

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.

Welcome to the February edition of the lillypad, once again the month seems to have flown by. This edition we introduce a new segment which we have titled "A little bit about me" which features a Forgotten Australian and/or British Child Migrant telling us a little about themselves. This section is an opportunity to get to know the people that are connected to Lotus Place CQ. This month we introduce Frank from the Wide Bay region. I am sure you will find some of his reflections about what is important to him interesting.

Our recipe this month comes from Margie, who regularly provides the Rockhampton Tuesday Morning Tea Group with tastes from her kitchen. We have had a suggestion to facilitate a games morning in Rockhampton where people can bring

along board or card games and to share and connect with others. The meeting room will now be open on the second Thursday of each month at 10am for anyone who would like to meet and play games together.

You will also see a couple of photos from the Coffee and Cake Morning tea held in Bundaberg at Take the Plunge Coffee shop, this group will meet on the third Thursday of each month at 10.30am for anyone in the Wide Bay area that would like to come along.

If you have any recipes you would like to share, or you would like to share a bit about yourself or have any comments about what you read or suggestions for future editions, please contact me. Enjoy the read.

Regards, *Selena*

CQ Reference Group

The CQ Reference group has commenced 2017 with an offer to provide some training to Out of Home Care Providers (Foster care and Residential care organisations) about Forgotten Australians and Former British Child Migrants and what the lessons from the past can teach about Child

Protection practice today. The group also plans to do some awareness raising activities with health services about the needs of Forgotten Australians and Former British Child Migrants. If you would like to contribute or have any ideas about either of these projects please let me know or join the meeting on the fourth Thursday of each month.

Below: Bundaberg Morning Tea Group





Left and below left:
Lotus Place Rockhampton morning tea group



Below:
Elaine and Trevor celebrate their joint birthdays



The Ballads of Child Migration: Songs for Britain's Child Migrants

If you have access to the internet you may be interested in listening to this album - *The Ballads of Child Migration: Songs for Britain's Child Migrants* released in October 2015 (in the UK).

It has songs from UK artists and is about the long history of Child Migration out of the UK. It has two songs on it about Fairbridge Pinjarra (WA).

It can be found here :

https://www.youtube.com/playlist?list=PLmEIXYkTJeWD_Pp-SeEtxcthfGcGANxdbq

There is also a another version of one song "The Man that I Am" played by Coope Boyes and Simpson

<https://www.youtube.com/watch?v=2U9WpsWPWpU>

Games and Connection Morning



Rockhampton will be introducing a games and connection morning for anyone wishing to play cards, mah-jong or other board games. Games morning commences on Thursday 9th March at 10.00am. If you have a board or card game that you would like to play with others, bring it along or just turn up and play the games that are available on the day .

Meditation and Chair Yoga Rockhampton



Feedback on the four week trial of meditation and mindfulness was positive with participants wanting to continue with learning these skills. Liz will now facilitate a chair yoga and meditation class each Wednesday at the Rockhampton office commencing at 10am.



Cooking Corner

Impossible Quiche

Ingredients

4 eggs
2 cups milk
½ cup plain flour
1 dessert spoon margarine

Method

Preheat oven 180°C.
Beat together eggs, milk, flour and margarine. Add

From Margie

1 cup cheese, grated
1 cup finely chopped onion
1 cup chopped bacon
1 x 310g can corn kernels
Salt and pepper
Extra grated cheese to top quiche



cheese, onion, bacon, corn and season to taste.
Pour into greased dish and sprinkle with extra cheese. Bake one hour or until firm to touch and cheese has browned.

A Little Bit About Me

Introducing Frank



Frank was born Franz, his name was Anglicised when he came to Australia as a 10 year old. Frank arrived in Western Australia and went into care at Castle-dare. For the past 10 years he has lived in Gin Gin with his partner Carol. He said

that what he loves about Gin Gin is the small community feel, where everyone knows everyone, it is also a place where people help each other out. Frank describes himself as having a mischievous streak where if he is dared to do something, he says he will do it. Frank enjoys strutting on the stage being a thespian with the Gin Gin Theatricals. The sound of children laughing is one of the things that brings him joy, and leaves him with a happy feeling. Frank said that one of the things that he is most proud of is his children, that his son has stable employment and his daughter has also secured work, he is proud of the parents that his children have become and for being excellent parents to his 6 grandchildren and one great grandchild.

Frank reflected on his journey saying that he has regained his self-respect, dignity and confidence after living for a lot of years without it. He says he became very good at hiding what was going on for

him, that deep down he felt yuck, like a lot of people who had hard times when they were young. He says he hid his sense of shame but has learnt to forgive. He doesn't like what was done to him but the day he forgave was like a weight coming off his shoulders. He says he has appreciated the support he has received from his partner Carol, the church, Lotus and Tuart Place.

Today, some of the things that concern Frank are the lack of respect that the government seems to have for people, particularly pensioners - taking from them and not going after the big end of town. Frank says if he could change anything about the world it would be that people showed each other more love and took better care of each other. He would also like to see young people able to buy their own homes, for this to be within their reach.

Frank enjoys listening to classical music as well as anything from the 60's through to the 90's. He thinks Wilbur Smith is a great author and his favourite film is Top Gun starring Tom Cruise. And if you want to feed Frank, he is partial to Asian food (not snake and bear bile) as well as Hungarian food. Frank says the smell of Hungarian food reminds him of the food his mother cooked and of the market stalls in Germany where the smells of the cooking wafted around.

For Frank being connected to Lotus Place and Tuart Place is about being connected to people he can trust and bond with, and gives him a sense that we are not on our own.

4 burner BBQ

We had a bit of interest in the BBQ donated by Rosalie Thring, names were drawn out of a hat on the 28th February and the successful person was Margie! She expressed her thanks to Rosalie for the donation and will put it to good use.



UPCOMING EVENTS

Forde Foundation grant closure	Friday 10 March	fordefoundation.org.au	Phone: 4927 7604 for more information
Reference Group Meeting	9.30am Thursday 23 March <i>Fourth Thursday of each month</i>	Lotus Place or via teleconference	Phone Selena: 4927 7604 for more information

ROCKHAMPTON EVENTS

Centrelink visits to Lotus Place	10am Wed 1 March 10am Wed 5 April	Lotus Place, 159 Denison Street, Rockhampton	Phone for appointment Lotus Place 4927 7604
Lunch at Lotus Place	12pm Tuesday 7 March <i>First Tuesday of each month</i>	Lotus Place, 159 Denison Street, Rockhampton Guest Speaker: National Stroke Foundation	RSVP Tuesday 28 Feb Phone: 4927 7604
Central Qld Community Legal Centre visits	10am Wed 8 March 10am Wed 12 April	Lotus Place, 159 Denison Street, Rockhampton	Phone for appointment Lotus Place 4927 7604
Games & Connection Morning, Rockhampton	10.00am - 12.00pm Thursday 9th March 2017 <i>Second Thursday of each month</i>	Lotus Place, 159 Denison Street, Rockhampton	No RSVP necessary, just come on in!
Meditation and Chair Yoga, Rockhampton	10.00am - 11.00am <i>Every Wednesday</i>	Lotus Place, 159 Denison Street, Rockhampton	No RSVP necessary, just come on in!
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!

BUNDABERG EVENTS

Coffee & Cake Morning Bundaberg	10.30am - 12.00pm Thursday 16 March <i>Third Thursday of each month</i>	Take the Plunge 7 Electra Street Bundaberg	RSVP Thursday 9 March Phone 4927 7604
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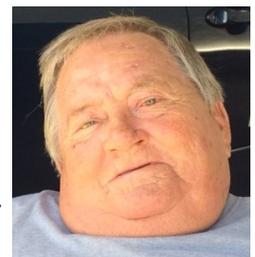
John's Corner

Hello to all you beautiful people who make our Lotus Place such a pleasure to visit.

A BIG BIG hello to you, Trevor at Norman Road Nursing Home. Hope you're keeping cool over there mate.

Good to see Selena back after a week in Brisbane. We had our luncheon last week

- you will have to come along and try the yummy food. We have a new caterer. As we know Elaine plays tennis, so it was a lovely gesture that Tanya presented her with a wooden tennis racquet. Thanks for your help recently Tanya.



- John

- Q. What type of horses only go out at night?
A. Nightmares



ABC News Report

Child Sex Abuse Royal Commission: Data Reveals Extent of Catholic Allegations

Please remember this release only includes incidents of abuse reported to the Royal Commission.

The Australian Catholic Church has released "grim" data revealing 7 per cent of priests, working between 1950 and 2009, have been accused of child sex crimes.

The worst-offending institutions, by proportion of their religious staff, have been shown to be the orders of brothers, who often run schools and homes for the most vulnerable of children.

This is the most substantial dataset released to date about the extent of child sex abuse within the Australian Catholic Church, and was done with co-operation from them as part of the Royal Commission into Institutional Responses to Child Sexual Abuse.

The church surveyed 10 religious institutes and 75 church authorities to uncover the abuse data on priests, non-ordained brothers and sisters, and other church personnel who were employed between 1950 and 2009.

4,444 alleged cases recorded

Counsel Gail Furness, SC, said 4,444 alleged child sex abuse incidents were recorded in the survey.

Ninety per cent of the victims were boys, with their average age at time of abuse being 11-and-a-half years old.

Girls were only 10-and-a-half years old on average when they were abused.

7% of Australian Catholic priests accused

Seven per cent of priests ministering in the 60-year

period have been accused of child sex offences.

This is an even starker figure to similar research carried out in the US which found that from 1950 through June 2015, 5.6 per cent of the 116,153 priests who worked have been accused of child sexual abuse.

This map shows the weighted average percentage of accused-perpetrator priests over 60 years. Some dioceses are not included in the map, or the data provided.

Worst Diocese in Australia

Archdiocese/diocese State Average of priests that were accused perpetrators

Diocese of Sale VIC 15.1%

Diocese of Sandhurst VIC 14.7%

Diocese of Port Pirie SA 14.1%

Diocese of Lismore NSW 13.9%

Diocese of Wollongong NSW 11.7%

Worst Catholic religious institutes in Australia

The Benedictine Community of New Norcia is about two hours north-east of Perth in the Wheat-belt of Western Australia, and holds a monastery that was founded in 1847.

It is one of the oldest monasteries in Australia, and has the worst average of child sex abuse complaints against its priests and personnel.

Institute Weighted average of priests that were accused perpetrators

Benedictine Community of New Norcia 21.5%

Salesians of Don Bosco 17.2%

Marist Fathers - Society of Mary 13.9%

Pallottines - Society of the Catholic Apostolate

For the full news article by ABC reporters Clare Blumer, Rebecca Armitage and Simon Elvery published on 6/2/2017 go to www.abc.net.au/news.

Forde Foundation Update

The first grant round in 2017 will be in March. Grant applications will be assessed by the Board of Advice on Thursday, 30 March 2017. All grant applications are to be submitted to the Executive Officer by no later than Friday 10 March 2017.

Recently added to the Resources Page on the Forde Foundation website is a study by the

University of NSW:

“No Child Should Group Up Like This: Identifying Long Term Outcomes of Forgotten Australians, Child Migrants and the Stolen Generations”

View the full report on the Forde Foundation website:

www.fordefoundation.org.au





Around the Region

Rockhampton

Women's Wellness Expo

The Women's Health Centre, Rockhampton is proud to present: Women's Wellness Expo, celebrating Queensland Women's Week 2017.

Thursday 9th March

9.00am - 1.30pm

Rockhampton Leagues Club

Entry by gold coin donation. Free activities throughout the day.

Gather your girlfriends, sisters, mums, daughters, aunties, cousins and co-workers for this unmissable event encompassing all areas of women's health. Information, inspiration and fun with a wide range of educational and informative products and services on how to improve wellness and get the most out of life for women of all ages.

For further information contact Women's Health Centre on 4922 6585

Wide Bay

Are you or a loved one getting the care you need or deserve?

Do you understand the Government subsidised Consumer Directed Care (CDC) In Home Care packages?

Is your *Consumer Directed In Home Care* package giving you?

The care you need?

Were you asked to help to plan the care you want?

If what you wanted was not available, were you given options?

And importantly, are they charging a fair price?

Do you need answers to the following questions? You are in the RIGHT place!

What Is A *Consumer Directed Care*?

What are Consumer's six new rights

How Will *Consumer Directed Care* benefit my loved one or me?

Is *Consumer Directed Care* Working?

How to apply for a *Consumer Directed In Home Care package*?

How do I know if the fees I'm being charged are fair?

Join us in a free community information session at Take the Plunge Café – 17 Electra Street Bundaberg
Wednesday 15th March 1.00pm - 2.30pm or Wednesday 29th March 10.00am – 11.30am

Bookings are essential as places are limited. Phone 0447 119 061 or 0447 267 100 or email ezyas@iprimus.com.au www.ezyashome.com.au



Lotus Place CQ
 ADVOCACY JUSTICE COMMUNITY

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MICAH PROJECTS INC
 Breaking Social Isolation
 Building Community

