

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)

<u>www.llanrhidian.swansea.sch.uk</u>
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/department-of-health





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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.

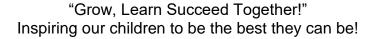
https://www.samaritans.org/samaritans-cymru/

Teacher Support Network

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

Welsh Government - Staff Health and Wellbeing Handbook

https://www.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/



