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### **Victoria Police Forensic Services “Refresh”**

Posted by Coordinator 1 May 2007



Staff from the [VicPol Forensic Services Department](#) (FSD) have enthusiastically commenced the CIN sponsored [Refresh Your Life](#) programme.

Information about the one month programme was circulated to all FSD staff by the Department’s Well-being team, and a team of 15 very quickly expressed interest and signed up. A visit from the book’s author, Liz O’Halloran was locked in over a lunchtime and following this session (and a prudent wait for Easter!) the group commenced the programme.

Since the initial session, the number of participants has grown and they are easily identified at break times as they eat their strawberries, swap recipes or sip green tea. An informal support network has now formed and the question “*How are you going on the programme?*” is now regularly heard in the corridors.

Lunchtime working groups and yoga/pilates sessions have been implemented and one participant has kindly donated a supply of green tea for the tea room. The group has also planned future events including a voluntary roster for preparing healthy muffins for tea time consumption.

This proactive approach to health and well being incorporates survey instruments to capture the groups progress and these along with the other three departments currently undergoing the programme will share these results upon completion.

Post kindly provided by [robert.hayes@police.vic.gov.au](mailto:robert.hayes@police.vic.gov.au)

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3. *You will need to share the final results and learnings with the wider CIN network.*

Interested groups should send their expressions of interest to [cinevents@ssa.vic.gov.au](mailto:cinevents@ssa.vic.gov.au)

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