



Shift the Work Life Balance

South Gippsland Shire Council was recently awarded funding from the Victorian Responsible Gambling Foundation for further work towards the prevention of harm from gambling.

The funding of \$150,000 will support the Shift the Work Life Balance project over two years to engage with shift workers, farmers and the dairy industry to identify local activities for community members living in rural South Gippsland.

People working non-traditional hours such as shift workers and truck drivers are at four times greater risk of choosing gambling and experiencing gambling harm as they seek entertainment in their time off. This project aims to work with locals to identify and fund gambling free activities

Workshops will bring people working non-traditional hours and shift work together to tell us what activities they would like to do. Activities will be offered in small towns across South Gippsland at little or no cost.

South Gippsland Shire Council's Project Officer Heather Butler was proud to see this prevention project build on previous work to reduce harm from gambling.

"South Gippsland has a large number of shift workers and those that work outside of a traditional nine to five. We look forward to providing more opportunities for these people to get together with others at times and places to suit their changing rosters or unusual work hours.

"The Shift the Work Life Balance project will help build social connection and we will be making contact with local workplaces, the TAFE sector and individuals in the new year said Ms Butler.

Further information will be provided to the community as the Shift the Work Life Balance project is developed and community consultation begins.

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