## **North East Learning Trust**



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24 March, 2020

Dear colleague

In this period of uncertainty, we want to ensure that we help and support each other whenever and however we can.

At the beginning of this lockdown I am aware that there may be some members of staff who perhaps live alone or who are struggling with caring responsibilities, let's look out for each other. If you know of any colleagues who may be particularly vulnerable at this time, drop them a message or let us know and we will keep in touch.

A number of our staff aren't on email, but with almost 800 employees across our family of schools no one should feel isolated.

It is a very worrying time and I know that some colleagues who may have mental health issues may struggle without the support that they get on a day to day basis as they go about their usual working day. I therefore attach the latest information from SAS who provide excellent wellbeing services should anyone feel they need to contact them during this time.

Alternatively, you can contact the HR team directly by emailing deborah.piggett@nelt.co.uk

This is a tough time for everyone, but we will get through this by supporting each other. I couldn't be more impressed and prouder of how people are pulling together as a team and have no doubt we will emerge at the other side stronger and closer than before.

Yours sincerely,

KHowll

Lesley Powell

CEO



## Your Medical & Wellbeing Support

Available from SAS under your Staff Absence Insurance





## **How to Access**

Download the Wellbeing App now at schooladvice.co.uk or via the Apple/Android store. Once downloaded click onto the relevant service you require to access more information.

Download our app from...





Medical Operations Enquiries - 01773 814403
Cancer & Nurse Support Service - 01773 814404
Counselling - 01773 814402
Physiotherapy - 01773 814403
24 hour GP helpline - 0845 4031037
Pupil Wellbeing Services - 01773 851043

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