

Shift: The Work Life Balance at Gurneys

South Gippsland Shire Council's Shift: The Work Life Balance project is offering community events after being on hold for 12 months due to COVID-19. The project aims to bring together shift workers, including farmers and dairy industry workers, by designing and promoting activities in towns across South Gippsland.

The events run under the Shift: The Work Life Balance project will be centred around those who work hours outside the 'normal' nine-to-five, be that in hospitals, aged care, the dairy industry, or first responders – which is a lot of us in South Gippsland. They will run at times and in places to suit those in our community who cannot participate in regular social activities due to work commitments. The events will be spread across 2021 and will take a variety of forms from lunches where attendees can bring a friend or partner along and enjoy food and entertainment, to farm visits, sporting activities, online courses and other fun events. The project team are keen to explore ideas for future events and activities and would like to hear from all shift workers and farmers.

The first of these events will be held at Gurney's Cidery in Foster on 30 April from 12.30pm to 2.30pm. Music and lunch will be provided in exchange for your ideas.

For further information about the project, please contact Heather Butler at heather.butler@southgippsland.vic.gov.au. You can also find out more and book your spot for the event at Gurney's Cidery at www.southgippsland.vic.gov.au/shift

Quotes attributable to South Gippsland Shire Council Chair Administrator, Julie Eisenbise

"Working hours outside of nine-to-five can be really hard. It can impact your ability to catch up with friends, be part of your community or even play regular sport. This project is designed to give you the opportunity to share with Council what your biggest barriers are to making these connections and allow you to interact with people."

"After a tough year, I think many individuals will warmly welcome the opportunity to talk with others again about what is going on in their life and what challenges they are facing. It is a pleasure that Council can be involved in setting up these kinds of events."

