



# Professional Support Service

Supporting you as you support others



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# What is the SWPSS?



- A FREE 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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# The impact of COVID for those that care for others



- Service set up during COVID and beyond to support the social work community
- To support self care, wellbeing and coping with challenges both personal and professional.
- Wider than COVID issues – 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](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>
- The Covid -19 Health and Social Care Workforce study Feb 2021 found severe or moderate burnout rates

[https://577ccd37-5004-401d-b378\\_2a2af66e499d.filesusr.com/ugd/2749ea\\_80b032cb75ae425991bd2b55a25cbb0b.pdf](https://577ccd37-5004-401d-b378_2a2af66e499d.filesusr.com/ugd/2749ea_80b032cb75ae425991bd2b55a25cbb0b.pdf)

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# Who is it for ?



- ALL BASW members, whatever stage of your career, from students to senior managers
- Scotland and Wales have opened the service up to all Social Workers
- You can access up to 3 coaching sessions. If you need to come back at 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.
- Grant funding – Covid Healthcare Support Appeal.
- The service is growing and has an extended offer in Scotland and Wales 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

Isolation and the need for connections

Stresses exacerbated by the pandemic

Working conditions – working from home

Lack of emotional support

Lack of confidence

Transitions – career stages

Work pressures

Feeling safe

Frustrations and lack of recognition for social workers

Money worries

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# Manging positive solutions



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

“These sessions have been transformational for me”.

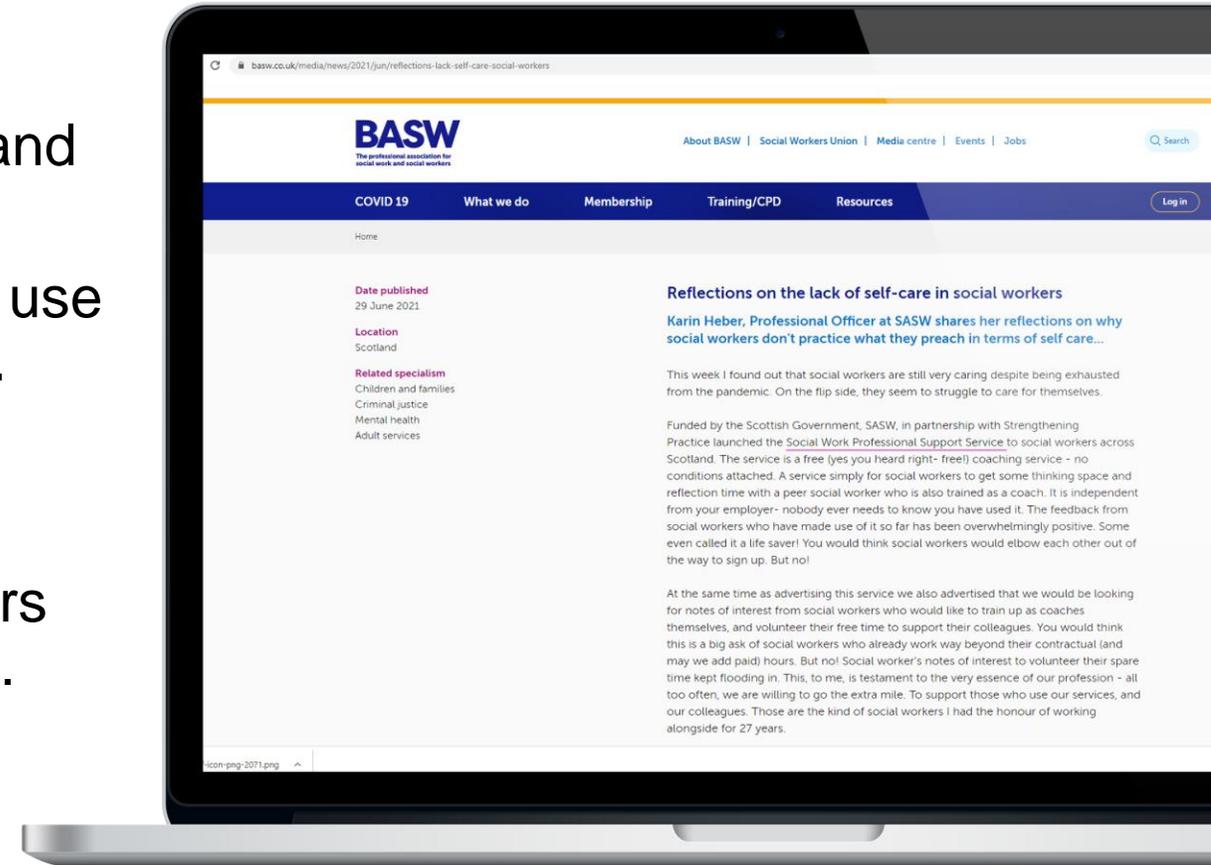
“I was a little bit apprehensive at first about the service. What is your understanding of confidential? But no it was absolutely safe to the point that we were able to laugh together that too was a good therapy. It was an excellent support service. I'm happy to advocate it and sing it from the roof 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 300 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](http://www.basw.co.uk/professional-support-service)

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The logo features a dark blue speech bubble on the left containing the text 'The Social Work' in white and light blue. To its right, the words 'Professional Support Service' are written in a large, bold, sans-serif font. 'Professional' is dark blue, 'Support' is purple, and 'Service' is yellow.

**The  
Social  
Work** **Professional  
Support Service**

**BASW**  
The professional association for  
social work and social workers

In partnership  
with

A logo consisting of a stylized crown or star shape made of five overlapping triangles in yellow, green, red, and blue.

**STRENGTHENING PRACTICE**®  
DEVELOPING SKILLED AND VIBRANT PROFESSIONALS

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