

STAFF WELLBEING



Mike Lamb
Director of Pupil and Staff Wellbeing
Based in St Johns

At Hurst we believe that mental health and wellbeing is the basis for a happy and successful life at school and beyond. Pupil, and staff, wellbeing is at the core of what we do at Hurst and informs our decision making at every level. For this reason we have a dedicated Director of Staff and Pupil Wellbeing, Mike Lamb, who works closely with pastoral leaders and all other staff across the College.

Through our embedded and integrated wellbeing programme we seek to offer opportunities for all of our community to succeed, whilst providing them with the support they need along the way. This pre-emptive approach to developing resilience helps everyone at Hurst to fulfil their potential. From being the first school to offer the unique Mind Clinic service to all staff to ensuring pupils throughout the school spend time in our forest and on the College farm we believe that this community focused approach has contributed to Hurst's recent and ongoing success.

SUPPORT

Medical Centre

The Medical Centre are able to provide First Aid, health promotion and medical advice to staff, including training on safe administration of medication in House and Emergency treatment procedures for pupils with medical conditions. They also facilitate services throughout the year, such as free flu jabs, as well as sign-posting to other services.

The Mind Clinic

The Mind Clinic is a safe, confidential space for anyone with an issue they'd like to talk about or reflect on. This service is offered every few weeks throughout the year, please see reminder emails about sessions.

Chapel and Chaplaincy team

The Chapel provides a space and staff to support and advise. It is open all day during term time. In addition there are daily prayers in the Lady Chapel at 7.45am Monday to Friday, and a staff breakfast in the Vestry on Thursday at 7.30am.

Wellbeing MOTs

These will take place throughout the academic year.

Support Helpline

The Education Support Partnership provides free and confidential advice and a support line for all staff working in education, nationally.

Accessed on 0800 0562561

Phone Counselling service

Free service offered 24 hours a day 365 days a week through the College.

Accessed on 0117 9330687.

Bupa Health Insurance

This service is available through the College at a cost.

Cycle to Work Scheme

Offered through Cycle Solutions.

More info at <http://www.cyclesolutions.co.uk/hppc>

SPORT ACTIVITIES

- **Swimming Pool** - Monday and Friday mornings at 6.30-7.30am. Times and dates may change.
- **Gym**- The gym is available on weekdays, anytime before 8am or between 7.30-8.30pm. It is also free anytime on the weekend.
- **Yoga** - Thursdays, 6-7pm, all year round in the Dance Studio. All levels are welcome.
- **Spin** - Organised occasionally during term time and advertised on Teams (Wellbeing).
- **Football** - Staff and parents football, Mondays and Fridays 7-8pm, all year round, term time.
- **Ultimate Warrior Training** - Discounted Membership.
See www.theultimatetraining.co.uk
- **Ski Trips** - once or twice a year, details vary.
- **Sailing** -One trip a year, often around Easter.
- **Triathlon** - Staff occasionally enter local events during the season.
- **Golf** - Group lessons for all ability levels and individual lessons available to sign up to on Hurst Online. Golf days organised regularly and the Crypt Club Classic Open is available to all.
- **Cricket**- The Hurst Hippos play a handful of matches each summer and also tour after the end of term.
- **Climbing** - Wednesday evenings at Withdean Sports Centre.
- **Tennis** - Thursday evenings between 6.30-8pm.

SPORT ACTIVITIES

- **Bike Racks** - They can be found near reprographics and can be used by all staff.
- **Fantasy Football** - played each year.
- **Changing Rooms** - There are male and female changing rooms available on campus.
- **Corporate Membership at the Triangle Leisure Centre** - for more info please contact the Triangle directly.

MUSIC ACTIVITIES

- **Chapel Choir** - All members of staff are welcome to join the Chapel Choir which rehearses on a Tuesday afternoon from 4.15-5pm and then on Fridays before Chapel from 4.15pm.
- **Choral Society** - All members of staff are welcome to join the Choral Society of Parents and Friends which rehearses on a Tuesday night, from 7.30-9pm in the Music School. The Choral Soc. performs two concerts a year in December and June both accompanied by a professional orchestra.
- **Playing instruments** - Any member of staff is welcome in the music school at any time to play their instrument/play the piano or join in with any of the groups that we have here.

LEARNING AND RELAXATION ACTIVITIES

- **Library** - All staff are welcome to take out any number of items they'd like to read. The Library stocks current fiction and non-fiction along with DVDs, audiobooks, magazines, journals and newspapers, as well as an online library of eBooks and downloadable audio books. The library staff can offer help with searches, referencing, etc.
- **British Sign Language** 'drop in classes' - dates tbc.

SOCIAL ACTIVITIES

- **Staff events/trips** - Throughout the year there are various staff events/trips which will be organised by the staff body.. All staff are welcome to attend and encouraged to help organise.
- **Crypt Club Bar** - We offer the Crypt Club Bar which is open most evenings after 6pm and weekends dependent on demand.
- **Break times** - A variety of newspapers, snacks and refreshments are on offer in the Common Room at all break times.
- **The Big Breakfast** - a morning staff prayer meeting on Thursdays from 7.30am.





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