

OUR PEOPLE MATTER

Building bright new futures for QPS workplaces

And just like that,

it is September. It's funny to think that we're already three quarters of the way through 2021. It has been another big year and you may be feeling a bit tired. But now is a great opportunity to take a moment to refresh your batteries.

As the weather is starting to warm up, it is a great opportunity to get out and about and

discover something new and recharge your body at the same time. It can be anything from a day trip to somewhere you have never been, to trying a new local restaurant or picnic in the park, or even planting a few herbs in pots on the patio. Whatever tickles your fancy, take a moment to do something for you.



What's been happening on the ground?

Our People Matter (OPM) hosted the “Up Close With Commissioner Carroll” speaking tour across the state, with sessions in Brisbane, the Sunshine Coast and Cairns. Other guest speakers included Deputy Commissioner Doug Smith and Major General (Retd) Maurie McNarn. The tour will be continuing with sessions in Toowoomba on October 1.

Watch this space for further tour dates and locations.

In addition, OPM has recently endorsed the following grants:

- treadmills to remote and discrete communities (12 in total)
- planned virtual marathon between stations
- ‘lunch box’ sessions delivered with guest presenters talking to the four pillars of OPM
- Blue Surf
- station family fun days; and
- sporting activities (toughest race, social touch football, boxing classes)

Keep an eye out for the next round of grant opportunities.



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Mark your diaries!

SWAMP RAT CAMP OUT

OPM funding has been granted to Deception Bay Station for a camping trip at Lake Somerset Park on November 12-13.

The camp out is a team building event to be held over two nights and is open to all staff and their families and friends. The event is aimed at providing an opportunity for the team to come together and enjoy the outdoors, particularly after the last few months and the loss of their friend and colleague Senior Constable Dave Masters.

The event includes activities as a team and family and builds on the four pillars of OPM:

- Healthy minds
- Healthy bodies
- Safer workplaces
- Fair and positive workplaces.

A day event and BBQ lunch will be held on the Saturday (November 13) and open to all QPS staff to attend with their families.

Please contact Peter Chang-Chien for more info on chang-chien.peters@police.qld.gov.au



Big News! HealthStart is bringing QPS...



The Resilience Project

October 6

12.30 -1.45pm

live on the Safety & Wellbeing Workplace Page

What is The Resilience Project?

As part of our 2021 wellbeing program, we have embraced The Resilience Project. The project explores evidence-based approaches to building resilience, in order to develop and sustain positive mental health.



Their highly engaging presentation outlines the resilience project strategies including, gratitude, empathy (kindness) and mindfulness and discusses simple ways you can practice these in your daily life.

Having resilience minimises the effect that negative, stressful situations can have on us. These skills allow us to face challenges, learn from them and apply these skills so we can live a healthy life.

The session will be presented by Martin Heppell, a renowned and inspiring speaker.

to find out more about The Resilience Project and the presenter, visit theresilienceproject.com.au/

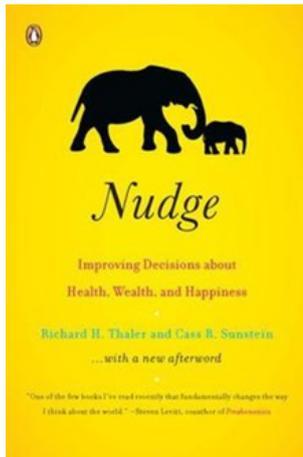


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To watch, read or listen



Nudge: Improving Decisions About Health, Wealth, and Happiness

by *Richard H. Thaler, Cass R. Sunstein*

Every day we make choices—about what to buy or eat, about financial investments or our children’s health and education, even about the causes we champion or the planet itself. Unfortunately, we often choose poorly.

Nudge is about how we make these choices and how we can make better ones. Using dozens of eye-opening examples and drawing on decades of behavioural science research, Nobel Prize winner Richard H. Thaler and Harvard Law School professor Cass R. Sunstein show that no choice is ever presented to us in a neutral way, and that we are all susceptible to biases that can lead us to make bad decisions.

But by knowing how people think, we can use sensible “choice architecture” to nudge people toward the best decisions for ourselves, our families, and our society, without restricting our freedom of choice.



To digest



Kale and Pineapple Salad

- 200g Kale, thick stalks removed and leaves chopped
- 1 tbsp fresh lemon juice
- 1 garlic clove, finely chopped
- 1 tbsp extra virgin olive oil
- 1 ripe pineapple
- 1 tbsp vegetable oil
- 1 red onion, finely sliced
- 300g cherry tomatoes, sliced in quarters
- 2 avocados, sliced
- salt & black pepper

Place the kale in a bowl and combine with the lemon juice, garlic and olive oil. Sprinkle with salt and black pepper. With clean hands, massage the kale with your fingers for 2–3 minutes until the leaves start to soften, and then set aside while you prepare the rest of the dish.

Cut the pineapple into 5cm-thick chunks and cook for about 5mins in a griddle pan (or a heavy-based frying pan).

To serve, place the griddled pineapple chunks in a serving bowl and combine with the softened kale, red onion, cherry tomatoes and avocados.

thehappyfoodie.co.uk/recipes/kale-and-griddled-pineapple-salad/



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