

SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCE LIST No. 5

PROMOTING STAFF HEALTH and WELLBEING

The resources, training and CPD opportunities, listed below are all offered by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use.

ALL RESOURCES AND TRAINING ARE FREE UNLESS SPECIFICALLY STATED.

Please get in touch if you would like further information about anything in this resource list or to discuss support for your school or college.

Susan

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INFORMATION, ADVICE and GUIDANCE for a WHOLE SCHOOL APPROACH to STAFF WELLBEING -local-

Slough Borough Council – School Health & Wellbeing Project

[Education Staff Wellbeing - web page](#)

Slough Borough Council – Educational Psychology Team

Educational Psychologists run Solution Circles for staff focusing on particular difficulties faced in their roles e.g. anxiety amongst students. The service also deliver training on a needs based approach responding to individual need, specific requests and context within schools e.g. staff wellbeing. [Integrated Support Service](#)

Frimley CCG (NHS)

[Children & young people's mental health training for professionals and volunteers](#)

This document includes online courses about education staff wellbeing.

Berkshire Healthcare NHS Foundation Trust

The Education Mental Health Support Team offer staff wellbeing support and workshops to their allocated schools:

[Mental Health Support Team \(MHST\) and Getting Help Service](#)

INFORMATION, ADVICE and GUIDANCE for a WHOLE SCHOOL APPROACH to STAFF WELLBEING -national-

Anna Freud Centre

[A guide for school staff to look after their own and colleagues' wellbeing during periods of disruption](#)

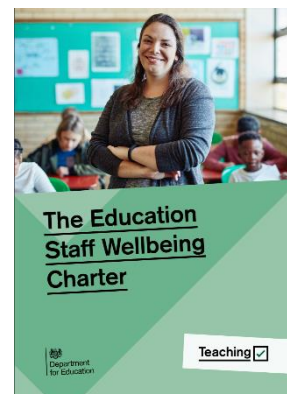
[A guide for school leaders on promoting staff wellbeing](#)

[10 steps towards staff wellbeing](#)

Department for Education

[Reducing school workload](#)

Education Staff Wellbeing Charter The Department for Education has worked with key stakeholders in the education sector including teaching unions, Mind and Education Support, schools and trusts and Ofsted to produce an Education Staff Wellbeing Charter. It is a declaration of support for, and set of commitments to, the wellbeing and mental health of everyone working in education. All state funded schools and colleges are invited to familiarise themselves with the charter now, and to sign up when it is available in the autumn, as a shared commitment to protect, promote and enhance the wellbeing of their staff. It is voluntary and there is no deadline to sign up. The DFE will publicise how to sign up in the autumn and suggest that schools should sign up when it is right for their organisation and when they will get the most benefit from it. More information and a downloadable a copy of the Charter can be found here: [Education Staff Wellbeing Charter](#)



Education Support

Staff Wellbeing Audit Tool from Education Support aims to help schools assess what is already being done to support staff mental health and wellbeing at school and identify any gaps and areas for development.

Access the audit tool [HERE](#)

[VIDEO: Bereavement & its impact on education staff](#)

[Resources for supporting teacher wellbeing](#)

[BLOG: The impact of Covid-19 on staff mental health & wellbeing and what support is available](#)

5 Ways Schools Can Show Appreciation for Staff gives suggestions of ways schools can show they appreciate their staff and ensure mental health and wellbeing is placed at the heart of decision making:

[5 Ways Schools Can Show Appreciation for Staff](#)

Health & Safety Executive (HSE)

[GUIDANCE: Preventing Work Related Stress in Schools](#)

IRIS Connect

[ARTICLE: How to support your teachers' wellbeing through a pandemic](#)

NSPCC

[PODCAST: The impact of Coronavirus on school staff and pupils](#)

The Key for School Leaders

[Supporting staff through illness & bereavement](#)

[Supporting staff who are grieving](#)

Wellbeing Planning Exercise

Please see below.

Young Minds

[Caring for the wellbeing of teachers and school staff](#)

SELF CARE

Slough Borough Council – School Health & Wellbeing Project

[Education Staff Wellbeing Self Care Guide](#)

East Berkshire Wellbeing Service

The Wellbeing Service is available for anyone 18+ registered to a GP in east Berkshire with low level needs driven by a social or environmental determinant that is affecting their mental wellbeing. The service can help individuals with emerging life crisis providing practical, situational and social support for issues including housing, money worries, alcohol and drug misuse, gambling, student stress, sleep, stress, resilience, lack of motivation.

The service provides one-to-one telephone support, workshops and access to an online platform.

The Wellbeing Service webpage can be found [HERE](#)

Individuals can self-refer by calling **0300 365 2000 option 2** or emailing

BHFTIAPTWellbeingService@berkshire.nhs.uk

Education Support

4Rs for Stress Management is a blog from Education Support outlining 4 ways that teachers and education staff can manage the many stresses that have arisen recently. Read the blog [HERE](#)

How to Handle Stress gives practical advice to help teachers and education staff handle stress: [How to Handle Stress](#)

Wellbeing Tips for School Leaders Dr Emma Kell, teacher and author, shares her practical wellbeing tips for headteachers and school leaders: [Wellbeing Tips for School Leaders](#)

Every Mind Matters

Every Mind Matters information, advice and self-care strategies from the NHS on a number of issues:

[SLEEP](#) [FEELING ANXIOUS](#) [MINDFULNESS](#) [FINDING CALM AMONGST THE CHAOS VIDEOS](#)

The Reading Agency

The Reading Well Workplace Toolkit has been created by The Reading Agency to support workplace wellbeing through the power of reading. The toolkit recommends titles from the Reading Well for Mental Health collections that are available for free download via public library e-lending services to support your mental health at work. The toolkit also contains information about our Read, Talk, Share campaign and signposting to relevant resources to help foster and support a culture of wellbeing amongst colleagues: [Reading Well Workplace Toolkit](#)

Staff Wellbeing - Exercise

Promote Wellbeing Awareness	Developing Positive Relationships	Meet Human Needs	Encourage Work Life Balance	Show Appreciation	Develop A Positive Ethos And Values
