

Education Supporter

The magazine from



Autumn 2021



Together
we're stronger

Inside this issue: Far-reaching impact — our year in numbers

Welcome and thank you

Welcome to the Autumn 2021 issue of Education Supporter magazine. As ever, it's a delight to be writing to you — one of our most valued supporters.

It has been an honour to work alongside teachers and education staff throughout the unprecedented challenges we've faced. Their commitment, ingenuity and selflessness have kept the lights on in schools, colleges and universities across the country. This is not to deny that the Covid-19 pandemic has taken a great toll on the learning and development of children and young people. Much of that has been the result of long-standing inequalities in our society that have become so visible through the pandemic.

The pandemic has also brought mental health into sharp focus. Throughout this difficult time, we all recognised that wellbeing and mental health are central to our capability to overcome difficulty and loss, to perform well professionally and to enjoy the good things in our lives. Much of the stigma around mental ill health and poor wellbeing softened as we all experienced low points.

We are hugely grateful to you as one of our generous donors, for making our work possible. We are proud to have maintained our core services with no disruption over these challenging months, and we have you to thank for that.

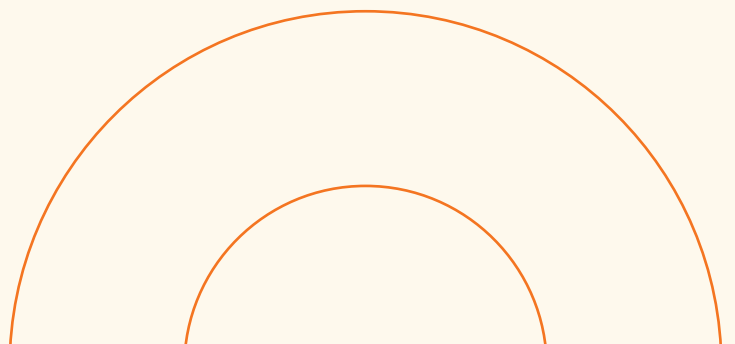
We have all been changed by this experience, although it can be hard to know how. Change brings opportunity, for which we have bold ambitions. We will continue to grow our capacity and reach so we can be there for those who need us. We will highlight the issues that drive poor health among teachers and educators. We will also look for opportunities to amplify best practice and spread good news. And where the strain and pressure falls too heavily, we will continue to be here to listen, validate, reassure and support.

Thank you for enabling us to do all of this.

Sending my warmest wishes,



Sinéad Mc Brearty
CEO, Education Support





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Keep in touch

Address	40A Drayton Park, London, N5 1EW
Phone	0207 697 2750 (general enquiries)
Helpline	08000 562 561 (Free, confidential 24/7 Helpline)
Email	fundraising@edsupport.org.uk
Website	educationsupport.org.uk

Our year in numbers

5,351

staff helped via our
Employee Assistance
Programme

Almost

100,000

people working in schools and colleges
are now supported by our Employee
Assistance Programme

You cannot
pour from
an empty cup,
**look after
yourself
first.**



277

school leaders
received our
new telephone
supervision or
peer to peer
support services



Helpline: 08000 562 561
Call us, we'll listen

 Education
Support

ers

342

grants were awarded to teachers and education staff in financial crisis

Financial grants

For education staff in crisis

educationsupport.org.uk/grants

Confidential grants service for teachers and education staff.



Almost

145,000

people accessed our new wellbeing video covering topics including anxiety and bereavement



Every single day,

2

callers to our helpline are assessed to be at risk of suicide



We've produced

20

brand new resources to help education staff, such as our Taking Care of Teachers hub

The lives you've changed...

Ashley's story

“In 2016 I had left the first school I had worked in as a qualified teacher and taken the role of Assistant Head at another local, outstanding, primary school. I struggled with the role because the workload was enormous, and because nothing seemed to be good enough for the head teacher

I first noticed my health deteriorating when I was constantly suffering with colds, coughs and flu-like symptoms. I have never struggled sleeping but I either didn't want to get up or I was running on a high and couldn't sleep at all. Then I began feeling like I just didn't want to go to work and would rather hide away from it all at home. When at work I would avoid going to the staffroom and mixing with others and would instead isolate myself in my classroom or at times even hid in my car!

I went to my GP and told him all of this and said I am just not coping, maybe I have taken on too much too soon or maybe I am not fit for this outstanding school. I was given antidepressants and signed off work in December. Even when I was off, I had staff messaging me asking if I could mark books and SATs papers and I felt like there was



nothing I could do to escape. I was even called in to school for a meeting with the Head. He had invited the Business Manager as representation, but I had nobody to support me. It was at this point

I handed in my resignation and contacted NASUWT to help me through the process of having my contract terminated early as I had missed the deadline to leave at Christmas. It was then that I was signposted to Education Support.

I spoke to a wonderful lady (I just wish I could remember her name!) who assured me that I would get through this. She went through several screening questions including “Have you ever wanted to harm yourself or others?” My reply was “No, but I often wonder if I had a car accident on the way to work if it would mean I wouldn't have to go in.”

I was offered counselling. Just having someone who didn't know me to speak to openly and honestly without judgement was an absolute godsend. I quickly found myself feeling a lot more like ME again. I was sleeping better, I was motivated to exercise and eat well, I was even supported in applying for new roles, one of which I successfully

secured in February. I was also signposted to several websites, resources and services which could all aid my 'recovery'. Family and friends noticed a difference in me, and I was finally in a much better place to return to the classroom (& SLT) come February...turns out I hadn't taken on too much at all - the

previous school just wasn't the right place for me.

I am now working at a secondary school in Kent and I could not be happier; I have recommended the Education Support services to colleagues."

"I was offered counselling. Just having someone who didn't know me to speak to openly and honestly without judgement was an absolute godsend."



Please don't wait if you need to speak to someone — call our helpline on **08000 562 561** before you reach crisis point.

Together we strode against stress...

Over the past 18 months, we have all had to make changes and adapt our lives to a difficult situation. At Education Support, we found ourselves in the somewhat challenging position of quickly having to think of new ways to raise funds so that we could maintain our core services, within the limitations of lockdowns.

And so, our brand new challenge event, Strides Against Stress, was born. As well as to raise much-needed funds, we wanted some way to keep a community atmosphere alive and raising awareness of the extreme pressures facing teachers and education staff during the pandemic.

The aim of the challenge was to run or walk at least 30 miles for the month of April (Stress Awareness Month). Participants could choose to log a mile a day for the 30 days of April or opt for fewer, longer runs to reach the distance target.

More than 1,000 supporters of all ages and abilities took part, raising more than £52,000, — way, way, way beyond our wildest expectations.

From the bottom of our hearts, thank you to everyone who took part, and to everyone who sponsored them. You helped ensure we could carry on being there during very dark times.

Keep an eye out for next year's event, we've set the bar very high so we'll need your help!

“Everyone on my team commented that it helped the mental and physical well-being by making them be active every day”

“It gave me a purpose to walk each day”





“Encouraging me to walk more positively impacted my mental wellbeing”



“I was happy and motivated to go walking”



“Time for me to walk immersed in nature was good for the soul”



“Getting out every day for a 1 mile run cleared my head and physical fitness helped my mental fitness. Also made me leave work earlier each evening to complete the challenge!”

The lives you've changed...

Naomi's story

Naomi came to us in a desperate state when her financial struggles left her with nowhere else to turn. Here was her urgent plea:

"I desperately need your help and am hoping that you are able to understand my situation. I only get paid during school term-time and have found myself in a terrible financial situation as a result of that.

My children's father never worked so was able to look after the children while I went to work. But in August 2020 he moved out as he had become toxic to be around. Unfortunately him leaving left me with huge childcare costs as he refused to have our 3-year-old after nursery for 2 days a week like he used to, to reduce the childcare costs. He only wanted to pick up our 5-year-old for 2 days a week after school, even though he doesn't work. So I have been left with huge childcare costs.

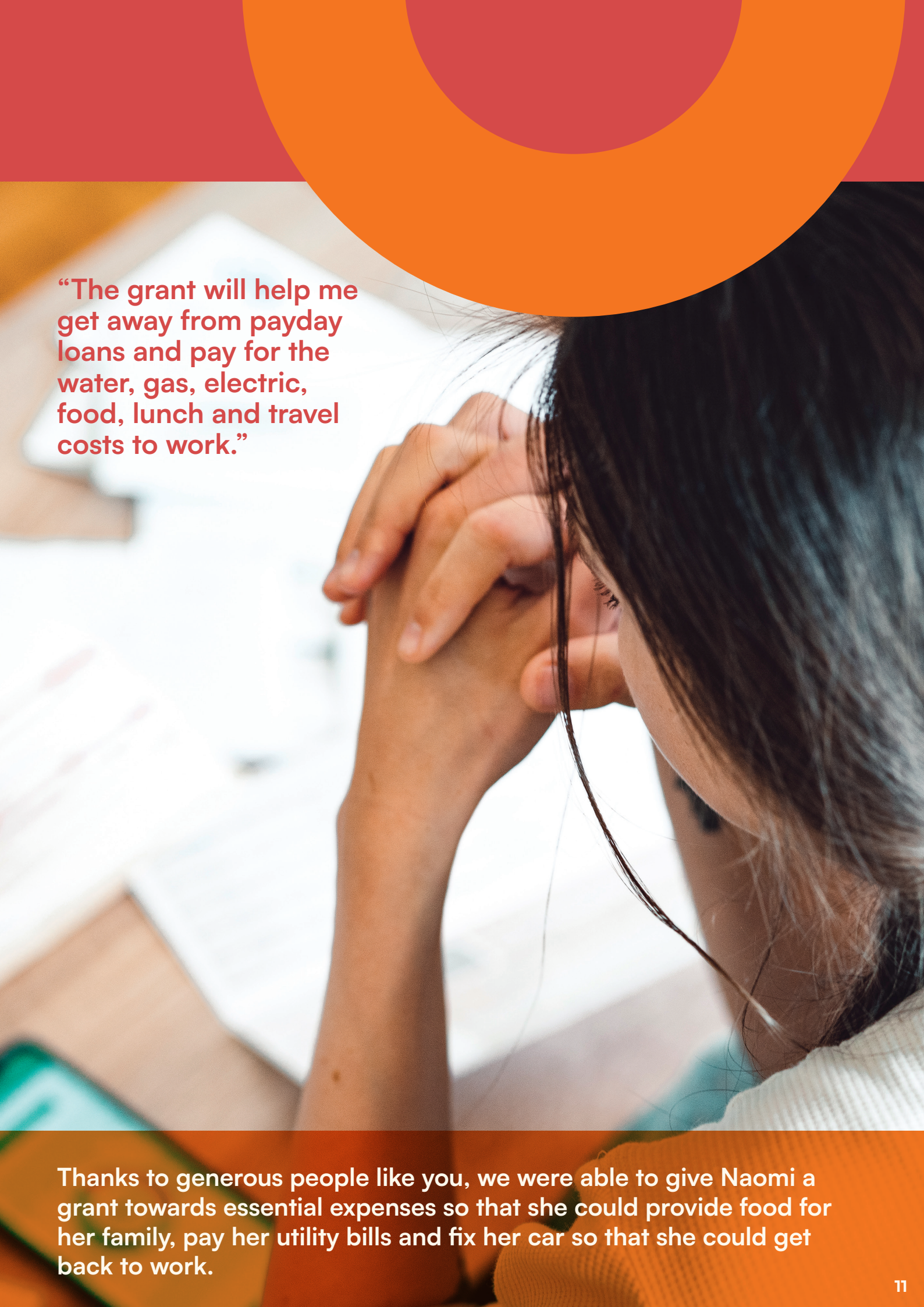
I now have no money to buy food, toiletries or to pay utility bills. My car engine light is on and I have no money to get the cylinders in the engine fixed.

If you are able to help me with a small grant, I will be able to survive and provide the essentials for my children. I am struggling to survive right now.

It really hurts, working so hard, yet I can't afford the basics in times like this. Not being able to pay for my medication for my rheumatoid arthritis means I'm also in pain on top of everything. It's hard to manage on my own with my children. I know I have to get on with it, but I am finding everything getting worse as I am struggling so badly that I am turning to payday loans and I feel like I am drowning in debt.

The grant will help me get away from payday loans and pay for the water, gas, electric, food, lunch and travel costs to work. Otherwise, I will not be able to get to work or afford the above and I have no one to turn to.

I desperately need your support and don't see any other way around it. I'm pleading for your help. I feel so embarrassed and upset that I work and I am in this situation. My plans are to continue to pay my debts off and hopefully my health should continue to improve as I will be able to afford my medication. Thank you so much."



“The grant will help me get away from payday loans and pay for the water, gas, electric, food, lunch and travel costs to work.”

Thanks to generous people like you, we were able to give Naomi a grant towards essential expenses so that she could provide food for her family, pay her utility bills and fix her car so that she could get back to work.

Your voice

We're delighted to share a wonderful story written by one of our supporters, Kay Hassell, about her own education and her first job in teaching.

I applied to Homerton College in Cambridge because I thought it would be fun to go to a university town, and to Roehampton — the Froebel Institute in South London. I got interviews at both places. I did not like the Principal of Homerton, and was very pleased when I got offered a place at Roehampton.

I started there in October 1946 and I found myself sharing a study-bedroom with a girl called Joyce Kneale. Joyce was a bit of a rough diamond but she became popular and I was jealous because she attracted more attention. You could draw a line across our room — I was tidy, she was most untidy. I liked to be on time, if not early for lectures and meals. She stayed in bed til the last minute.

One evening she was sitting beside our gas fire and the tears were trickling down her cheeks. I asked what the matter was and she said she was thinking of her mother who had died a few months before. I felt deeply convicted that I hadn't cared for her.

That night Joyce and I began to talk. We talked and talked til three o'clock in the morning. After that I often took Joyce home with me for the weekend. But it was still difficult for me to actually like her. Often we disagreed totally about something but we were honest with each other and worked through to an agreement.

College was great but the three years went by all too quickly. Because I had had a grant from the London

County Council, I was bound to go for a teaching post under that Authority. I had no choice of school. On the first day of the Autumn Term,

“it was still difficult for me to actually like her. Often we disagreed totally about something but we were honest with each other and worked through to an agreement.”

which was at the end of August, I went to the District Office and was allocated Wordsworth Road Infant School. On arrival I was faced with an old building which would have been pulled down but for the war. I found my way to the Head Teacher's study. There she was with about ten little children sitting on the floor. “Ah! My lovely new teacher!” she cried. She took me and the children downstairs and along a corridor to my classroom. She handed me a bunch of keys and departed.

The room was large with brown and cream painted walls, brown tables and chairs and high windows you could not see out of. Suddenly, out of the corner of my eye, I saw a child run out of the door. I thought, “Leave the 99 and run after the one lost sheep.” She dashed down the corridor, out of the outside door, out of the playground across the road and down an alleyway. I ran after her. “Thank goodness I've joined the NUT,” I thought. “If anything happens to this child I'll have a solicitor to represent me.” As luck would have it the child's mother happened to be coming up the alleyway and the girl flung herself into her mother's arms. I grabbed her back shouting, “She's got to



come back to school!” I did not stop to give an explanation because I was afraid there would be more escapees in my absence. Panting, I got myself and runaway safely back in the classroom, and I locked the door, so that no-one else should escape.

That first day seemed like a week and the first week felt like a month. The term was 17 weeks long. We had one day off for half term and one day at the beginning of December for “Teacher’s Christmas Shopping” day.

Come the Summer Term, we were all in the Hall when Miss W spoke to the assembled children. “Tomorrow,” she said, “is May 26th. Do you know what happened on May 26th?” Some bright spark who had been at school the year before, shouted out, “Queen Victoria’s birthday!” “Quite right, dear,” she said.

“Now let us go back in time. Who is the present King?” “George VI!” “That’s right, dear. And who came before George VI?” “George V”. “And who came before George V?” “George IV”. “And who came before George IV?” Pause...”Solomon!” “No, dear, I think we’re getting a little confused.” Poor staff! We were trying hard not to laugh.

Winter came, and several of the children did not

have adequate footwear. One good feature of my classroom was the fire; a real open fire with a huge fireguard round it. I put a semi-circle of chairs round the fire, took off the wet wellies or shoes, rubbed their blue feet and got them toasty warm before letting them go to play. I was supposed to teach them the numbers up to ten and the letters of the alphabet. There were little slates and pieces of chalk to write with, and little dusters for rubbing out. One boy started banging his duster on the table and the rest took up the jolly idea. Soon there was chalk dust rising like a fog into the air.

We never had so much as a free period. The teacher in the next class up who had started when I did, suggested that on a Friday afternoon she should take my class with hers for Music and Movement in the Hall as she could play the piano, and on another afternoon I should have her children with mine for story-telling. I enjoyed this immensely. The visiting class all sat on tables and chairs so there were up to 90 children to talk to. I told them story after story and I was astonished because after each one they all clapped.

After two years at Wordsworth Road I wanted to spread my wings, but I have strayed into my second job so I herewith sign off. Til next time!

If you’ve got any comments, stories or views you’d like to share, please get in touch.

Write or email us at:

Email: magazine@edsupport.org.uk

Write: Education Supporter magazine, Education Support,
40A Drayton Park, London, N5 1EW

The lives you've changed...

Sarah's story

Our summer appeal earlier this year focused on the moving story of Sarah, who had struggled with domestic abuse for many years. When lockdown exacerbated an already dangerous situation, Sarah came to us for help to escape.

Sarah was kind enough to tell her story to help us raise funds for other struggling teachers.

Ms A B Sample
55 Sample Street
Sampleton
Sampleshire
S55 5SS

Mailsort/Tray No./Cell No.

Your su

**"I hope sharing my story inspires you to help
make it through the toughest times of your life."**

Dear Ms A B Sample,

Just over one year ago, I fled my home with almost nothing – not even my coat. It was a desperate thing to do and a terrifying experience, but my husband's abuse meant it would have been far more dangerous and frightening to stay.

I'm writing to you now from a very different place. I have a roof over my head, food on the table and a coat hanging in the hallway. Most importantly, I'm able to continue teaching children who need me.

This miraculous turnaround is all thanks to amazing, caring people who made it possible for me to receive a life-changing emergency Education Support. Which is why I was so willing and happy to share my story with you when asked.

My hope is that when you hear more about what happened to me, you'll know how much you helped, you'll feel inspired to give a gift of £50 to help another teacher like me who finds themselves in a dark and frightening place.

Your generosity is needed so badly. As you'll know, teachers and children are already under enormous pressure – and the COVID-19 pandemic has added further financial pressures even further.

In my case, the first lockdown brought everything to breaking point. I was subjected to years of emotional, financial and physical abuse at the time, and my confidence had drained away and I was finding it difficult to do so much so dearly.

Things came to a head when my husband finally threw a chair at me. That was when I turned to an organisation who helped me create a safe home long enough to gather the money I needed to leave.

Then COVID-19 happened. My husband was made redundant just as I was, suddenly I was trapped in a house almost 24 hours a day with a violent man who was constant, and he tried to control my every move. After I asked for help, intent on punishing me and that my home had become too dangerous, the police wasted no time in helping me escape.

As there were no refuge places left in the South East, I ended up moving 200 miles away, where my daughter lives. From there I was able to start a new life.

Supporter number: xxxxx
Date 2021

Help more teachers
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a safety plan so I could stay in my

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ed for a divorce, I realised he was
erous to stay in any longer. The

in a refuge in Nottingham, almost
to get a flat, but I had nothing



Continued overleaf

more than a mattress to sleep on – I'd left everything behind when I fled.
That was when I found Education Support's website and my life truly began to turn around.

I applied for an emergency grant to help with essentials like clothing, a microwave and some second-hand furniture. Up until that point, the only place to sit and eat in my flat was on the loo. I also needed a car so that I stood a better chance of getting some teaching work at a time when unemployment in Nottingham was incredibly high.

I was thrilled when the answer was 'yes' and my grant came through amazingly quickly. Without that help, it would have been a real struggle. Too often, women in my position are forced to return to abusive situations if they can't get the support they need to start again.

But it wasn't just the money that mattered so much to me. When so many bad things had happened, the fact I had been able to make this one good thing happen changed everything. That grant said to me "We believe in you, you deserve this". I felt that if Education Support believed in me, I could believe in myself – it was such a massive boost when I needed it most.

Now, one year on, I've gone from fleeing my home in crisis to having a flat with the essentials I need, new friends and my daughter nearby. Most importantly, I've been given a second chance to find and pursue a new teaching job that means everything to me. My passion for teaching is stronger than ever, and I feel confident and positive about my future.

That's what you helped do for me – and that's what I deeply and sincerely hope you will be able to do for someone else again today.

The children I teach are in great need of skilled and dedicated education professionals in their lives – and there are children just like them all over the country. That's why Education Support's services and emergency grants are so crucial – I am living proof that they can help a teacher find a way back when life goes terribly wrong so they can continue to provide an education for children for years to come.

I hope you will take this opportunity to give what you can to help make crucial support like this available for teachers and education staff who are in crisis.

I will never forget what you helped to do for me and the children I teach – if they knew, I'm sure they would thank you too.

With warmest wishes,

Sarah

Sarah
Teacher

P.S. Without the help of an Education Support emergency grant, I may have left teaching. Now, I can concentrate on my career again and give it all I've got. Please give this precious chance to another teacher who finds themselves in an overwhelming crisis. Thank you so much.

on Park, London, N5 1EW
2750 E info@edsupport.org.uk
upport.org.uk

upport is a registered charity no: 1161436
imited by guarantee registered in England and
9311354 Registered office as above



Will You? Leave a Legacy of Learning

This year we're delighted to have partnered with Remember a Charity to highlight the importance of legacies to the future of our organisation.

We know that many of you were once teachers yourselves and that will always be part of your identity and something you will be, quite rightly, incredibly proud of. We also hear from so many of you that you loved your time teaching, but wouldn't want to be a teacher in the current climate and that you really empathise with people working in the sector now.

We understand only too well the current pressures faced by teachers and education staff.

We want to be there as a safety net for them when times get tough, but also to work hard to influence change at government level. Removing the endless paperwork and tick-box exercises might just give teachers back the freedom to do what they do best — to make a real difference in the lives of their students.

You already do so much to support your former colleagues, by supporting us, and we're so grateful for your loyalty.

If the time comes that you decide to make or update your Will, perhaps you might consider leaving a legacy of learning — helping to support the wellbeing and mental health of teachers and in turn giving children the best possible education.

Please keep the enclosed bookmark and if you have any questions, do get in touch with us by emailing fundraisingenquiries@edsupport.org.uk

If you do decide to leave a gift to us in your Will, thank you so much! It's really helpful if we know of your intentions so that we can thank you properly, so please do let us know if you intend to leave a gift to us.

Together we will work towards a future where teachers can be free from the heavy burdens imposed on them & get back to inspiring the next generation.



LEAVE A LEGACY OF LEARNING

Find out how to leave a gift in your Will

WILL YOU

Education Support

REMEMBER A CHARITY IN YOUR WILL Help the work live on...



Break-time

An illustration of two hands, one from the left and one from the right, holding a white cup filled with brown coffee. The hands are wearing orange sleeves. The background is a solid blue color with a large, light blue circular shape on the left side.

Taking care of your own wellbeing often means finding a helpful diversion and having a bit of fun! Good luck with our quiz!

Let's find out how good your history knowledge is...

- 1.** What did the Romans call Scotland?
- 2.** Who was made Lord Mayor of London in 1397, 1398, 1406 and 1419?
- 3.** Who was Henry VIII's last wife?
- 4.** Who was the youngest British Prime Minister?
- 5.** In which year was Joan of Arc burned at the stake?
- 6.** Which nationality was the polar explorer Roald Amundsen?
- 7.** Who was the first female Prime Minister of Australia?
- 8.** Which English explorer was executed in 1618, fifteen years after being found guilty of conspiracy against King James I of England and VI of Scotland?
- 9.** Which English city was once known as Duroliponte?
- 10.** The first successful vaccine was introduced by Edward Jenner in 1796. Which disease did it guard against?
- 11.** Julius Caesar was assassinated on 15 March 44 BC, a date now often known by what term?
- 12.** By what nickname is Edward Teach better known?
- 13.** What is considered the world's oldest writing system?
- 14.** Can you name the five beach codenames used by Allied forces on D-Day?
- 15.** What were the four humours that the ancient Greeks believed made up the body and determined illness?

Answers (on back of the covering letter)

Let us know how you did or contribute a question to the next quiz!
magazine@edsupport.org.uk

We know you already support us. But if you'd like to and feel able to send a gift, thank you so much. We promise to put it to good use as always.

£25 could help fund a place to sleep

An increasing number of teachers and apply for a grant because they're facing the threat of losing their home. Some even spend nights sleeping in a car. Your donation could make sure they have a bed for the night.

More than half of the grants we awarded last year were to people facing a housing crisis.

£50 could help someone at risk of suicide

Every day, two people calling our Helpline are clinically assessed to be at risk of suicide. Your donation could make sure we're there to answer those desperate calls.

Our dedicated 24/7 Helpline team handles more than 9,000 conversations every year.

£150 could provide household essentials

Many teachers or people working in education come to us when they can't afford to replace or fix essential items in the home during times of financial struggle. Your gift could replace a vital kitchen appliance or even a bed to make life easier for them and their family.

In the past three years, we have awarded more than £90,000 in grants to replace or repair essential household goods.

I would like to make a gift of:

☐ **£25** ☐ **£50** ☐ **£150** ☐ **Other £** _____

Please debit my ☐ Visa ☐ Mastercard

Card number _____

Expiry date _____ / _____

Or I enclose a cheque/postal order/CAF voucher made payable to
Education Support

If you prefer, you can call the fundraising team to donate by credit or debit card on
0207 697 2750 or visit **educationsupport.org.uk/donate**

Please complete in CAPS:

Name _____

Supporter number (if known) _____

Address _____

Postcode _____

Phone number _____

Email _____

If you provide your email address we will send you our monthly e-newsletter and other relevant fundraising and marketing emails. All emails include an unsubscribe link. You are in control of how we contact you and can change your preferences at any time.

giftaid it

Make your gift worth 25% more

If you are a UK taxpayer, we can claim an additional 25p from each £1 you donate from HMRC. All you need to do is tick the box, sign and date below.

☐ I confirm that I am a UK taxpayer and would like this donation, any donations I make in the future or have made in the past 4 years to Education Support to be treated as Gift Aid donations.

I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Signature: _____

Date: _____ / _____ / _____

