

Lillypad

Lillypad is a newsletter of Lotus Place CQ.
Lotus Place is a dedicated support service and resource centre for adults who experienced childhood abuse in an institutional setting.



www.lotusplace.org.au | Central Queensland | January 2019

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Welcome 2019

Welcome to our new look Lillypad – we hope its fresh new feel makes it easier to access the things you want to read.

You will hear more from Tamaine over the next couple of months – she will be supporting people to access records. If you would like support to find your care records – please contact her at the office.

Our National Redress Team has now commenced and is able to provide support to complete Redress applications. Team members will be contacting people who put their names on the Redress list. If you

are not sure if you are on the list and would like support, please contact either Selena on 4927 7604 or the Brisbane team on 3036 4490.

We have had a couple of requests to receive this newsletter via email instead of mail, Email is good for the environment (less paper) and also cuts our costs. If you would like to receive future newsletters by email please email Tamaine at Tamaine.wooley@micahprojects.org.au, with the email address you would like us to send it too.

HAPPY NEW YEAR

Outcomes of the 9th Anniversary of the National Apology to Forgotten Australians and Child Migrants Event Rockhampton and Bundaberg Events

11 people (9 Forgotten Australians and 2 family members) attended the Rockhampton event held on the 13th November 2018. 17 (13 Forgotten Australians and 4 family members attended the Bundaberg Event) held on the 22nd November 2018.

Attendees at Rockhampton and Bundaberg events were invited to consider two questions: “Pick a quote or write your own that best describes what a good apology is for you”. After some reflection, participants were asked to consider what they would like to see happen now or next. The results of these discussions are outlined below:

What Makes a Good Apology

Right actions in the future are the best apologies for bad actions in the past.
Tyron Edwards

Never ruin an apology with an excuse.
Unknown

I’m sorry. The two most inadequate words in the English language.
Beth Revis

Sacrifice is at the heart of repentance. Without deeds, your apology is worthless.
Bryan Davis

Any good apology has 3 parts:

1. I’m sorry
2. It’s my fault
3. What can I do to make it right?

Most people forget the third part.
Unknown

Would sorry have made any difference? Does it ever? It’s just a word. One word against a thousand actions.
Sarah Ockler

I’m sorry your angry is not an apology.
Lisa Lutz

Forgiveness is the sweetest revenge
Isaac Friedman

A person can apologise endlessly, and even if you forgive them, sometimes you can’t forget the pain they’ve caused you.
Nishan Panwar

Nothing wrong with apologising but saying I’m sorry does nothing when you continue to make the same mistakes
Unknown

The most important trip you may take in life is meeting people halfway.
Henry Boye

An apology can be a wonderful thing so long as it is infrequent and from the heart. However, beware of the person who justifies bad behaviour with apologies. For them it is a means to an end, and quite often at your expense.
Gary Hopkins

An apology is no apology if they keep doing the same thing to children. If they are still getting hurt.
A Forgotten Australian at Bundaberg event

An apology might help, but you can change your life without one.
Robin Quivers

Never apologise for showing your feelings.
When you do, you are apologising for the truth.

Jose N Harris

Money, which represents the prose of life, and which is hardly spoken of in parlors without an apology, is in its effects and laws as beautiful as roses.

Ralph Waldo Emerson

True remorse is never just a regret over consequence: it is a regret over motive.

Mignon McLaughlin

More people should apologise, and more people should accept apologies when sincerely made.

Greg LeMond

You can always say sorry. But the real apology is when you hear the sadness in their voice

and see the look in their eyes. And you realise that they have hurt themselves just as much.

Kid Cudi

A stiff apology is a second insult.... The injured party does not want to be compensated because he has been wronged, he wants to heal because he has been hurt.

G.K. Chesterton

I understand the concept of being the bigger person, but I do not understand why some people apologise to others when they weren't wrong.

Unknown

An apology given just to appease one's conscience is self-serving and better left unspoken.

Evinda Lapins

The group then explored what they would like to see now, and into the near future. Their thoughts are outlined below:

- Want apologies from the people that hurt us, like the churches. Why did the Federal Government apologise for things that weren't their fault.
- Remind child safety services that to keep children safe, to remember that sometimes parent's lie.
- Child Safety Services could encourage neighbours to talk about what is happening and they could talk to schools about children.
- Make sure that people in power are screened properly. The blue card is inadequate. Suggest conducting psychological assessments that are ongoing when people work with children.
- Employ a person with lived experience to work alongside new Child Safety Officers.
- Have Child Safety Officers in schools and child care centres.
- Teach children about equal rights and about loving not hating or bullying others.
- Educate parents today about what we went through so that that they can protect their children.
- Child Safety Officers to focus on children that are at risk.
- Provide houses for people who are homeless, so children are not at risk.
- We don't want people to feel sorry for us. We want them to lend an ear and be understanding.

- It is good that it has been made real to politicians about what we experienced, but the stigma and shame is still there.
- Provide National Redress sooner for elderly people.
- Employ more counsellors skilled with working with Forgotten Australians.
- Make all of this happen quicker than a politician's pay rise.
- Send this information to politicians, to the Taskforce and to Andrew Murray

In the News

[British Government Response to the Independent Inquiry's recommendations on Child Migration](#)

We welcome the British Government's positive response to the recommendations by the Independent Inquiry into Child Sexual Abuse (1st March 2018).

In his statement today Sajid Javid MP, The Secretary of State for the Home Department, said *"Tackling the horrors of child sexual abuse is a priority for this Government. I warmly welcome the work of the Inquiry in helping us to understand what has gone wrong in the past and learn lessons for the future."*

Margaret Humphreys, International Director of the Child Migrants Trust said: *"As we know only too well, child sexual abuse has life-long consequences. Financial recognition is important, but it is only one part of a package of support measures that are required."*

At the Nation's Apology to Britain's former Child Migrants and their families (February 2010), former Prime Minister Gordon Brown described child migration as a "shameful episode" in our history, saying: *"No-one can fail to be touched by the terrible human suffering that sprang from the misguided child migrant schemes and the mistakes that were made by successive United Kingdom Governments."* The apology had the support of all political parties.

Marcelle O'Brien, a former Child Migrant who gave evidence to IICSA in person, said: *"The British Government has known for 30 years of our plight. We have lived it for almost 70 years. This announcement today provides a sense of relief that we have, at last, been believed."*

Published [December 19, 2018](#)

Christmas lunch photos

Thank you to all the Forgotten Australians and their families who joined us for our Christmas lunch in Rockhampton and Bundaberg in December 2018.





National Redress Scheme update

About The National Redress Scheme

The National Redress Scheme has been created in response to recommendations by the Royal Commission into Institutional Responses to Child Sexual Abuse. The Royal Commission listened to thousands of people who made statements about the abuse they experienced as children. The abuse happened in orphanages, Children's Homes, schools, churches and other religious organisations, sports clubs, hospitals, foster care and other institutions.

What is the National Redress Scheme?

The National Redress Scheme:

- acknowledges that many children were sexually abused in Australian institutions
- recognises the suffering they endured because of this abuse
- holds institutions accountable for this abuse, and
- helps people who have experienced institutional child sexual abuse gain access to counselling and psychological services, a direct personal response, and a redress-payment.

The National Redress Scheme involves:

- People who have experienced institutional child sexual abuse who can apply for Redress.
- Redress Support Services — free, confidential emotional support and legal and financial counselling for people thinking about or applying to the Scheme.
- Participating Institutions that have agreed to provide Redress to people who experienced institutional child sexual abuse.
- Independent Decision Makers who will consider applications and make recommendations and conduct reviews.

Applications for the National Redress Scheme can be made from 1 July 2018.

You can choose to apply if you:

- experienced institutional child sexual abuse before 1 July 2018, and
- are aged over 18 or will turn 18 before 30 June 2028, and
- are an Australian citizen or permanent resident, and
- are applying about an institution that has joined the National Redress Scheme, and
- apply between 1 July 2018 and 30 June 2027.

Get free help to apply

Free and confidential Redress Support Services can help you understand the Scheme, talk about feelings and guide you through the whole application process. Free, professional Redress Support Services can:

- be someone to talk to
- give you information about the Scheme and answer your questions
- help you fill out an application, or actually fill out an application for you
- help you understand your Redress outcome.

These support services have been chosen because they:

- support people who have experienced institutional child sexual abuse, or other forms of trauma and
- can provide safe and culturally appropriate support for people with disability, Aboriginal and Torres Strait Islander people and people from culturally and linguistically diverse backgrounds.

You can contact Lotus Place or any of these support services to get help. A list of support services is available <https://www.nationalredress.gov.au/support/explore>

Other community services have also been provided that can help you:

- think about your legal options – contact Knowmore on 1800 605 762
- think about your financial options
- you can check the list of participating institutions at www.nationalredress.gov.au or by calling the national Redress Line on 1800 7737 377

If you need immediate support, 24-hour telephone assistance is available through:

- Beyond Blue: 1300 224 636
- 1800RESPECT: 1800 737 732
- Mensline Australia: 1300 789 978
- Lifeline: 13 11 14
- Suicide Call Back Service: 1300 659 467

<https://www.nationalredress.gov.au/about/about-scheme>

Upcoming Events

BUNDABERG

Morning Tea

4th Thursday of each month at the Spotted Dog Tavern - 10:30am

Upcoming morning tea: Thursday 24th January 2019

ROCKHAMPTON

Morning Tea

Every Tuesday at Lotus Place CQ - 10am (except when lunch is served)

Lunch

1st Tuesday of each month at Lotus Place CQ - 12pm

Upcoming lunch: Tuesday 5th February 2019

RSVP by: Tuesday 29th January 2019

Centrelink visit

1st Wednesday of each month at Lotus Place CQ - 10am

Upcoming visit: Wednesday 9th January 2019 (delayed visit due to New Year closure)

Phone: 4927 7604 to book an appointment

CQ Legal Centre visit

2nd Wednesday of each month at Lotus Place CQ - 10am

Upcoming visit: Wednesday 9th January 2019

Phone: 4927 7604 to book an appointment



The first grant round in 2019 will be in March. Grant applications will be assessed by the Board of Advice on Thursday, 28 March 2019. All grant applications are to be submitted to the Executive Officer by no later than Friday, 8 March 2019.

For more information about the Forde Foundation and to find out if you are eligible to apply for a grant, visit The Forde Foundation website: www.fordefoundation.org.au or phone 1800 674 256



The lotus flower has its origins and roots in the muddy waters below the surface, yet above the water it is a beautiful resilient flower.

After a consultative process the Lotus Flower was chosen as both a metaphor and image to represent the journey from adversity to hope.

Lotus Place CQ

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Open hours – Monday to Thursday 8.30am – 2pm
Call during business hours for support and referral over the phone

Lotus Place CQ is an activity of Micah Projects

