

Good afternoon, I hope you are well. Below is another earthquake recovery coordinator update. I am sorry it has been a while. If you want to read more about a particular topic, please scroll down the page. Please don't hesitate to contact me if you have any comments or questions.

Kind Regards and God Bless,
Matt

- 1. Advance Notice of final Spiritual Earthquake retreat for 2013**
- 2. Stress Accumulation Workshop**
- 3. Carer Support Workshop**
- 4. Make it Right – CanCERN Spring Campaign**
- 5. Final Earthquake Recovery Fund Meetings in 2013**
- 6. Resource Book for Priests and Pastoral Workers**
- 7. Housing Crisis**

Spiritual Earthquake retreat – Saturday December 7th

The final spiritual retreat of the year is to be held at the Community of the Beatitudes, Leithfield, on Saturday December 7th. The retreat is entitled “**Rebuilding hope in post-quake Christchurch**”. The retreat will include three talks, Mass, Adoration and Reconciliation, shared lunch and plenty of quiet time. Numbers are strictly to 45. Poster and bulletin notices will be in parishes in a couple of weeks.

Stress Accumulation Workshop

This free interactive workshop is being held at the Catholic Parish of Mairehau. The workshop is about helping people build emotional resilience, good self-care practices and a sense of well-being. It addresses a number of issues including stress, pressure, the feeling of powerlessness, grief and loss, as well as practical ways to manage pressure/stress and look forward with hope. It will be held in OLF school library behind the church on **Saturday 16 November from 3-5pm**. To register your interest or for further inquiries please get in touch with **Wendy** on 385 3459 (Tuesday-Friday) or 0276 844 111 or you can email pastoralworker@mairehauparish.org.nz.

Carer Support Workshop

The same organisation (Real Steps Trust and Ignition Plus) that will be leading the Stress Accumulation Workshop (above) are also holding a free lunch time seminar for those in the helping industry who serve on the front lines and who are in a place of potential risk. The workshop will address:ascertaining levels of stress/burn out and

- encouraging self-care and supervision

Date: Thursday 5th November 2013

Time: Noon to 1.30pm

Location: Aoraki Room at Community and Public Health (310 Manchester Street)

RSVP to Catherine Adamson by Friday 1st November

2013 catherine.adamson@cdhb.health.nz

Please bring your lunch. Coffee and tea available.

‘Make it Right’ – CanCERN Spring Campaign

CanCERN’s Spring Campaign works in conjunction with the CERA Winter ‘Make it Right’ campaign. The aim of the programme is to identify homes that are unsafe, unhealthy or hard to warm up. These homes will be given temporary repairs free of charge. If you have friends, neighbours, family or parishioners that are living in a home that feels unsafe, unhealthy, or just too hard to warm up you can fill out the CanCERN form [found here](#) - Enter the details of someone who may need help (please note that you need their permission) and with this information they will make contact with you and talk about the next step. This is a free service – “if we can patch your house up to make it weather-proof and safe before final repairs or rebuilds are done, we’ll get it done without the job risking your temporary accommodation cover or final settlement”.

Final Meetings of the Earthquake Recovery Fund Committee in 2013

The committee meets on November 6th and December 4th. The first meeting for 2014 will be February 5th.

Earthquake Resource Book

At recent Earthquake Liaison meeting I made available copies of a resource book that I put together. The book contains all the information I have picked up and been given about the help that is available to people in Christchurch after the earthquakes. If you would like a PDF or hardcopy please let me know.

Housing Crisis

I have been to a number of events recently where the housing crisis has been the topic of conversation. The impact of escalating house / rental prices is severe for a lot of people. Recently those at the Earthquake Parish Liaison meeting discussed this and a smaller sub group further discussed what parishes might be able to do to help. More information on this will be coming soon.

Remember the Christchurch Diocesan Earthquake Recovery Fund is available to help you meet whatever post-earthquake needs you continue to find.