



GETTING HELP: Teachers under pressure are heading for the clinic in Spain (right)



Stressed teachers to Spain

Costa clinic helps staff to cope

STRESSED Merseyside teachers are flocking to a Spanish clinic in a bid to leave their troubles behind.

They have jetted out for private counselling on the Costa del Sol after breaking under the pressures of school inspections, curriculum changes, bullying and mounting paperwork.

Last Year, an ECHO investigation found stress levels among Liverpool teachers had doubled in two years.

Union chiefs today said they were "not surprised" that staff were paying out between £335 and £470 for sessions at Martha's Elite Clinics.

Chinic co-director Martin Shirran confirmed at least 17 of the 180 teachers who used the service since it started last year came from Merseyside.

He said: "We are seeing around 15 teachers a week. "Stress is now a big problem for them and I think they are choosing to come here because we offer services as good as anywhere, in a relaxing setting."

As well as one-to-one counselling, the clinic offers two-day stress management workshops, including group role play.

**By BEN TURNER
Education Reporter**

"We identify stress, how it can affect them, why it is not affecting the teacher in the next class, and how to combat it."

Liverpool council is currently drawing up new procedures with union officials to tackle stress and management bullying.

Are you a teacher who has used the counselling services? Call Ben Turner on 0151-330 5031.

The stress was blamed on workloads and a minority of headteachers guilty of bullying and "branding teachers as failures".

John Rimmer, NASUWT (National Association of Schoolmasters Union of Women Teachers) Merseyside executive member, said: "I am not surprised teachers are stressed.

"It is often because headteachers go against national agreements and impose conditions such as increased observations, or ask teachers to cover lessons and do someone else's job."

benturner@liverpoolecho.co.uk

City centre roadworks

RESURFACING work will mean the closure of North John Street, between Cook Street and Dale Street, and Tuesday afternoon.

There will also be lane restrictions on Dale Street on Monday and Tuesday night.

Community heroes appeal

MERSEYSIDERS could be in the running for a community award.

Nationwide Building Society has teamed up with the Heritage Lottery Fund (HLF) to launch the Nationwide Community Awards and Heritage Awards 2008.

They are inviting the public to nominate people or groups who deserve recognition for community or voluntary work that has made a real difference to people's lives.

Nomination forms can be found online at www.nationwide.co.uk and www.hlf.org.uk.

Competition lets and nomination forms will be available from Monday

from Nationwide Building Society branches, HLF outlets and public libraries.

The closing date for nominations is April 28.

Sea cadets donation

MERSEYSIDE firm Getrag Ford Transmissions has donated £600 to Liverpool Sea Cadets.

The money will be spent on equipment and updating the gallery at the cadets' base in Cranmer Street, Liverpool.

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