



Australian Embassy

Zagreb

October 2013 Issue 66

E – NEWS : Safe Work Australia Month 2013

Building on the success of Safe Work Australia Week activities in 2012 Safe Work Australia Week has been extended to the month of October in 2013. This year's theme is: *Safety is a frame of mind. Get the picture.* During the month people are asked to think about why they want to come home from work safely.

Safe Work Australia Chair Ann Sherry AO launched Safe Work Australia Month 2013, "Every workplace in Australia should focus on improving health and safety during October to reduce the incidence of death, injury and disease".

Read more: <http://www.safeworkaustralia.gov.au>



safe work australia

National Mental Health Week (6-12 October).

Mental Health Week is an annual event celebrated in Australia and over 100 countries in an effort to raise community awareness and understanding of mental illness, encourage the reduction of stigma and discrimination against people living with mental illness, and promote positive mental health and wellbeing. The Week is centred around World Mental Health Day, held every year on the 10 October.

Focus themes for this year's week are:

- ◆ Building wellbeing, resilience and connectedness
- ◆ Reducing stigma
- ◆ Promoting help seeking behaviour

Read more:

<http://www.mentalhealth.asn.au>

Tips & Tricks, how to face daily stressors:

FOCUS MORE ON THINGS YOU CAN CONTROL
HAVE THE COURAGE TO BE IMPERFECT
TAKE TIME FOR YOURSELF
SIGN UP FOR THAT COURSE, JOIN THAT CLUB
BE ACTIVE EVERY DAY IN AS MANY WAYS AS YOU CAN
SPEND TIME WITH PEOPLE WHO MAKE YOU FEEL GOOD
LAUGH OUT LOUD EACH DAY
INVITE YOUR NEIGHBOUR OVER FOR A CUP OF TEA
DO ONE THING NOW YOU'VE BEEN PUTTING OFF
REMEMBER, THIS TOO SHALL PASS

Australian Trade Commissioner visit

The Ambassador hosted a visit by the Australian Trade Commission's Senior Trade Commissioner, Steve Rank, who is based in Warsaw and is responsible for 16 countries in Central Europe, including Croatia.

Mr Rank visited Zagreb and Rijeka to look for opportunities to increase trade and education cooperation between Australia and Croatia.

Read more: www.austrade.gov.au

AFL in Croatia

The Croatian national Australian Rules Football (AFL) team won the bronze medal at the Axios Euro Cup 2013, held in Bordeaux France.

The AFL Croatian Cup 2013 was won by Zagreb Hawks and the Ambassador proudly presented the cup to the winning team. The Zagreb Hawks also won the national league, and Australia's club, who's colours the Zagreb team wear with pride, the Hawthorn Hawks, won the 2013 Grand Final in Australia.

Definitely the year of the Hawks!

Read more: www.sanh.hr



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