



# Working Towards Connection and Reliability

## A Community Recovery Initiative

Funded by the Australian and Queensland Governments

Managed by the Maryborough Neighbourhood Centre

### REACH OUT AND CONNECT WITH

#### THE COMMUNITY RECOVERY TEAM:

- Information & referral service
- Advocacy support
- Resources for Recovery & Preparedness
- Provide awareness of disaster recovery process & risk of future disasters
- Community support for people & communities affected by disasters

*Helping you to create bonds, bridge you  
with community and link in with services.*

#### **“It’s when we start working together then the real healing takes place” David Hume**

Recovery takes time, and it involves innovation on many levels - physically, emotionally, and spiritually. Anniversaries can be a time when we can do with a little more support and everyone reacts differently.

- Take the time to check in with yourself and be honest about how you are feeling
- Identify your support network
- Remember good times and special places
- Reach out and talk about your experiences or write it in a journal. We can all benefit and learn from other peoples experiences
- Have a cuppa with your neighbour
- Contact us to find out what’s happening at our Centre

#### **In case of an emergency have you considered creating an Emergency Document Box...**

Place the following items into a container or plastic envelope & ask a friend or relative if you can leave it at their house.

- Certified copies of: birth certificates, government cards, driver’s licences, passports, marriage papers & visas
- Tax information, financial information, mortgage, investment documents & business documents
- Vehicle documentation, real estate documents, appraisals, an inventory of items in your home
- Insurance information
- Photos of family members & pets, pet documentation
- Medical information, medications list, immunisation records, allergy information, medical records
- Last will & testament, powers of attorney, trust documentation, end-of-life arrangements