



EXPRESSION OF INTEREST - DELIVERING/ LEADING A WELLBEING ACTIVITY

Do you have a specific skill/ knowledge and would love to share it with others?

Stawell Regional Health are seeking expressions of interest from staff and the community to be involved in our Staff Wellbeing program. 2020 has brought many challenges to staff working in health care settings. Our staff have stood up to that challenge and will continue to do so. To support staff to recharge for the months ahead we would like to offer a series of activities for participation in before, during and beyond, our planned “Staff Wellbeing Week 24 - 28 August”.

This is a call out to anyone who may be able to run a workshop, start a group or facilitate a session.

Some ideas for activities

The ideas below have been captured by staff, however we are open to a wide range of activities that we could give a try – whether before, during or beyond “Staff Wellbeing Week 24 - 28 August”! Please note that all activities would need to adhere to the COVID-19 guidelines in place, both in the community and on-site.

- Come and try relaxation sessions
- Come and try exercise sessions
- Coffee van
- Food van
- Cooking demos
- Food Prep demos
- Bake offs – Cooking competitions – judges, prizes
- Walking – for exercise, for culture, for interest.
- Singing / Karaoke / Pub Choir
- Art classes – sketching, water colour, macramé, card making.
- Aromatherapy
- Gardening workshops or sessions
- Best Dad Joke competition
- Drumming workshops
- Learn to tie knots
- Games competitions that can be ran virtually
- Guest speakers
- Cato Lake Workouts
- Create a SRH Virtual gardening group – sharing of knowledge and resources
- Create a SRH Virtual Sewing group – sharing of knowledge and resources
- Create another interest group?

If you think you can offer something, or support the running of an either in-person or virtual activity, please complete the form below and return it to staffhealth@srh.org.au or contact Katrina Toomey on phone numbers 5358 8611 or 5358 8531 to discuss.



Expression of Interest Form:

Type of Activity:

Face to face Virtual Day(s) and time activity can be offered:

Cost of Activity (your charge): \$ Cost to participants: \$

Additional requirements:
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Your name: Your ABN:

Your preferred contact - mobile | email:

Please return the completed form by Monday 3 August 2020.