

Winter 2020



NEWSLETTER

STAGES OF RECOVERY

Blue Mountains Region

It's been about 7 months now since the bushfires in our region. You might find it interesting to know that the recovery process does go in stages. As a community, the intense time of directly responding to a disaster is known as the Heroic phase – there's high adrenalin, lots of stress and people come together to help in heroic ways. When the immediate threat has passed, we experience the Honeymoon phase of having survived and of naturally wanting to help each other. There are lots of promises and donations and a hope and expectation of action and support in recovery.

By 6 months or so we realise things are moving slowly. It might be that government support is not quite forthcoming, you may experience insurance delays or impediments to cleanup or reconstruction. Disaster response agencies have moved on and the press and wider public interest have dropped away. People are tired with the ongoing effort of recovery – this is known as the Disillusionment phase. We get on with taking care of our own lives, properties and losses, communities can feel fractured and disconnected from each other.

It's in this phase that local support is so important. Communities can lean on local services who will walk alongside them through this phase of recovery, understanding that rebuilding and integrating the recovery experience takes time. Lasting for several years after a disaster is the Reconstruction phase. Having the right support available, whether it's financial, emotional or practical can really assist communities and individuals to recover well and move forward with their lives.

Step By Step are here to support you with this longer-term recovery process, and we know the journey is unique to each person – we'd love to hear your story.



Senga and Michael Green lost their home near Dargan in the fires. Here they are wrapped in beautiful hand knitted blankets from the Orange Perlers group.

LOCAL SUPPORT

Blue Mountains City Council Recovery

bmcc.nsw.gov.au/recovery

Blackheath Area Neighbourhood Centre
Wellbeing callback 0438 099 081

Belong Blue Mountains
Food hampers 47821117
Get Ready information sessions 4759 2592

CatholicCare Social Services Springwood Drop In Centre
Free cuppa, computers & counselling. 8843 2545

Springwood Neighbourhood Centre Winter Cupboard
blankets, jackets FREE
Blue Mtns Theatre & Community Hub Macquarie Rd Springwood 47513033

Gateway Family Services Essentials food, vouchers, bills, financial assistance, pharmacy & travel vouchers.
Call 4720 6500 or 1300 316 746

Rural Adversity Mental Health Program Wellbeing, linking with support, partnerships, education
Sonia 0448 125 676

CONTACT US:

✉ stepbystep@gatewayfamily services.org.au

☎ 0417 298 832

@ facebook.com/Step-by-Step-Recovery-Support-Service

BUSHFIRE RECOVERY ON WHEELS

We're a group of local outreach services who can support you and your family in whatever way you may need, with practical, emotional and confidential support – no judgement, no labels. No door is the wrong door and you won't have to retell your story to lots of different people.

We can help with applying for grants, small property repairs, essential household items, grocery vouchers and a professional listening ear to support the whole family's emotional wellbeing.

Step By Step Bushfire Recovery Support Service: providing practical, emotional and holistic support for the whole family. Call Ruth 0466936747

stepbystep@gatewayfamilyservices.org.au

Rural Adversity Mental Health Program: linking people to local mental health services and resources, education, mental health and wellbeing, contact Sonia on 0448 125 676 Sonia.Cox@health.nsw.gov.au

Headspace Bushfire Recovery Team: youth wellbeing and youth care coordination, contact Charley for the Blue Mountains on 0438 871 120

charley.mason@parramattamission.org.au

Salvos National Bushfire Recovery Service: assisting with your practical needs, goods and grants, contact Karen 0429549494 karen.quinn@salvationarmy.org.au

NSW HEALTH Bushfire & COVID 19 Trauma Recovery Team: supporting your emotional wellbeing. Call Vanessa 0429 011 134 or Beaver 0427 309 823

Beaver.Hudson@health.nsw.gov.au

Winmalee Neighbourhood Centre Bushfire Recovery: providing practical assistance and vouchers, call Morna on 4754 4050 wincntre@tpg.com.au

Department of Primary Industries (DPI) Rural Recovery: assisting primary producers, contact Anthea on 0409 440 297 anthea.chapman@dpi.nsw.gov.au

GRANTS & ASSISTANCE

NSW Primary Producers Special Disaster Grant \$75,000

Extended until December 15, 2020. www.raa.nsw.gov.au

Red Cross Primary Residence Rebuild & Repair Grants

close August 31st 2020 Call Red Cross on 1800 733 276 or check redcross.org.au/grants We can help with completing your application

NSW Small Business Grants

Up to \$50,000 available if your business has been directly affected by bush fire. There are also \$10,000 loans available Call 13 77 88

Register at Service NSW for Block Cleanup

apply.service.nsw.gov.au/bushfire-cleanup or call 13 77 88

Property owners will be contacted to discuss damage and eligibility

For complaints call 1800 007 539 or email nswbushfirecleanup@laingorourke.com.au

Free Counselling & Mediation

Counselling for individuals, couples or families -
By phone In person Online 1800 864 846
ask@uniting.org www.uniting.org

Financial Counselling Australia

Call 1800 007 007

Disaster Assistance Finder

<https://disasterassistance.service.nsw.gov.au/>

Mountains Youth Services Team

Free mobile phone data packs, care packs, one day Opal cards counselling services, case managers and youth workers for practical and psychological support. **1300 00 6978**



For more information
or a chat
call **Ruth**
0466936747



Or for the Mounts &
Berrambing
call **Amanda**
0409 670 682



CONTACT US:



stepbystep@gatewayfamilyservices.org.au



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