

MARCH 2021

OUR PEOPLE MATTER

Building bright new futures for QPS workplaces

Well what a whirlwind the last couple of months have been. It feels like only yesterday we were writing the January edition of this newsletter and now here we are, almost at the end of March.



In the last couple of months, the OPM funding sub-committee has sat and we're pleased to report that a number of your events, ideas and initiatives were approved including:

- Contribution towards the purchasing of a specialised treadmill for Bamaga Station which can be used in their unique environment
- Further 'The Strong Life Project' sessions by Shaun O'Gorman for Moreton District; and
- A shade cloth for the Mount Isa Station's outdoor meeting area.

What's happening around the grounds?

Over the coming months, the Communications Culture and Engagement Division (CCE), in conjunction with the Our People Matter committee and your unions are proud to be bringing you a dedicated speaker's series with inspirational presenters to help build your leadership, resilience and overcome some every day obstacles.

Importantly, in bringing you these sessions we have listened to your feedback and are kicking off the tour in Cairns before visiting Townsville, Rockhampton, Roma and finally ending in Brisbane. These events will be happening in May and stay tuned for more information including how you can secure your spot to attend.

Our People Matter are also hitting the road in May and June bringing you another round of the *life beyond the Service* seminars., The team will be visiting Cairns and Townsville in May and Mackay and Rockhampton in June. Stay tuned for more information on these seminars.

Lastly, in April Bowel Scan Queensland will be running a charity bowel scan awareness tour visiting stations right across the state handing out bowel cancer kits. You may be familiar with the story of one of our own - Bek Smith - who is tragically in the fight of her life with bowel cancer.

Bek is now endorsing the #KitsforCops campaign and charity tour which will see more than 2,600 bowel cancer test kits handed out to police stations. Stay tuned to the [QPS Our People Matter Group on Workplace](#) for more information as the tour route and information is finalised.



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Recommendations for our people, by our people.

Below we've shared our recommendations for what to do, watch, read or listen and digest in this month's edition:



Has all the recent rainy weather throughout the state had you spending more time indoors with your family? Why not take the opportunity to teach your kids a few practical money lessons thanks to QSuper.

According to QSuper, having practical money skills helps everyone, regardless of age, to navigate life successfully. You can empower your children by sharing your financial wisdom early on, and here are our top three financial lessons:

1

You are your financial plan - one of the most important money lessons to teach kids is to be financially independent from a young age.

2

Start saving and managing money as soon as you can - when your kids start their first job, sit down with them and make a budget and savings plan. Check out [QSuper's budget planner](#) as a tool to assist.

3

Make super a priority - it can be challenging to teach children to think long-term but encouraging your kids to take an active interest in their super may be one of the most important financial lessons you share.

Below we've shared our recommendations for what to do, watch, read or listen and digest in this month's edition:

Has this got you thinking? [Read the full article from QSuper here](#) with all five of their practical money lessons to share with your kids.

Have another financial lesson to share? Why not post to the QPS Our People Matter Group on Workplace to share with your colleagues.



This edition, we've got a cracker podcast series for you to tune into if podcasts are your thing and if they are, add my millennial money express to your must listen list.



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Before you roll your eyes at the word millennial though, these short and sharp podcasts are great for all generations and the particular episode we want to focus on is all about preventing burnout.

In '3 ways to prevent burnout', host Glen James catches up with Vanessa Bennett from Next Evolution Performance to talk about how we can end burnout. Without giving the episode away, the three ways that you can help end your own burnout are:

- 1. Manage your mental energy**
- 2. Set boundaries and don't be afraid to say no; and**
- 3. Take personal accountability of your life, boundaries and choices.**

Check it out [here](#) - you won't regret it!



Did someone say snacks? We all love a good social club and the odd snack or two at home, but have you ever found yourself craving something a little healthier?

Well, HealthStart have got your back with some helpful tips on building healthy snacking into your work and home environments.

Social clubs are renowned for their wide variety of easy to access food but let's face it, quite often we're going for the bag of chips instead of the apple.

By having these types of food easier to access, over time our environment begins to support unhealthy food and drink choices which can have a negative impact on our health.

Obvious right? Well we bet you didn't know this:

- **Having a poor diet increases your risk of mental health disorders and chronic disease**
- **Undertaking shift work can increase your risk of lifestyle diabetes by 44 per cent; and**
- **Police officers have a proven increased risk of mental health disorders and chronic disease.**

Facts and figures obtained from HealthStart.



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Does this have you motivated to make some changes to your snack draw or social club?

Here's some simple options you can think about including in the mix. Ultimately, by eating well you should have more energy, feel better, improve your productivity and concentration at work, reduce your risk of chronic disease and maintain a healthy weight.

Dips <i>(e.g. hummus and salsa with wholegrain crackers and veggie sticks)</i>	
Salty snacks <i>(e.g. plain air popped popcorn (not buttered), roasted chickpeas / fava beans)</i>	
Low fat yoghurt	
Dried fruit and plain nuts	
Ready to eat meals	
Muesli bars (high fibre, low sugar) and protein bars (low sugar, low fat)	
Drinks (e.g. flavoured sparkling water, no-sugar soft drinks)	
Sweet Snacks	



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