

Lotus Place is a dedicated support service and resource centre for adults who as children lived in out-of-home care and adults who experienced sexual, physical, emotional and spiritual abuse in out-of-home care or religious or institutional settings.

Micah projects supports people who have experienced abuse to seek acknowledgement and redress by Churches, Governments and Community Organisations who failed in their duty of care.

September/ October 2017

Welcome to the September/October edition of the Lillypad. We have a combined edition this month and have a feature from our two Central Queensland Remembrance day events; Rockhampton and Bundaberg. You will also see

the speech that Karyn Walsh (CEO) presented at the Brisbane Remembrance Day event. This month's edition features some Gardening Tips from a couple of people who visit the Rockhampton office.

Regards, *Selena*

Cooking Corner

Graham's Corn Flake Biscuits

Ingredients

120g (4ozs) butter
 ¾ cup sugar
 1 cup sultanas

1 egg
 1 cup Self Raising Flour
 Corn Flakes



Method

Preheat oven to 180°C.
 Cream butter and sugar until light and fluffy. Add egg and beat well.
 Fold in sifted flour and fruit.
 Roll teaspoons of mixture in crushed cornflakes.

Bake in oven approx. 10-15 minutes until golden brown.
 Makes approx. 30-36 biscuits.

John's Corner

A big hello to all our friends at Lotus Place Rockhampton and Bundaberg. Great to see so many rolling up for our morning teas. I really have to thank everyone for bringing along such yummy sweets and scones - I sample them all!

Our Remembrance Day event went off with a big bang. We were very fortunate to have Councilor Rose Swaddling and Amanda and Ann from Knowmore Legal Service speak on the day. Lunch was enjoyed by all.

My old mate, Bob, is back on deck after having the dreaded flu. Good to see you back, Bob!

- John



Q. How does a butcher introduce his wife?
 A. "Meet Patty"



Rockhampton
Remembrance
Day





Remembrance Day Bundaberg





Remembrance Day Speech, Brisbane by Karyn Walsh, CEO Micah Projects

A tribute.

Remembrance Day 2017 falls within the last year of the Royal Commission into Institutional Responses to Child Sexual Abuse in Australia. The Royal Commission has brought national attention to the prevalence of Child Sexual Abuse and related issues within institutional settings: institutions which were established to care for, protect, nurture and educate children.

Instead, cultures of neglect and secrecy were created for the purpose of protecting institutions, and covering up criminal activities and abuse of power, leaving the legacy of lifetimes of pain and loss for victims and survivors of the abuse.

Many reports have validated that abuse and crimes did occur, as well as the impact on children throughout their adult life. The Royal Commission has had the power and mandate to put on public record the responses and, in many cases, cover-up of the institutions when abuse and or crimes were reported by children or other adults.

We pay tribute to each of you with us today. We remember those who have passed away and those at home. As survivors, as family members, as citizens. You have given Australia and Queensland great gifts.

Firstly, by reclaiming yourselves as active citizens in our democracy. You have done this despite the legacy and ongoing impact of trauma from childhood abuse, the loss of opportunity, the companion of post-traumatic stress, and the deep anguish of an injustice that had been done. You have, with each Inquiry and opportunity, come forward again and again to be heard, and to educate.

Secondly, by demanding and bringing about corrective action by governments and institutions that were set up to protect and care for you as children, but instead neglected, enabled physical sexual and emotional abuse and abuse of power to occur whilst protecting the institution over your vulnerability as a child.

You lived your childhood or some years of your childhood in orphanages, boarding schools, foster care or



other out of home care arrangements.

You participated in faith communities, community organisations and sporting organisations.

You were placed in detention centers with inappropriate orders for your protection.

Your options were determined by Government Policy and family circumstances...

Through the idea of rescuing indigenous children from their families and culture. (Bringing the Home Report Human Rights and Equal opportunity Commission)

From mothers who did not have the means to economically support a family.

From fathers who did not have options to care for children and work.

From orphanages or poor mothers in England through the immigration policy that saw children sent to Australia to help populate the country and assist with pastoral (farming) duties and domestic assistance. (Lost Innocents Righting the Record Senate Community Affairs References Committee 2001)

From forced adoptions of children from mothers. (Community Affairs References Committee Feb 2012)

From child protection where family neglect or abuse occurred.

In your personal journey you have been:

- Breaking the silence
- Truth telling, engaged in your own healing: remembering and releasing the secrets, seeking belief, and seeking acknowledgement and justice
- Reclaiming your identity, finding your family, your parents, your siblings, your children as the displacement of children continued across generations and across continents. Most importantly having a voice.



- Educating the community. Today we see the fruits of your persistence in educating the professional community from medics to social workers, therapists to community workers, lawyers to judges, policy makers and legislators. This community now knows that the legacy of your childhood is real, has had its impact and is embedded in our history. It is not in the disturbance of your minds.

- Living your lives with great diversity across your local communities, your professions, your passions

- Educating policy makers and funders that healing is as much about access to counselling as it is to a range of other healing modalities. It is about access to creative arts, having a voice and seeking justice through correcting the public record. It is about law reform in the criminal or civil justice system, access to services opportunity and resources in the community. The loss of opportunity and legacy of your childhood is not just about your mind, but your whole person.

- Creating. You have written books, painted pictures, built sculptures, taken photos, written songs. You have sung and you have danced. You have written poetry. You have engaged your minds, your bodies and spirit in restoring your self and engaging in community.

- Living lives like the Lotus flower. A metaphor that you yourselves have adopted; from muddy water to a self cleansing beautiful flower above the water... describing your journey from adversity to hope.

- Over-represented in and amongst populations experiencing homeless, mental illness, chronic disease, prisons, drug and alcohol services. Your children or grandchildren are also over-represented in our current child protection system.

- Displaying your sense of humour to give collective respite from the intensity that comes with bringing such personal experiences into the public arena.

Creating a roadmap of advocacy, together.

Whilst as individuals you felt isolated and unheard you began to connect as small groups, as the Ex-residents Network and then the Historical Abuse Network. You gained more strength to your voice following the Forde Inquiry; in small local peer

networks, state wide and national networks such as Alliance of Forgotten Australians and Care Leavers Network... you are the members of all these sometimes acting alone, sometimes together, sometimes not so together! You have never forgotten your rights as citizens to let your parliamentary representative know your message and your life experience.

You have identified so often when systems collude injustice and abuse continues. As you have often said It takes a village to raise a child, and it takes a village to abuse one.

In Queensland, through the multiple inquiries into paedophilia, police corruption, allegations in detention centres, orphanages, foster care, boarding schools, faith communities, child protection you have been the unseen witness, observers, informers, advocates.

Rebuilding trust.

For your engagement in this process of rebuilding institutional trust, or what others call moral repair, we pay tribute to you today so that it is no longer hidden.

This has been your gift to Australia and Queensland. Your passion for truth and justice has not only taken you beyond your own suffering and healing but taken us all to on a journey that is at the heart of our democracy: a voice of all not just the powerful.

You have taken the time to learn about our democratic process, you have broken secrets, and you have become part of the global community through the internet, you have taken your voice to the Vatican, the English Parliament, the United Nations, Irish government as well as in Australia and Queensland to governments and churches

You have educated so many politicians about your childhood and lasting impact and legacy of the abuse and crimes the abuse of power which has impacted on your life.

You have participated in forums, prepared submissions to Inquiries and Royal Commission. You are great researchers and problem solvers.

You have not let those in leadership ignore you. To advocate and be effective you need people in leadership willing to engage, to hear you and to problem



solve with you. To let you in.

You have created allies with the media, local radios, national broadcaster, local reporters and journalists.

You have put forward solutions, resolutions, bills of parliament, policies and programs.

You have generously engaged with governments, churches, and NGOs to create apologies, redress, and opportunities.

You have consistently presented the limitations, the failure and the inadequate responses when needed.

Advocacy is not a solo act.

To advocate and be effective you need people in leadership willing to engage, to hear you and to problem solve with you, to let you in.

You have not let those in leadership ignore you.

I know that as the Royal Commission ends you will be seeking new leadership closer to home here in Queensland. Leadership that will ensure the recommendations of the Royal Commission do not sit on a shelf but that the reform happens not as a solo act of government but in partnership with you. The people with lived experience and reflecting the diversity of who you are

You had your allies in government departments before, and you will continue to need them. Not to be your voice, but to listen to you and work with you in the reforms still needed.

Your greatest ally has been democracy itself.

It is often said that four critical elements exist within a democratic framework: legitimacy, justice, freedom, and power. Your lives and the lives of those who represent you in our Parliaments have been entwined.

Your voice has been given legitimacy, your efforts are creating justice (as slow as it has been), your freedom is bound up in your healing from the secrets of your past, and you have changed the power imbalance.

Institutions of power are now being held to account.

Your realities are no longer able to be called lies, a psychiatric condition, the over-active imagination of a child or scurrilous lies. Your intent has always been to

create justice and we applaud your courage and determination.

Not in a Silo.

You have influenced: 5 Premiers and Opposition Leaders, 5 Prime Ministers and Opposition Leaders, 12 State Ministers and Shadow Ministers, Senators and multiple MPs.

You met every month for 8 years to bring about the recommendations of the Forde Inquiry.

Your allies in the Senate Clair Moore and Andrew Murray have continued to be your allies following the Community Affairs Senate Inquiry Reports.

You have phoned Bishops and Archbishops across denominations. You have protested outside churches where there was no access to democratic process.

You phoned the Pope.

When you couldn't get through, you called international phone directory, got put through and spoke each week to those who provided domestic duties to the Pope in the hope they would tell him. You have never doubted the sphere of influence any one person may have.

You have done leadership training and advocacy training, learned computer skills, and written letters.

You have sent emails, you have made phone calls, you have visited personally so many Members of Parliament and so generously given your personal accounts, the impacts and the solutions and change you want to see

Making justice is your legacy.

Including: - An Australian Government apology To Forgotten Australians. - An apology from the Prime Minister of England to British Child Migrants. - A Queensland Government and Church Leaders Apology: Abuse of Children in Queensland Institutions in Adult Mental Health Institutions, Forde Adoptions. - Multiple Apologies from Churches: Catholic, Anglican, Uniting Church, Salvation Army, Baptist and their dioceses or local jurisdictions.

- A memorial at Emma Miller Place Brisbane institutional care and Kurilpa, South Brisbane recognising abuse in out of home care and detention centres. -



Memorials across Australia in Perth, Melbourne, Adelaide, Sydney following Senate Committee Report Forgotten Australians. - A National Oral History project, National Museum Exhibitions (which still needs a home). - Resource Centers and services across Australia. Lotus place was the first, with Wattle Place (NSW), Open Place (Victoria) and Tuat Place (WA). - Law Reform: Removal of Civil Litigation Time Limitation Period. - Child Protection Reforms that have not yet gone far enough in strengthening families and preventing removal of children in the first place. - Parliamentary Inquiries or Royal Commission in Victoria, South Australia, NSW, Tasmania.

As Queenslanders you can be proud that you were one of the first to give witness through the Forde Inquiries and other Inquires around child sexual abuse in the 1990s in Queensland.

You have been part of all this not just for yourself but for so many Australians who shared the painful reality of the impacts of childhood abuse, secrecy and lack of accountability.

Royal Commission into Institutional Responses to Child Sexual Abuse

In May this year Justice, McLennan spoke to the National Council of Churches.

At that time the Royal Commission had held 57 public hearings, examined 1.2 million documents, heard evidence from 1,200 witnesses, held public hearings with policy focus, 44 research papers.

To date 40,231 calls have been handled, 24,480 letters and emails, 7,509 private sessions with survivors, 2,340 matters have been reported to authorities including police, 127 prosecutions have commenced as of May 2017.

32% of survivors who have attended private session reported abuse in a government institution, 10% in secular institution and 59% in religious institution

32% of survivors who attended private sessions reported abuse in the Catholic Church institution, 9% Anglican, 4% Salvation Army, 3% other protestant institution, 2% in Presbyterian and Reformed church institution, 1.3% Uniting Church, 1% Jehovah Witness. 0.6% Baptist, 0.5% Pentecostal, 0.4% Churches of

Christ ; 0.4% Seventh Day Adventist and 0.3% Lutheran.

A Redress report has been released recommending a National Redress Scheme resulting in current negotiations about a Commonwealth Redress Scheme by the Australian Government. Your input as always is in identifying the limitations, voicing your expectations and concerns and seeking justice from all stakeholders including Queensland and other state governments for all forms of abuse in out of home care, and faith institutions and communities.

Thank you.

There is a saying that we often use from Margaret Mead

“Never doubt that a small group of committed citizens can change the world. Indeed it is the only thing that ever has.”

You are evidence of the wisdom of this.

We pay tribute to your strength and spirit, your courage and determination and your active citizenship to rebuild trust in our institutions that are entrusted with the care of children and the vulnerable in our society.

As that small group of committed citizens you have brought to life another often quoted aspiration

“The moral test of government is how government treats those who are at the dawn of life, the children, those who are at the twilight of life, the elderly; those who are in the shadows of life, the sick, the needy and those with a disability” - Hubert H Humphrey, US Politician

You have lived through all these phases of life across your lifespan and you deserve the attention of our governments.

Thank you for bringing us all as a community to a place where our collective desire for a society to create justice for all can become a reality through our work together. Work that will bring about the accountability of our institutions that are entrusted with the care and protect children and vulnerable adults regardless of whether they are faith based, government, or secular.



Thank you for being the voice that prompts and challenges our shared values as a democracy of equality for all.

Please join with me in applauding those among us

who are the members of the Historical Abuse Net-work, and individuals and their families who are the Adult Survivors of childhood abuse in institutional settings in government, church and community.

“Message to Australia” from the Royal Commission

The Royal Commission invites survivors who wish to contribute a Message to Australia or share information with the Royal Commission into Institutional Responses to Child Sexual Abuse to make contact.

The invitation to participate in the Message to Australia publication is open to survivors who have had a private session or submitted a written account. At the end of the Royal Commission, survivors’ messages of hope for future generations will be published in the Message to Australia book, which will be placed in the collection of the National Library of Australia.

It is important that Message to Australia contributions be received by **31 October 2017** to ensure they are included in the publication.

By way of background, information about contributing to the Message to Australia publication is available on the Royal Commission website

On 15 December 2017, the Royal Commission will complete its work with the handover of our Final Report to the Governor-General.

For those survivors who would still like to share their experiences with the Royal Commission, there is an opportunity to tell their story in their own words via a written account. Written accounts that are submitted by **15 November 2017** will be read and acknowledged by one of our Commissioners and included in the Royal Commission’s official records.

A guide to preparing a written account is available on the Royal Commission’s website (<http://www.childabuseroyalcommission.gov.au/share-your-story/written-accounts>)

Those survivors who are not able to provide a written account, but still wish to provide information, can contact us by **30 November 2017** to have their information recorded and included in the Royal Commission’s official records.

Options to contact the Royal Commission by phone, email or post are provided on our website.

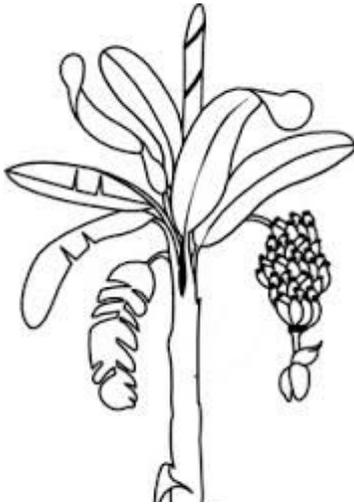
If you would like any further information, please contact us on **1800 099 340** or at contact@childabuseroyalcommission.gov.au.

Morning Tea at former St George’s Home site, Parkhurst





Gardening with Lotus



Tips and Suggestions

Evie suggests planting basil with tomatoes. This is called companion planting. Planting tomatoes next to basil helps with keeping insects away

For the best bananas, Darryl suggests cutting the flower off once the fruit has all set. Removing the flower ensures that all the flavour goes into the fruit and not into the flower. Elaine, suggests cutting the flower off in a sideways motion will reduce the risk of being covered in juice that oozes from the flower.



ROCKHAMPTON EVENTS

Morning Tea Rockhampton	10.00am - 11.00am <i>Every Tuesday morning except when lunch is served</i>	Lotus Place, 159 Denison Street, Rockhampton	No RSVP necessary, just come on in!
October Luncheon at Lotus Place	12.00pm Tuesday 31 October <i>Lotus staff consultation on activities and focus</i>	Lotus Place, 159 Denison Street, Rockhampton	RSVP Tuesday 22 August Phone: 4927 7604
Centrelink visits to Lotus Place	10.00am Wednesday 4 October	Lotus Place, 159 Denison Street, Rockhampton	Phone for appointment Lotus Place 4927 7604
Central Qld Community Legal Centre visits	10.00am Wednesday 11 October	Lotus Place, 159 Denison Street, Rockhampton	Phone for appointment Lotus Place 4927 7604
Blue Knot Day Art Activity and BBQ lunch	10.00am - 2.00pm 16 October	Cameron's Corner (cnr Bolsover and Denham Streets)	Phone Lotus Place for more information 4917 7604
Apology Day	Tuesday 14 November	Time and venue to be confirmed	Phone 4927 7604

BUNDABERG EVENTS

Coffee & Cake Morning Bundaberg	10.30am - 12.00pm Thursday 19 October <i>Third Thursday of each month</i>	Take the Plunge 17 Electra Street Bundaberg	Phone 4927 7604
Apology Day	Thursday 16 November	Times and Venue to be confirmed	Phone 4927 7604



UNDRSTANDING ANGER

Join us for a four session workshop where you can learn to recognise what “normal” anger is, learn practical anger management skills and how to deal with anger in a healthy and constructive way.

WHERE: Women’s Health Centre
cnr Bolsover & Derby St

WHEN: Thursdays October 5th, 12th,
19th & 26th, 9.30am–12.00pm

Please bring a gold coin donation to participate; resources are included

To book your place, or for further information, please call:

(07) 4922 6585

Or email: info@womenshealthrockhampton.com

**WOMEN’S HEALTH CENTRE,
ROCKHAMPTON**

