



Wellness on the Go

Supporting health, safety, and wellness at ANZCO Foods Canterbury, Rakaia, and Ashcold
Issue 10 | December 2025

Team, as we wrap up 2025, I just want to take a moment to say a huge thank you to everyone across the Canterbury, Rakaia, and Ashcold sites.



It's been another big year, and I really appreciate the effort, commitment, and teamwork you've all put in to keep things running so well.

This Christmas message feels a bit different for me, as I'll be moving into a new role at ANZCO in the new year – Head of Processing, based at the Corporate Office. While I'll no longer be the Canterbury Site Manager, the good news is I'll still be spending time across all ANZCO sites, so I'll be back from time to time and look forward to catching up when I'm here.

I want to sincerely thank you all for the support and effort across the past three years. It's been a real privilege to be part of such a great team, and I'll always look back on my time here with plenty of fond memories – especially of the people who make ANZCO Foods Canterbury such a great place to work.

As we head into the Christmas break, please make sure you take some well-earned time to relax, recharge, and enjoy being with family and friends. And as always, keep safety front of mind, whether you're on-site or at home.

I wish you all a very Merry Christmas and a safe and happy New Year. Thanks again for everything – it's been a pleasure working alongside you all.

Cheers,

Geoff Proctor
Canterbury Site Manager

WorkWell update



Thanks to everyone who took the time to do the 2025 WorkWell survey!

Our numbers were slightly up on our 2023 survey and some great suggestions have come through, helping the WorkWell team to identify various key areas to work on or continue building.

Our health check day last month was a great success, and an opportunity for everyone to check their blood pressure and blood glucose levels, along with the chance to talk to our healthy eating support team.

Following on from this, we have an exciting new wellbeing and wellness programme coming out in early 2026 for Canterbury, Rakaia, and Ashcold staff. The programme is run by EA Networks Centre, and is customised to each participant's goals with full assessments and all-round support.

More information to come soon!

ANZCO offers free confidential counselling through Vitae to our employees and their immediate families in times of need. Speak to a qualified counsellor either face-to-face, by telephone, or by Zoom video.

Contact or book with Vitae:

Freephone **0508 664 981** (available 24/7)

www.vitae.co.nz

Email: assistance@vitae.co.nz

Download the app by searching for Vitae NZ on iOS or Android.



Working better through wellbeing
www.workwell.health.nz

Diabetes Awareness

Diabetes is when your body struggles to make or use insulin, a hormone that moves glucose (sugar) from your blood into cells for energy.

Too much sugar in your blood can inflame or damage arteries, making them stiffer and narrower, raising your risk of heart attack or stroke. People with diabetes are two to four times more likely to experience these conditions. The good news, however, is managing diabetes also helps protect your heart.

Types of diabetes

Type 1 diabetes happens when your body can't make insulin. It's an auto-immune condition that usually begins in childhood or adolescence.

Type 2 diabetes happens when your body doesn't make enough insulin or can't use it properly. It develops gradually, usually after age 30.

Pre-diabetes is when blood sugar is higher than normal but not yet diabetic. Lifestyle changes at this stage can prevent Type 2 diabetes.

What causes diabetes?

Type 1 sometimes runs in families and can't be prevented. Type 2 is most common and largely preventable by:

- Maintaining a healthy weight
- Eating well and staying active

You're at higher risk for developing diabetes if you're Māori, Pacific, or South Asian, if you smoke, have family history, high blood pressure, had gestational diabetes, are overweight, or don't get enough exercise.

Diabetes symptoms

Some people have no symptoms with Type 2 diabetes. Others may:

- Feel very thirsty
- Need to urinate (wee) a lot
- Feel very tired
- Have poor concentration or performance
- Have blurry vision
- Have sores or cuts that take a long time to heal
- Get frequent skin infections, bladder infections, or thrush

Managing diabetes

Fortunately there are some things you can do to manage diabetes and its symptoms.

- Eat well and stay active
- See your doctor or nurse yearly, including getting your eyesight and feet checked (people with diabetes can develop issues in these areas)
- Get support from whānau and health professionals

Lowering heart risk

Healthy changes, like quitting smoking, moving more, eating for a healthy heart, maintaining weight, managing stress, and taking medications as prescribed, all protect your heart.

Get more information and help at diabetes.org.nz

Our successful health check day for diabetes awareness

We marked November's Diabetes Day with a successful health check day, giving staff the opportunity to have their blood pressure and blood glucose levels checked.

Teams from Tangata Atumotu Trust and Waitaha Canterbury joined forces with Site Nurse Andrea Kinley to carry out the checks and provided valuable health advice and information. Staff were enthusiastic and appreciative of the chance to:

- Monitor their blood glucose and blood pressure
- Gain insights into their heart health
- Receive practical tips for maintaining overall wellbeing

The event was a great reminder of the importance of regular health checks and proactive care in preventing diabetes and cardiovascular issues.



Peter Sugrue's story

I've worked at ANZCO Foods for more than 30 years, and eight years ago, my life changed in a way I never expected.

In 2017, I started losing weight, feeling tired, and making frequent trips to the bathroom at night. My wife Debbie noticed something wasn't right and insisted I see the doctor (honestly, I went just to keep her happy)!

My blood sugar was checked and they found my levels were dangerously high. The doctor started me on medication, arranged further tests, and referred me to the Christchurch Diabetes Clinic. Initially I thought I could fix things by changing my diet but testing confirmed I had Type 1 diabetes. From that day on, insulin and careful management became part of my life.

With the support of my family, health professionals, and clinic resources, I'm living a normal life – and so far, I've had no complications (touch wood). I've learned you can't do it alone – the right support network makes all the difference. The clinic and its providers give you the tools and guidance to stay disciplined and healthy.

I'm happy to share my story because it's important to know that Type 1 diabetes doesn't have to stop you from living well, and that a normal, healthy life with Type 1 diabetes is possible – with the right support.



Victoria's journey

After a big year for me I'm sharing some of my personal journey in hopes it might inspire and encourage someone who's feeling the way I once did.

After 23 years working in the beef boning department, I transitioned into a role in Health & Safety. It was a big, busy change, but with it came a slower pace and much less daily physical activity. Over time, I started gaining weight. I didn't feel like myself anymore. I was unhappy, uncomfortable, and my energy levels were low.

Earlier this year I decided it was time to make some changes. I joined a programme which seemed like a great fit, combining walking, nutritious eating, support, discipline, and accountability. All it needed was my commitment to prioritise my health and wellbeing.

With support, I set a clear goal and committed to following the programme's wellness steps. Within just 10 weeks, I hit my first target with a loss of 15 kg. That success gave me the motivation to keep going, so I set a second goal. After 18 weeks, I had lost 29.8 kg.

I feel amazing. I have more energy, better focus, and I'm living a much happier and healthier life all round.

If you're feeling stuck, wanting change, or unsure where to start, please reach out to me, or Site Nurse Andrea Kinley. You don't have to do it alone – let's support each other on the journey to better health.

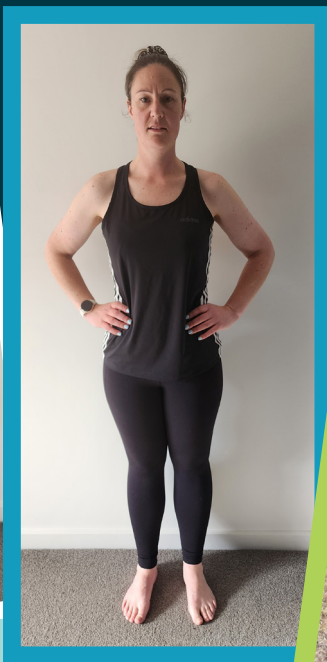
Victoria Sibley
Health and Safety Manager

Inspired? Look out for our wellness/weight loss support team project coming up in 2026!

Before...



...after...



...and thriving!



Summer water safety

Aotearoa New Zealand is an island country surrounded by water – it's the Kiwi way of life to be in and around the water and enjoy everything our beautiful beaches, rivers and lakes have to offer.

But every year we lose too many New Zealanders in preventable drownings. Simple but essential skills, like floating, can mean the difference between life and death, or lifelong injury. Following the water safety code below can save lives.



Know how to float

If you get into trouble, float on your back with your ears in the water – this will increase your chances of survival. Relax and breathe normally. If you don't know how to float, practice!



Find the safest place

Assess the conditions and look for dangers like strong currents. Find the safest place to get in and out of the water. Places with lifeguards on duty are the safest. Pay attention to warning signs and flags.



If in doubt, stay out

Check the weather before leaving home. If you're unsure about your skill level, the weather, or the water conditions, it's better to wait for another day. Things can change quickly.



Take care of yourself and others

Always go with a buddy and tell someone your plans. When wearing a lifejacket, make sure it fits properly. When children are in or near the water, a responsible adult should be within arms reach and watch them carefully.



Know how to get help

If you get into trouble, raise your arm and call out for help. If you see someone who needs help, call 111 and ask for Police.

Lost time injuries

At the heart of our commitment to health and safety is a simple principle: everyone should go home safe and well at the end of each day. One of the ways we uphold this is by tracking Lost Time Injuries (LTIs) – incidents that result in an employee being unable to work their next scheduled shift. But tracking LTIs isn't just about numbers.

Here's why it's so important:

1. It helps us learn and improve

Every LTI tells a story. By recording and reviewing these incidents, we can identify patterns, understand root causes, and take proactive steps to prevent similar events in the future. It's about turning setbacks into opportunities for improvement.

2. It keeps safety front of mind

When we track LTIs, we're sending a clear message: safety matters. It keeps the conversation going, encourages reporting, and reminds us all to stay alert and look out for one another.

3. It supports a culture of accountability

Tracking LTIs helps us hold ourselves accountable to policies and procedures, and to each other. It reinforces that safety is everyone's responsibility, from the front line to leadership.

4. It ensures compliance and transparency

Accurate LTI data is essential for meeting legal and regulatory requirements. It also helps us benchmark our performance and demonstrate our commitment to continuous improvement.

5. It shows we care

Ultimately, tracking LTIs is about people. Behind every statistic is a colleague, a friend, a team member. By taking injuries seriously, we show that we value the wellbeing of every person in our workplace.



PrimeFit

Fitter for life



New year, new start?

Join the trial wellbeing programme from ANZCO Foods and EA Networks to help you reach your health and wellbeing goals.

We're offering a limited number of spots in a trial – fully funded by ANZCO Foods – and are looking for expressions of interest from our employees. Applications open Mon 12 Jan and close Sat 31 Jan.

No judgement – just support, guidance, and progress, and totally confidential.

Who can join?

This programme is open to any ANZCO Foods Canterbury, Rakaia, or Ashcold employee wanting to:

- Improve fitness
- Lose weight
- Build healthy habits
- Feel stronger and more supported

What do you get?

- Full access to EA Networks Centre Gym
- Personalised 60-minute exercise programme
- Weekly 10-minute 'PrimeFit' check-ins for accountability
- Supportive EA Networks staff
- Fully funded by ANZCO

Keen? Keep an eye out in the new year for more information.

**Applications open Mon 12 Jan and close Sat 31 Jan 2026.
The programme begins late February.**