

May

Welcome to the Mindful Month of May. This month we have a range of wellbeing activities planned so scroll on down and read how to get involved in the meditation event, mindfulness chocolate session and other wellbeing activities. It's also not too late to participate in the Global Challenge - get those feet walking on the path to self-improvement! Don't miss your flu shot this month, let's all do our bit to help prevent a dose of the flu this flu season.



UNSW Staff Influenza Clinic

The annual staff influenza clinic for 2018 has commenced. This service is provided on behalf of the Director, Campus Life (Health and Wellbeing Strategy), and is free to all staff. The most effective way of minimising the effects of Influenza is via a comprehensive vaccination program. Influenza Clinic dates range from 17th April - 24th May 2018, 9.15am - 1pm. To make an appointment you will be required to register online via [UNSW Health Services](#). Please note the clinic does NOT operate from the Health Service but is nearby - Quadrangle Building Room G0033.



Fume Cupboard Efficiency Sticker Project - Uni wide roll out

Based on the trial completed in the School of Chemistry last year, a University wide roll out of the Fume Cupboard Sticker project is underway. It includes installing environmental and safety notification stickers on fume cupboards. Using the traffic light colour scheme, the sticker advises users of the best location for the fume cupboard sash, for both environmental efficiency and safety reasons. Relevant lab managers and nominated officers will receive communication from EM Energy and Environmental Sustainability team in coming days requesting assistance in fume cupboard measurement and sticker installation. This project has been modelled on a [study](#) completed by the U.S. Department of Energy. For more information about the Uni wide roll out contact sustainability@unsw.edu.au

New digs for RVM @ UNSW

Our bottle return facility has moved. To minimise disruption to college



residents, the Reverse Vending Machine (RVM) has been relocated near the Old Main Building entrance, next to the Physics Lawn (K15). Thanks for your patience while the Reverse Vending Machine was offline and being moved. You can now bring in all your stockpiled drink containers and hit the 'Return and Earn' jackpot. Remember, you can earn 10 cents for every eligible container. Full story [here](#). For more locations in your area and what and how to recycle and claim check <http://www.returnandearn.org.au/>

Financial wellbeing program coming to UNSW

UniSuper, our superannuation partner, is collaborating with UNSW to bring you an exclusive, new Financial Wellbeing program. This program aims to provide useful information to help you reduce financial stress and improve your long term financial outlook. It will explain some of the most important elements of finance through topical, easy-to-follow seminars. This UniSuper initiative will enable you to put newfound financial knowledge and awareness into action and will provide you with the tools and support needed to achieve your financial goals. Book in to attend the first module - 'Budgeting and cash flow management' by [clicking here](#).

Global Challenge

Registrations for the Global Challenge 2018 close soon! We have had 186 teams register so far which is our highest number of teams ever. Late registrations will be accepted for one week only as any team registered after May 7th may not receive their wristband devices before launch day. If you have a team of 7 together, check with your [Area Manager](#) that funding is available and then register your team [here](#). During the Global Challenge we will be running Lunchtime Walks every 2 weeks to get everyone out and moving together. To register for these walks please click [here](#).

Mindful Month of May

We have a program of mindfulness activities in the month of May including the return of last year's popular Chocolate Meditation event on May 22nd! You do not need any previous experience to take part. We supply chocolates and a guided meditation audio file. Teams can undertake the exercise together at a time and place that suits them. If your unit is interested, please have one person from your area complete this short [form](#) to order your chocolates!

Mindfulness Meditation Course

UNSW Wellbeing is once again partnering with the wonderful Laura Kampel and the team from CAPS this May to provide a course of four weekly mindfulness meditation sessions across the month. These sessions are always extremely popular and will book out quickly. If you would like to attend these sessions, please book your place [here](#). If you find that all sessions are booked out, please contact [Liza Poppert](#) to go on the waiting list.

EAP - Worklife Assist Seminar

On May 10th (12pm - 1pm) the first of our Worklife Assist seminars for 2018 will be held. In keeping with the theme of the Mindful Month of May,



LAST CHANCE!

NEW NEW

WORLDWIDE CHALLENGE



"Mindfulness 101" is a one-hour learn at lunch session that will cover the following topics: Understand what mindfulness is, Learn the benefits of mindfulness to all aspects of your life, Help you to start building mindfulness into your life and Learn how to be mindful in everyday tasks. If you are interested book [here](#).



Lesson Learnt - WHS Prosecution

February 26th, 2018 saw judgement handed down in NSW's first category one prosecution under the *Work Health and Safety Act 2011 (Cth) (WHS Act)*, in which the company and worker were fined. This [article](#) outlines what happened with the installation of an electrical switchboard and the issue of recklessness. This is a timely reminder regarding the consequences that can arise because of workplace incidents.

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Please provide any feedback to safety@unsw.edu.au

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