



The Teacher Wellbeing Index 2018 – Comment from Jonathan Seaton, CEO and Founder of Twinkl

This week the Education Support Partnership (ESP) released the Teacher Wellbeing Index. This is an annual health survey, which this year questioned 1,502 education professionals, asking them about areas including the education sector, mental health at an individual level and the mental health and wellbeing guidance available to educators.



Findings from the index included that 76% of education professionals experienced behavioural, psychological or physical symptoms due to their work, compared to 60% of UK employees and that 57% have considered leaving the profession in the last two years due to health pressures. It's important that research like this continues to be published to highlight the ongoing issues faced by our teaching communities.

For me and my colleagues at Twinkl, one of the most concerning findings is that since the last ESP survey in 2017 there has been a significant rise in the number of people experiencing symptoms relating to mental health and wellbeing, including depression and insomnia, showing that this is not just an ongoing problem, but a growing one.

We welcome the ESP's call for personal mental health and wellbeing guidance to become a mandatory part of initial Teaching Training as a result of the findings and for there to be increased awareness, knowledge and signposting to external support services in schools.

At Twinkl we have always had a strong focus on the wellbeing and health of the teaching community and so we were pleased to see that the ESP is calling on organisations across the sector to help address the issues our teaching staff are facing.

Twinkl was actually founded because my wife Susie was struggling to achieve a work-life balance whilst working as an EYFS teacher. We offer high-quality resources that save time in the classroom, but we also provide materials specifically related to the wellbeing of educators and schools, including tool-kits



and wellbeing policies that can be used across entire school communities.

Our customer service team, TwinklCares, help people with any aspect of using Twinkl. But members of the team are also trained to provide mental health support, so they can help with questions relating to wellbeing and teaching in general.

We held our second 'Teacher Wellbeing' month in June too, which focused on tackling teacher workload and we will be running this again next year.

However, we know that there is more that we can do and we will be looking closely at the findings of the Teacher Wellbeing index to help shape the future steps we take.

For now, we urge educators to continue sharing their views on what can be done and for organisations to come together to use the findings to create action. Anyone who would like to speak to us further about this should contact twinklcares@twinkl.co.uk

For any teachers facing any issues and needing support, the Education Support Partnership offers a 24/7 support line on 08000 562 561 (UK-wide) or you can text 07909 341229, or read more [here](#).

ENDS

About Twinkl

- Twinkl Educational Publishing is an online educational publisher providing instant access to a range of teacher created learning materials.
- Twinkl provides materials for a range of different markets; primary and secondary schools, parents, home educators, childminders, English as a second language, special educational needs and disabilities, adult education and a wide range of international markets.
- Twinkl was founded in Sheffield in 2010 by husband and wife Jonathan and Susie Seaton. The company now has a team of over 460 people worldwide.
- Twinkl has more than 525,000 quality classroom resources available to clients, all created in-house.
- Twinkl has customers in more than 168 countries, including Ascension Islands, Bermuda, Cayman Islands and Turks and Caicos Islands.
- In a recent open survey of 6,300 Twinkl customers, 94 per cent stated they found Twinkl made learning fun for the pupils, 97 per cent agreed that using Twinkl improves their work/life balance, and more than 98 per cent of customers stated that Twinkl offers a high-quality service.
- Twinkl is an international award-winning company and previous awards include the Queen's Award for Enterprise 2018 (UK), AAP Revere Awards 2017 (Australia), Education Resources Awards 2016 (UK) and Mom's Choice Awards (US). Twinkl's CEO Jonathan Seaton also won the Ernst & Young Entrepreneur of the Year Award in the North Scale Up category in 2018.

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