



Wellness on the Go

Supporting health, safety and wellness at ANZCO Foods Canterbury and Rakaia
Issue 9 | June 2025

Team, I want to thank everyone who helped make our recent Fun and Wellness Day such a success.

Held in March here in Ashburton at the Hampstead Sports Grounds, the day brought together our people, local health and education groups, and community partners in a way that really captured the spirit of ANZCO. It was great to see everyone getting involved—whether you were joining in on a sports session, stopping by for a health check, or simply relaxing and enjoying the great barbeque with some top-quality ANZCO product on the grill. A huge thank you also goes to all the volunteers who gave up their time to host activities, run the barbeque, and support the community stalls. Without this support, the day would not have been possible. We had more than 600 plant staff and their families attend during the afternoon—a fantastic turnout that shows just how important these events are to our team and their whānau.

Days like this are important. They remind us that wellbeing is not just about what we do on the job, but how we support one another and stay connected as a team and community.

A special thank you to those who helped organise and set up the day, and to all who participated with energy and enthusiasm. We've included some photos and stories in this issue of the newsletter, along with contact details for the local health groups who joined us.

Geoff Proctor

Site Manager
ANZCO Foods Canterbury



WorkWell

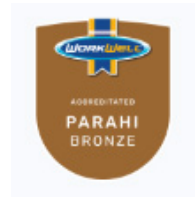
Our Fun and Wellness Day was a chance for families to come to a fun event outside of work, and at the same time celebrate our key focus areas – healthy eating, mental health and sun safety. Being the largest single site, private employer in the region, and employing almost 1,000 locals, we are proud to have put together such a positive day under our WorkWell umbrella.

Building on the success of the day, we are now setting sights on our WorkWell Silver accreditation. Workplace wellbeing is about doing everyday business in a way that leads to a healthier, happier and more productive workplace, and supporting a healthy working environment that encourages improvements to everyone's wellbeing.

One of the first steps in our progression to Silver is a new staff survey this year, to identify and add new key focus areas. The last survey was done in 2023 and was a valuable tool in identifying our first three focus areas to get us on track for bronze accreditation. More details to come!

Let us know what you'd like to see, or any ideas that support staff health, safety, and wellbeing. Contact the team with your thoughts and ideas, leave a card or note in one of the suggestion boxes near the canteens, or email:

canterbury.newsletter@anzcofoods.com



When *life* works better,
business works better.
Pai ake te oranga, pai ake te pakihī.

Vitae is ANZCO's employee assistance programme, offering confidential counselling at no cost to employees and their immediate families.

Freephone 0508 664 981 (24/7) or visit www.vitae.co.nz



Working better through wellbeing
www.workwell.health.nz

ANZCO Foods Canterbury & Rakaia Health & Safety Governance Committee mission statement:

By listening to and respecting our people we will create a safe family work and cultural environment, so we all go home safe and well.

Fun and Wellness Day



Our Fun and Wellness Day held on 29 March was an outstanding success! It achieved everything we had hoped for, enabling our people and families to have a fun time with all sorts of different activities, and providing some great learning opportunities along the way. It was so good to see all the happy faces, and all ages interacting with each other.

The Hampstead Sports Grounds was a great venue, lending itself to the many activities and sports that were enjoyed by kids and the young-at-heart. The white gumboot throw was a hit (probably the only opportunity most of us will get to do this!).

The barbeques ran continuously, with fresh fruit available around the different tents, along with bottled water which was generously donated by our dedicated physios, Evexias. The kai was very popular and enjoyed by everyone.

The event focused on family time, and health and well-being, with a great variety and mix of community groups and health and education providers in attendance. The groups found the afternoon a great opportunity to connect with people and find out what the community needs. All were appreciative of the chance to mingle with ANZCO Foods people, and reported great interest and interaction from everybody.

A huge thank you to everyone who contributed to the day, from the standout barbeque cooks who were on the job on a beautifully hot day, our amazing staff helpers, and the wonderful community volunteers – and of course everyone who came along and enjoyed it all!



Hato Hone St John & FENZ

Our local fire crew and ambos each brought along a fire truck and ambulance for everyone to check out. It was a great chance to have a look at the workings of both vehicles in a fun setting.

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Our Community

Some of the wonderful groups at the Wellness Day



Eco Educate

Helps us to 'Rethink Waste', and passed on helpful advice and suggestions to people at their waste station, giving ideas on how to reduce household waste and recycling, and rethink purchases (e.g. with plastic wrapping).

The team provided 'take everything' bins at the Wellness Day which were very successful and a great way to see how much waste can be diverted from landfill.

The Eco Educate centre is at the Ashburton Resource Recovery Park on Range St and has public open hours.



ACADS

(Ashburton Community Alcohol & Drug Service)

ACADS Adult Service is a free and confidential counselling and support service that aims to reduce the harm that drinking and/or drug use may be causing people.

ACADS Youth Mental Health & Addiction Service provides support for young people who are experiencing mild to moderate mental health issues or drug and alcohol challenges. The service is free and flexible.

Phone: 03 308 1270 or 021 0471 453

Email: acads@xtra.co.nz

Ashburton Learning Centre

Provides literacy, numeracy, English as a Second Language, workplace literacy, learners licence help and critical literacy skills to adults who need learning assistance.



Phone: 03 308 5322

Email: adult.literacy@xtra.co.nz

Safer Mid Canterbury

Community services including:

- Safe Families Network provides education and resources to raise awareness about family harm
- CACTUS – young people's programme (10-14 years)

Phone: 03 308 1395 | Web: www.safermidcanterbury.org.nz



Plunket Whānau Āwhina

Plunket helps parents of babies and children under five years old. Plunket and Karitane Nurse services are free and confidential.

Phone: 03 308 5727 (answerphone)

Plunketline: 0800 933 922 (operates 24/7)

44 Cass Street, Ashburton (Community House)



Waitaha Primary Health

Provides and supports health services in Canterbury's communities, working closely with general practices and community-based health providers.



They can connect people with GPs (doctors), practice nurses and many other health services, including diabetes care, dietitian, women's health, Pasifika support, and mental health, to name a few. For more info:

Phone: 0800 800 743

Email: enquiries@waitaha.health.nz

<https://waitaha.health.nz>

Tangata Atumotu Trust (TAT)

Pasifika health and social service provider including support to go smoke-free, and other assistance.

Freephone 0800 PASIFIKA (727 434)

Email: tat@tat.org.nz



Need a Doctor?

New patient enrolments are being taken now at the following medical practices:

Ashburton:

- **Tend Ashburton** (formerly Moore St Medical Centre), 254 Moore St, phone: 308 3066
- **Eastfield Health**, 135 Tancred St, phone: 308 1212
- **Three Rivers Health**, Allens Rd, phone: 308 9139

Rakaia:

- **Rakaia Medical Centre**, 30 Elizabeth Ave, Rakaia, Phone: 303 5002

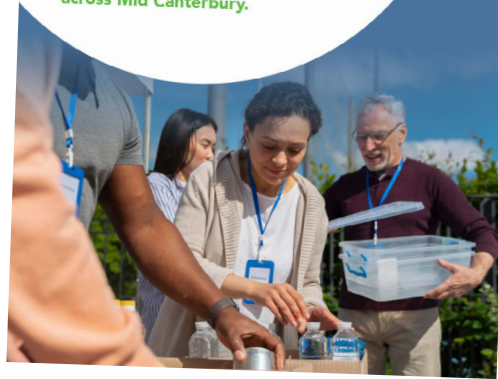
Elizabeth Street Day Centre

Elizabeth Street Day Centre supports local older people enabling them to live in their own homes for as long as possible. The centre is open every weekday and offers socialisation, crafts, help with daily living skills, lunch, morning and afternoon tea, recreational activities and outings. Centre Manager Sue Hopkins says the members raise funds for their outings and are very grateful for the support they have received from ANZCO Foods Canterbury by way of meat donations for their weekly raffle prizes. Profits from raffles are used for lunches, treats and entry fees on outings. Some of the Centre regulars are former ANZCO Foods people who have been chuffed to win raffle prizes.



Need Help Booklet 2025/26

A directory of free services for children, youth, adults and whānau across Mid Canterbury.



Copies are available around our ANZCO Foods Canterbury and Rakaia sites or online:

www.safermidcanterbury.org.nz

www.cab.org.nz

Personal medication

If you have a current health concern that may require urgent medication, such as asthma, diabetes, severe allergy, or angina, please bring your medication to work each day.

If you feel comfortable sharing your health concerns, please let your supervisor know and/or discuss with another employee that you work alongside. Having a known emergency plan for your condition could help save your life.

You can also see the site nurses about your health concerns.

ANZCO Crew App

Download our app for employees and get access to:

- Exclusive discounts and offers from many NZ retailers
- Latest news and updates from ANZCO Foods
- Health & Safety and Wellbeing information
- Current job vacancies at ANZCO
- Instant notifications on important updates

And much more!

To download the ANZCO Crew app, scan this QR code or visit <https://anzco.ezstream.com>



NOT ABLE TO COME TO WORK?

You need to notify work **before your shift** start time.

Tell the Operator:

- Your name and contact phone number.
- Department, supervisor and the site you work at.
- Reason for absence.
- When you expect to be back to work.
- Other details as required.

0800 RUNGIN • 0800 786446