

Wellington Branch Newsletter – February 2021

Monthly Update

Our first event of 2021 was an overview of [HeadFirst](#) – the NZRU (NZ Rugby Union) mental health and wellbeing programme. Suzie McDonald explained why the programme was developed and how NZRU are reaching the wider rugby community – players, coaches, referees, schools, employers.



One of challenges she mentioned is how to create a sustainable programme that leads to a culture change – what is their long-term vision? This resonates with many of us and shows why mental health is one part of a much greater wellbeing picture in the workplace.

[HeadFirst](#) is an example of the role employers can play to support the wider conversation in New Zealand about mental health and direct employees and others on where to find information and help.

NZRU are using a multi-pronged approach to reach as many people as possible as they recognise that one size does not fit all. Suzie shared a couple of videos to show this in practice, and we hope to put these up on the Wellington branch page on the NZISM, along with her presentation, in the near future.

CPD

Remember to add attendance at the latest event to your CPD information. We have shared the attendance list with NZISM to help verify names.

Next event

Do you need to get your board or senior management onboard for your health and safety journey and perhaps some guidance on how to start that conversation?

Margaret Van Schaik will be the speaker at our March NZISM forum. She has extensive experience of working in the health and safety governance area with boards, CEOs, and senior leaders across a variety of sectors and has kindly agreed to share some insights into what has worked for her in the past.

What: Safety governance – why does it matter?

When: Tuesday 2 March 2021

12.00pm – 1.00pm

(the talk will start at 12:10pm)

Where: NZRU

100 Molesworth Street, Wellington

Please register for this event using [this link](#). For COVID-19 recording purposes, **registrations will close on midnight, 1 March 2021.**

If you are bringing a guest, they must be entered separately to ensure we have all names.

Wellington Branch Committee – succession planning

At least 3 new Committee members are needed to ensure a seamless transition at the AGM in May. The amount of work required is minimal with little administration required now that NZISM manage the finances. If you would like to find out more or register your interest, please contact the Committee well.nzism@gmail.com.