

## Your Wellbeing

As we step into April, it's a natural time to pause and reflect on the progress you've made over the past few months. With the change of season, it's important to adjust your routines to support your energy, focus, and overall wellbeing. Take a moment to notice what's working well and where you might need to reset or recharge.

Our approach to wellbeing is through the lens of [Te Whare Tapa Whā](#). You will see fresh content each month and we hope you can find resources that support and reflect what wellbeing means for you.



Photo: [Greg Lokes \(Facebook\)](#)- Facilities Maintenance team. Location - Karekare Beach.

Do you have an awesome picture to share, send us your image.

## Wellbeing Programme In-person, 2-day workshop

Mental Health First Aid Aotearoa (MHFA) training from Te Pou is facilitated by expert MIT and Unitec kaimahi/staff and external facilitators to equip you with the knowledge and confidence to approach or respond to someone who is experiencing a mental health challenge, or mental health crisis, until appropriate professional help is received, or the crisis is resolved.



**Mount Albert:** 16-17 April and 16-17 July  
**Ōtara:** 27-28 May  
**Manukau:** 30 September-1 October

[MORE INFO & REGISTER](#)

## Webinar to Watch

### Unconscious Bias, Diversity and Inclusion 16 April | 2.30-3.00pm

This session explores how unconscious bias influences our perceptions and decisions at work, shaping diversity and inclusion. Participants will learn practical strategies to recognise and reduce bias, helping to create a more inclusive, collaborative, and high-performing workplace.



[REGISTER](#)

**FALL BACK**  
change your clocks



## 5 April 2026 - Daylight Saving Time Ends

Clocks go **back 1 hour** at **3:00 a.m.** on **Sunday, 5 April**, returning to **New Zealand Standard Time (NZST)**.

Sunrise and sunset will be about 1 hour earlier than the day before, meaning more light in the morning and less in the evening. Also called [Fall Back](#) or [Winter Time](#).

**Smoke Alarms** - remember to check your batteries. You are four times more likely to survive a house fire if you have working smoke alarms.

## SMOKE ALARM MAINTENANCE GUIDE

### April Awareness Days



#### World Day for Health & Safety at Work - 28th April

World Day for Safety and Health at Work and International Worker's Memorial Day, held on 28 April, is a time to remember those who have lost their lives because of work and to reflect on the importance of keeping everyone safe. This year's theme, "*Acting together to build a positive safety and health culture,*" reminds us that workers, leaders, and communities all have a role in creating safer workplaces so that everyone returns home healthy and safe.

**Safety Snapshot Competition:** snap a photo of you or your team keeping things safe at work. Strike a pose and show how you're acknowledging the day to be in to win a prize. Send your entry by 30 April to:

- [safety@unitec.ac.nz](mailto:safety@unitec.ac.nz) or
- [healthandsafety@manukau.ac.nz](mailto:healthandsafety@manukau.ac.nz)

Judging criteria includes: a sense of humour, imagination and a clear safety message.



#### Autism Acceptance Month

April is Autism Acceptance Month, and the Autism New Zealand Hoods Up, Volume Down campaign encourages people to help create more sensory-friendly environments. Many autistic people experience sensory overload from bright lights, loud noise, and busy spaces. The campaign invites workplaces, schools, and communities to show support by wearing a hoodie, lowering noise levels, and reducing lighting for a "quiet hour." Small actions like these help raise awareness and create more inclusive spaces where autistic people feel comfortable and supported. Learn

[MORE INFORMATION](#)

more about how to take part during  
Autism Acceptance Month.

[MORE INFORMATION](#)

## What's on in Auckland

### 10 Pies You Need to Try in Auckland



If there's one thing Kiwis can agree on, it's a love of a good pie. From the classic mince and cheese to a hearty bacon and egg, or even a more unique smoked fish, there's a flavour to suit everyone.

Introducing the Auckland Pie Guide – a handy way to discover your next favourite bite. As always, enjoying these treats in moderation is key to maintaining a balanced and healthy lifestyle! 😊

[AUCKLAND PIE GUIDE](#)

### 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 guide to what's on.

[AUCKLAND FOOD AND FARMERS MARKET](#)

### Armageddon Expo - 25-27 April



Autumn Auckland Armageddon Expo 2026 is a three-day pop culture convention held at Auckland Showgrounds over ANZAC weekend, focusing on comics, gaming, anime, cosplay, and celebrity guests. It's part of the nationwide Armageddon Expo circuit and is positioned as the big mid-year Auckland event.

## Get Your Flu Vaccine at Work

It's that time of year again—flu season is approaching. To help keep our workplace healthy, we're offering flu vaccinations on-site for all staff. Getting vaccinated not only protects you but also helps keep your colleagues and families safe. Dates and locations across Manukau, Mt Albert, Ōtara, TechPark and Waitākere.

[BOOK HERE](#)



## First Aid Training at Work

Emergencies can happen anytime. First aid training gives you the skills and confidence to act fast, help colleagues, and potentially save lives. It also promotes a safer, more prepared workplace for everyone.

Courses are held at Mt Albert campus (Ōtara, Manukau and TechPark dates to be confirmed). Click on the below for further details.

[BOOK HERE](#)



## Life Admin

### Could you be paying too much for power?

With ongoing price increases, now is a good time for households to check whether they are still getting the best deal on their power bill. Many people are finding significant savings even just 12 months after their last switch.

Last year, more than 56,000 New Zealanders used Powerswitch to find a cheaper power deal—an increase of 70% compared with 2024.



## POWERSWITCH

With winter power bills on the way, it could be worth taking a few minutes to compare plans and see if you could save money.

A new recently launched power comparison tool is **Billy**, check it out here >>

[CHECK OUT BILLY](#)

## Why Mental Fitness Matters



Mental fitness is the ability to stay calm, focused and resilient particularly under pressure, whether that's at home or in the workplace.

When you train it, you're better able to respond rather than react, make clearer decisions, protect against burnout, and feel more balanced day to day.

See the attached flyer from Fitness Passport of ways to train your mental fitness.

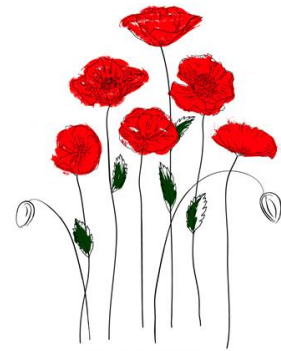
[MORE INFORMATION](#)

## ANZAC Day - 25th April

Every year on ANZAC Day, people across New Zealand and Australia pause to remember the courage, sacrifice, and service of those who have served their countries in times of war, conflict, and peacekeeping. The day marks the anniversary of the 1915 landing of Australian and New Zealand troops at the Gallipoli Campaign during World War I. Today ANZAC Day is a time to reflect, attend dawn services, wear a poppy, and honour the many men and women who gave so much so that others may live in peace. It is also a reminder of the importance of looking after one another and building a safer, more compassionate future for all.

ANZAC Day this year falls on **Saturday 25th April**.

Public holiday observance is on **Monday 27 April**.



25 APRIL

**ANZAC DAY**

*Left We Forget*

## 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



[MORE INFORMATION](#)

## MIT & Unitec Staff Offerings

You can explore a range of staff offers available to you including Fitness Passport, Samsung Family Value and Southern Cross — by visiting the Staff Offers pages below.

[STAFF OFFERS](#)

## 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](#) and [Our 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](mailto:safety@unitec.ac.nz)

Bruce, Chloe, Inger, Jo, Ryan and Santana  
Wellbeing and Safety team

Note: The unsubscribe feature is a requirement of the NZDMA and applies to external email campaigns, not Unitec internal communications. Any internal 'unsubscribes' will be added back into our database to ensure you don't miss out on any important communications.

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