



Rekindling the Spirit

Keeping Families Together

INTRODUCTION

Rekindling the Spirit is a community based organisation run by Aboriginal people for families based in Lismore and surrounding areas. RTS operates with a holistic approach, working with Aboriginal families and communities to bring about positive and lasting change. We support men and women to find their own path of empowerment through spiritual and emotional healing. The One Stop Shop program is the counselling aspect of rekindling the spirit.

METHOD

The One Stop Shop programs includes

- Male and female counsellors and psychologists who provide counselling to individuals and families.
- Men and Women's group therapy
- Shared medical appointments
- Stolen Generation counselling
- Integrated care plans
- Community events and workshops

The One Stop Shop program also runs a Community Action Committee which acts as an important community connection, providing clients with the opportunity to take part in the planning, delivery and evaluation of services provided by Rekindling The Spirit.

OBJECTIVES

Through our counselling service, we work with issues that have a negative impact on our peoples physical, spiritual, emotional and mental wellbeing. In this way, we aim to benefit our community as a whole, while providing special support to those individuals and families who get in touch with Rekindling the Spirit.

LESSONS LEARNED

The One stop Shop program is an incredibly valuable and essential programs in the Lismore community. In the last 6 months, One Stop Shop has delivered 17 Men's groups with 42 attendees in total and 19 Women's groups with 55 attendees in total. Recently, group facilitators have noted that there has been an increase in interest from non-Aboriginal clients to attend these groups. As Rekindling the Spirit continues to grow and the positive results and outcomes of these groups are seen throughout the community, the increase in demand from clients outside the scope will also continue to increase. RTS must continue to negotiate how to navigate these circumstances with the hope that in the future RTS will also be able to provide service to these potential clients.

One Stop Shop will continue to face the challenge of providing the service needed by its clients and the community while remaining within the scope and boundaries of its funding providers.

PARTNERSHIPS

One Stop Shop continues to maintain strong relationships with stakeholders. With agreements and MOU's in place with organisations such as; Lismore Community mental health, Bulgar Ngaru, Department of Family and Community Services, North Coast Primary Health Network, Northern Partnership Alliance, Namatjira Haven, UCRH, Interrelate, Social Futures, Family Support and Burbangana. Other key stakeholders are vast and varied allowing for an internal information sharing across organisation to best support clients.

