

TRADE NEWSLETTER

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unique building services

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UBS Highlight

UBS continues to operate as an ISO-accredited builder, maintaining the highest standards for Environmental, Quality, and Safety procedures.



Happy New Year!

🎉 Happy New Year from UBS! 🎉
As we step into a fresh year, we're looking forward to keeping things running smoothly for you and our clients.

If you have any questions or need assistance, don't hesitate to reach out—we're here to support you every step of the way.

Wishing you a fantastic start to the year ahead, make sure to look out for yourself and your mates on site, on the roads and in the office! ☀️

-BST Team @ UBS



It's ok to not be ok! Tips inside this edition for handling mental health challenges.

How to contact us



We're Here to Support You!!

At UBS, we understand that working in the field comes with its fair share of challenges, and sometimes you just need a little extra support. That's why our Trade Partners team is always here to help. Whether you have questions about processes, need guidance on an ongoing job, or simply want to touch base, don't hesitate to reach out.

How We Can Help

Our dedicated Trade Partners team is equipped to assist with:

- Connecting you with Projects to clarify job details or requirements
- Troubleshooting any compliance or LinkSafe challenges
- Providing updates on processes or policies
- Offering support with training or certifications

Get in Touch

No issue is too small—we're just a call or email away. If you need assistance or have any concerns, please reach out to us at tradepartners@uniquebuilding.com.au or 9701 5501.

We're committed to ensuring you have everything you need to succeed on the job. Thank you for being a valued part of the UBS network. Let's continue rebuilding dreams together!

You already look after your team with SWMS, fall protection, and inductions, but when was the last time you asked how they're handling the ups and downs of life? Change, loss, or life's challenges can take a toll, and knowing how to support each other can make all the difference.

Mental health is a significant issue in Australia, with 54% of people experiencing mental challenges not seeking treatment. But here's the hopeful news: treatment and early detection work. Around 75% of people admitted to public sector mental health services show remarkable improvement.

For tradespeople, who often face unique pressures—high physical demands, tight deadlines, and financial cash flow stress—supporting one another and reaching out early are vital steps toward staying strong and thriving.

Sometimes, it's tough to notice changes in our mental health. That's why looking out for your mates is so important. By starting conversations and checking in, you can help someone feel less alone and encourage them to take the next step.

Good mental health habits can be thought of as a safety harness for your mind, keeping you grounded and secure. Primary mental health care services, especially for young people, offer effective support that leads to immediate and long-lasting benefits.

This month, we've included an info sheet with practical resources and tips to help you or someone you know take charge of mental health. Let's continue to create a workplace where support and care are always within reach. Together, we can break the stigma and ensure everyone gets the care they need to thrive.

Access free and confidential counselling and wellbeing support from experienced healthcare experts, for challenges such as stress, relationship issues or workplace concerns. --->

1800 234 560
or
Sonder App

Access **free** and **confidential** counselling and wellbeing support from experienced healthcare experts, for challenges such as stress, relationship issues or workplace concerns.

This service is available 24/7 and entitles you up to 4 sessions per issue and up to 2 issues per year.

A total of 8 sessions per year
FREE

To access this service, download the **Sonder** app from the App Store or Google Play.

When prompted, enter the registration code:
IAG4CUST

Alternatively, you can call Sonder on **1800 234 560**.

The Christmas break may be drawing to a close, but if you are taking some time off in January, please read and incorporate some of these tips for your holiday.

Get some rest

If you have ended the year in a puddle of exhaustion, it's important to get some rest and give yourself some space to de-compress. Take a day or two to relax, unwind and recharge your batteries. If this means sleeping longer than usual, that's fine. Or if this means going for a long walk in nature, giving yourself permission to flick through a magazine or read a good book, that's also a good idea. Whatever works for you to have some time to yourself and care for yourself, will reap rewards for you and your family.

Reach out for connection

If you have been preoccupied with work or social media, or if you have found yourself isolating through the year, the holidays are a great time to re-connect with family and friends. As human beings, we are supposed to be supported by our "tribe". It's an ideal time to reach out to friends we haven't seen for a while and connect back in with people who are important to us. If you don't have a tribe right now, then why not brainstorm ideas for hobbies that will get you out of the house and connect you with new friends. Set yourself a goal of joining a club, or any activity that you will enjoy and commit to starting this in the New Year.

Set healthy boundaries

If the holidays invoke feelings of dreaded family reunions where old wounds are reactivated, then it's important to set some boundaries. It's OK to say 'no' to events that will not serve you, or to limit your time in unhealthy situations. Alcohol reduces inhibitions, and at this time of the year, bad behaviour can flourish, so it's important not to react to the drama. Being the responsible designated driver and being alcohol-free gives you the chance to see things as they are and enable you to leave when you feel uncomfortable.

Reward yourself

Times have been tough since Covid with the cost-of-living crisis, and some people are struggling to make ends meet, let alone find the money for presents and Christmas activities. However, it's still important to recognise how much you have achieved this year, even though it may have been painful, you got through it. Take a moment to pat yourself on the back for a job well done and acknowledge that you've kept going even though it's been a difficult year. Be sure to reward yourself with some self-praise for what you have accomplished. This is also the one time of the year you can treat yourself without guilt. It doesn't have to be much, it could be as simple as an ice-cream or an afternoon nap, but dedicate your treat to yourself, knowing it's your private reward for a job well done. If you have some holiday spending money, consider spending some of it on yourself. It's not selfish to look after your own needs and to value yourself, rather it's an important part of self-care and self-compassion.

Set some goals

OK, so most people never keep their New Year's resolutions, however, even thinking about what's important to you for the coming year will set you on a constructive and positive pathway forward. Think about what you want for the year to come and consider what the first step might be in making that happen. For example, if you want to lose weight, try to frame this in a positive way in terms of increasing your physical activity. Then commit to starting with a ten-minute walk every day. If your goal is for better work-life balance, think about one thing you can do every week that can become an immovable imperative, such as joining a choir or attending a regular exercise class. It's really about setting the wheels in motion, rather than focusing on the end-goal.

As the summer sun heats up, it's crucial to remember that Australian UV levels are some of the highest in the world, making sun protection an absolute must.

Every year, around 2,000 Australians lose their lives to skin cancer, yet it's largely preventable. By adopting these simple habits, you're not just protecting your skin from burns and aging but also reducing your risk of skin cancer.

Here are some key tips to keep safe this summer:

1. Slip on Sun-Protective Clothing

Choose lightweight, long-sleeved shirts and long pants made from tightly woven fabric. Clothing that covers more skin provides better protection from harmful UV rays.

2. Slop on Sunscreen

Use a broad-spectrum SPF 30 or higher sunscreen and reapply every two hours, especially after swimming or sweating. Remember, no sunscreen offers 100% protection, so combine it with other measures.

3. Slap on a Hat

A wide-brimmed hat offers the best protection for your face, ears, and neck. Caps might look cool, but they don't cover enough.

4. Seek Shade

The sun's UV rays are strongest between 10 a.m. and 3 p.m. If you're outdoors during these hours, stay under cover whenever possible.

5. Slide on Sunglasses

UV radiation can damage your eyes and increase the risk of cataracts. Look for sunglasses that meet Australian standards and offer UV protection.

Let's make this summer a safe and enjoyable one. By being SunSmart, you're not just looking after yourself—you're setting a great example for your mates, family, and the next generation.

Stay cool, stay covered, and enjoy the Aussie summer!