



Health and Wellbeing program on the Rozelle Interchange Project

The primary value of the Rozelle Interchange Project is 'Care' and the Project has rolled out numerous health and wellbeing initiatives to look after the members of our team.



Physical health-focused services are available to all employees, including Bootcamp sessions twice a week. This high intensity interval training is available to all workforce and staff and is a diverse circuit workout that changes every session.



The Project believes that mental health support is vital. Throughout 2020, multiple series of toolbox talks were conducted across all sites to raise awareness about mental health. Other mental health initiatives that the Project has engaged in includes Blackdog and mental health first aid training, EAP webinars, mental health support service posters and business cards. The Project team has also participated in fundraisers for RUOK? Day and Movember, and plans to continue supporting these charities.



Additionally, the Project hosts a board games night once a fortnight as an opportunity for people to socialise, take a break from work and push themselves intellectually.

Project personnel are encouraged to choose nutritional food, offering healthy snacks in vending machines at the tunnel sites and a discounted YouFoodz meal delivery service offer.

Furthermore, the Project engages with Gryphon psychology to present nutrition seminars across the Project.

Membership discounts are offered to all Project personnel for local gyms including Gym 707 and Anytime Fitness Balmain, Rozelle, Drummoyne and Lilyfield.

During COVID-19, free home workout videos were made available to all employees.

These initiatives were developed by the Rozelle Interchange Health and Wellbeing Committee and are marketed on monthly wellness calendars and the H&W intranet portal.

