



QUEENSLAND LOCAL GOVERNMENT — WORKPLACE WELLBEING

Looking to create a mentally, physically and spiritually healthy team who can deliver for the community, Somerset Regional Council has introduced a staff wellness programme, called LIFE - ***Lifestyle Improvement For Employees***. Council formally adopted a Work Health and Wellbeing Policy to embed the ongoing commitment to the staff wellness programme, with the objective of ensuring that all work organisation and practices, the work environment and the workplace culture value, enhance and protect the health and wellbeing of all employees. From this early step, the Team Somerset Wellness Committee (TSWC) was established with broad representation of the workforce.

These members became Wellness Ambassadors, encouraging their fellow team members to take part in any or all aspects of the LIFE programme. LIFE offers a range of events and activities, planned and organised by the Wellness Ambassadors. Successful initiatives include the introduction of a Wellness Wall Calendar and 'Larry' the life ambassador whose mission includes the 'get a life challenge'. Larry encourages staff to recognise and compliment colleagues, volunteer in the community, book regular holidays, review workspaces and generally get out and about. Other initiatives introduced include the Blood Bank Challenge, State of Mind Workshop, Pinktober, Movember and many more.

The key outcomes of the LIFE programme initiative are to create a mentally, physically and spiritually healthy team, who embrace a supportive and uplifting team culture. The aim is to increase staff participation in activities and events, and for those staff to bring along their family members, thereby encouraging all to make those important steps towards healthy and positive changes together.

Somerset Regional Council have nominated this programme in the LG Awards for Excellence.

