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December 2025

Your Wellbeing

As summer & the festive season arrives and the year draws to a close, it's the perfect time to slow down, recharge, and enjoy the sunshine. Take time to rest, connect with loved ones, and celebrate your achievements from the year. Prioritising balance, gratitude, and wellbeing will help you start the new year feeling refreshed and re-energised.

We're currently reviewing our approach to wellbeing through the lens of [Te Whare Tapa Whā](#). You will see some changes in the content and how this is displayed in the upcoming newsletters.



Photo: [Greg Lokes](#) - Facilities Maintenance team, Mt Albert campus [Facebook](#)

Do you have an awesome picture to share? We'd love to feature it here, send us your image to include in an upcoming newsletter.

Webinars to Watch

Learning Together: Neurodiversity at Work – 3 December | 11.30-12.30pm

Organisations who invest time and resources into the recruitment, retention, and support of neurodivergent workers reap many benefits. They stand to gain a competitive edge by encouraging new ways of viewing the world, and problem solving, as well as championing diversity and inclusion within workplace culture. This session is designed to provide colleagues and managers who support neurodivergent team members, a deeper understanding of neurodiversity, overcome misconceptions and encourage the



TELUS Health - Navigating Stress During the Holidays – 16 December | 12-12.30pm

The holiday season can bring added pressure for employees juggling work deadlines, family commitments, and social obligations. This webinar provides strategies to help your team manage holiday stress, maintain wellbeing, and

possibilities that inclusion of the neurodiverse community brings.

[REGISTER](#)

find balance during one of the busiest times of the year.

[REGISTER](#)

Learning Together: Perimenopause and Menopause in the Workplace

The transition from perimenopause to menopause affects half the population, yet it is often misunderstood - especially in the workplace. By growing the understanding and normalising these topics, we can create a more supportive environment.

[Watch recording here](#)

December Awareness Days



International
Day of
Persons with
Disabilities

3 DECEMBER

International Day of Persons with Disabilities – 3 December

This day is to promote awareness, understanding, and inclusion of the more than 1.1 million tāngata whaikaha (disabled people) in Aotearoa.

[More Information](#)



Human Rights Day – 10 December

Human Rights Day reminds us that every person deserves to feel safe, valued, and supported, and our everyday actions can help make that real.

[More Information](#)

Christmas Recipe - Gingerbread (soft) & Royal Icing

Ingredients

Golden Syrup (or Honey) - 325g
Castor Sugar - 110g
Water - 37.5g
Baker's Flour - 500g
Egg yolks - 20g
Gingerbread spices - 15g
Baking powder - 10g
Milk - 32.5g
Baking Soda - 5g



Process:

- Combine all ingredients to a smooth dough. Chill for 20min.
- Roll out on a dusted surface to 5mm thick. Cut out required shapes.
- Bake at 170°C until lightly brown, approx. 10-12mins.

THIS GINGERBREAD SHOULD REMAIN SOFT

Allow to cool before finishing with Royal Icing



Royal Icing Ingredients

Egg whites - 100g
Sugar, Icing - 500g

Process:

- Combine egg whites and sifted icing sugar into a mixing bowl.
- Mix until it forms a medium peak. Don't aerate it too much, just combine it well. Add some drops of lemon juice to keep it white.
- Keep covered with a piece of glad wrap touching the icing. This will prevent a skin forming and making annoying lumps that block your piping tip while you are decorating.

Stay Safe on the Roads This Holiday Season

Planning your summer road trip? Summer

means BBQs, days at the beach and spending time with friends and family. It also means more people on the road, getting to their summer destinations. Our roads will be busier, and driving can be stressful with congestion, fatigue, and unfamiliar routes. **Plan ahead, allow extra time, take regular breaks, and drive to the conditions.** Make the journey part of the holiday, stay patient, buckle up, and keep your cool.

Road Safety Tips



Staff Support - Employee Assistance Providers

We have two employee assistance program providers Vitae and TELUS Health. Both are available to all our staff and their whānau members (the staff member has to initiate the contact on the family members behalf).

Both services are independent and confidential, offering support for a wide range of personal and work-related issues, including stress, relationship challenges, conflict, anxiety, depression, grief and loss. New offerings available (to staff only) include Rongoā Māori, menopause support, and couples counselling.

Vitae

0508 664 981 anytime 24/7 or [online appointment](#)

TELUS Health

0800 360 364 anytime 24/7 or via TELUS Health One app or [website](#)

For the app – download then open, click on 'log in' and enter your shared log-in credentials:

Username: Unitec

Password: wellbeing



[For more info on staff support](#)

MIT & Unitec Staff Offerings

Check out the below link to see some of the offerings you can enjoy working at Unitec and MIT. Including the recently added Samsung Family Value offers exclusive discounts.

[Staff Offerings and Discounts](#)



Coca-Cola Christmas in The Park 13 December

Coca-Cola Christmas in the Park is a wonderful celebration of music, community, and togetherness. Featuring amazing local talent and a vibrant atmosphere, it's a night for everyone to come together, enjoy great entertainment, and share in the joy of the season.

[Event details](#)



Cycling and walking paths

Check out the cycle and walking routes around Tāmaki Makaurau. A great way to stay active and explore with friends



[Explore Auckland's top food and farmers markets](#)

and whānau. The paths cater for all skill levels, whether you're biking, scooting, pushing a pram or just out for a stroll. Enjoy the view, historic sites, cafes and picnic spots along the way.

[Cycling & Walking Maps](#)

From beachside weekend favourites to night markets lit with lanterns and sizzling street food, this is your Urbanlist guide to the best markets.

[Auckland Food & Farmers Markets](#)

Want to know what's happening locally?

There's always something happening across Tāmaki Makaurau — from concerts and cultural celebrations to exhibitions and community gatherings. Explore upcoming events, festivals, and activities in your area by visiting the [What's On in Auckland](#) page.

Got an idea to share?

If you have any suggestions or ideas for the Wellbeing and Safety team, we'd love to hear from you. Email us at safety@unitec.ac.nz

Thank you for all your support and enjoy the festive season with whānau and friends.

Have a wonderful holiday and see you in the New Year!

Bruce, Diane, Inger, Jo and Maree
Wellbeing and Safety team

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