

Date 2 April 2012**Subject** Healthy start for workers with a disability at Self Help Workplace

Workers with a disability at Launceston's Self Help Workplace will now enjoy a healthy kick-start to their day, thanks to a new breakfast program funded by nib foundation.

An Australian Disability Enterprise, the Self Help Workplace provides employment for 53 people with a disability in a variety of roles. The partnership with nib foundation will see these employees given a light, nutritious breakfast each morning to help boost their energy levels and concentration at work.

Donna Bain, Self Help Workplace General Manager, said the program was developed after management noticed some employees were arriving at work without eating breakfast.

"Half way through the morning, you could tell that some employees didn't have the energy to focus on the task at hand," said Ms Bain.

"To ensure that everybody who works at Self Help Workplace starts the day with a healthy breakfast, we applied to nib foundation for funding to set up a self-service breakfast bar."

nib foundation Chairman, Terry Lawler said the foundation was proud to announce Self Help Workplace as the first Tasmanian funding recipient under the foundation's Community Grants funding program.

"A nutritional, healthy breakfast is the key to maintaining motivation and energy and will help boost employee morale in the workplace," Mr Lawler said.

"It gives us great pleasure to be able to help Self Help Workplace implement this program that will improve the health and wellbeing of its employees with a disability."

The breakfast program is one of a number of initiatives introduced at Self Help Workplace to support its employees.

"Self Help Workplace is much more than just a place of work. The breakfast program joins our cooking and hygiene programs, kitchen garden and book club that support our employees to enjoy happy, healthy and fulfilling lives," Ms Bain said.

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About Self Help Workplace

Self Help is an Australian Disability Enterprise currently employing 53 people with a disability who make an extensive range of timber products (including pallets and survey pegs), and organise mail outs, print finishing and component assembly.

Self Help Workplace also runs Encore Clothing – Launceston's premier second hand clothing outlet and offers corporate catering and meeting room hire.

About nib foundation

In 2008, nib health funds established nib foundation – a not-for-profit charitable organisation that supports programs aimed at improving the health and wellbeing of all Australians. Since its establishment, nib foundation has allocated more than \$10 million in funding to health and wellbeing initiatives across Australia.

By 2015, nib foundation aims to have directly and positively impacted more than 50,000 Australian lives through funding programs in the foundation's focal areas of support including: carers, young people, wellbeing, equity and access, and education and training.

For more information about nib foundation visit www.nibfoundation.com.au