

## **ANNUAL PASTORAL CARE REPORT FOR THE YEAR 30 JUNE 2023**

The purpose of this report is to highlight to the stakeholders of PTSD Resurrected at the Annual General Meeting a summary of what has taken place in the year end 30 June 2023 by the Pastoral Care team. Pastoral Care has been carried out not only by myself but by the Team of PTSD Resurrected.

Our ongoing purpose is to continue to reach out, support and encourage each other as we navigate through the challenges of trauma as Veterans, First Responders and those dealing with Post Traumatic Stress Disorder (PTSD) and other mental health issues and to manage these challenges with a positive outcome and outlook in life.

### **Online Course**

Pastoral care was provided to attendees during the following online course sessions.

- 10<sup>th</sup> August 2022 – 12<sup>th</sup> August 2022 (Online) and
- 26<sup>th</sup> October 2022 – 28<sup>th</sup> October 2022 (Online)
- 15<sup>th</sup> February 2023 – 17<sup>th</sup> February 2023 (Face to Face – Nerang)
- 10<sup>th</sup> May 2023 – 12<sup>th</sup> May 2023 (Online)
- 6<sup>th</sup> June – 10<sup>th</sup> June 2023 (Face to Face – Townsville)

### **ONGOING SUPPORT**

Encouragement, support, and prayer for a veteran who is currently going through relapsing into self-medicating with alcohol. Encouragement was conducted through text and on phone conversation. On a positive note, instead of isolating, the attendee agreed and spent a day at Freemans Organic Farm whereby they participated on planting seedlings, transferring plants from nursery to the garden bed and interacting with the other volunteers.

Online Coffee Catch ups were conducted weekly however it has come to our attention that attendee numbers have reduced drastically so this may be trialled for a once a month catch up.

Pastoral Care has also been provided by Simon and Xenia Schembri to Reboot Participants as there is an affiliation between the, At the Ark Charity and PTSD Resurrected. As we closely work with each other to support the participants being referred, we can support the participants better through the guidance and insights of Simon and Xenia.

Another reboot graduate of the Reboot Program was affected by the recent Cairns Flood, we have continuously kept in contact with her and connected her with a local carpenter that will assist.

Several face-to-face coffee catch up has been arranged with past participants, whereby they were needing prayer support in person. It has also been noticed that the participants are also catching up on their own and praying and supporting each other. We envision this to grow and we are praying and believing into a prayer group to start at the Gold Coast in the next year.

## SUPPORT FOR TEAM MEMBERS

The PTSD Resurrected Team had a few of our dedicated and valuable team members going through illness and loss of beloved family members. Prayers and encouragements were given, and support provided by the team. We continue to pray and support our team and each other. Great appreciation goes to Dave Marret, Simon and Xenia Schembri, Robert and Mary Melo and our Directors Andy and Zoe Cullen. To the spouses and family members who release their loved ones to provide pastoral care, may God continue to enrich your lives.

It is commendable to report that the team this year has continued to communicate with each other in reaching out to participants who needed prayers and encouragements or support in general. The team has also shared positive feedback to encourage each other. This effort is to be continued.

I encourage the team to continue to remain in the Lord and find hope in Him and continue the good that we do for others and each other. I leave you with this.

***Isaiah 40: 31***

***But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.***

## FUTURE SUPPORT FOR REBOOT PARTICIPANTS

We envision that the support for our participants will be extended in other ways, such a BBQ catch ups, face to face visits with participants at a venue and prayer sessions for those interested to attend.

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***Sean and Leanne de Gelder***  
***Pastoral Care Y.E.30 June 2023***