

MARCH 2021

# OUR PEOPLE MATTER

*Building bright new futures for QPS workplaces*

Brr, is it just us or did it suddenly drop from Summer to Winter overnight? Those early morning/late night sifts are certainly providing an opportunity to test out the winter woollies.

There's been a lot happening with Our People Matter in the last few months topped off with the very first Our People Matter speaking tour in late-May. Kicking off in Cairns and Townsville with Dr Richard O'Quinn and Assistant Commissioner Brian Codd, we then visited Rockhampton and Roma with Retired Major General Stephen Day, Dr Judi Newman and Dr Kate Martin. All before concluding in Brisbane with the Retired Major General and Hawk Vagg.



For those who were able to attend one of these events in person, we hope they were inspiring, motivating and gave you an opportunity to take five and focus on yourself for once. If you weren't able to attend in person, all five events were livestreamed directly to Workplace and you can go back and view them at any time by visiting [here](#).

Also in May, the last of the Our People Matter funding grants were reviewed by the funding sub-committee. We're pleased to share that a number of applications were approved including:

- Updates to a memorial plaque at Fortitude Valley Station to include Senior Constable Will Cash who recently and suddenly passed away
- Furniture for the Mount Isa recreational area to support vital social and family events for local police and staff
- Support, including essential equipment, towards a cricket competition for police, staff and families in the South Eastern Region
- Essential gym equipment to be used by members who are permanently stationed on Boigu and Saibai islands during COVID-19.

Additionally, 12 all-important specialised treadmills were approved for stations in far north remote and discrete communities where running in-community is not an option. From Bamaga to Weipa, Aurukun to Hope Vale, these treadmills which are build for the environment and are people-powered will see our members competing in virtual run challenges throughout the state, while working on their physical and mental wellbeing through safe and secure exercise.

Applications for funding have now closed for the 2020-2021 financial year but stay tuned for when applications open for the 2021-2022 financial year.



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## What's happening around the grounds?

From June 1, through to August 31, the Emergency Services Blood Challenge is running again, and we need your help to reclaim the top spot after our defeat last year. Register, find a place to donate and join the QPS team by downloading the DonateBlood app or via this link [here](#).

Also in June is the much-loved Push Up Challenge and already more than 122 of you have signed up as part of the QPS community to shine the spotlight on the number of lives lost to suicide in 2019 while raising awareness of mental health. If you'd like to join the community, donate or view the leader board [click here](#).

# Recommendations for our people, by our people.



Have the cooler months got you considering what indoor activities you can do? Just because the days might be a bit cooler, doesn't mean you shouldn't get outside and get your body moving.

So why not take a local hike near you? Pack a picnic and get the whole family involved for a day in the great outdoors, focusing on your physical and mental health.

If hiking isn't your thing and you're located in the south-east corner, consider taking the first step in your Bridge to Brisbane training and join the QPS team for the 10km run (or walk). Details of how to join the QPS team will be shared on Workplace over the coming weeks so be

sure to have notifications switched on for the [Our People Matter Group](#). We look forward to sharing race details and training plans with you.

If you are getting out and about on your feet a little more than usual, you might find your heels starting to get a bit sore. Of course, always seek your own independent medical advice, but if you are experience heel pain, it could be Plantar Fasciitis.

Plantar Fasciitis is the most common cause of heel pain and the Plantar Fascia is the flat band of tissue that connects your heel bone to your toes, supporting your foot's arch. Normally the Plantar Fascia acts as a shock absorber however if the tension on this ligament becomes too great, it can cause irritation or inflammation resulting in pain.

If this is something you are experiencing, [the team over at HealthStart have put together this handy guide](#) which talks about contributing factors, causes and treatment along with some exercises you can implement into your routine to prevent pain.



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## TO WATCH, READ OR LISTEN!

In the cooler months, it's definitely the perfect time to tuck in with a good book or two and we've rounded up some office favourites which you can pick up and escape to a new world with:

1

### **American Dirt by Jeanine Cummins**

In this cannot-put-down page-turner, you'll have your eyes opened to a (fictional) story of survival from a Mexican Drug Cartel and the struggles involved with illegal immigration. But just because it's fictional, doesn't mean you won't learn a little about what actually goes on including the shocking tales of survival from 'La Bestia', the train immigrants ride on top of travel through Central America.

2

### **Care to Dare by George Kohlireser, Susan Goldworthy and Duncan Coombe**

Inspired by Assistant Commissioner Codd at the OPM speaking tour, this book is an essential for your leadership journey and shows you how to become a Secure Base Leader so you release your followers from the fears that get in the way of their performance. It shows you how you can unleash astonishing potential by building the trust, delivering the change, and inspiring the focus that underpins sustainable high performance.

3

### **A Room Called Earth by Madeleine Ryan**

For something a little more local and set in Melbourne, this one is an unforgettable story of a fiercely original young woman whose radical perspective illuminates a new way of being in the world.



## TO DIGEST!

Keeping our diets in check at this time of the year is harder than ever and it's easy to say yes to comfort foods. We've rounded up some simple swaps you can make to ensure you are still getting a delicious, hearty meal while not sacrificing your health for it:

1. A familiar favourite and Sunday staple, the Perfect roast chicken which we recommend pairing with all different kinds of colourful and leafy vegetables.
2. Ready to try something different? How about this Mushroom and Thyme Barley Risotto which you can cook in bulk and keep some portions aside for those days when you just don't feel like cooking.
3. Full of hearty lentils and sweet potato filling, this warming Lentil, sweet potato and chickpea stew, is vegan-friendly and perfect for chilly winter nights (and night shifts!); and
4. Finally, for the sweet tooth in all of us, why not give this Dairy-free caramel cheesecake a go for an after-dinner treat or healthy office morning tea.



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