



The Lotus Place NQ office is located at
312 Sturt Street in Townsville City.
We provide outreach to Mackay,
the Burdekin and Cairns

www.lotusplace.org.au • North Queensland • August 2017

Lotus Place focuses on helping each person to fulfil their potential, and to access justice and healing from the effects of childhood abuse.

Lotus Place provides integrated peer support, advocacy, counselling and other support services to Forgotten Australians and Former Child Migrants.



Training 4th Year Social Worker Students at James Cook University in Townsville and broadcast to Cairns. After a long process of advocacy we have the story of Forgotten Australians into the curriculum of Social Work at James Cook University.

*the honesty - both by Val and the facilitator -
this is so important for everyone to know
about. History can be ugly and it cannot
be repeated - it's not fun to talk about but
that's why we need to.*



Message from Val!

G'day everyone,

I'm back! I've had a few health and personal issues and with the help and support of Lotus place and our Burdekin group, I've bounced back. Without these people I couldn't have gotten through these past months. So, a big shout out to Kylie -Maree, Jess and all the Burdekin guys and gals!

Well, I've become an "empty nester" at last hahaha.....

My baby boy, now 18 has grown wings and flown the nest (mind you, he's not far away) so you will see more of me because I have spared up some time to be able to attend more of the Townsville meetings as well as events. YAY!
I miss you all!

I'll be at the next Townsville meeting on the 29th Aug. to share all that has been happening and find out what you have all been up to.

It's already into the second half of the year and a few events are planned, so let's get together and make these days stand out.

We have Remembrance day...a day to reflect and the National Apology Day ..a day to celebrate and of course Christmas. A day to stuff our faces!

I remember all those years ago we whinged and whined that we didn't have a local office...well not only did we get one, we showed them how serious we were. We got the Emergency Cards done! We formed our own Reference group and now showing interest in starting up Peer supporting. How strong are we? !

We will be getting closer toward the end of the year, early next year, with the Redress.

I don't know about you, but this stuff does my head in so I will be relying on Kylie-Maree and Jess to walk me through the steps for the best outcome.

I've heard a few good suggestions for things to do and would love to follow up on those, so when I get to the next meeting, I'm going to chase down the ones that made these suggestions and get the ball rolling.

My passion was to get the message out there for our future aging difficulties and also our future generations. Believe me, big things have been happening in those areas that I would love to share!

I note that things have quietened down as far as meetings and activities...well my dear friends. We need to support Lotus place so they can keep supporting us.

I don't want to lose Lotus Place...
See you all on the 29th!

Val



CHANGING THE CONVERSATIONS ABOUT TRAUMA

Childhood trauma is all around us. Despite its visibility there is a stigma about talking publicly and privately about childhood traumas.

Many people have never spoken about their personal trauma. But remaining silent and struggling on alone isn't good for survivors. "We know that people who have not received the support they need to recover are often left struggling with their health and wellbeing," explains Dr Cathy Kezelman AM, president of the Blue Knot Foundation. The Blue Knot Foundation is a national organisation that looks after the needs of adult Australians who have experienced trauma and abuse in childhood. It's research estimates that one in four Australia adults have experienced some sort of Childhood trauma through neglect, domestic and family violence, war and civil unrest, other adverse childhood experiences as well as child sexual and other forms of abuse. Evidence about the serious psychological and physical toll that childhood trauma takes on adults is mounting. The landmark, long-ranging Dunedin Study tracks the lives of around 1000 babies born in the early 1970s, following up at regular intervals. It strongly indicates that early-life psychosocial stress such as child abuse and the interaction between 'nature' (genetic makeup) and 'nurture' children as well as the ways genetic expression can be affected by a person's environment and leads to poor health and accelerated ageing. The findings revealed that there are early signs that young people with abuse histories might be at risk of sliding into psychosis without early intervention to prevent this from occurring. Creating services that are 'trauma-informed', and building public knowledge about the impacts and how to support adult survivors was a key theme of the match. "We are all in this together and how do we all work it out?" Dr Pam

Stavropoulos, head of research with the "Trauma is overwhelming stress," explains Dr Kezelman. "It overwhelms the coping mechanisms." The Blue Knot Foundation focuses on cumulative, underlying trauma. Certainly the awareness of being trauma informed is changing, according to participants. People who did speak out about their abuse in the past typically found that they weren't believed, were often punished and re-traumatised, "Typically they suffered from a massive failure of our systems of care," explains Dr Kezelman. "When we are able to acknowledge trauma and respond appropriately, we will no longer have a society that silences trauma survivors, ignores their trauma, fails to respond appropriately and makes the trauma so much worse," says Dr Kezelman.

"Research has established that people who have experienced severe early trauma can recover. And when parents have actively worked through their own trauma, their children do better too. It intercepts transmission of trauma to the next generation," explains Dr Kezelman.

Neuroscientific research establishes that the structure and function of the brain can change throughout life. Clinical findings show that even severe early life trauma can be resolved.

"The brain is neuroplastic and not hard-wired or fixed as previously thought. It can change in structure and function with new input and experiences," explains Dr Kezelman.

One group of people who intimately understand the challenge of coping with trauma and the possibility of recovery and healing are people with a lived experience. It's important to remember that the person who has experienced trauma is the expert of their experience. Despite the chaos, each survivor has within them the strength to work though the confusion with good supports along the way.





Post Traumatic Stress Disorder

Differences Between PTSD / Complex PTSD

PTSD	Complex PTSD
One or few trauma, short lived trauma	Chronic inter-personal trauma caused by abuse neglect in captivity, child abuse
Visual & Somatic flashbacks	Visual, Somatic & Emotional Flashbacks
Avoidance of Triggers, Isolating	Avoidance of triggers & relationships, Chronic Isolation
Nightmares about trauma, sleep disturbance	Nightmares/night terrors, chronic insomnia, major sleep disturbance
Dissociation issues may occur	Several dissociation disorder types
Hypervigilance about environment	Hypervigilance about environment & about people - need to work people out
Anxiety & Depression, some difficulty in emotion regulation	Considerable difficulty with emotion regulation, abandonment depression
	Self perception - helplessness, severe shame, guilt, feeling different to others
	Fear of trust, repeated search for rescuer, loss of faith, despair
	Distorted perceptions of perpetrator, pre-occupied with perpetrator

Created by Lilly Hope Lucario
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Healing From Complex Trauma & PTSD/CPTSD
Website @ www.healingfromcomplextraumaandptsd.com/

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Uniting Church—Interim redress scheme

“The Queensland Synod’s Interim Redress Scheme is offered as a way of obtaining effective redress for past abuse that is a genuine alternative to seeking common law damages. It is not intended to be compensation for past abuse.”

“Through implementation of the national Uniting Church Interim Redress Framework, the Queensland Synod seeks to:”

- acknowledge our responsibility for past wrongs
- help those who have suffered to heal and lead a productive and fulfilled life
- where desired by the survivor, re-engage with the survivor
- for those who wish to seek engagement with the Synod, offer an opportunity for survivors who wish to seek engagement with the Synod, which is survivor focused and provides a process which is respectful and appropriate to the needs of a survivor
- ensure a compassionate and consistent response across the Uniting Church in Queensland.

To find out more about the Interim Redress Scheme and to make an application for redress or check on the progress of an application please phone 1800 874 995 or email UCredress@changeutures.org.au.

This free call phone number is staffed by Change Futures between 9 am and 5 pm on weekdays and between 10 am and midday on Saturdays. You can also leave a message outside those hours and your call will be returned on the next business day. Or you can email if you prefer this method.

If you have other questions, please contact the Interim Redress Coordinator, Uniting Church in Queensland on (07) 3377 9809 or call the Uniting Church in Queensland Synod office on (07) 3377 7777 or email redress@ucaqld.com.au.

<https://ucaqld.com.au/interim-redress/>



Check out some videos on our website!

Go To:

<http://www.lotusplace.org.au/resources/general-resources>

1. Lotus Place. Creating justice. Responding to injustice.

A short film introducing the work of Lotus Place and acknowledging the active courage of those who experienced historical abuse in institutional or out-of-home care. More than 500,000 Australians were placed into institutions in the last century, with many suffering physical, sexual and emotional abuse.

Director: Peter Hegedus (Soul Vision Films)

2. Voices from the Armchair: Adele Renwick for Forgotten Australians

Voices from the armchair are a series of films that aim to promote discussion on the Australian Federal Government's defined 'Special Needs Groups'. The term "people with special needs" is defined in the Aged Care Act of 1997 and its subsequent revisions.



Development of new resources



St. Josephs Home: Neerkol
1885-1978
Sisters of Mercy
LOT 2 Durham Dr, Kabra QLD 4702
(Near Rockhampton)

CAUTION: This document may contain images and content that could distress some readers.



**Sir Lesley Wilson Youth Hospital
&**

Youth Detention Centre

1961 – 2001

Queensland Government Run Institute

Tenth Avenue, Windsor
(Brisbane, Queensland)

A Project of the Historical Abuse Network of North Queensland

CAUTION: This document may contain images and content that could distress some readers.

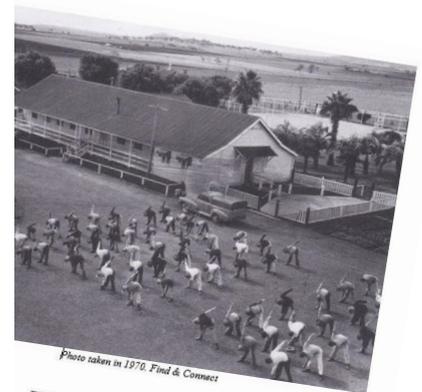


Photo taken in 1970. Find & Connect

**Westbrook Penitentiary
1919 – 1994
and Government Run Institute**
of Pittsworth & Althaus Roads, Westbrook
(Near Toowoomba, Queensland)
of the North Queensland Reference Group

CAUTION: This document may contain images and content that could distress some readers.

Three new booklets developed by our Social Work Student Jenny Rudge with support from members of the North Queensland Reference Group.

We Need Your Contributions to our Newsletter!

Please consider contributing poems, stories, art work, inspirational notes, whatever you would like.....

Either email us at

**lotusnq@micahprojects.org.au or
give us a call on 4724-4410**





Forde Foundation: Next Grant Round closing Friday 8th September

You can apply for a grant if you were:

- A ward of Queensland
- Under the guardianship of Queensland
- In an institution/care home in Queensland as a child

Before you can apply for a grant, you need to register with the Forde Foundation.

If you have a Care History Summary Statement, you need to fill out the 'Forde Foundation Registration Form' and mail this form and a copy of your care history statement to Forde Foundation, GPO Box 806, Brisbane, Qld, 4001.

If you don't have a Care History Summary Statement, you need to complete the 'CHSS application form' and send it to Forde Foundation, GPO Box 806, BRISBANE QLD 4001 with certified identification document. If you do get your care history statement, please send a copy to us at Lotus Place to keep on file. It's helpful for us to have it so we can help you with any future grants/records applications.

After you have registered with the Forde Foundation, you can apply for one of their grants.

Health and Wellness Grant

These grants can be used to cover any service that is not fully covered by Medicare, your private health insurance or any state/federally funded program or service.

Personal Development Grant

These grants can be used to help you gain life skills, job-related skills, or participate in activities with therapeutic benefit for example art therapy or yoga.

Dental Grant

These grants either:

Move you to the top of the public dental waiting list and pay for your treatment

If you want to use a private dentist, Forde will give you some money to help pay for your treatment.

Free call: 1800 674 256 or phone (07) 3027 2413

fordefoundation@communities.qld.gov.au

<http://fordefoundation.org.au/>





Suffer the Little Children

We were born to people who wouldn't or couldn't care for us.

So through no fault of our own most went through some of the most horrific circumstances and the people around us didn't care or didn't want to be involved.

If someone had stopped and asked the question, maybe a lot of harm to these children would not have happened, and I am sorry to say is still happening.

People need to wake up and look at these and other children and admit their mistakes from the past and present.

A lot of the forgotten children's lives are nearly over but don't forget them and don't let it happen again.

And stand up for us 'The Forgotten Ones' so our lives were not in vain with what we went through.

But if you were not born into that world you will probably never understand.

But try.

From a real Forgotten Australian

Been there. Done that.

Denise Hooper

We Need Your Contributions to our Newsletter!

**Please consider contributing poems,
stories, art work, inspirational notes,
whatever you would like.....**

Either email us at

**lotusnq@micahprojects.org.au or
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Fishing Club Townsville:

Our First Outing!

Thanks to all who attended and made it so fun!



Want to be part of this Fishing Club?

Give us a call

Ph.: 4724-4410





Events

It is really very important to let us know if you will be attending events in your area. We may have to cancel events or activities if we don't get enough people attending.

Our funding is limited and we need to make sure that we are making the best use of the funding as we can.

We continue to travel to the Burdekin, Mackay and Cairns to try and meet with as many of our Lotus Place members as possible.

RSVP

Coming Up:

Mackay Meeting	8th August	12:30pm	Gordon White Library Meeting Room, Phillip Street, Mount Pleasant. RSVP
Cairns Meeting	18th August	12:30pm	City Library Meeting Room 2, 151 Abbot Street, Cairns. RSVP
Ayr Meeting	24th August	10:30am	Burdekin Library, 108 Graham St Ayr. RSVP
Townsville Meeting	29th August	10:30am	312 Sturt Street, Townsville RSVP





RECIPE

BUDGET BREAD!

450g plain flour

350ml water

1g dry yeast

6g salt mix flour, water & yeast with a wooden spoon until combined. add salt & mix again (mixture should be quite sticky).

cover the bowl with plastic wrap & let it prove for 10-14 hours or until it triples in size & looks bubbly.

dust a board & hands with flour & shape the mix into a ball. let it rest for another hour. meanwhile, set oven to 220°C & place cast iron pot (without lid) to heat up.

put the dough in the pot, cover with lid & bake for 20 mins. remove lid & bake for another 10 mins until crusty & browned.

lovely to prepare the night before & bake fresh in the morning



Townsville Centre Open Hours

Call anytime Monday to Friday for support and referral over the phone

**Monday - Thursday drop in 10am to 2pm
Friday - Appointments**

**Please feel free to call us on 07 4724 4410 OR email
lotusplacenq@micahprojects.org.au**





“There is no one way to recover and heal from any trauma. Each survivor chooses their own path or stumbles across it.”
— Laurie Matthew, Behind Enemy Lines



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.

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PO Box 2027, Townsville, QLD, 4810