

## Media Statement

24 August 2022

### ONE STOP WELLNESS SERVICES FOR SEDIBENG DISTRICT EMPLOYEES

“Employee wellness is the bedrock of employee wellbeing, work performance and the quality of life of all its employees” says the Municipal Manager, Mr Motsumi Mathe. On the Thursday, 18 August 2022, Sedibeng District Municipality held one stop wellness services for its employees at Vereeniging Banquet Hall for the entire day.

The Employee Wellness Day was the first since the lifting of COVID-19 lockdown in April 2022 and Mr Mathe’s appointment in May 2022. The primary aim for the wellness for staff is to encourage employees to know their health status, promote a culture of self-care and importance of a healthy lifestyle. On the other hand, the COVID-19 lockdown season had many economic, social and psychological knock on effects to employees ranging from illness, working from home, loss of colleague, friends or family members, fear of infection, stigma, frustration and boredom. Mr Mathe continued “Employee health and wellness strategic framework emphasizes the importance of educating, raising awareness and empower employees around health issues”.

On the day, employees received an wellness services such as firstly; to file their SARS tax returns, secondly; health screening services namely HIV/AIDS, eye, hearing, cholesterol, blood pressure, dental cleaning, glucose, Body Mass index, thirdly; financial matters such as financial advice, loan applications, life assurance, debt counselling and fourthly to do skipping rope tutorial and or join aerobics session. “Wellness Day is one of the programmes to show that Sedibeng District Municipality is a caring employer; I fully support and happy that many of our municipal employees took advantage of it” said the Executive Mayor, Cllr Lerato Maloka.

The results of the Wellness Day will help the institution to develop intervention psycho-social or referrals programme for employees in to ensure a productive, healthy and well workforce to serve the people of Sedibeng region.

“Today is one of the milestones in improving employer –employee relations in Sedibeng, and I thank every employee who grabbed various Wellness Services. Secondly, I encourage our staff to continue using our Employee Assistance Programme in the Human Resources Department” says the Municipal Manager Mr Mathe.

### Ends

Issued by Sedibeng District Municipality

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