

## October

Well done UNSW for being Global Challenge Most Active University winners! Read on to see how to join us in our celebration. October is Health & Wellbeing month and we have lots of great activities incl

- Smoothie Bikes-Whip up a smoothie on a bicycle, outside the Library, 10am-12pm, Tuesday 16 October
- Ride2Work Day Breakfast-outside JG's, 8am-10am, Wednesday 17 October

Please see the [Wellbeing website](#) for full details of these special events.

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## Health and Wellbeing Month-Weekly Events

Tai Chi and Mindfulness Meditation will be run over four weeks during October.

Anglea Zhu, accredited Tai Chi instructor, will lead lunchtime Tai Chi from 12pm-1pm on Tuesday 9, 16, 23 and 30 October. We have selected indoor locations in a range of upper and lower campus rooms so everyone has a chance to make it. Please visit our [Eventbrite page](#) for venue details and to book in.

Laura Kampel from CAPS is once again running her popular Mindfulness Meditation classes on four Wednesdays in October-3, 10, 17 and 31. Classes run from 1.30pm-2.30pm in room 2008 in the Quad, Book [here](#)

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## Benestar Short Seminar

On 18 October from 12pm-1pm in Central Lecture Block 3, Benestar will host a seminar on "Getting a Good Night's Sleep". This is a fascinating one-hour learn at lunch info session that will cover the following topics:

- Learn some facts and beliefs about sleep and understand particular sleep problems
- Overcome blocks to achieving a good night's sleep
- Discuss practical strategies that will aid good sleep patterns
- Learn relaxation skills and other hints for success

Click [here](#) to register

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## UniSuper Financial Wellbeing Seminar

To make the most of superannuation, you need to choose the right product, determine your contribution and investment strategy, set up insurance and nominate beneficiaries. But where do you start? Where can you get help? These questions are the focus of UniSuper's fifth Financial Wellbeing Seminar: Your Super & Demystifying Financial Advice.

This seminar is designed to help you take control of your super. It's relevant if you're starting out, starting over or just want to check if you're on track.

Your Super and Demystifying Financial Advice will be held on Wednesday 31 October 2018 at 12.30pm in Webster Theatre A, Kensington Campus. Bookings are essential, [book here](#).

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## Workers Compensation Claims

Journey injuries are not reportable, or claimable under Workers Compensation, as Workers Compensation Legislation was amended 19 June 2012 where journey claims are no longer compensable unless there is a "real and substantial" connection between the journey and employment.

"A real and substantial" connection between employment and the accident

or incident means that some work element must be present for any injury incurring to or from a worker's place of abode to be compensable. The fact of being on a journey between an injured employee's place of abode and place of employment, of itself, does not satisfy section 10(3A) of the Workers' Compensation Act 1987.

For further information you can contact the Workers Compensation Unit (General enquiries 9385 1107) and/or visit SIRA (State Insurance Regulatory Authority) [website](#) regarding journey injuries to and from work.

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## At Risk Workers Strategy

SafeWork NSW are launching an At Risk Workers' Strategy 2018-2022. This strategy recognises that our workforce is diverse, made up of people with different ages, backgrounds, skills, experience, and as a result have different needs to ensure they understand workplace health and safety issues.

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the importance that injuries can be prevented through the ongoing promotion of:••

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