

RECOVERY MATTERS WORKSHOPS

New Zealand Red Cross

We offer workshops to empower communities and workplaces to support themselves and others in recovery.

The workshops are for community members/groups and workplaces with staff and volunteers working during recovery. These workplaces include those working in pre-disaster roles that support communities in recovery, such as health services, council and insurance staff.

Our workshops recognise that people working within and alongside communities are key players in the recovery and are designed to support these people's efforts. They promote Dr Rob Gordon's message: "Yes, recovery is having homes repaired, but what matters most is the life we live within them."

Our workshops are developed with input from leading international disaster recovery experts. Materials include real stories of those who have experience recovering from disasters, both from New Zealand and the international community. The workshops are run by our trained facilitators.

We fully fund the approximately one-hour community workshops, which aim to:

- provide practical tips and tools to understand and support loved ones, friends and neighbours through the recovery process
- understand the science of stress, including problems with memory, decision making and managing responsibilities
- connect with others facing similar recovery challenges.

Our workplace workshops are three-to-four hours, to suit the needs of the group. These are offered on a cost recovery basis of \$1000 for businesses and agencies and are fully-funded for non-profit and community-based organisations. They aim to:

- support workplaces to understand the recovery process in the context of their organisation and promote strategies for staff and volunteers involved in community recovery
- understand the science of stress and its impacts on ourselves, colleagues and clients
- recognise that staff and volunteers working during recovery may hear personal recovery stories from the communities in which they work, often acting as informal conduits of support and information
- recognise that working in the recovery environment takes energy and care and that staff and volunteers do not work in isolation from their own recovery experience and external life stressors.

The feedback we've received has been that the workshops are valuable:

"I can confidently say that there was a significant value for each and every one of us who has survived the earthquakes to take part [in the workplace workshop]... we wish you well with this initiative – it's a worthwhile one, no question." - Business Unit Manager, Johnson & Johnson

"I feel empowered that we are helping and doing the right things for our community." - Door-knocking volunteer, St Christopher's

<https://www.redcross.org.nz/what-we-do/in-new-zealand/helping-in-canterbury/community-workshop/>