



ACT  
Government

healthier  
work

HELPING PEOPLE AND  
BUSINESS THRIVE

CASE STUDIES 2016-17

RECOGNISED

## MAKING WELLBEING FUN

### *Nexus Human Services – 18 staff*

*Nexus Human Services offers a wide range of support services for individuals with mental health issues or other disabilities in their journey to finding employment. Support services also assist people already working to maintain employment and develop career aspirations. Nexus offers services under the NDIS.*

The whole team at Nexus Human Services is on board with the need to live a well-balanced life that includes physical activity, healthy eating and emotional wellbeing.

"Due to the nature of what we do, we already had a lot of wellbeing activities in place," says Lisa McPherson, CEO of Nexus Human Services. "We wanted to extend this to include healthier work activities."

Following a survey of the team at a meeting, Lisa found everyone highly motivated and interested in organising a variety of activities.

"Our plan includes a number of areas for wellbeing and fun," says Lisa.

They have introduced healthier food options at events, outdoor activities and games, a table tennis competition, a fruit-focused Easter hunt, and a healthy cooking seminar.

"On St Patricks Day we had a green food theme: kebabs with celery, grapes, mint; a zucchini slice, green salad and avocado," explains Lisa.

Taking a creative and simple approach is lots of fun for staff and has already improved morale and engagement.

"Just tailor whatever you do to suit your team, whether they be small or larger changes," suggests Lisa.

