

# **DIRECTORY OF SUPPORT FOR PRIMARY HEADTEACHERS IN ESSEX**

(April 2023)

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# Essex Primary Headteachers' Association

**The Essex Primary Heads' Association (EPHA)** is run by primary heads for primary heads.

EPHA aims to support all primary-phase headteachers - both in maintained schools and academies - in their leadership and management roles and to promote and improve primary education in Essex, in collaboration with the Local Authority and other education partners. The Association is led by the EPHA Executive, a group headteachers elected by their peers, supported by two paid officers, the Executive Director and the Professional Officer.

The well-being and resilience of headteachers is a key concern for EPHA, and the Association exists to offer advice, support and guidance, as well as regular opportunities to network and develop supportive relationships with colleagues.

## **EPHA offers the following support and guidance to headteachers:**

- Termly meetings for all primary-phase headteacher, which include information from the Local Authority, as well as development opportunities focusing on school improvement and other aspects of school leadership and management;
- Support, information and guidance from the Professional Officer, including “sign-posting” to other sources of support and advice;
- The opportunity to offer new and existing headteachers free support from our Colleague Supporter programme;
- Free or subsidised training on topical issues;
- A dedicated website for Essex primary heads, offering a huge bank of resources and information.

## **Key contacts**

Pam Langmead	Professional Officer	pam@langmead.me.uk	01621 786359 07791 143277
Harriet Phelps-Knights	Chair of EPHA	Head@Janetduke.essex.sch.uk	01268 543744
EPHA Executive	Elected representatives	Current membership list on the EPHA website	
EPHA website	www.essexprimaryheads.co.uk		

# National Association of Head Teachers (NAHT)

The National Association of Head Teachers was established on 27th March, 1897, at a conference held at the Clarendon Street Schools, Nottingham.

"The objects of the NAHT are:

- to provide a ready means of communication for all members, to ascertain and give expression to their opinions and to take action when necessary on their behalf;
- to render help to all members in cases of professional difficulty;
- to further the cause of Education generally;
- to uphold a high standard of professional conduct among members, including equal opportunities for all;
- to regulate relations between members and their employers."

## To access NAHT advice and support:

Open from **8.30am to 5.30pm Monday to Thursday**, and **8.30am to 5pm on Fridays**

**NAHT provides a counselling and support line for members. Please contact 0800 917 4055 to access this service.**

- Visit [www.naht.org.uk](http://www.naht.org.uk)
- Email:
  - [specialistadvice@naht.org.uk](mailto:specialistadvice@naht.org.uk) - for professional advice
  - [membersupport@naht.org.uk](mailto:membersupport@naht.org.uk) - for membership and subscriptions
- Call 0300 30 30 333 - select 1 for professional advice, 2 for queries relating to membership or subscriptions, or remain on the line to speak to reception

## Key contacts

Paul Whiteman	General Secretary	<a href="mailto:Paul.whiteman@naht.org.uk">Paul.whiteman@naht.org.uk</a>
Lara Newton	PA to Paul Whiteman	<a href="mailto:lara.newton@naht.org.uk">lara.newton@naht.org.uk</a> <a href="mailto:generalsecretary@naht.org.uk">generalsecretary@naht.org.uk</a>
Lisa Lynch	NAHT Regional Organiser (London and Eastern)	<a href="mailto:lisa.lynch@naht.org.uk">lisa.lynch@naht.org.uk</a> Mobile: 07706 358608
Joanne Gale-Chambers	NAHT – Regional Officer (Eastern)	<a href="mailto:joanne.gale-chambers@naht.org.uk">joanne.gale-chambers@naht.org.uk</a>
NAHT website	<a href="http://www.naht.org.uk/">http://www.naht.org.uk/</a>	

# National Education Union (NEU)

## The National Education Union

Combining the expertise and experience of both ATL and the NUT, the **National Education Union** is the UK's largest education union. With more than 450,000 members, the National Education Union (NEU) represents the majority of teachers and educational professionals in the UK.

The National Education Union will offer membership and a democratic voice to all education professionals: teachers, leaders and managers in maintained schools, academies, free schools and independent schools; lecturers, managers and leaders in FE and HE and support staff across every sector in England, Wales, Scotland and Northern Ireland.

Members formerly in ATL or NUT will continue to be supported by their union's current staff and lay officials until the end of a transition period on 1 January 2019. Current general secretaries of both the ATL and NUT – Dr Mary Bousted and Kevin Courtney - will continue in place as joint general secretaries of the National Education Union until 2023.

## Support for members

Protection for teachers is a major priority for the NEU. It has always offered to members a far higher level of service in the area in which they teach than any other teachers' organisation.

Speak first to your workplace rep for advice and support or contact your local District/Division.

You can also email the [National Education Union advice line](#) or call 0345 8118111 for advice.

NEU offers the following support and guidance to headteachers who are members:

[National Education Union advice line](#) or call 0345 8118111 for advice.

It also offers a useful A-Z Self help guidance on a range of issues

<https://www.teachers.org.uk/help-and-advice/self-help>

## Key contacts

NEU website	<a href="https://neu.org.uk/">https://neu.org.uk/</a>
NEU Adviceline	0345 8118111
A-Z self help guidance	<a href="https://www.teachers.org.uk/help-and-advice/self-help">https://www.teachers.org.uk/help-and-advice/self-help</a>
Health and Safety A-Z	<a href="https://www.teachers.org.uk/help-and-advice/health-and-safety">https://www.teachers.org.uk/help-and-advice/health-and-safety</a>

# COUNSELLING AND SUPPORT SERVICES

## Education Support Network including Headspace and Yourspace

Education Support Partnership is the new name for the joined forces of Teacher Support Network, Recourse and Worklife Support.

“Dedicated to helping organisations and their staff to boost health, happiness and wellbeing through individual support and great management. Whether you’re in crisis, want a bit of coaching, or just want to talk something through, call or email and speak to one of the BACP accredited counsellors. They’re ready to help.”

BeWellTeachWell is a free online self-help tool which aims to help UK teachers overcome some of the key challenges faced by those in the profession.

<http://www.bewellteachwell.org.uk/>

Life Guides <https://educationsupportpartnership.org.uk/resources/life-guides>

including Headteachers Toolkit

**Headspace and Yourspace** are the confidential, personal and professional development group programmes specifically designed for headteachers and deputy heads. Headspace for Headteachers starts with a whole-day introductory session, which is followed by five half-days spread out over the chosen period. The programme typically lasts between six and twelve month and is customised to meet the needs of Headteachers within their specific local context. Our consultant will work with each group of Headteachers.

<https://educationsupportpartnership.org.uk/organisations/headspaceyourspace>

### Key contacts

Caroline Geilnik Education Support	07814 515 980 <a href="mailto:caroline.Gielnik@edsupport.org.uk">caroline.Gielnik@edsupport.org.uk</a>
Helpline	UK-wide: <a href="tel:08000562561">08000 562 561</a> Txt: <a href="tel:07909341229">07909 341229</a> Email support <a href="mailto:support@edsupport.org.uk">support@edsupport.org.uk</a>
Headrest – free telephone helpline designed to support headteachers	<a href="https://www.headrestuk.co.uk/">https://www.headrestuk.co.uk/</a>
BeWellTeachWell	<a href="http://www.bewellteachwell.org.uk/">http://www.bewellteachwell.org.uk/</a>
Headspace	<a href="https://educationsupportpartnership.org.uk/organisations/headspaceyourspace">https://educationsupportpartnership.org.uk/organisations/headspaceyourspace</a>

## Coaching Services

Coaching is a useful way of developing people's skills and abilities, and of boosting performance. It can also help deal with issues and challenges before they become major problems. Most formal, professional coaching is carried out by qualified people who work with clients to improve their effectiveness and performance, and help them achieve their full potential. Coaches can be hired by coachees, or by their organizations. Coaching on this basis works best when everyone clearly understands the reason for hiring a coach, and when they jointly set the expectations for what they want to achieve through coaching.

The following coaches have been used and recommended by Essex Headteachers.

### Key contacts

Helen Todd	<a href="mailto:hsmeeton@aol.com">hsmeeton@aol.com</a> 07742 106153
Integrity Coaching (Viv Grant)	<a href="http://www.integritycoaching.co.uk/">http://www.integritycoaching.co.uk/</a> 0208 767 7664 <a href="mailto:enquiries@integritycoaching.co.uk">enquiries@integritycoaching.co.uk</a>
Simon Tucker	020 8938 2475
Peter Anderson <i>Anderson Wellbeing</i>	07792 886992/01787 269499 <a href="http://www.andersonwellbeing.com">www.andersonwellbeing.com</a>
Maria Brosnan <i>Pursuit Wellbeing</i>	<a href="https://pursuitwellbeing.com/">https://pursuitwellbeing.com/</a>

# ESSEX LOCAL AUTHORITY

## People Management (HR)

Helpline (Monday – Thursday 8:30am – 5:00pm & Friday 8:30am – 4:30pm)

01245 968378

Email: [educationhr@junipereducation.org](mailto:educationhr@junipereducation.org)

## Safeguarding

Jo Barclay Safeguarding Adviser to Schools

**telephone:** 03330 131078

**mobile:** 07775 030021

**email:** [jo.barclay@essex.gov.uk](mailto:jo.barclay@essex.gov.uk) or [Schools.safeguarding@essex.gcsx.gov.uk](mailto:Schools.safeguarding@essex.gcsx.gov.uk)

## Health and Safety helpline

Tel: 033301 39818

Email: [HS@essex.gov.uk](mailto:HS@essex.gov.uk)

## Occupational Health (Innovate Healthcare)

Tel: 0161 480 5512

Email: [enquiries@innovatehmg.co.uk](mailto:enquiries@innovatehmg.co.uk)

<https://innovatehealthcare.co.uk/contactus/>

## Legal Services

Tel: 01245 506600

## Critical Incident Response Team

If an incident has occurred schools should phone: **Schools Communication Team**

01245 434745 (Office hours 9am-5pm)

07717 867525 (Out of hours/weekends)

## E-DBS Services

Tel: 03330 135890

Website: <http://dbschecks.essex.gov.uk/>

Email: [dbs.servicecentre@essex.gov.uk](mailto:dbs.servicecentre@essex.gov.uk)

## School Effectiveness Team

Clare Kershaw, Director of Education

[clare.kershaw@essex.gov.uk](mailto:clare.kershaw@essex.gov.uk)

*Assistant Directors*

Catherine Hutley (Mid AD)

07921 397116

[Catherine.Hutley2@essex.gov.uk](mailto:Catherine.Hutley2@essex.gov.uk)

Nicola Woolf (West AD)

07872 869522

[Nicola.woolf@essex.gov.uk](mailto:Nicola.woolf@essex.gov.uk)

Lisa Fergus (South AD)

07557 167962

[lisa.fergus@essex.gov.uk](mailto:lisa.fergus@essex.gov.uk)

Philippa Holliday (NE AD)

07584 151460

[Philippa.Holliday@essex.gov.uk](mailto:Philippa.Holliday@essex.gov.uk)

## Essex Schools' Infolink

<https://schools-secure.essex.gov.uk/Pages/EssexSchoolsInfolink.aspx>

[https://schools-secure.essex.gov.uk/info/Welcome to New Headteachers/Pages/default.aspx](https://schools-secure.essex.gov.uk/info/Welcome%20to%20New%20Headteachers/Pages/default.aspx)

## Juniper Education

Subscription services for Essex schools

<https://junipereducation.org/>

## Essex Clerks Association

[www.essexclerks.org](http://www.essexclerks.org)

## Contact Essex

Main switchboard for Essex County Council 03457 430430