



UCA Redress Ltd

Monthly update – August 2021

We pay our respects to the First Nations people of the country in which we live, and acknowledge elders - past, present and emerging. We acknowledge that children entrusted to the care of the Church did not always receive the care they deserved and we acknowledge the ongoing impact and trauma of the separation of children from families and communities.

If you would like to make an application for redress go to: [Home | National Redress Scheme](#)

Spotlight on vicarious trauma

Working empathically alongside survivors of trauma leaves us open to experiencing vicarious or secondary trauma. Being mindful of changes within ourselves is critical, as exposure to traumatising events is seen today as an occupational hazard.

Vicarious trauma can impact our very way of life, disrupt our beliefs of how the world works, and can be long-lasting. It may present as symptoms like those of the survivor, experiencing nightmares, feeling fearful, or feeling as if we are not functioning as we normally would.

Within trauma-informed practice, and providing survivors with a supportive experience, it is imperative we take care of our mental health and understand that a trauma response after hearing another's trauma story, is *normal*. Being aware of changes within ourselves is an important first step, and by taking an inventory of self-care routines, we can ensure we are giving our mind ample rest.

UCA Redress is in the process of creating a Tool Kit which will provide information and offer response strategies for staff who are working with survivors.

If you feel you may be experiencing vicarious or secondary trauma, reach out to someone you trust, contact Lifeline on 13 11 14 (24 hr), or Blue Knot Foundation on 1300 657 380 (9am – 5pm AEST).

If you have any queries or concerns, please get in touch with us at info@redress.uca.org.au

Upcoming training offered by UCA Redress Ltd

9 September 2021 12.30-2pm AEST By zoom
DPR training for staff in the UCA and related institutions

Email: info@redress.uca.org.au to register

Training can be tailored for your institution/Synod.
Please get in touch.

10,005

Total applications to National Redress Scheme (26/3/21)

Uniting Church Data

AS AT 30 July 2021

