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teacher support network

Managing change in schools

Academies National Conference

Julian Stanley
Chief Executive

Teacher Support Network services

We provide a free health and wellbeing support service to teachers, as well as all staff in adult, FE and HE. Services include:

- Money and financial advice/assistance
- Free counselling and emotional support
- Free coaching and mentoring
- Free information, factsheets

and assessments – e.g. Wheel of wellbeing

- 08000 562 561
- www.teachersupport.info

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Teacher health check up

- 308,000 full / part-time maintained school teachers took sickness absence in the 2009 calendar year (2010 DCSF statistical release)
- 87 per cent of respondents to the 2008 Wellbeing Survey said they had experienced stress in the last two years. Two-thirds said they had experienced anxiety. 42 per cent said they had experienced depression.

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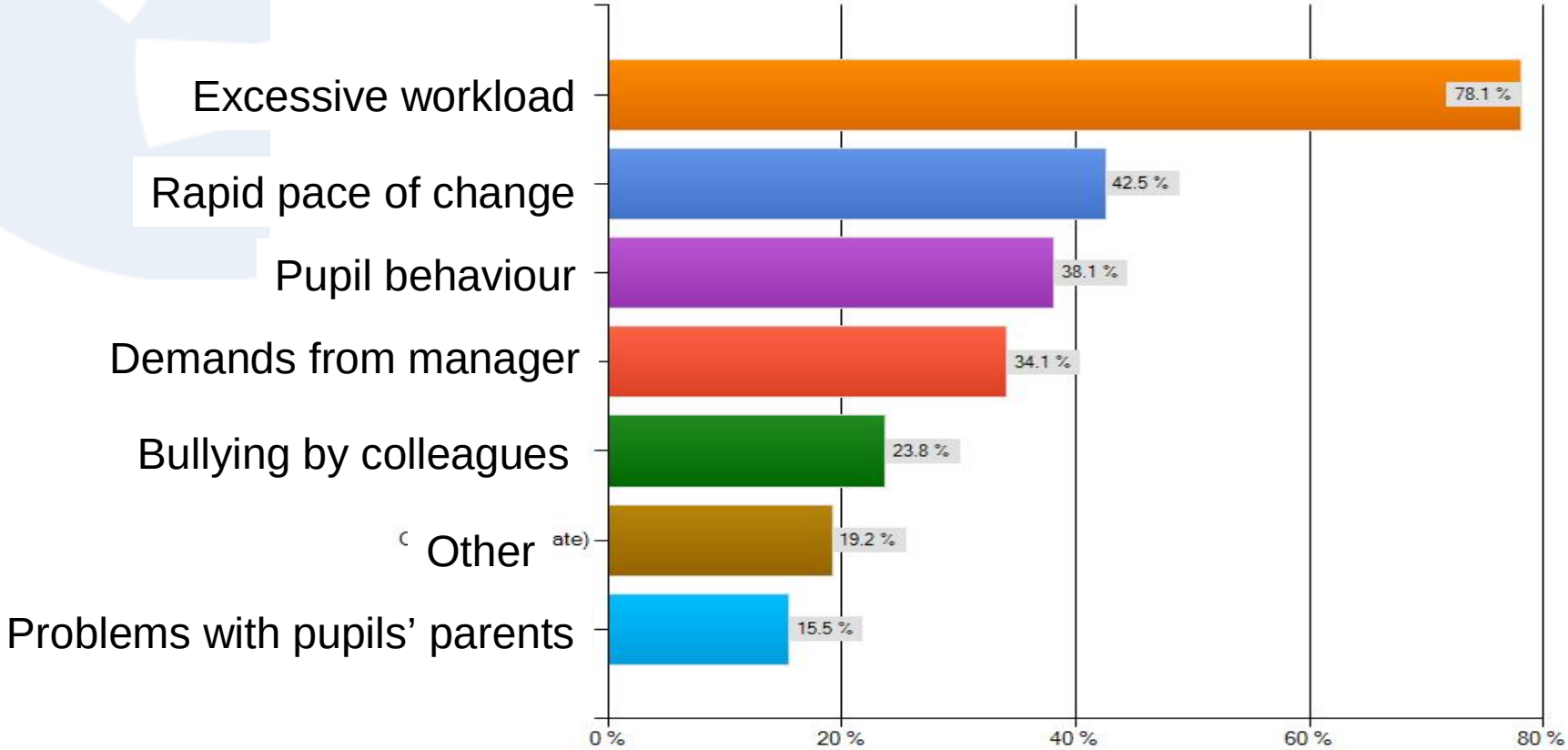
Why are so many teachers so unwell?



Answers to question 'Can you identify the main issue in your workplace that caused these feelings (stress, anxiety, depression)?'
Wellbeing survey 2008

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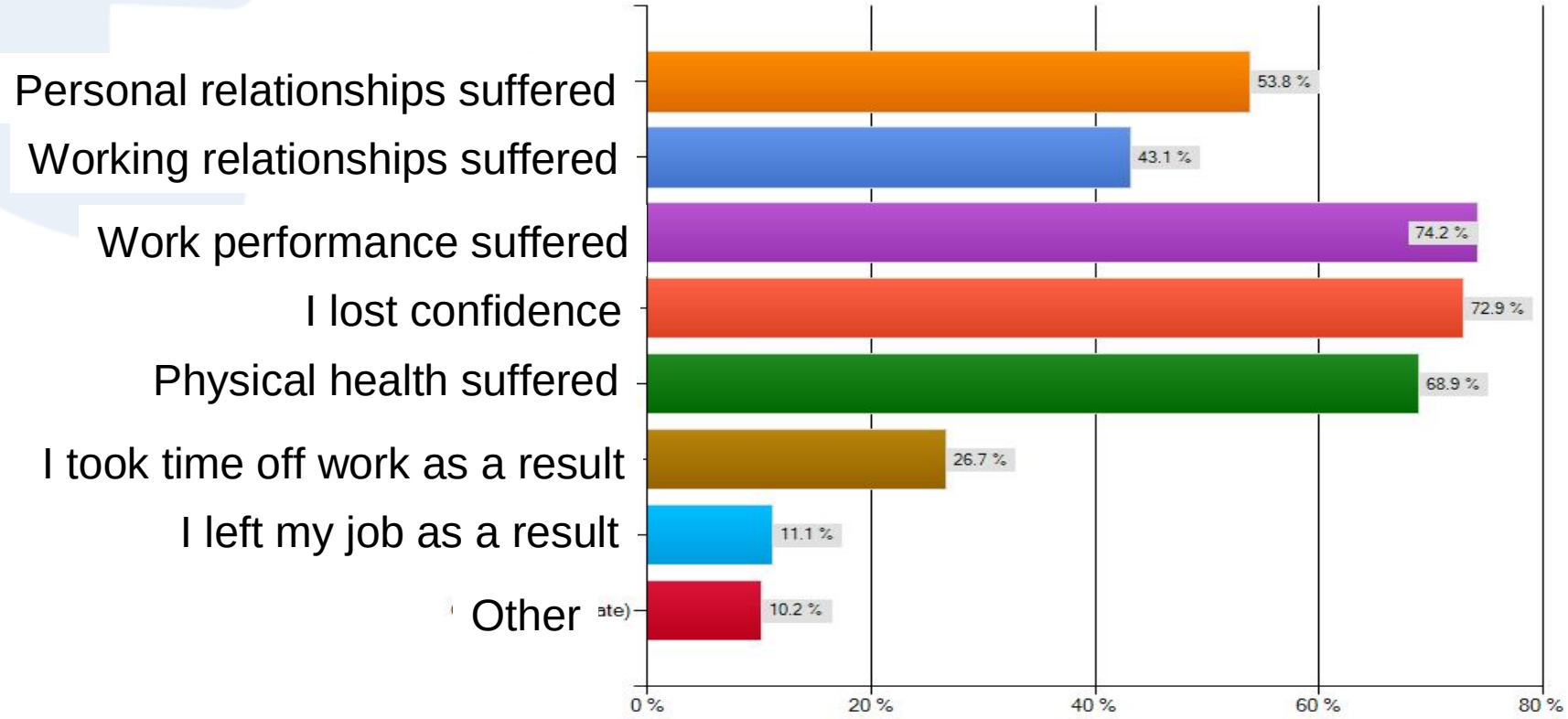
Repercussions of rapid change



Answers to question 'Have the feelings you have experienced (mental health conditions related to rapid pace of change) resulted in any of the following?'
Wellbeing survey 2008

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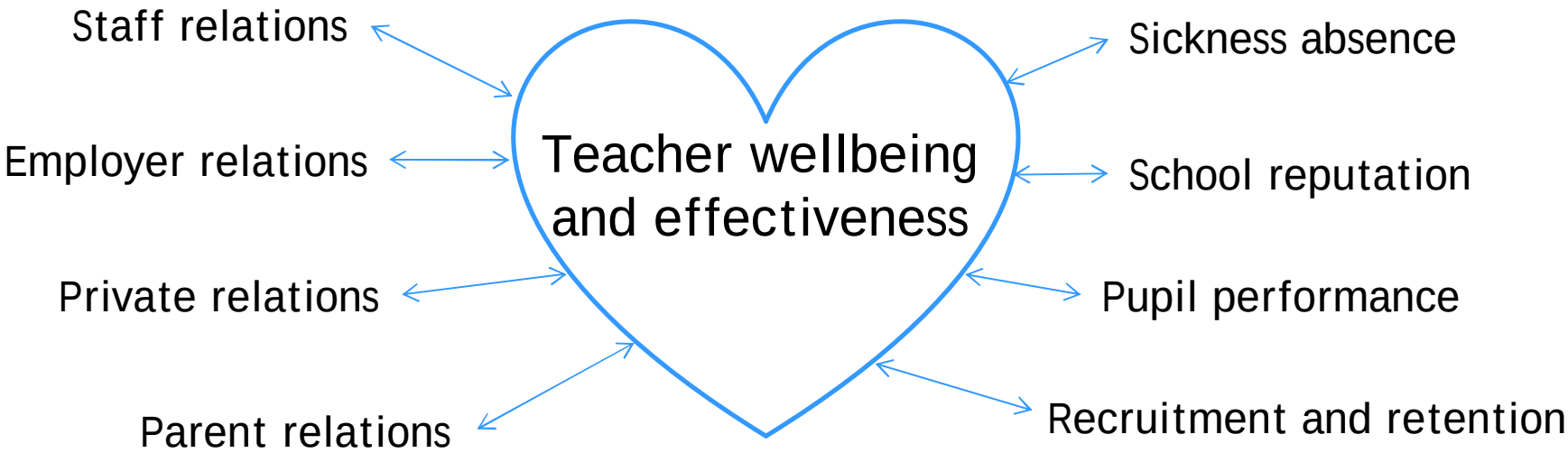
SHiFT...
presents

Staff wellbeing and effectiveness is always critical in any school



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How should schools support teachers through change?

- Consult and involve teachers in change
- Promote and follow the DCSF 'Common mental health problems' guidance
- Link up with Occupational Health, HR and other local services where appropriate
- Sign up to a wellbeing programme – see www.worklifesupport.info
- Produce and implement staff wellbeing policy
- Promote support services

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