



CITY AND COUNTY OF SWANSEA
DINAS A SIR ABERTAWE
LLANRHIDIAN PRIMARY SCHOOL
YSGOL GYNRADD LLANRHIDIAN

Headteacher : Mrs D E Caswell B Ed (Hons); NPQH
Deputy Headteacher: Mrs R A Jones BA Ed (Hons)
Llanrhidian, Swansea. SA3 1EH. Tel (01792 390181)

www.llanrhidian.swansea.sch.uk

Llanrhidian.Primaryschool@swansea-edunet.gov.uk



Useful Websites to Support Staff Wellbeing

Acas - information on stress, and employer and employee rights, in the workplace

www.acas.org.uk

Alcoholics Anonymous - fellowship of men and women who share their experience, strength and hope with each other to recover from alcoholism.

www.alcoholics-anonymous.org.uk

Boing Boing - resilience

<https://www.boingboing.org.uk/>

Carers UK - the voice of carers

www.carersuk.org

CBI - guidance to businesses on managing stress at work

www.cbi.org.uk

Department of Health - information on dealing with stress and mental health problems, including the use of Cognitive Behavioural Therapy (CBT)

www.gov.uk/government/organisation/departments/department-of-health



Dignity at Work Partnership - information and guidance on bullying in the workplace

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www.dignityatwork.org

Education Support is the only UK charity dedicated to supporting the mental health and wellbeing of education staff in schools, colleges and universities.

<https://www.educationsupport.org.uk/> Free 24/7 confidential helpline available to all staff 08000 562 561

The Equality and Human Rights Commission - the commission is working to eliminate discrimination, reduce inequality, protect human rights and to build good relations, ensuring that everyone has a fair chance to participate in society.

www.equalityhumanrights.com

Gingerbread - gingerbread and One Parent Families have now merged to provide better support and a bigger voice to 1.8 million lone parents and their children throughout England and Wales.

www.gingerbread.org.uk

HSE - information on the stress management standards

<http://www.hse.gov.uk/stress/standards/#>

Mind - mental health support

<https://www.mind.org.uk/>

Mindful Employer - information and guidance on managing stress and mental health in the workplace

www.mindfulemployer.net



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NASUWT - information on a whole range of issues related to stress and wellbeing

<https://www.nasuwt.org.uk/>

NEU - information on a whole range of issues related to stress and wellbeing

<https://neu.org.uk/>

NHS 111 - National Health Service advice and guidance on health matters

<http://www.nhs.uk/111>

Princess Royal Trust for Carers - Here to improve carers' lives by fighting for equality and recognition for carers.

<http://www.carers.org>

Relate - UK's largest provider of relationship counselling and sex therapy.

<http://www.relate.org.uk>

Samaritans - offers confidential, non-judgemental support to individuals.

<https://www.samaritans.org/samaritans-cymru/>

Teacher Support Network

https://www.cpdsewales.org.uk/cpd/content_detail.asp?contentid=370

Welsh Government - Staff Health and Wellbeing Handbook

<https://gov.wales/sites/default/files/publications/2018-03/staff-health-and-wellbeing.pdf>



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Work Life Balance Centre - exists to help people restore control over their workload and working lives to enable them to cut down overworking and so make new decisions about how they spend their time.

<http://www.worklifebalancecentre.org>

World Health Organisation publication on work organisation and stress

http://www.who.int/occupational_health/publications/en/oehstress.pdf

Young Minds - caring for the wellbeing of teachers and school staff

<https://youngminds.org.uk/resources/school-resources/caring-for-the-wellbeing-of-teachers-and-school-staff/>



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