



Sanford Timaru Hooks in to Workplace Wellbeing

Five years ago Sanford Timaru began their WorkWell journey with the launch of their wellbeing programme 'SanWell'. Since then they've been leading the wellbeing way for the wider organisation, with three additional sites following in their footsteps and also hooking in to WorkWell.

With the goal of becoming an employer of choice, prior to launching SanWell, Sanford Timaru had already put in good groundwork to gauge staff feedback on key areas. "We'd run our own survey that showed engagement was lower than we'd like. We saw straight away WorkWell would be a real engagement opportunity, and as our average employee age is 43, we needed to do more to keep our people well and working," says Site Manager, Grant Day.

After coming on board with WorkWell, Sanford Timaru's initial survey was complimented by the WorkWell staff survey with a specific focus on workplace wellbeing. The results provided a strong indication of the priority wellbeing areas which most needed attention; physical activity, mental health, and healthy eating.

With three clear wellbeing areas of focus, Sanford Timaru set sail and began implementing positive changes. As part of their efforts toward healthy eating, Sanford Timaru's wellbeing committee introduced menu changes to the onsite café. "We've increased the healthy options on offer. We've put salads on the menu, and hearty homemade soups that are popular in the winter. We still have pies and chips but we've tried to cut down on portion sizes and encourage people towards other options," says Grant.

Sugary drinks may be the next area of focus for Sanwell. "They're one of our biggest challenges," says Grant. "We



Sanford workers at their trimming stations.

have water coolers onsite and we've done a bit of work on eliminating sugary drinks, but my gut feeling (no pun intended) is we need to do more."

Grant believes having SanWell run by workers, rather than management, is key to the success of the programme. "We coordinate SanWell through a subcommittee of the sites Health and Safety Teams. I provide guidance, suggestions and funding where necessary, but other than that SanWell is for the workers, by the workers."

To find out more about Sanfords Timaru's wellbeing journey read the full case study at <https://wellplace.nz/case-studies/sanwell-going-well-for-sanford/>.

Pound the Pavement this Walk2Work Day

Ever thought about ditching your car and walking to work? Give it a go this March and join Kiwi's right across the country for 'Walk2Work Day'. The event, held on March 13, is all about participation! Why not encourage your staff to mix up their routine and give walking to work a go. If staff can't walk all of the way, encourage them to try parking further away from work, or catching public transport and walking the remainder.

'Active transport' (walking, cycling or using public transport

to get around) helps you add healthy movement to your day and take notice of the world around you. It's also better for the environment and for easing traffic congestion. So put those car keys down, set that alarm early, dust off your sneakers and get walking!

For more information see the Living Streets Aotearoa website www.livingstreets.org.nz/walk2work to find out what's happening in your area.



Current News and Research

Create Healthy Workplace Environments with WorkWell

Since launching in 2010, WorkWell has supported workplaces in the Bay of Plenty and Lakes districts to 'work better through wellbeing', helping ensure sustainable health promoting environments are created and fostered.

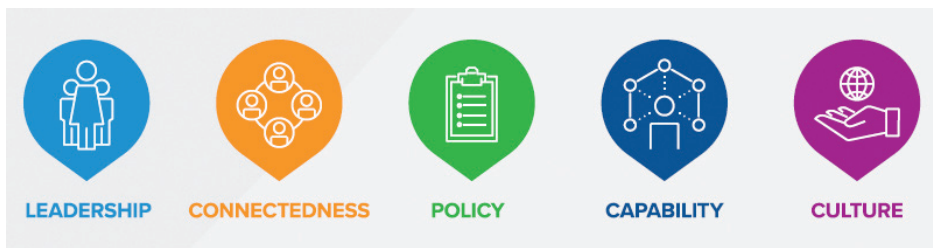
With rising interest in workplace wellbeing from outside the Bay of Plenty and Lakes region, 2016 saw WorkWell made available to workplaces New Zealand wide. Currently a team of dedicated WorkWell advisors across 11 District Health Board regions support 93 workplaces to create healthy and supportive working environments for their 22,855 staff. For further information, contact WorkWell on 0800 221 555 or visit www.workwell.health.nz.

Indicators of a Thriving Workplace Survey

Our neighbours across that ditch have some interesting research that shines a light on indicators of a thriving workplace. The Indicators of a Thriving Workplace Survey asks people who are currently employed about their experience in their workplace with the aim of measuring and tracking Australia's current situation regarding workplace wellbeing against the desired state of a thriving or mentally healthy workplace. The results are broken

down in a report which looks at the five key domains of a thriving workplace; leadership, connectedness, policy, capacity and culture.

To view the full report visit https://www.headsup.org.au/docs/default-source/resources/sf_2018-indicators-of-a-thriving-workplace-report-bl_001_lr_1118.pdf?sfvrsn=4b5c214d_4



Check it Out This Melanoma Awareness Month

In our day to day life we constantly run a series of checks - sometimes without even realising. We check the oil in our car, we check our bills have been paid, we check our fridge has everything we need for dinner, and whether our pay has gone through! So why not add a skin check in to your routine? It might just save your life.

This March is Melanoma Awareness Month and it's a great time to do your own skin check. It's as simple as the alphabet.

SunSmart have released a guide called 'ABCDE for Melanoma'. This will help you to identify a concerning looking skin spot, step by step. It also gives you some great tips on how to make sure you don't miss any of those tricky areas. Skin cancer kills more New Zealanders per year than road accidents and early detection can be lifesaving.

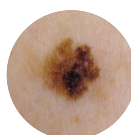
So spread the news around your

workplace and remind your work buddies to add one more check to their routine with the ABCDE for Melanoma guide. If you do see anything that you're unsure about, contact your doctor or visit www.melanoma.org.nz for more

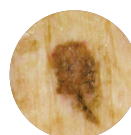
information. To download the guide visit www.hpa.org.nz/sites/default/files/4.3%20SS102%20Skin%20Cancer%20Facts%20Infographic.pdf and don't forget to check out the Sun Safety Priority Wellbeing Area on the WorkWell website for more ideas on how to keep you safe in the sun.

ABCDE for melanoma - a guide

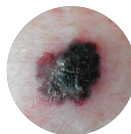
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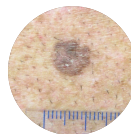
Asymmetry
Two halves of the 'mole' are different from one another.



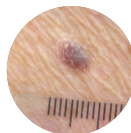
Border
The edges of the 'mole' are poorly defined. It is a ragged, notched, blurred or an irregular shape.



Colour
The colour is uneven with shades of black, brown and tan. Melanomas may also be white, grey, red, pink or blue.



Different
from other lesions (ugly duckling) there is a change, particularly an increase in size. Melanomas are usually bigger than the end of a pencil (6mm), but can be much smaller.



Evolving
Is this a new 'mole' or skin spot? Or is this 'mole' or skin spot changing, or becoming bigger, or sticking out or painful?



Visit the **DermNet NZ** channel on youtube for more information.

Upcoming Events – 2019

1-28 Feb	Aotearoa Bike Challenge www.lovetoride.net/global
13 Mar	Walk to Work Day www.livingstreets.org.nz/walk2work

Recently Accredited

Gold – Sanford Timaru
Bronze – North Island Mussels Sport Southland



WorkWell enquiries:
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www.workwell.health.nz