



Professional Support Service

Supporting you as you support others



In partnership with



Supported by



Scottish Government
Riaghaltas na h-Alba
gov.scot



Department of Health
An Roinn Sláinte
Mánnystrie O Poustle
www.health-ni.gov.uk

What is the SWPSS?



- A FREE and independent peer coaching service
- A support service designed by and for social workers.
- Facilitated by experienced and trained social work coaches who volunteer their time.
- Offers a confidential peer to peer listening space.
- Provides you with a safe and empathetic space to think through any professional and/or personal challenges you may be facing.

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For those that care for others



- Service set up to support the social work community
- To support self care, wellbeing and coping with challenges both personal and professional.
- Recognising workforce pressures, stress and job satisfaction Working Conditions & Wellbeing Study (2018)
https://www.basw.co.uk/system/files/resources/basw_42443-3_1.pdf
- Nearly 60% of social workers felt that working during COVID had impacted poorly on their mental health(2021)
<https://www.basw.co.uk/resources/social-work-during-covid-19-pandemic-initial-findings>
- Post pandemic has seen a deterioration in the wellbeing of social workers with higher levels of burnout. The quality of working life for social workers is lower than any other health and care profession and has continued to drop over time.

<https://www.communitycare.co.uk/2022/10/27/social-workers-wellbeing-at-work-lower-than-health-social-care-staff/>

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Who is it for ?



- ALL social workers, whatever stage of your career, from students to senior managers in Scotland, Wales and Northern Ireland
- All BASW members in England
- You can access up to 3 coaching sessions. If you need to come back at a later date that's ok too.

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Partnership Working BASW and Strengthening Practice



- Volunteer coaches are recruited, inducted and receive training, support and regular supervision.
- Dedicated IT booking system and support.
- The service is growing and has an extended offer in Scotland, Wales and Northern Ireland to all Social Workers thanks to respective Government funding.
- Ambition to have an impact on the culture of practice – caring for the carers.

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How is it supporting social workers like you ?

What are some of the themes

Dealing with the impact of Covid on life/work

Managing the impact of personal life/health on work role or work role on personal life/health

Planning career and development needs and sustaining themselves in social work roles

Managing the demands of work role and to gain confidence/skills

Managing change/turbulence in the organisation in which they work

Processing the experience of being bullied or racially targeted

Dealing with the emotional toxicity of the work

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Managing positive solutions



“I wouldn't be in a job if it wasn't for this service”.

“These sessions have been transformational for me”.

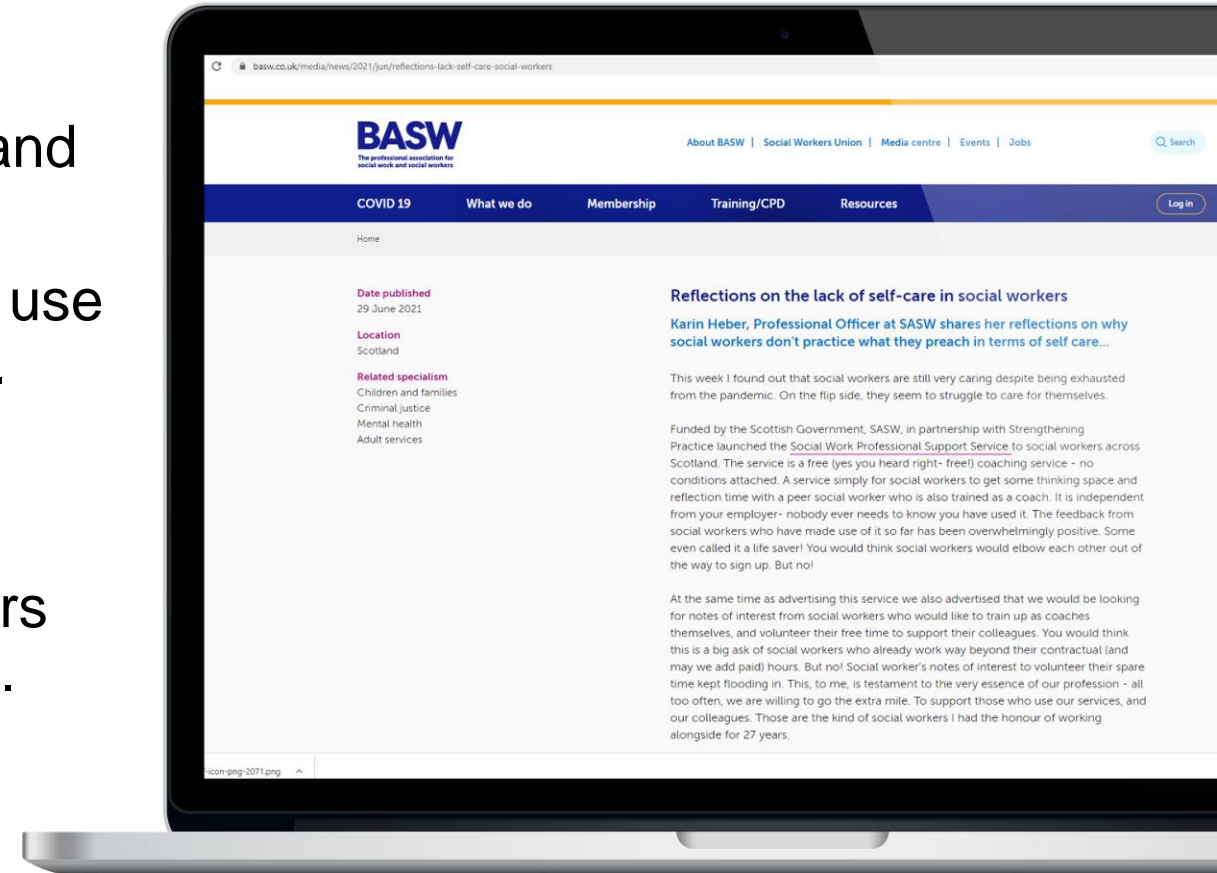
“I was a little bit apprehensive at first about the service. What is your understanding of confidential? But no it was absolutely safe to the point that we were able to laugh together that too was a good therapy. It was an excellent support service. I'm happy to advocate it and sing it from the roof tops!”

Changing the culture of practice

- Supporting you in your chosen profession to access self care, improve working conditions, and reflect on professional development.
- We have over 950 social workers registered to use the service to date – space to take many more.
- There are plenty of coaches coming forward to volunteer.
- With research stating only 12% of social workers had or considered seeking advice or support....

[WE HAVE TO ASK OURSELVES...](#)

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<https://www.basw.co.uk/media/news/2021/jun/reflections-lack-self-care-social-workers>

What are you waiting for ?

- Here's how to register for support.
- You can then choose a coach that best meets your needs, at a time that works for you.
- The sessions are delivered via Microsoft team or can be over the phone.
- A free confidential service

www.basw.co.uk/professional-support-service

Email - supportservices@basw.co.uk

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