



EDITION 71– Feb 2020

WHS & Wellbeing

NEWS BULLETIN

www.meercroft.org

Welcome - To the 71st edition of the **Work Health Safety (and Wellbeing) News Bulletin**.

Hello Everyone,
This will be our second addition for 2020.

Our WHS newsletter has had a combination of **WHS** and **Wellbeing** information.

Please feel free to offer any advice on what you would like to see included in these additions in 2020.



We still want your inspiring stories that you would be willing to share with us all?

We would love to hear your inspirational or **New Year's Resolutions** on how you took on a challenge, such as weight loss, healthy living choices, improved your fitness or overcoming any adversity in your life etc.

Every story published in this newsletter will be given a prize.

A little quote:

Arriving at one goal is the starting point to another- John Dewey.

A Health and Wellbeing program refers to the Meercroft Care Health & Wellbeing Program and the activities and events undertaken with the workplace that are designed to impact positively on the general health and wellbeing of employees and their families. All initiatives will be placed in the Meercroft Care and Wellness program, which includes a schedule of events.

A draft format of the Program will be sent out to all staff to preview and have input into. If you see an event that you think you may like to contribute to in any way, please let us know. If you have any suggestions, please let us know. We encourage you to have input as we are designing this program around YOU!!!

Safe and Well Everyday

World's Greatest Shave



We hope you will all join us to support **Rachael Visser** in her quest to raise funds for blood Cancer, such a wonderful cause. Rachael will be in the Seaview lounge and with the support of Sean Pope (the Shaver) having her head shaved (A very brave girl). Let's all dig deep to support Rachael. A donation box will be available on Rachael's desk.



Hi Team,

After such positive feed back from the first Safetalk education session held at Meercroft last year I have been successful in gaining a grant to run two more sessions this year. The dates for these are 18th Feb and 31st March 1000 to 1430 hrs. We still have 10 spots left for the March session. If anyone would like to attend please let me know.
(this is paid education)

"SafeTALK is a half-day presentation to increase suicide alertness. This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked. Participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help. Suicide alert helpers contribute to a suicide safer community"

Kind regards Jodi

THE NEW AGE CARE STANDARDS



Source: **Australian Aged Care Quality Agency**
website www.aacqa.gov.au

The New Aged Care Quality Standards and some of our outstanding staff who will be able to answer your questions regarding each standard, these staff will be wearing an appropriate coloured t-shirt with wording in regards to each standards.

Please fire away with any questions you wish answered.



Farewell to John Nicholls



A farewell afternoon tea was held for John Nichols's on Friday the 21 February in the multifunction room. A farewell speech was given by Gene Raspin.

We wish John Good luck in his retirement.

Health Care and Social Assistance Industry snapshot

Health Care is our states largest employer. There are an estimated 37,000 employers in this industry which is around 15% of the total Tasmanian workforce. It includes:

- Hospitals, residential care and child care services
- Pathology and diagnostic imaging services
 - Social assistance services

15% of the total Tasmanian workforce making it the largest employing industry in the state
14.1 serious injuries per million hours worked
Highest of all industries
62% higher than the state average of 8.7

Occupations with the highest percentage of serious injuries is Personal Care Assistants
41%

Health and Welfare Support Workers 13%
Midwifery and Nursing Professionals 11%

CLS Choose Life Services

A reminder to staff that CLS has been contracted to provide the following support at NO cost:-

- Personal counselling and support for you and members of your immediate family
- Mentoring
- Critical Incident Management and Debriefing
- Mediation and Dispute Resolution

Confidentiality guaranteed:

You can have peace of mind in knowing your connections with the service are totally confidential. Phone **1300 132 098**

This newsletter bought to you
On behalf of the Staff Wellness and WHS Committees