



Step by Step Recovery Support Service - Editorial

No-one can say that 2020 has not been a year of profound challenges and changes. As we approach the first anniversary of the bushfires (and floods) it's really important to step up your self-care and the care of your loved ones. Some people may want to attend community memorials, others will choose to spend time with family and friends. For others it may be important to spend the day alone. This important milestone (one that nobody invited) can bring with it painful memories and reminders of what has been lost and what has been changed forever. It can also be a time to reflect on the journey travelled so far and the road ahead. You may feel very uncertain about the road ahead...that's OK. None of us are sure of what the future might hold. This is a time for respite, rest and reflection, reaching out and connecting with each other. It's OK to not feel OK. It's OK to grieve. Tears can be healing. You're not alone and you're not forgotten.

Step by Step bushfire recovery support service is here to walk alongside people (affected by the bushfires and floods) living in the Hawkesbury, Blue Mountains, Lithgow and Mid-Western regions. We can meet you for a chat and a cuppa wherever you feel comfortable, at home, your favourite café, over the phone or online. We can also help you with disaster recovery grant applications, practical support, recovery updates and link you with your local network of health and community services. Step by Step is here to listen and to walk with you. There's no blame, there's no shame..... we help give your feelings a name. Remember that you are resilient, you are courageous, you have suffered and you've been through so much...**but look how far you have come. Believe that you can keep moving forward step by step.**

Go to this youtube video to listen to disaster recovery expert and clinical psychologist, Dr Rob Gordon talk about what anniversary events mean to individuals, families and communities.

https://www.youtube.com/watch?v=Qmju_D54F_A&feature=youtu.be

Step by Step can be contacted on **0417 298 832** or stepbystep@gatewayfamilyservices.org.au

Go to our facebook page <https://www.facebook.com/Step-by-Step-Recovery-Support-Service-110797763847269/?ref=bookmarks>

Lifeline's 13 HELP (13 43 57) is a dedicated bushfire recovery line available 24 hours a day, 7 days a week for any person needing support as a result of the bushfires.



The friendly Step by Step Team