



Team members Racheal Anderson, Matthew Grilz, Brad Chippendale and Greg Smith at the sod turn event in Brisbane recently

 Australia Post

Post Journal

Autumn 2024



Australia Post acknowledges the Traditional Custodians of the land on which we operate, live and gather as a team, and recognises their continuing connection to land, water and community. We pay respect to Elders past, present and emerging.

A message from Paul Graham



Over the past month, I've had the privilege of spending time out and about in our network visiting facilities and Post Offices from the northern suburbs of Sydney to Far North Queensland. With each visit, I continue to be impressed by the deep connection our teams build with their local communities and how you are striving to meet our customers' changing needs. Whether through innovative ways of encouraging foot traffic, or by delighting customers with excellent service and better, more simple processes, I am reminded of the energy and commitment the people of Australia Post bring every day.

You know better than most that our customers' and communities' expectations continue to evolve and we must adapt to meet them. It's this energy and commitment I see on the frontline that fills me with confidence that we can do this.

And now, we have an opportunity to prove that we can.

This month, after extensive community consultation, the Australian Government approved

changes to regulations governing the frequency of letter delivery. So now, we can focus on what matters most to Australians: flexible and more reliable parcel deliveries with enhanced tracking technology. One of the most frequent questions I get asked when I'm out on the frontline is, "Paul, how will this work?" The good news is that we are ready and have a plan in place.

We have been trialling the new delivery model in sites across Australia for the past year. It's been a big change to how we operate and has required trust and commitment from team members to try something new, but the results have proven that we can deliver more parcels, more often whilst maintaining a reliable letters service.

Additionally, the geographic classifications of Australia Post retail outlets were changed as part of the new regulations and we are now able to use the latest Census data, which will allow us to ensure our Post Office Network more adequately meets community needs.

We were also able to work with the ACCC to deliver a \$0.30 increase

in the basic stamp price, further strengthening our financial position.

Together, these reforms represent a significant first step for Australia Post to modernise and become a sustainable business. And now, we have approval to put the plan into action.

Now, it's up to each of us to bring these changes to life, to execute flawlessly on these projects and to demonstrate that a modernised Australia Post is not just possible, it is vital for the Australian community.

Please continue to bring that energy, that commitment, and that trust in our strategy that you have shown, as we work together to build a better business. It might not be easy, but it will definitely be worth it.

Be safe, be kind.

Paul Graham

Group Chief Executive Officer and Managing Director

Our 2024 half-year results

In March we released our 2024 half-year results, which highlighted that we are starting to see our Post26 strategy deliver some green shoots of recovery, with Group profit before tax of \$33.6 million – a \$10 million increase in profit compared to 1H23.

The result reflects the seasonal nature of our business, which saw us deliver our biggest and best Peak yet. However, it's important that we remember that we need to view these results within the context of the year so far, and with the knowledge of what we still need to do.

The ongoing decline of our letters business continues to impact our results, with letter losses totalling \$182.1 million for the half. Our Retail and Post Office Network continues to see declining foot traffic and over the counter transactions. In positive news though, our Parcels and Services business has seen increased volumes and profit, helped in part by our record Peak.

Modernisation remains the key

The reforms announced by the Government in December 2023 are a good first step for us to build a more sustainable business, building on the progress we have made on our Post26 strategy. In the coming months, it will be crucial that we work with the Government and other stakeholders, such as the key unions, to execute these reforms flawlessly and turn our attention to securing additional reforms that remain vital to our financial sustainability.

Group revenue

\$4.71b

0.6% ↑ 1H23



Achieved first phase of reform announced by Government

Letters losses

(\$182.1m)

4% ↓ 1H23



99.7m

parcels delivered to our customers during Peak

Parcels and Services revenue

\$3.86b

1.3% ↑ 1H23



3.8m

customers used our app during Peak

↑ 14% YoY



Over 1.3m

parcel locker deliveries during Peak

↑ 32% YoY



Launched our first Community Hub@Post in Orange, NSW



1.1m parcels

delivered by new Australia Post Metro service



4m

Connection postcards distributed in partnership with Beyond Blue



Post+ reaches 50% of Post Offices

In March, we hit the halfway mark for our Post+ rollout with more than 50% of sites now using the new system.

Some of the numbers will amaze you:

Over 9 million

transactions successfully conducted on POST+

2.1 million

BillPay transactions

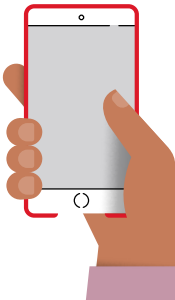
Over 1.5 million

Bank@POST transactions

8,082

team members who have been trained to use POST+

These milestones were made possible thanks to the support of a wide range of teams.



The Brighton PO (SA) celebrating the POST+ milestone



We couldn't have achieved what we have without the support of Retail Operations and Post Office Network. Their feedback and suggestions have been invaluable."

Jenny Patterson
Program Director POST+



The team at the North Perth LPO

What have our team members said about POST+?

"Post+ is fun and easy; we love it," shared Rungsun Picheatwarawoot from Kingsgrove Business Centre.

"I'm so slow on computers, and the touch screen makes it easier," said Vicky Parry at Tallarook LPO.

Find out more

[Join the Viva Engage POST+ community](#)

Loving local and celebrating community

With the highly successful launch of the Orange Post Office as a new community hub, the team are now turning their attention to Williamstown Post Office (Vic), Burnie Post Office (Tas) and Noosa Heads Post Office (Qld).

"Our new community hubs are all about loving local and celebrating community as this is at the heart of everything we do," said Anita Britcher, Program Director Community Hubs. "It's also about listening to feedback from our Post Office team members and, of course, our customers and communities, so that we continuously improve what we do, in a test and learn way, that can be replicated across the network."

To support our new community hubs, we will be more deeply involved with the local communities and councils, which means we will benefit from their support and insights in a number of different ways. For example, some communities will be involved in creating a time capsule or historical display in their outlet, others will feature Indigenous artwork to honour the Traditional Owners of the land, and some will promote a 'design a postcard' competition for local primary school children, to be displayed in-store, as well as featured on our digital media screens.

"It's a really exciting time," said Anita. "We just can't wait to see the richness that each community will bring to their local Post Office. It truly is a contribution by the local community for the local community and it's great to play a central part in bringing all of this together."



Anita Britcher and team members from Williamstown Post Office preparing to transition to Community Hub. From left to right: Bobbi Ross, Eve Geroukou, Anita Britcher and Angela Davies



Brisbane Airport CEO, Gert-Jan de Graaff, Minister for Sport and Aged Care, the Hon Anika Wells MP, Minister for Communications, the Hon Michelle Rowland MP, Group CEO and MD Paul Graham at the sod turn event in Queensland

New Queensland facility to help with growing population

Did you know that 82% of Queenslanders made an online purchase in the past year, and that South-East Queensland's population is expected to increase to over six million by 2032?

To help us respond to the growing demand we're boosting our investment in Queensland by building a new cutting-edge StarTrack Premium Parcel Facility in Brisbane. In March Group CEO and Managing Director Paul Graham and Minister for Communications, the Hon Michelle Rowland MP, were on hand for the sod turning to unveil the new site at the Brisbane Airport Industrial Park.

Fast facts on the new Parcel Facility:

- Scheduled to open in early 2026 it will be the second largest sorting facility in the state.
- Conveniently located next to Brisbane Airport, the new facility will be able to process up to 176,000 parcels per day.
- Parcel sorters equipped with integrated X-ray screening will reduce touch points and manual handling, improving team member safety.
- Setting a new standard for sustainability, the 33,600sqm facility will be 5-Star Green Star accredited.



South-East Queensland's population is expected to increase to over six million by 2032

Trialling an electric fleet for our future

Australia Post is committed to delivering a better tomorrow and a huge part of how we deliver for our customers is the fleet we use.

We're always looking at ways to ensure our vehicles and modes of transport are as safe as possible for our team members as well as supporting our sustainability goals.

This year we're exploring and testing a range of new electric vehicles to enhance our fleet. It's important to have the right vehicle for the terrain, conditions and type of items delivered.

These factors can vary greatly across Australia, which is why we're making sure we put these new options through their paces before we commit to adding them to our fleet.

Here are a few of the options we're currently looking at:

- **Gaius Rapide 3** – think of this as the midway point between the ease and speed of a motorbike, but with the carrying capacity and safety features of an eDV.
- **UBCO PRX** – we're exploring if this new electric bike will replace our ageing Honda fleet – we have 175 of these arriving mid-year to be tested by posties around the country.
- **ClubCar** – this is an option currently used by PostNord and could work for Australia Post in certain high-density areas with heavy parcel volumes.

We look forward to keeping you updated as we explore, trial and test these new options.

If you have any questions or want to learn more as we test these new options, [join the conversation on Viva](#).



UBCO PRX

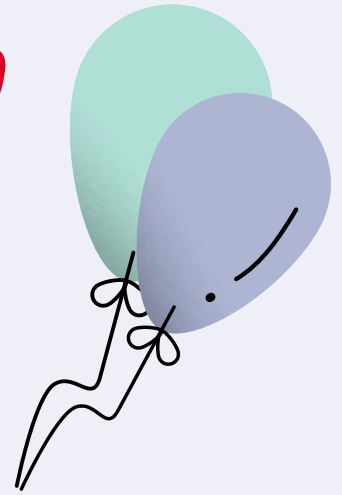


ClubCar



Gaius Rapide 3

Look who's turning 50!



From humble beginnings as Multigroup Distribution Services in 1974 with just a handful of team members, the StarTrack journey has been an extraordinary one. And as 50th birthday celebrations draw near, they do so with StarTrack being one of Australia's most respected and trusted delivery partners.

To celebrate this milestone birthday there'll be events all around the country kicking off from 7 May. We'll be welcoming customers, long-serving team members, and industry stakeholders to get involved in the festivities, and will be encouraging facilities and support office teams to help create a buzz of celebration throughout the network.

StarTrack has had a profound impact on the logistics industry over the last 50 years, and we're focused on continuing to deliver the same level of excellence to Australian businesses for the next 50 years.

As we commemorate this milestone, we'll be sharing inspiring stories featuring our long-standing customers and some of the team members who have been instrumental in making StarTrack's story the success it is.

The StarTrack 50th birthday celebration is a wonderful chance for us to recognise the enduring relationships we've built and the dedication – both from team members and customers – that has shaped our journey.

Get ready to immerse yourself in a period of festivities, reflection, and fun, as we get set to paint the town blue in honour of StarTrack!

So mark your calendars for 7 May – it's a celebration you won't want to miss!



For 50 years, StarTrack has been one of Australia's most respected and trusted delivery partners



Mark your calendars for 7 May as we get ready to celebrate!



Just one of the 17,000 StarTrack vehicles on the road



StarTrack deliver to more than 12.6m locations across Australia

eCommerce continues to grow

The 9th edition of our annual Inside Australian Online Shopping Report was released in March, giving our business customers in-depth insights into consumer buying behaviours and trends.

The report delivered actionable recommendations and data-driven strategies to keep our business customers ahead of the curve in the rapidly evolving online retail industry.

The insights in the report tell us shoppers chose to make more frequent but smaller purchases, a factor that contributed to us achieving our biggest eCommerce Peak period yet, delivering nearly 100 million parcels in November and December.

[Explore the report.](#)



Fast facts



9.5 million Australian households shopped online in 2023 – that's 82% per cent of all Australian households, up 1.4% YoY

Black Friday was a standout event seeing a huge 88% leap in the number of online purchases compared to 2019

Baby Boomers spent almost \$1 billion more than they did last year

Younger generations have been cutting back, choosing small, budget-friendly purchases

Gen Z

Born 1998–2006
Age 18–26

Total online spend:

\$10.6b

YoY change in online spend:

-11%

Average basket size
for online spend

\$80

YoY change in basket size:

-6%

Gen Y

Born 1981–1997
Age 27–43

Total online spend:

\$22.1b

YoY change in online spend:

-2%

Average basket size
for online spend

\$95

YoY change in basket size:

-6%

Gen X

Born 1965–1980
Age 44–59

Total online spend:

\$17.5b

YoY change in online spend:

+1%

Average basket size
for online spend

\$110

YoY change in basket size:

-5%

Baby Boomers

Born 1946–1964
Age 60–78

Total online spend:

\$12.5b

YoY change in online spend:

+7%

Average basket size
for online spend

\$109

YoY change in basket size:

-3%

Community

Pillowcase workshops support Cobdogla Primary School in the face of a major disaster

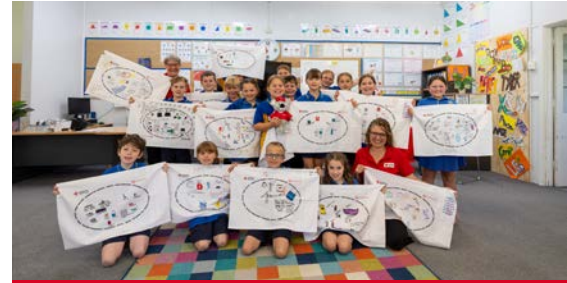
Late last year, the residents of Cobdogla, a small regional town in Riverland, South Australia, were forced to watch and wait nervously as the river around their town steadily rose. With flood waters creeping closer and closer, locals built levies and did everything they could to protect homes and infrastructure.

The Cobdogla Primary School reached out to Australian Red Cross for support and the school's students participated in Pillowcase workshops.

Through the workshops, students learnt how to stay calm with breathing techniques and the importance of taking steps to prepare. Children designed their own pillowcase to be used as an emergency kit to pack their essential and cherished items at home.

The local impact of the workshops quickly grew, with over 700 students in the Riverland region across 13 schools taking part to help community members cope with the prospect of disaster and support them to have a plan in place.

The workshops, delivered across Australia, are proven to reduce real and imagined fears and have successfully helped build children's stress management skills, with 95% of participants confident they can advise adults what goes in the family emergency kit.



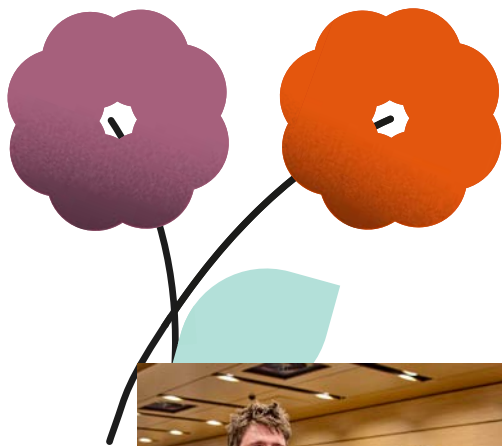
Students from the Cobdogla Primary School and their pillowcases

Australia Post is proud to support the Pillowcase workshops and, through our support, over 6,000 students annually will participate.

Since 2019, Australia Post has raised

**more than
\$1.8 million**

for Australian Red Cross and contributed to supporting 470,000 people across 133 emergency events



Australia Post has partnered with The Women's Workforce since 2014

Santa Mail program success

Australia Post's Santa Mail program is a great source of joy for children, allowing them to pen letters to Santa and receive personalised responses.

Since 2014, Australia Post has partnered with The Women's Workforce run by The Big Issue to act as "Santa's Helpers from the North Pole" by responding to thousands of children's letters on behalf of Santa, who is very busy in December.

On average each Santa Mail program employs approximately 15 women, providing 300–500 hours of paid work. Since our partnership began, we have been able to support around 130 marginalised women, generating 5,000 hours of employment.

Each woman working on the data entry is paid for their work and gains some additional skills along the way, not to mention the benefits of meeting up with friends and colleagues and connecting over a job well done. The Women's Workforce prides itself on helping people help themselves.

Some of our team members also gave their time to play a pivotal role in helping to make last year's annual Santa Mail volunteering a resounding success. Thank you to all those who got involved.

Supporting the environment this Earth Hour

Together with our partner World Wide Fund for Nature Australia (WWF-Australia), we're helping to raise awareness of the importance of biodiversity, and the relationship between climate change and nature loss.



Julia O'Brien

Challenge 60

Australia is home to unique wildlife found nowhere else in the world. But sadly, we hold the record for the most mammal extinctions on the planet.

During March, team members challenged themselves to run, walk and take time out in nature to raise funds for nature regeneration programs managed by WWF-Australia. Team members shared photos on Viva Engage during the challenge and raised an amazing \$8,057.

Follow **#EarthHour2024** to learn how much we raised for WWF-Australia!

#SwitchOff

The iconic #SwitchOff moment saw millions of participants around the world switch off their lights at 8:30pm local time on Saturday 23 March – including our support offices in Melbourne, Sydney, Brisbane and Adelaide!

A huge thanks to our teams for demonstrating our commitment to help protect the planet – both during and beyond Earth Hour.



Ainsleigh Thomas



Jessie Murrell



Windsor Primary School students completing the lessons

Resources

Australia Post and WWF-Australia have created a series of lesson plans to explore how koalas are uniquely adapted to Australia's environment, the challenges they are facing and how you can help keep koalas forever.

Visit auspost.com.au/environment to learn more.

Questions?

Email community@auspost.com.au.

Celebrating Indigenous literacy

To celebrate the new school year, and Australia Post's community partnership with the Indigenous Literacy Foundation (ILF), team members were invited to share their reflections of connecting to Country over the summer break.

Three lucky contributors won ILF book packs, featuring the wonderful picture book *Country tells us when*. This book invites the reader to consider seasonal milestones and messages that Country reveals around us every day.

Congratulations to Richard, Rungsun and Ashley for their winning entries.



Rungsun Picheatwarawoot



Rungsun with his prize pack, which included a copy of the book, *Country tells us when*

Our team members in focus

How Kimberli cultivated connections and developed through IELP

Kimberli Fourro, a proud Mualgal and Kaurareg woman and past participant in the Indigenous Emerging Leaders Program, fostered connections with mob across Australia Post and developed her leadership skills.

Since then, she's landed team leader secondments in Parcel, Post & eCommerce Services, and is gearing up to interview the 2024 program participants. As a member of the IELP Alumni Community she comes together with other alumni to continue making connections across the business.

Reflecting on her experience, Kimberli shared how the program helped her nurture her connection to her Torres Strait Islander culture and develop her leadership skills.

"I was excited to start the program, and for the chance to connect

with other mob, beyond those in the Brisbane Support Centre," she said.

"I was a bit worried because at that point I hadn't studied really since school, so I was thinking, 'Oh my gosh, am I going to be able to do this?' But there was so much support throughout from the Indigenous team, Mob@Post, the wider team, and people leaders from all around Post."

"We got to learn a lot about Aboriginal history, which a lot of us didn't know," she said. "My identity and my story around being Indigenous was quite disconnected in my earlier years of life. To hear quite similar stories from everyone was really healing and beautiful."

"One of the best parts is that it's a small group of people, and I think that was very intentional. The people that are chosen for the program



Kimberli Fourro

were from all different functions of the organisation, so you have to expand and connect with people you don't know."



The network you cultivate is so special and will stay with you for such a long time – it's coming up to two years since we finished the program and we've never stopped talking. We celebrate each other's growth and wins and are there when the hard stuff happens. I think that's the most beautiful thing anyone can ask for."

Bob delivers for his community

Bob Walker, one of our delivery partners, known to his customers as 'Postie Bob', was recently awarded Tablelands Regional Council's 'Citizen of the Year' for his everyday commitment to delighting our customers and communities.

Bob has been delivering to his customers on the Ravenshoe – Mt Garnett route in Northern Queensland for over 21 years.

Going the extra mile, Bob supports his community by delivering essential items like bread, milk, and prescription medication to those unable to leave their home.

"I like everything about what I do: the driving, the country that I drive in, and the people – especially the people," said Bob.

When he found out one of his regular customers had nominated him, he was both "shocked and humbled".

It's evident that Bob doesn't help his community for recognition, but because it's simply the right thing to do.

Congratulations to Bob, who is living our Australia Post values everyday by **#delightingourcustomers** and looking after his local community.



'Postie Bob' was awarded the Tablelands Regional Council's 'Citizen of the Year'



Congratulations, Jacko, on an incredible career at Australia Post

Indigenous trailblazer celebrates 55 years of service

In a touching celebration of commitment and community connection, Jacko Whitby has been honoured as Australia Post's longest-serving Indigenous team member, following an extraordinary journey of 55 years with the organisation.

Beginning in the North Hampton community in 1969, Jacko first made his mark as a much-loved postie, navigating the streets delivering mail on a trusty push bike.

He soon took on additional duties with night shifts at the telephone exchange between 1970 and 1979, before the next chapter of his career unfolded in Geraldton, where for three decades he served as a PDO, before transitioning to a contractor role for his final 15 years with Australia Post.

In Geraldton, Jacko's influence extended beyond his postal duties and work, as he became a revered coach for the local high-performance athletics team, leaving a lasting impact on many young athletes.

Reflecting on his storied career, Jacko said, "I have witnessed many changes across Australia Post over the years, with so many advancements in technology and the way things operate day-to-day."

As he transitions into retirement, Jacko contemplates this significant milestone with mixed emotions, stating, "Retiring from Australia Post has been a bitter-sweet feeling. I didn't take much notice in the beginning, but over the last few days I've finally taken some time to sit and reflect."

This period of reflection closes a significant chapter in Jacko's life, celebrating his dedication to his work, his community, and his enduring legacy at Australia Post.

Teamwork makes the birthday dream work

When one of our Kingsgrove BC customers found out that a birthday gift for her daughter had been returned to the sender while she was away, PSO, Rungsun and PDO, Hassan sprang to action.

The parcel had made its way to the Kingsgrove PDC so Hassan – demonstrating his dedication to delighting our customers – searched every single ULD, eventually locating the present. Thrilled, Rungsun contacted the customer with the fantastic news. But in a further twist, the customer was unable to collect the parcel, so Rungsun jumped in the car and hand-delivered it, saving the day!

This is not the first time Rungsun and Hassan have gone above and beyond for our customers – this time they've made a dream come true!



Our happy customer reunited with their parcel

National Reconciliation Week (NRW) 2024

National Reconciliation Week (NRW) 2024 is between 27 May and 3 June, and this year's theme, 'Now More Than Ever,' was chosen as a reminder to all that the fight for justice and the rights of Aboriginal and Torres Strait Islander peoples will – and must – continue.

It's an opportunity for us to learn about our shared histories, cultures, and achievements, and to explore how we can all contribute to achieving reconciliation throughout Australia.

At Australia Post, we are committed to listening, educating, and elevating collective voices of Aboriginal and Torres Strait Islander peoples, communities, Indigenous team members, and allies. We do this through our 2023–2026 Reconciliation Action Plan (Stretch). NRW is a time of coming together across the enterprise, for inclusive conversations and shared learnings with other team members.

Follow #NRW2024 on Viva Engage for educational resources and updates closer to the date or visit the [official website](https://reconciliation.org.au).



Wellbeing

Habit Amnesty program increasing postie safety

The Habit Amnesty was an idea of Victor Williams, one of our Last Mile leaders, during the first Health & Safety Representative (HSR) Safety Forum held in July last year.

“We know that some of our posties may develop habits with the intention of 'saving time,' but these habits could lead to incidents and significant injury,” said Helen Goodyear, Head of Last Mile, Division North.

“The initiative encouraged team members to reflect on their own habits, discuss them with friends and leadership, and transform their 'risky' habits into 'safer' ones. We also adapted the Habit Amnesty to our PUD activities.”

Sadly, Victor passed away just after the forum. However, teams from across NSW, ACT and Queensland honoured his legacy by leading the way and integrating this conversation into their daily activities, including stand-up sessions, team huddles, Go See Walks, and general daily connections.

The initiative allowed time for peer-to-peer engagement and recognition of good habits that people adopt to ensure their safety and the right mindset to conduct their daily tasks.

“We hope to change our culture, drive accountability and keep our teams and communities safe every single day. Feedback from our second HSR Forum in February was extremely positive, and we want to maintain the momentum,” Helen added.

“

Our goal is to win hearts and minds by encouraging the adoption of good habits and the elimination of 'risky' ones.”

Helen Goodyear

Head of Last Mile, Division North

We encourage team members to look out for one another and make the right decisions while performing their daily activities, ensuring that everyone goes home just as healthy as when they came to work.

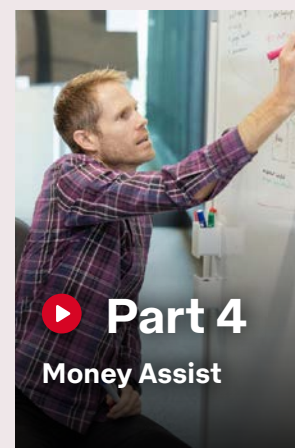
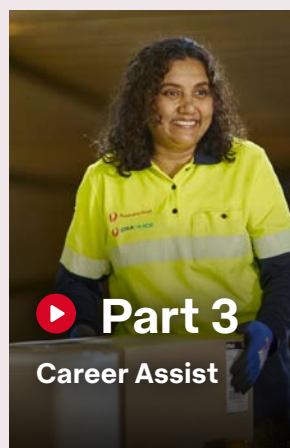
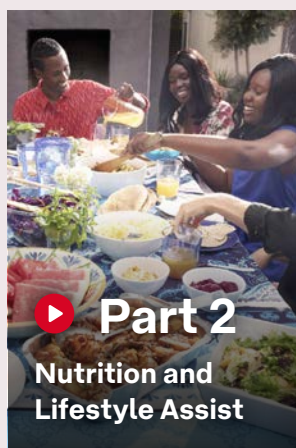
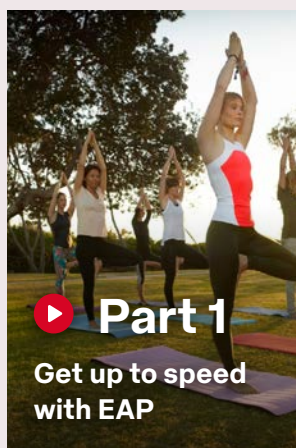


A team of posties in NSW workshop reflect and discuss personal safety habits as part of the Habit Amnesty program

Get up to speed with EAP

The Employee Assistance Program (EAP) and the Workforce Assistance Program (WAP) provide free, confidential counselling and coaching services, through independent counselling service Converge International to Australia Post team members and eligible family members to support them with work or personal difficulties. Call 1300 687 327 (1300 Our EAP). Stay up to date with the latest conversations on Viva Engage using the hashtag #EAP.

You can learn more about the program by watching this series of short videos.



Healthy habits for our team members

Across the organisation we run activities throughout the year with our corporate mental health partners to support your health and wellbeing. These include health checks, flu vaccinations and health and wellbeing masterclasses.

Check out our Health and Wellbeing Calendar to find out what's coming up and how you can get involved. Our health and wellbeing activities aim to support our people to live healthier, happier, and more fulfilled lives.

Our focus in March was to encourage people to prioritise positive healthy habits, like good nutrition, adequate sleep and fostering strong connections. These things all play an important role in your overall health and wellbeing and are important all year round.

What's next?

April saw the commencement of our flu shot program for 2024 (you can find more details on page 14), so arm yourself before the flu gets you!



Top tips to foster healthy habits



Tip 1: Start your day with a healthy breakfast

Breakfast is the most important meal of the day, as it gives you the energy and nutrients you need to work well. A healthy breakfast can also help you stay fit, lower your cholesterol, and avoid cravings.



Tip 2: Take a break and stretch your body

Sitting for long periods can harm your health, such as increasing your risk of obesity, diabetes, heart disease, and muscle problems. To prevent these issues, take regular breaks and stretch your body. Stretching can improve your posture, flexibility, circulation, and mood.



Tip 3: Drink more water and stay hydrated

Water is essential for your health, as it helps you regulate your body temperature, flush out toxins, lubricate your joints, and transport nutrients and oxygen to your cells. The recommended amount of water intake depends on your age, weight, activity level, and climate, but a general rule is to drink at least eight glasses of water a day.



Tip 4: Practice mindfulness and reduce stress

Mindfulness is the practice of paying attention to the present moment, without judgment or distraction. Mindfulness can reduce stress, anxiety, depression, and negative emotions, as well as improve your focus, memory, creativity, and happiness.



Tip 5: Get active

Physical activity is essential for maintaining good health, reducing the risk of chronic diseases, and improving mental health.

For more tips on prioritising positive healthy habits visit ourpost.com.au/wellbeinghub

Health and Wellbeing Program

2024 Calendar

Apr

Free flu shots

Are available now for all Australia Post team members including licensees, CPAs and contractors.

May

Mindful May

Strengthen your mindfulness muscle by paying attention to your thoughts, feelings and surroundings.

Jun

The Push Up Challenge

Join us for The Push Up Challenge to get fit, have fun and push for better mental health for all Australians.

Jul & Aug

Kickstart the new financial year

As we kickstart the new financial year it's the perfect time to reassess your financial goals with inspired daily action from Australian Super and EAP provider, Converge International.

Sep

R U OK? Day

On R U OK? Day, we are encouraging our people to check in on those around them and ask R U OK?

Oct

Mental health aware

Be more mental health aware and join our webinar series to get involved this October.

Nov & Dec

Pause, breathe and reset

Let's all stay in the 'red' together as we get ready for Peak and remember to: Pause, Breathe, and... RESET.

Visit our **Health and Wellbeing Hub on OurPost** for further information on all of our campaigns and to access a wealth of wellbeing resources. Head to ourpost.com.au/wellbeinghub

Arm yourself before the flu gets you!

What is the flu?

The flu is a highly contagious viral infection that can cause severe illness and life-threatening complications, including pneumonia. The flu is spread by contact with fluids from coughs and sneezes. Symptoms of the flu hit very quickly and may last for several weeks.

Your best protection against the flu is to get vaccinated in the months prior to the height of flu season.

Australia Post is offering 3 ways for our people to get their flu shot.



1.

Onsite at
larger
facilities



2.

Instore at
Chemist
Warehouse



3.

Instore at
Priceline
Pharmacy

Visit **ourpost.com.au/flushots** for booking instructions.