

SPARKLE

Charles Sturt Campus Services Limited Newsletter



Issue: September 2018

Message from the General Manager

Dear colleagues thank you for picking up the latest newsletter,

Firstly and foremost I'd like to say "Well Done", your commitment to workplace safety has meant less people are being injured on the job.

When it comes to a positive safety culture I believe we are industry leaders and we have the statistics to back this up.

Basically we don't ignore or walk past an issue or a problem no matter how small we report it and fix it.

Our work performance against our clients expectations is also worth a mention. Personally on a whole I believe the service CSCS provide to university is outstanding, you make a difference and recent surveys also back this up.

CSCS has a number of business improvement project initiatives underway, keep a look out for these and give us your feedback when you can, your opinion matters.

Regards

Martin



A beautiful sunrise captured by Sue Collins in Albury

In This Issue

- Message from the GM
- Birthdays
- Snapshots
- Staff Offers
- Zone Updates
- Finance Updates
- WPI Officer Update

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BIRTHDAYS



SEPTEMBER

Paulette Murphy	2-Sep
Zisar Moon	7-Sep
Ernest Anzeze	11-Sep
Helen Walsh	11-Sep
Alison Croucher	18-Sep
Mikaylee Gordon	18-Sep
Nicola Hope	20-Sep
Ann Fishburn	22-Sep
Damien Blattman	23-Sep
Laura Booth	25-Sep
Shadhi Khalili	30-Sep

OCTOBER

Dennis Lane	3-Oct
Dolly Dumanon-Bruce	6-Oct
Hui-Ju (Avril) Liu	9-Oct
Chris Faucett	9-Oct
Shana Holmes	11-Oct
Melissa King	14-Oct
Margaret Ohlsen	14-Oct
Trevor Wilson	14-Oct
Louise Evans	15-Oct
Debra Drake	16-Oct
Damien Green	16-Oct
Blaide Fedorowytch	17-Oct
Rebecca Johnstone	29-Oct
Kylie Trotter	30-Oct
Terry Ohlsen	30-Oct

NOVEMBER

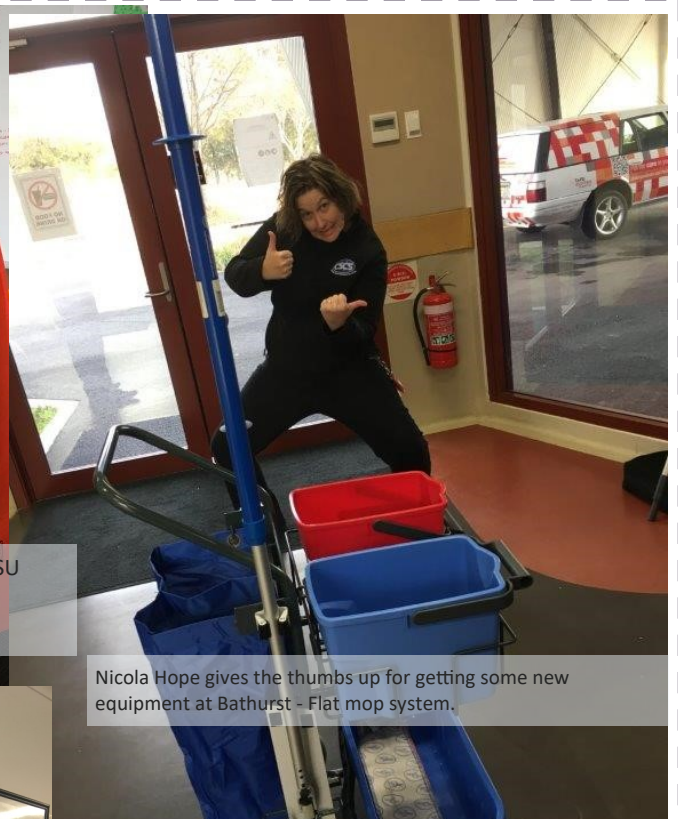
Virginia Faucett	2-Nov
Elizabeth Wescombe	14-Nov
Deborah Griffiths	15-Nov
Mariam Ali	17-Nov
Darren Pickersgill	20-Nov
Sharyon Watson	21-Nov
Estelle Sharwood	22-Nov
Rhonda Kelly	22-Nov
Regina Tumun	22-Nov
Miko Marquez	27-Nov



Snapshots....



Liz Day (above) and Nicola Hope (left) dressed as CSU Green recycle garbage bags—as you do! 🤪
For student O week



Nicola Hope gives the thumbs up for getting some new equipment at Bathurst - Flat mop system.



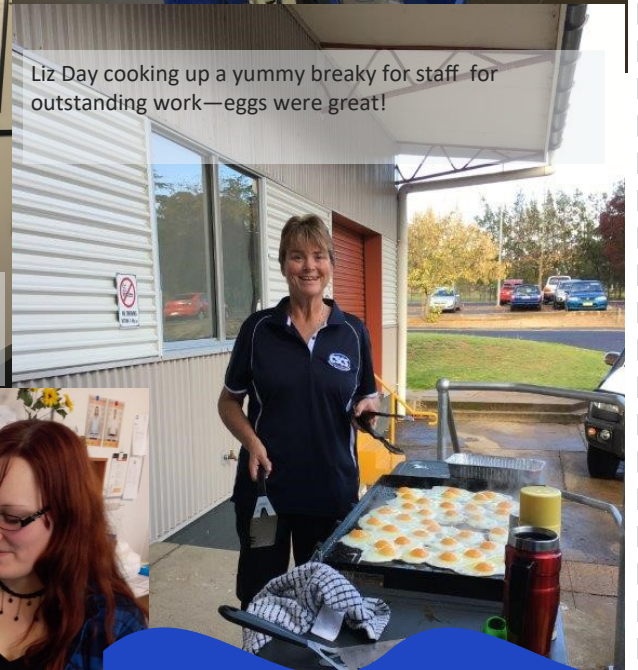
Graham Biddle in action during a Fire Drill in Wagga



Welcome to new Wagga Team Leader Rebeka Hinchliffe pictured here collecting laundry from Res Life with Martin Dooner



Wagga staff celebrate the birth of little baby Ryan—Congratulations Hannah!



Liz Day cooking up a yummy breaky for staff for outstanding work—eggs were great!

We love featuring your team photos —please take lot's of pics & send them through to cscs@csu.edu.au

Snapshots....

The staff in Bathurst recently raised and donated \$560 each to two charities;

1; The Daffodil Cottage - an organisation who provide support and treatment cancer patient and their families.

2; The Kelso Public School Breakfast Club - provides breakfast to children that sometimes don't get breakfast at home



This is at the daffodil cottage: Kellie Morris , Belinda (nurse) and Alison Croucher



Sharon Roberts with a Barbara, a breakfast club volunteer.



At the Kelso PS Breakfast Club: Mel Toole from CSCS ,Barbara (Volunteer) , Mr Cooper (School Principal), Belinda (Co-ordinator of the Club) and Darryl Munro from CSCS.

Staff Offers

HEALTHYU@CSU

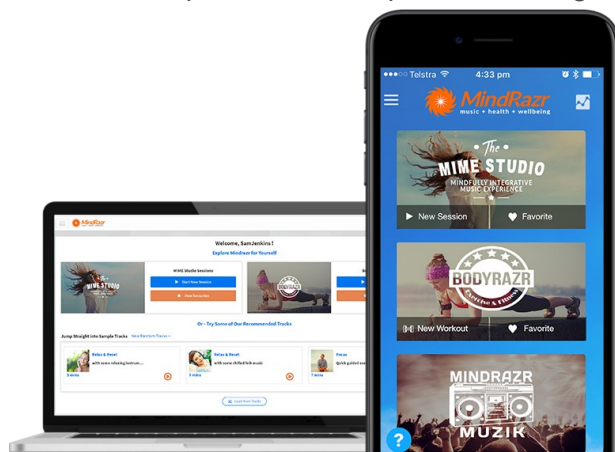
MINDRAZR - MOBILE APP FOR HEALTH AND WELLBEING

CSU are rolling out the MindRazr health & wellbeing platform to CSU staff as part of the workplace wellbeing program.

MindRazr is a mobile/web platform that combines guided health & wellbeing exercises with music of your choosing and we encourage all staff to make use of the platform.

Demo of platform <https://www.mindrizr.com/individuals-demo>

In a nutshell, MindRazr makes it easy to deliver customised health & wellbeing programs via streamed audio and video exercises which are delivered via mobile app and streamed alongside music of the users choosing. Each session is user-driven and integrates exercises from the wellbeing program into the user's existing music listening habits, making the exercises more accessible, enjoyable and effective. The platform also provides anonymised and aggregated data relating to the mental and physical well-being of the workplace (helping to manage WHS risk), as well as providing visibility over program engagement and effectiveness.



Getting Started - Mobile App users:

To access the MindRazr platform you can download the App by searching for "MindRazr" in the App store or Play store. You can use the platform anonymously if you wish by creating an anonymous "username" instead of providing your personal details.

To get the most out of your experience, please ensure you provide permission to receive notifications when prompted.

Android Users - please make sure you enter "CSU18" in the "Organisation Code" field when registering.

iPhone Users: After you have completed the registration form, please go to the section "Enterprise Login" via the menu button in the top left of the App home screen. Enter "CSU" as the organisation and "CSU18" as the password.

Web Users: Please register at www.mindrizr.com.au and clicking the "SignUp" button in the top right-hand corner or head to the <https://portal.mindrizr.com/register>

Make sure you enter the organisation code "CSU18" when completing the form and ensure you provide permission to receive notifications from MindRazr when prompted.

If you have any questions, please email support@mindrazr.com or contact healthyu@csu.edu.au

From 'What's New' Date: 23-JUL-18

Staff Offers

HealthyU@CSU - Fitness Passport

Fitness Passport is available for CSU permanent staff members on the Albury-Wodonga, Bathurst, Dubbo, Wagga, Orange, Goulburn, Port Macquarie & Sydney campuses!!

What is a Fitness Passport?

Our corporate fitness program allows you to visit 200+ gyms and pools in NSW, as often as you like, using your Fitness Passport card! The program provides extremely affordable gym and pool membership as well as other benefits to employees and their immediate families (partners living at the same address, and dependent children under the age of 25).

For more information and to register, visit <https://www.csu.edu.au/division/hr/health-safety-wellbeing/w-and-w-home/events-and-other-resources/fitness-passport>; (staff login and password required) and click on your campus or for more information email healthyu@csu.edu.au



Employee Assistance - Free And Confidential Counselling & Live Well Resources

livewell
livewell.optum.com

CSU's Employee Assistance Program - Optum is available 24hrs per day, 7 days per week for all staff and their immediate family.

Phone or face to face counselling can be arranged by calling: 1300 361 008

Online resources are available at <https://www.livewell.optum.com/public/welcome.asp>
Access Code - Charles Sturt Univer

Improve your wellness and wellbeing - get access to articles, resources and interactive tools and content that will help you in the areas of life, work, relationship, finances and more!

The website includes some great resources including Assessments & Screeners (eg: for Anxiety, Depression) , Self Help Programmes (eg: for quitting tobacco) and Health Calculators & Estimators (eg: Heart Rate, Calories etc.) as well as many other great tools.

If you need any help accessing the website please speak with your Supervisor or the Workplace Improvement Officer.

Northern Zone Update



Damien Blattman



Nicola Hope



Don Hanney

I would like to pass on some Congratulations to staff members in the Northern Zone.

Don Hanney will be retiring on the 6th September after 10 years of service with CSCS. It was a pleasure to work with you over the last few years & I know you are going to enjoy travelling back to England to catch up with Family & friends. Not to mention avoiding the Orange winters but enjoying the Orange summers.

Alison Croucher & Wayne McGarry will be getting married on 8th September. I hope the day goes as planned with many life long memories made. Best wishes to you both on your special day from CSCS.

Nicola & Simon Holley have announced they are expecting twins in the New Year. CSCS wish you all the best during your pregnancy. You both have some amazing experiences to come.

Port Macquarie recently hosted an international conference called Improving University Teaching. CSCS were required to carry out additional duties to maintain the facilities throughout the day.

It's nice to see all campuses across the company continue with their VERY impressive safety record. WELL DONE.

Another positive stat is the compliments coming through are greater than the complaints we have received. Keep up the good work everyone as it is a credit to you all on how CSCS performs for our Clients. This is another stat that is reported at the CSCS Board meetings.

Damien Blattman

Northern Zone Manager (Bathurst, Orange, Dubbo, Port Macquarie)



Above: Alison and Wayne from Bathurst enjoyed a surprise morning tea to celebrate their upcoming wedding



Above: Don getting some retirement practice in 5 years ago.

Southern Zone Update



Graham Biddle



Alicia McCaig



Susan Collins

Half the year is behind us already and I can report that the company is performing well at all campuses and are meeting all the KPIs required of us, so well done to the cleaners and management teams keep up the good work.

I can also report that all external contracts are going well, I want to congratulate the team at exceller8. I have had very positive feedback from the client and I know they have put a lot of hard work in there, well done team! St Martins who I talked about in the last newsletter is also going well. Susan Collins on a recent visit to Canberra also reported St Marks are very happy with the cleaning and especially like the new sign off calendars.

Most sites are gearing up for another Residential school and I believe the Wagga Res School will be quite large. Thanks to Alicia and Rebeka, I know you plan well ahead for these Res Schools to ensure the best results are achieved.

I would also have to say that this year so far has produced the best results I have witnessed while working for the company for WH&S and in particular workplace injuries, there have been no Lost Time Injuries this year. I have been working for CSCS for over 25 years so that is a great achievement by our team!

Rebeka Hinchliffe has joined the team recently as Team Leader—see below photo. On behalf of all the team I'd like to welcome her. She is doing very well and is about to experience her first Residential School cleans next week.

Regrettably our team lost one of our valued staff members and friend Nette Crook to cancer. Nette began work with us around 2 years ago and took on the role of Team Leader last December. She will be greatly missed and our thoughts go out to her family.

Graham Biddle

Southern Zone Manager
(Albury, Wagga Wagga, Canberra)



Above: Riverina Equestrian Centre
CSU—Indoor Arena Wagga



Above: Graham Biddle, putting up
the new Cleaning Schedules at
the Wagga Wagga Campus



Above: Rebeka Hinchliffe Wagga
Team Leader on completion of her
First Aid Certification

Finance Officer Update



Business as usual in the world of CSCS Finance with a lot happening:

- New Budgeting tools are being developed to assist CSCS Management in preparing and monitoring the CSCS Budgets
- 2019 Budgets are being prepared and soon to go to the CSCS Board of Directors for approval
- Claims for Payment (Timesheets) have recently been changed on a number of campuses which has hopefully assisted in ironing out some issues
- CSCS's requisition processes has recently been further developed streamlining much of our procurement and stock control processes
- Time in Attendance processes, Leave and Payroll reporting are other projects underway with current status of Work in Progress.

Until next time

Chris Faucett
CSCS Financial Operations Manager

Interesting Facts

Did you know that the CSCS Annual Budget is over \$7,000,000

From Jan to the end of July 2018 CSCS Operations provided over 110,000 hours of labour to cover Service Level Agreements and Additional Works!

Workplace Improvement Officer Update

My definition of an 'accident' is: *An unplanned event resulting in injury, damage or loss.* I further believe there has never been an 'accident' that did not involve the Human Element. At some stage; before, or during the incident some Human element was involved, either directly or indirectly, by some oversight, failure to follow procedures or wrong choices.

It has been said that being safe is a matter of 'common sense', unfortunately, common sense is not common. Taking the easy way, saving time and the belief we are infallible are some of the reasons people get hurt. The old 'I've done this a 100 times' doesn't cut it, it only takes once, the 'unsinkable' Titanic only sank once.

Accident prevention is better than the cure, we should strive to be 'Proactive' rather than 'Reactive'. Think before you act. Of course the first step in Accident Prevention is identifying hazards, a topic for another time.

Once we are aware of a hazard we can take appropriate steps to Eliminate, Substitute, Engineer or use Administrative measures to control the hazard. As a last resort we can use Personal Protective Equipment.

Always report hazards – if unsure how to do a job safely, ask

Safety is as easy as ABC

Always
Be
C – Careful

There was a butcher who cut off all his fingers in a band saw, he was able to drive to the hospital – the Staff asked him why he didn't bring the severed fingers with him so they might reattach them, his response 'I couldn't pick them up'

BE SAFE. YOUR FAMILY NEEDS YOU!



Contact Us

If you would like to receive future copies of this newsletter by email, please send your details to cscs@csu.edu.au

For enquiries about anything in this newsletter, or to suggest an idea for a story, please send an email to cscs@csu.edu.au

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TRIVIA TIME WITH POLSO!!!!



HORSEY TRIVIA

As we know, August 1st was all horse's birthday - in light of this I offer the following quiz - submit entries to: David Polsen, Wagga - first correct entry drawn after 13th September will win a mystery prize (could involve chocolate)

Enjoy

1. Which horse won the second Melbourne Cup?
2. Which Roman Emperor threatened to make his horse a Consul?
3. Who went through the desert on a horse with no name?
4. What slang term for a horse also means 'annoying person'?
5. What was the name of Mr Ed's owner?
6. The height measurement 'hand' is how many inches?
7. When were horses introduced to Australia?
8. A young male horse is called what?
9. A young female horse is called what?
10. A baby horse is called what?
11. Can horses throw up?
12. What is the name of The Phantom's horse?

