



June Newsletter Highlights

McColl's 'Ride for Rod' raises \$14K for heart research

A team including truck drivers from **McColl's Transport** swapped 18 wheels for two to tackle the 520 kilometre Murray to Moynes Cycle Relay in memory of Geelong mechanic Rod Smith and raise \$14,000 for **Barwon Health Foundation's** cardiac and heart research unit. The team of seven riders, which included a mechanic, office staff and drivers from across the state, battled head winds, cramping and fatigue throughout the two-day ride.



McColl's CEO Simon Thornton said Mr Smith, who passed away in January, was well-known for his sense of humour and his positive attitude. "With the support of Rod's family, his colleagues wanted to do something to honour their workmate by raising money for a local charity and the ride was dedicated to his memory," Mr Thornton said. Mr Thornton said the ride reflected McColl's commitment to helping its employees lead healthier lifestyles.

Altona driver Tim Downes, one of the riders, took up cycling as part of the health and wellbeing program. "I've been cycling for six weeks now, to and from work. I've lost 9 kilograms and gained so much energy," Mr Downes said. "To be able to conquer such a huge physical goal, honour a colleague and help raise money for a great charity has been a fantastic experience."

Sharon Dickson, sister of Rod Smith, said that the family was so thankful and honoured that McColl's chose to do this ride in memory of Rod who is very sadly missed. "He meant so much to not only our family but also everyone he met including his wonderful work colleagues at McColl's."



Zoe Waters, Executive Director (acting) Barwon Health Foundation thanked the team. "Congratulations and thank you to the McColl's team for making this legacy in recognition of Rod's life," Ms Water said. "It takes a special group of people to host a fundraiser while still grieving a much-loved colleague and friend. For this we will be forever grateful."



Lay the foundations for a successful workplace health program



Our May workshop for local workplaces focused on understanding the key foundations of a successful health and wellbeing program. The session included a presentation on the new foundations benchmark from the Healthy Workplaces Achievement Program as well as a case study to provide participants with practical tips to engage and mobilise health champions.

A practical session followed that allowed participants to discuss and share ideas of how their workplace currently supports each of the benchmarks through workplace policy and culture, the work environment, and opportunities provided to staff to improve their health and wellbeing.

The workplace attendees valued the opportunity to network and learn practical ideas and strategies from each other to improve employee health and wellbeing.

Veg It Up at Work

The Healthy Communities team at Barwon Health are encouraging people in the region to eat more vegetables and #VegItUp every day. Eating more vegetables is something we can all do for better health and wellbeing. Here are some ideas to get more veg in your wrap or sandwich for a quick, easy and healthy work lunch:

- Roasted chicken, cauliflower, shredded carrot and mayonnaise wrap
- Beef burger pocket with rainbow slaw
- Pocketed pea falafel with tabouli and pumpkin dip
- Beetroot, lettuce and tomato wrap with grilled haloumi and hummus

For more information on how you can eat more seasonal vegetables across the year visit the [Eat Well Tasmania website](https://eatwelltasmania.org.au).

