

FREE AND CONFIDENTIAL WELLBEING SERVICES FOR YOU

Contact our wellbeing team on:
01773 814403 | nurse@uk-sas.co.uk



- **Wellbeing Telephone Support** - Confidential support from our NMC registered nursing team.
- **Cancer & Chronic Illness Support** - Support for staff if they or their family are affected by a diagnosis of a chronic, long term condition.
- **Bereavement Support** - Emotional support and guidance for navigating bereavement of a loved one.
- **Menopause Support** - Support from nurses who have attended recognised menopause courses
- **Manspace** - Support for men's health and wellbeing related queries.
- **Mindfulness with June** - Guided mindfulness & meditation evening webinar sessions.
- **Ask Andy** - One hour video call with SAS Director of Wellbeing: former NAHT President Andy Mellor to discuss how to create a wellbeing culture within the school.
- **Preparing Parents** - Support for existing or new parents/guardians.
- **SAS Gym** - Exercise and nutrition programmes for all levels of abilities and experience.
- **Be A Champion Pupil Wellbeing** - Pupil mentoring programme to encourage improved mindset, sleep, healthy eating and physical activity.
- **Pupil Yoga Videos** - 10 guided video sessions aimed at Primary and Secondary aged children
- **Counselling** - Confidential, individual therapy sessions.
- **Physiotherapy** - Physiotherapy resources to assist with the treatment and management of a wide variety of conditions.
- **Complementary Services** - Therapies to assist with physical or psychological symptoms which can accompany cancer/chronic long-term illnesses.
- **Integrated GP Service** - Appointments for medical support and advice with active GPs.
- **Ask Andy Leadership Clinic** - Weekly leadership support meetings, including guidance on improving whole school wellbeing.
- **Wellbeing Governor E-module** - Supporting mental health and wellbeing across your organisation.
- **Financial Wellbeing** - A comprehensive financial wellbeing online portal for help and advice
- **Weight Management** - Weight Management programmes and Nutritional advice and support.
- **Staff Mindfulness** - A 4-week mindfulness programme for schools.