

STAFF WELLBEING



Mike Lamb
Director of Pupil and Staff Wellbeing
mike.lamb@hppc.co.uk
Office based in the Cloisters

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.

For any medical enquiries please email medical@hppc.co.uk

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.

For more information please email mike.lamb@hppc.co.uk

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, Tuesday, Thursday, Friday and at 17.45pm on Tuesday and Thursday.

For any chapel enquiries please email jeremy.sykes@hppc.co.uk

Wellbeing MOTs

These will take place throughout the academic year.

For more information please email mike.lamb@hppc.co.uk

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.

For more details, please email connie.baldwin@hppc.co.uk

Cycle to Work Scheme

Offered through Cycle Solutions.

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

SPORT ACTIVITIES

- **Swimming Pool** - Monday and Thursday mornings at 6.30-7.30am and Monday evenings between 6.30-8pm.
For any enquiries please email anthony.gray@hppc.co.uk
- **Gym**- The gym is available on weekdays, anytime before 8am or between 7.30-8.30pm. It is also free anytime on the weekend.
For any enquiries please email daniel.champion@hppc.co.uk
- **Yoga** - Thursdays, 6-7pm, all year round in the Dance Studio. All levels are welcome.
For any enquiries please email kbrushwood@btinternet.com
- **Pilates** - Monday, 6:30pm, all year round in the Pre-Prep gym.
For any enquiries please email anna.hopcroft.co.uk
- **Football** - Staff and parents football, Mondays and Tuesdays 7-8pm, all year round.
For any enquiries please email mike.lamb@hppc.co.uk
- **Ski Trips** - once or twice a year, details vary.
For any enquiries please email fred.simkins@hppc.co.uk
- **Sailing** -One trip a year, often around Easter.
For any enquiries please email simon.poole@hppc.co.uk
- **Triathlon** - Staff occasionally enter local events during the season.
For any enquiries please email oliver.gospel@hppc.co.uk
- **Golf** - There are a handful of events throughout the year, including the open Crypt Club Classic.
For any enquiries please email rob.kift@hppc.co.uk
- **Cricket**- The Hurst Hippos play a handful of matches each summer and also tour after the end of term.
For any enquiries please email rob.kift@hppc.co.uk
- **Climbing** - Tuesdays evenings at Withdean Sports Centre.
For any enquiries please email fred.simkins@hppc.co.uk
- **Tennis** - Thursday evenings between 6.30-8pm.
For any enquiries please email martin.tigg@hppc.co.uk

SPORT ACTIVITIES

- **Bike Racks** - They can be found near reprographics and can be used by all staff.
- **Fantasy Football** - played each year. For any enquiries contact Liam Agate.
- **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.
For any enquiries please email neil.matthews@hppc.co.uk
- **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.
For any enquiries please email neil.matthews@hppc.co.uk
- **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.
For any enquiries please email neil.matthews@hppc.co.uk
- **Lunchtime concerts** - There will be eight lunchtime concerts across the academic year given by either members of staff or talented pupils from the Senior School. A sandwich lunch will be available to eat during the concert as will a table at which staff may mark or reply to emails if they wish too. The focus is informality alongside some cracking music. The concerts will last 30 minutes.
For any enquiries please email neil.matthews@hppc.co.uk

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.

For any enquiries please email library@hppc.co.uk

- **British Sign Language** 'drop in classes' - dates tbc.

For any enquiries please email phoebe.lewis@hppc.co.uk

- **'This is language'** a French and Spanish online authentic language learning resource access to give you the chance to learn a language.

For any enquiries please email amy.flint@hppc.co.uk

- **Headspace** - This is an active Mindfulness App available free to all staff working in schools. See emails or visit online for more information.

SOCIAL ACTIVITIES

- **Staff events/trips** - Throughout the year there are various staff events/trips which will be organised by the Common Room Committee. All staff are welcome to attend.

For any enquiries please email rob.kift@hppc.co.uk

- **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 Tuesdays at 7.45am.





HURSTPIERPOINT COLLEGE
COLLEGE LANE, HURSTPIERPOINT, WEST SUSSEX, BN6 9JS

 @Hurst_College  /HurstCollege  @Hurst_College hppc.co.uk