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November 2025

Your Wellbeing

As the days heat up and festive energy fills the air, spring is a wonderful time to embrace balance and wellbeing. Make the most of the season by getting outdoors, staying active, and connecting with friends and whānau.

Remember to rest, stay hydrated, and make time for what brings you joy. Small moments of self-care can help you feel refreshed and ready for the months ahead.

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.

Guy Fawkes and keeping safe

Guy Fawkes night is on 5 November and is an opportunity to gather with friends and family and enjoy a few dazzling fireworks in the spring sky. Whether you're heading to a local display or keeping it simple at home, stay safe, be considerate of pets and neighbours.

How to use fireworks safely and considerately

- Inform your neighbours, if possible, and avoid using them after 10pm
- Have water or fire extinguishers handy
- Do not light fireworks in windy or dry conditions
- Do not point fireworks at any person, animal, property or vegetation
- Keep pets inside or move animals to avoid stress



[Firework Displays
Near You](#)



Parkrun - free for everyone – forever!

Start your weekend feeling energised and connected by joining the local parkrun, every Saturday at 8am. Whether you walk, jog, or run, it's a fun and welcoming way to get moving, meet others in the community, and enjoy the fresh morning air.

There are 11 locations across Tāmaki Makaurau, from Millwater to Takanini. All ages and fitness levels are welcome.

[Parkrun Details & Register](#)

Men's Wellbeing



Movember - Men's physical and mental health month

Movember is all about raising awareness and funds for men's health, with a focus on mental health, suicide prevention, prostate cancer, and testicular cancer. It's a time to encourage open conversations and support one another – because small actions can make a big difference.

Team challenge - Host a get-together and show us how your team is getting involved! Send a photo of your crew showing support or your mo-growing progress to safety@unitec.ac.nz. The most creative team will win a prize!

[Register Your Team or Donate](#)

Men's Hormone Health

Thursday 6 November
1pm–1:45pm (NZDT)



Men's hormone health webinar - 6 November | 1-1.45pm

To mark Movember and International Men's Day on 19 November, we're offering a webinar to explore the workplace impact of andropause and male hormonal health, providing insights on how organisations can create more supportive environments for their male employees.

Join us for this TELUS Health 45-minute session where a men's health expert will share in-depth knowledge and practical strategies to address this often-overlooked workplace wellbeing topic.

[Register for Webinar](#)

Learning Together Webinar Series

Being an Upstander - 6 November | 11.30-12.30pm

Creating a safe and respectful workplace starts with each of us. This session invites you to explore what it means to be an upstander—someone who speaks up, supports others and helps build a culture where everyone feels psychologically safe.

Together, we'll look at practical ways to respond to inappropriate behaviour, support colleagues with confidence, and communicate in ways that are inclusive and with respect.

Learning Intentions:

- Explore the key elements of psychological safety and why it matters
- Discover different ways to be an upstander in everyday situations
- Learn safe, practical strategies for addressing inappropriate behaviour

[Register for Webinar](#)

Professional Boundaries 12 November | 11.30-12.30pm

Most of us spend a large portion of our adult lives working. Sometimes, whether we're aware or not, we can take on board too much or cross into unfamiliar territory at work, and this can create additional stress.

Learning to set limits and expectations cannot be the easiest thing for individuals to do. Setting professional boundaries is, therefore, an important skill set for anyone to acquire in effectively managing workload pressures and external stressors.

This session is designed to provide participants with an understanding of how to develop and maintain professional boundaries and to thrive in the workplace. Participants will learn strategies to set appropriate boundaries and limits with various work stressors.

[Register for Webinar](#)

Solomon Islands Pijin language week – 23-29 November

This week is to honour the language and culture of the Solomon Islands community. Pijin is a unifying language spoken by thousands in the Solomon Islands and by Solomon Islanders living here in Aotearoa. This week is all about celebrating cultural pride, promoting language preservation, and connecting with the vibrant Solomon Islander community.

Webinars to watch

**Sleep well to be well -
18 November | 12.00-12.30pm**



Sleep is essential to wellbeing. This webinar discusses sleep science and shares practical tips for improving sleep quality for better health and productivity.

[Register for Webinar](#)

November is action awareness month

FREE Melanoma spot check events

As the warmer months are coming soon, it's a great reminder to keep an eye on your skin and get those moles checked. Catching any changes early makes all the difference. If something looks a bit unusual, don't wait—book a quick skin check and stay sun safe. If this is recognised and treated early enough, it is almost always curable.

For free skin cancer spot check events across the motu and more information through Melanoma New Zealand, click the button below.

[Spot Check Events & Info](#)

diabetes action month

Diabetes action month theme - 'young people can get diabetes'

Diabetes Action Month is Diabetes New Zealand's annual campaign focused on action, education, awareness and advocacy for those that live with diabetes, and their whānau, as well as those at risk of diabetes.

For more information, recognising the signs and how to get tested and involved, click the button below.

[More Information](#)



Explore Auckland's top food and farmers markets

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](#)



Cycling and walking paths

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

Financial Wellbeing



Money hub- Easy ways to save LOTS on Household Bills

Save money every month by cancelling subscriptions, reducing car costs, switching insurance, re-negotiating rent, applying for better credit cards and switching to cheaper internet, phone and power companies.

The cost of living is a long struggle for many. This guide is published (and updated) to help Kiwis make the most of their income and eliminate unnecessary spending.

When times are good, there's less of a need to be careful, every household can make use of the suggestions below.

[Easy Ways to Save Guide](#)

Frugal living tips

Empowering kiwis to save smarter and live better every day! Take control of your finances and embrace a smarter way to live!

Join *Frugal Kiwi* for practical tips, budget-friendly ideas, and sustainable savings strategies to help you live well for less.

[Frugal Kiwi Budgeting Tips](#)

[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

Noho ora mai

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

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