

Below is an extract from the latest earthquake pastoral update from Matt O'Connell, Earthquake Recovery Coordinator, on some items that you might find interesting as we continue to help people in the aftermath of the earthquakes.

Earthquake Recovery Fund Update and Meeting Dates

As of today, the bishop has approved 58 projects including many parish and school projects. Click [here](#) to see what has been funded. The final committee meeting for 2012 will be held on Wednesday 5th December. The first meeting for 2013 will be held on Wednesday 13th February.

Church Leaders Health in a Post-Quake Context

Recently I attended an evening presentation on the accumulated effects of stress from the earthquakes and adrenal fatigue. The presenter gave very good explanations of both, what they are seeing in Canterbury, symptoms and signs, and how to address these issues. I have all the power point slides should you wish to have a look at them.

Eustress / Distress Model

I was at another workshop recently which talked about this concept. It was a very interesting model that highlighted the different types of stress and the personal resources of each person to cope with stress. In dealing with stress there are two ways of helping; either reduce the stress the person is facing or help increase the personal resources of the person to cope with it. Both are needed in our pastoral care in these earthquake times. I have the notes from this as well should you like it.

Address the Stress – website for young people

This website has been created by the Red Cross to help young people deal with the aftermath of the Canterbury earthquakes. "[Address the Stress](#)" provides video messages from some of New Zealand's top celebrities ranging from sports heroes to musicians, comedians and actors. The aim of the website is to give Canterbury teenagers the coping skills to get them through uncertain times. New Zealand Red Cross says it identified a gap with regard to young people affected by the earthquakes accessing trauma recovery resources. The site has been clinically reviewed by three psychologists, and Youthline is helping New Zealand Red Cross moderate it. The target audience is young people aged 12 - 25 years in the Waimakariri, Christchurch and Selwyn districts.

Identifying Needs

People are still struggling and needs remain unfulfilled as well as new needs emerging as stress continues to accumulate. Organisations at every level continue to struggle with how to identify the hidden needs of people.

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

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