



# Red Cross Disaster Recovery

February 2020

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**“Talking to people, talking to your neighbours, being part of the community, that all helps to build up resilience after a disaster”**

**Flood Survivor, Condong NSW**

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In 2019 and 2020 bushfires impacted communities across Queensland, New South Wales, Victoria, and South Australia. Many of these areas had already experienced disasters including drought and, in some areas, floods. The impacts of these events on people, the economy, infrastructure and the environment is significant and long lasting. For people, the effects extend beyond the physical to their psychological and social wellbeing.

Australian Red Cross have over 100 years' experience working to reduce the impacts of disasters on individuals and communities. We recognise that people are best placed to guide their own recovery. Our Recovery Program promotes community-led disaster recovery, preparedness, and response. We provide training, information, and resources to support individuals and community leaders to rise to meet the needs of their friends, families, and communities in times of crisis.

Disasters have a whole of community impact. Because of this, we work with local service providers and community groups, government agencies and our emergency services partners. We have a range of evidence-based recovery tools and resources to communities as they recover.





# What Red Cross can offer:

## Community Support

**Volunteers:** Red Cross volunteers trained in psychological first aid attend community events and meetings to provide support to community members.

**Funding:** Red Cross can provide funding to support local community events.

**Outreach:** Trained Red Cross volunteers can reach out to communities through door-to-door or at café style events to meet with community members and share relevant information.

## Training

**Recovery Basics:** A introduction to the psychosocial impacts of disasters and recovery to assist those working in recovery from community leaders, to customer service staff, and recovery managers.

**Psychological First Aid:** A 1-day workshop that provides practical skills for supporting community, friends and family as they recover, as well increasing their confidence to know where and how to link people to specialist support when needed.

**Communicating in Recovery:** Effective communication for communities impacted by disasters is critical. This 1-day workshop provides guidance on tailoring communication to reach those that need it most.

**Self-care:** Disasters, and recovering from them, are highly stressful. In order to ensure workers are able to support the community for the long term recovery, it is important that they can take care of themselves. This short workshop covers the importance of and approaches to self-care.

## Partnership and collaboration

Red Cross can partner with stakeholders to implement programs in disaster impacted communities. We can link local community members, community service organisations and government agencies with our extensive network of recovery experts who can support their work.

## Recovery Resources Online

We have a number of resources produced in collaboration with recovery experts covering topics such as supporting children and young people, coping with crisis, and promoting recovery.

Check out our website for more information: <https://www.redcross.org.au/get-help/emergencies>

Contact Red Cross at: [nswemergencyservices@redcross.org.au](mailto:nswemergencyservices@redcross.org.au)

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