

# Kaweka Hospital



Staff Wellbeing Package



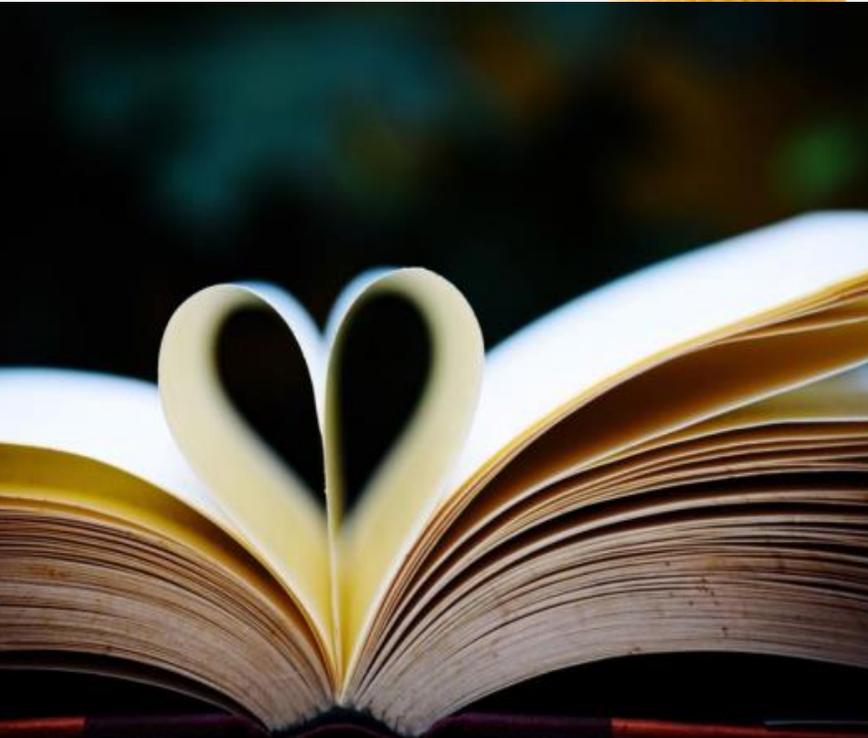
### « **Better for You and Yours**

We know that being physically fit and well is incredibly important to staying healthy, not just for you but your family also. We'll therefore provide up to \$300 a year towards something that's important to you or your family. Perhaps it's a gym membership, or swimming lessons for the kids, or maybe there's a yoga retreat you have your eye on. Whatever makes it better for you, we're here to support it!



### « **Birthday Leave**

It's the one day of the year that should be all about you! We'll provide a day of paid leave which you can take within a week of your birthday.



### « **Making it Better Goals**

We're passionate about continuous improvement. If you see something you can improve (perhaps a process or procedure) or want to upskill in something that will add benefit to Kaweka Hospital and its patients, then you can write that into your KPIs for the year. We'd love to discuss supporting/contributing to your project. As an example, you could undertake and achieve a Te Reo qualification which makes it better for you to engage with our Māori patients and whanau to better understand their needs.



### ||| **Extra Annual Leave**

We've listened to feedback and hear you – time is important! Maybe it's time to yourself, or time spent with family, whatever it is, we know it's important in keeping Kaweka Hospital staff feeling on top of the world! From the day you start with us you'll begin accruing 5 weeks annual leave per year – no need to wait for a work anniversary!

### ||| **Making Break Times Better**

As well as a selection of teas and a hot chocolate / coffee machine, we also provide delicious seasonal fruit delivered to the hospital every week to make sure you get at least one of your five a day! If you need a little more at break time, we'll also have snacks available for your foodie pleasure!

### ||| **Special Offers**

As a Kaweka Hospital staff member you'll be privy to some fantastic discounts and great rates at gyms and other local businesses.

### ||| **Medical WOF**

We don't just talk good health, we walk it! We'll provide you with an annual medical that is specifically tailored to you and your season of life.

At Kaweka Hospital we understand there are times when you need support outside the workplace. We've partnered with EAP Services to provide you with professional support, whatever the need may be. This is a free service for you, paid for by us, to ensure you've got all the tools you need to put your wellbeing and that of your whānau, first. A full list of the services provided and how to access these, are below.



## What is EAP?

Your EAP (Employee Assistance Programme) is a professional and confidential service paid for by your employer. It is to assist you if you are experiencing any personal or work related difficulties. This service is provided by an independent company, EAP Services Limited, and their Professionals are all qualified, registered and highly experienced EAP specialists.

### What kind of assistance does EAP provide?

EAP Services provides brief, solution focused support, to help you deal with any difficulties you may be experiencing and to minimise their impact on your life. This discussion with your EAP Professional will be informal, friendly, and focused on meeting your needs.

### How can EAP Services help?

You can talk to an experienced Professional about any number of concerns including (but not limited to):

- Feelings of anxiety, stress or depression
- Family challenges, relationship issues
- Parenting problems, elder care support
- Conflict and tension with colleagues, managers, partners
- Pressures placed on you in the workplace or personal situations
- Coping with serious illness, trauma, grief or bereavement
- Building resilience during times of change and uncertainty
- Preparing for retirement or redundancy
- Frustrations and confusion over your career direction
- Living with addictions and minimising their impact on your life
- Addressing financial matters or personal legal concerns

### How do I access EAP Services?

Appointments are available 7:30am - 7:30pm, Monday to Friday. In addition a number of EAP Services locations offer extended hours, including weekend support.

For times when individual circumstances require an immediate response, a telephone service operates providing 24/7/365 support.

To arrange a confidential telephone, in-person, video or e-counselling appointment anytime, scan the QR code below, telephone our number or visit [www.eapservices.co.nz](http://www.eapservices.co.nz)

### Why does your organisation have an EAP programme?



Wellbeing in the workplace means you are engaged, motivated, productive and successful, which links directly to your employer having happier staff and a positive workplace culture.

Everyone can benefit from a more vibrant work environment, including opportunities for development and improved performance.

Our EAP professionals are all qualified, registered and highly experienced. We work in compliance with a professional code of ethics and EAP governance standards.

As an independent company engaged by your organisation to provide external counselling services, we guarantee a genuine focus on meeting your needs.

### What about confidentiality?

EAP Services is completely independent of your organisation and no identifying information about you will be released without your written consent.

Confidentiality is assured.

