School Wellbeing
at the heart of education

FREE AND CONFIDENTIAL WELLBEING SERVICES FOR YOU

Contact our wellbeing team on:

01773 814404 | 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.
- SAS Gym - Exercise and nutrition programmes for all levels of abilities and experience.
- Pupil Yoga Videos - 10 guided video sessions aimed at Primary and Secondary aged children.
- Counselling - Confidential, individual therapy sessions.
- Physiotherapy - Private physiotherapy booked at a clinic close to you and access to resources to assist with the treatment and management of a wide variety of conditions.
- Complimentary Services - Therapies to assist with physical or psychological symptoms which can accompany cancer/chronic long-term illnesses.
- 24/7 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.
- Happier Healthier You - Holistic wellness programmes that help promote positive lifestyle changes.
- Mastering Mindfulness - A 4-week mindfulness programme for schools.
- Weight Management - 12-week weight management programme in partnership with Slimming World.