

# After Action Support by the After Action Support Crew AASC

## **Weekly Help Desk Zoom - Thursday 5:30 - 6:30pm**

Join Zoom Meeting Join Zoom Meeting

<https://us06web.zoom.us/j/86924864055?pwd=Vw72l8znb98UDu71fBdOpd0Makxss6.1>

Meeting ID: 869 2486 4055

Passcode: 501919

We would like to acknowledge that what we do by choosing to enter into civil resistance can feel difficult and challenging, especially after you have taken action. We know that being at home after being in action can feel isolating and lonely .

We are some of the few people in society who are willing to acknowledge we are in a climate emergency, and we can sometimes feel a tendency to keep going, full on in action, until we burn out.

But, we are human, and what we do can take its toll on us as individuals. We are also a collective. And this is our strength.

You may feel you aren't worthy of care and support, because someone you know has 'done more activism' than you, and they seem resilient and aren't reaching for support. But - YOU ARE WORTHY OF CARE AND SUPPORT, irrespective of what type of action you have taken.

The AASC aims to provide extra support, in addition to your action and local Queens,

Queen Mums & Community Volunteers\BeeKeepers and Climate Action Support Pathway\CASP.

We will be trained in Emotional Debrief and most of us will have first hand experience of taking action with JSO, being arrested, and even being sent to prison.

We will act as a listening ear within the Just Stop Oil campaign, and will help signpost you to some of the incredible support available from CASP. You can, of course, continue to go directly to

[http://bit.ly/CASP\\_Calendar](http://bit.ly/CASP_Calendar)

If you have taken action with Just Stop Oil, and are feeling maybe a bit overwhelmed and that you might like someone to listen, or perhaps you aren't quite sure what CASP's offerings are, or what help is available, then please contact your nearest

**After Action Support Crew members:**

North London: Skippy (she/her) **(Duty contact)** & Spartacus (he/him)

South London: Chrissy (she/her)

North: Wombat (she/her) & Jonathan (he/him)

East: Mariposa (she/her)

South East: Curlew (he/him) & Firepaw (she/her)

South West: seeking

Youth Demand: Axol (he/him) & Ruby (she/they)

Midlands: Melanie (she/her) & Mayday (she/her)

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