

Catching up to talk about mental health

Research shows that one in six workers will be impacted by mental ill-health at any given time - and working on a large solar farm site is no exception.

Workers from across the solar and battery project site took some time out this month to catch up, have a chat and for a quick mental health check-in, as part of RU OK Day.

"The day is designed to shine a light on the importance of talking with our neighbours, friends, family and work colleagues to build positive connections and break down isolation," New England Solar Project Manager Sarah Donnan said.

"It's a great reminder about how a simple question like are you OK can make a big difference to people who might be struggling for a whole range of reasons.

"It was also a great excuse to have a cuppa, a BBQ, and a good chat!"

Sarah and ACEN Renewables Construction Director Tim Greenaway also recently completed a short workshop held by the Black Dog Institute called Managing Teams for Wellbeing.

The workshop was designed to help them better understand how and why to talk with their co-workers about mental health well-being and where to find more support.



RU OK Day gave the team across the solar and battery project site the opportunity to catch up and connect.

Introducing Richard de Bruin our new Site Operations Manager

Electrician turned large scale solar farm commissioning supervisor Richard de Bruin has joined New England Solar as our new Site Operations Manager.

Richard's role will be to manage all non-electrical maintenance work across the solar farm site as well preventative and reactive maintenance on the electrical components of the solar farm.

Read more about Richard and his job with New England Solar in the earlier pages in this edition of The Wordsworth.

Find out more at:

- > www.blackdoginstitute.org.au
- > www.ruok.org.au

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