGHR





- NHS Approved Guided CBT, Breathing, Muscle Relaxation, & Meditation
- Identify risk factors for stress, and then provides a mechanism to eliminate them by changing habits
- Stress reducing sessions and mood tracking
- Code available to staff named on SAS policies

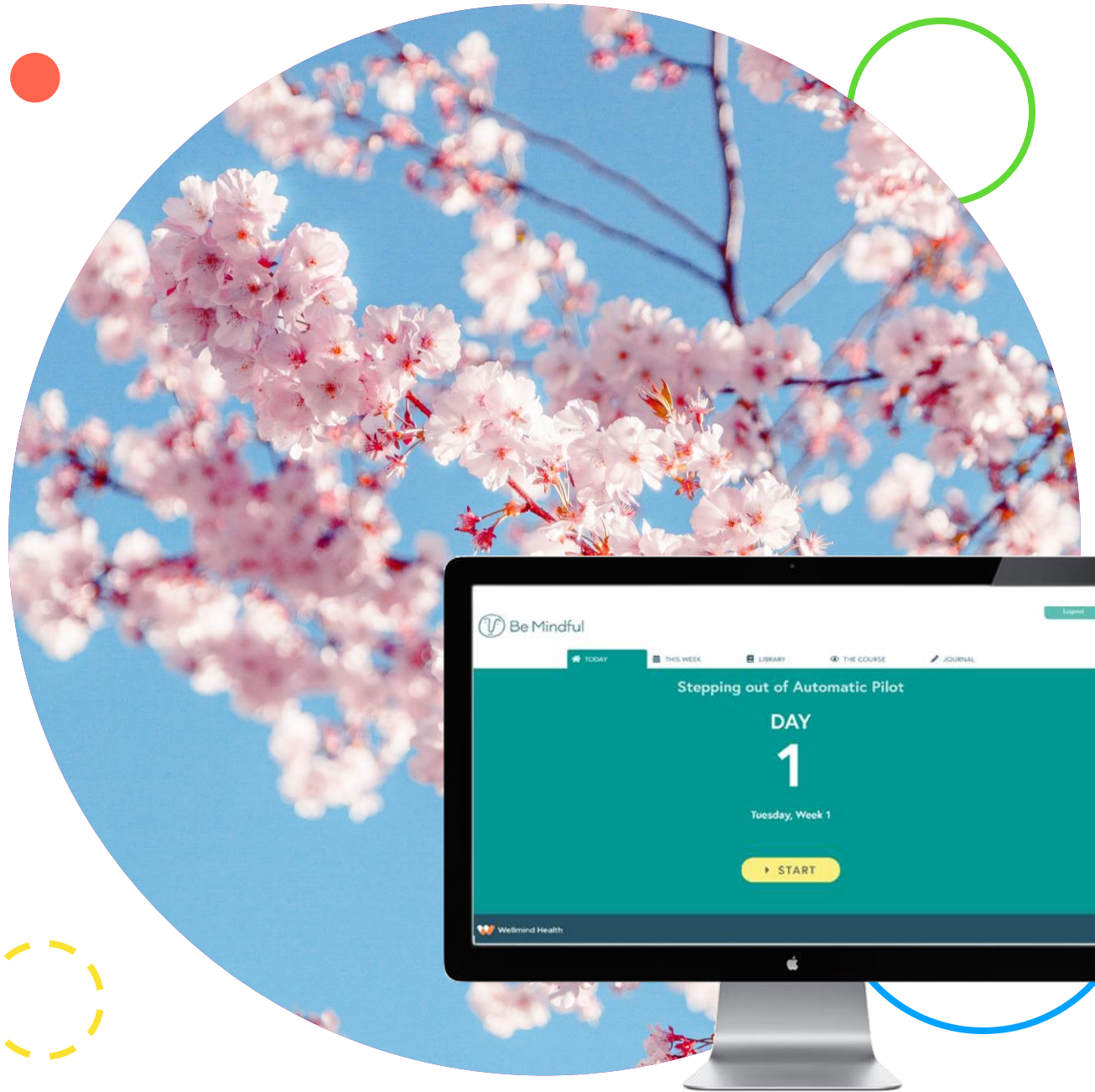




Be Mindful

Online Mindfulness Course

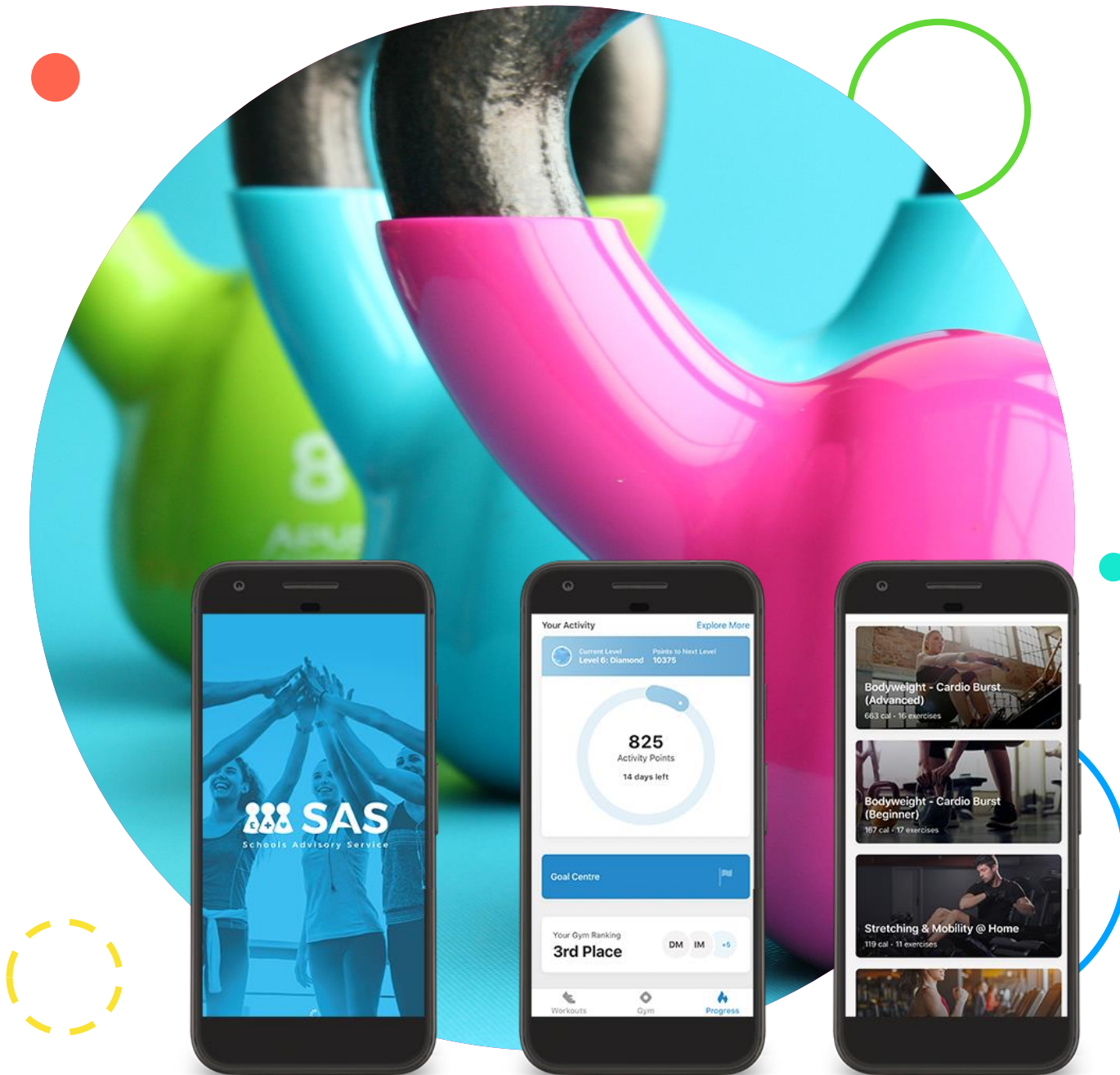
- Four Week NHS approved mindfulness programme for schools
- Users of our NHS approved guided mindfulness programme were shown to have over a 50% average reduction in depression after 4 weeks
- Revisit sections to provide refresher sessions
- Available to staff named on SAS policies





E G Y M

- Range of exercise programmes developed by SAS Personal Trainers Ed & Valuska
- Link in health apps, wearable devices and take part in gym challenges
- Insured staff have access to personalised personal trainer support at no additional cost for school staff
- Search SAS GYM on the app stores to download. Special offers are available for staff at schools insured by SAS





THE RELAXATION ROOM PODCAST

Weekly podcast hosted by SAS
Mindfulness and Wellbeing Consultant
June, focusing on guided mindfulness,
meditation, relaxation and hypnosis
covering a range of topics.

Search all major podcast providers for
SAS – The Relaxation Room

Sessions are also available to SAS
Schools live Thursday evenings at 8pm.
Sign up for sessions via our website
(Whole School Wellbeing > Webinars)

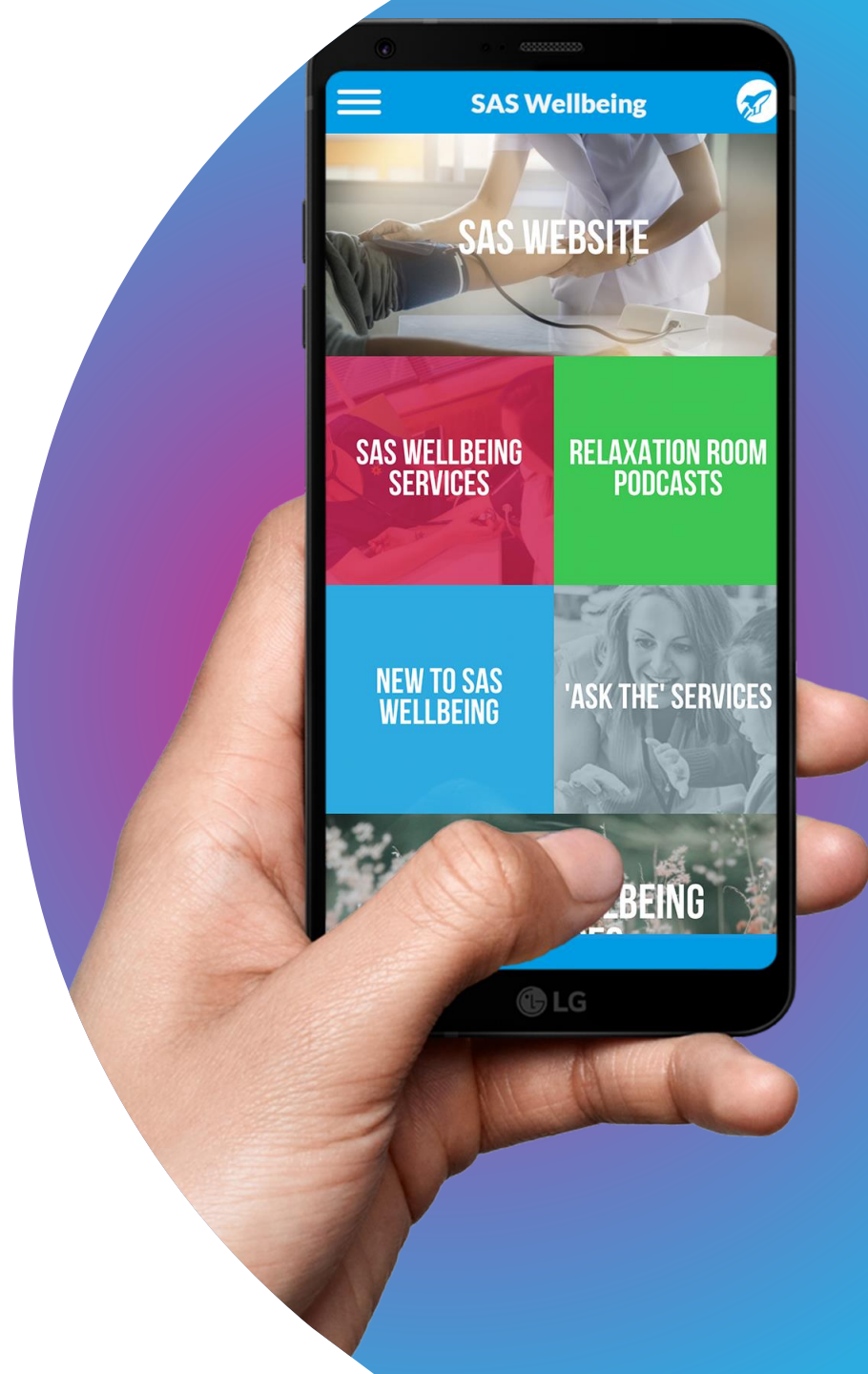




HOW CAN I ACCESS SAS WELLBEING SUPPORT?

Staff insured by SAS policies can submit confidential requests for wellbeing support via:

- Download the SAS Wellbeing App
- Telephone – 01773 814 403
- Email – nurse@uk-sas.co.uk (quoting school name & postcode)
- SAS Website – Staff wellbeing page





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