

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 July edition of the Lillypad, which means we have hit the half way point of the year. I have had a few conversations with people recently about sleep and have included some tips on getting a good night's sleep that you might find useful.

There is also an article on changes to the Victims

of Crime Assistance Act 2009. Our recipe of the month features an old favourite Bread and Butter pudding, a nice warming food for those upcoming winter evenings.

Enjoy the read.

Regards, *Selena*

July Luncheon Rockhampton

The guest speaker at our July luncheon was Leonie from CQ University Health Clinic. Services offered at the clinic include oral health, podiatry, speech pathology, occupational therapy, physiotherapy, falls and balance classes. Many of the services are provided by the students under the supervision of accredited clinicians and are at competitive prices.

Appointments can be made by contacting CQ

University Health Clinic on phone: 4930 9030 or email health-clinic@cqu.edu.au. The clinic is open to the public Monday to Friday and they are located at Building 14, Berill Lane, CQ University.

For our luncheon on 1 August, Centrecare will be informing us about their services and aged care packages. Please don't forget to RSVP so we can cater for you!

Below: Julie and Leonie.





Cooking Corner

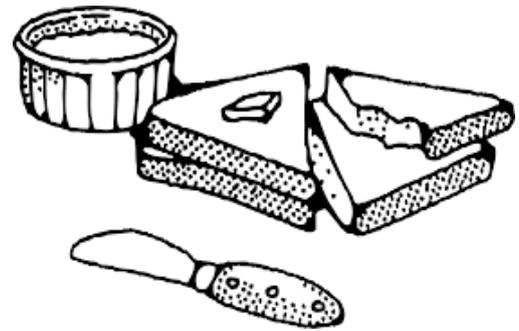
Bread and Butter Pudding

Ingredients

3 eggs
 ½ cup sugar
 2-3 teaspoons vanilla essence
 Approximately 2 cups milk

Method

Beat eggs and sugar, add vanilla, add milk. Pour into Pyrex dish. Top with buttered bread, cut into small pieces (raisin bread is nice). Place Pyrex dish



into water bath (place in larger dish with water). Bake in slow oven 150°C until set.

Variation: before baking, top with shredded coconut and mixed fruit and sprinkle with nutmeg.

Public notice Interim Redress Scheme

The Uniting Church in Queensland's Interim Redress Scheme is now available for survivors of past child sexual abuse that occurred in Uniting Church affiliated institutions or entities.

The Uniting Church encourages survivors to seek assistance in determining the outcomes that best suit their needs and to access the interim redress materials at ucaqld.com.au/interim-redress.

To make a claim or for more information phone 1800 874 995 or email UCredress@changeutures.org.au.

ucaqld.com.au/interim-redress



The Uniting Church in Australia
 QUEENSLAND SYNOD

Date Claimer!

Remembrance Day commemoration will be held during Child Protection Week.

12pm, Tuesday 5 September in
 Rockhampton at the Nth Rockhampton
 Bowls Club

12pm Thursday 7 September in Bundaberg.
 Venue in Bundaberg to be confirmed.



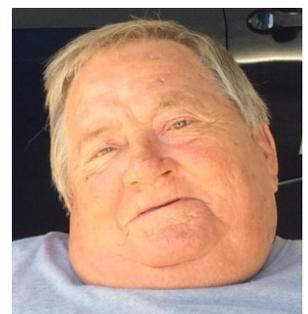
John's Corner

Well hello, back again. The year has just about gone already, eh? We had a good roll up for our new caterers at lunch this month. It was beautiful!

We would like to see more people coming along to the lunches and morning teas. Last lunch we had Leonie from the CQU Health Clinic come to speak to talk to us about what they do.

Good to see Bob back on deck after his heart scare, he is not out of the woods yet, so take it easy Bob - out there on the property. He's had a few dramas, all the best mate.

Selena has been at the helm for a year now and doing well. Great work, Selena and also co-captain Leigh!



Q. What do you call a blue's player at the State of Origin?

A. A spectator.

- John



10 Tips for a good nights sleep

1. Have a regular sleep pattern.

Try to go to bed at the same time every evening and get up at the same time every morning. This will help your body to work out a healthy sleep routine.

2. Spend the right amount of time in bed

Most adults need about 8 hours sleep every night. Some require more and some less. Many poor sleepers spend much more than 8 hours in bed and this makes fragmented sleep a habit. Except if you have lengthy sleep requirements, limit your time in bed to no more than 8.5 hours. If you often take hours to fall asleep, go to bed later. Remember that children need more sleep than adults.

3. Bed is for sleeping, not entertainment.

Television, computers and other distractions can interfere with your sleep. It is better not to sleep with your TV on. Your mind needs to be in the habit of knowing that if you are in bed, you are there to sleep. Don't stay in bed if you are wide awake.

4. Wind down and relax before going to bed.

Have a buffer zone before bedtime. Sort out any problems well before going to bed. This may mean setting aside a 'worry time' during the day. Use this time to go over the day's activities and work out a plan of action for the next day. Try to avoid using your computer within one hour of bedtime as the blue screen will suppress the hormone that makes us sleepy. Exercise is fine, but not too late in the evening. Find a relaxation technique that works for you.

5. Make sure your bedroom is comfortable.

You should have a quiet, dark room with comfortable bedding and good temperature control.

6. Alcohol, caffeine and cigarettes – to be avoided

Alcohol may help you to get off to sleep, but will disrupt your sleep during the night. Caffeine (tea, coffee, cola drinks) and the nicotine in cigarettes are stimulants that can keep you awake.

7. Avoid daytime naps.

Sleeping during the day will make it much more difficult to sleep well at night. If a nap is absolutely necessary, for example because of a late night, then limit this to about thirty minutes. Make sure that you are awake for at least 4 hours before going back to bed. Don't allow yourself to fall asleep in front of the TV – not even for a minute.

8. Don't lie awake watching the clock

Watching the time on a clock just makes you anxious about not being asleep. If possible take the clock out of your bedroom. If you need the clock for the alarm, turn it around so that you cannot see the time.

9. Avoid sleeping pills except in exceptional circumstances.

They do not fix the cause of your sleeping problem.

10. You may need professional help

If you are still having trouble sleeping, if you have persistent problems with mood, restlessness in bed, severe snoring or wakening unrefreshed despite what should be adequate length sleep, make sure that you go and see your doctor.

See also our other Information Pages on this website:
<http://www.sleephealthfoundation.org.au>





Amendment of the Victims of Crime Assistance Act 2009

(excepts from website: <https://www.qld.gov.au/law/crime-and-police/victims-and-witnesses-of-crime/review-of-the-victims-of-crime-assistance-act-2009/>)

Victim Assist Queensland supports victims of violence to access services and financial assistance. In response to the recommendations of the legislative review of the *Victims of Crime Assistance Act 2009* (VOCAA), changes are on their way.

The purpose of the changes is to ensure that government and non-government agencies provide an increasingly effective response to victims of crime in Queensland.

The commencement date of these changes has not yet been set but implementation is progressing well. Victim Assist is committed to keeping you informed regarding what you can expect after commencement.

Applying for financial assistance will be easier for victims of a crime. Applications will not need to include a statutory declaration

The upcoming changes to VOCAA will make the financial assistance application process easier for victims by removing the requirement to verify the identity of the applicant with a statutory declaration. This change will implement recommendation 2 of the review.

We will still need to establish proof of identity before any financial payments are made, and appropriate checks will be implemented to confirm the victim's identity and prevent fraud. However, a statutory declaration will not be required when the application is first submitted.

Applications will not need to include a medical certificate

A medical certificate will no longer be required to apply for financial assistance. This reduces the burden on victims when submitting their application and allows our assessors to approach the applications with more flexibility, obtaining the evidence required to verify a victim's injury at a later time. This new approach will implement recommendation 3 of the review.

A medical certificate will be able to be supplied with the application, but will not be mandatory. Evidence of injury or adverse impacts (for sexual assault or DFV victims) will still be required when assessing the application.

If a victim is unable to provide evidence of injury or adverse impacts with their application, we can gather evidence from a range of sources, including:

- doctors, psychologists, other registered health practitioners
- counsellors
- Queensland Health facilities (e.g. medical records, discharge summaries)
- police reports
- domestic violence services
- the Queensland Courts (e.g. documents provided to a court in support of a private application for a protection order).

Victims will be encouraged to provide medical information (e.g. our medical certificate form) with their application, because gathering information from other sources may delay the assessment of the application.

New forms will make it easier to apply for financial assistance

We have developed new application forms, which are shorter and simpler to use.

There will be a separate application form for each victim category (primary, parent, witness and related victims) and a separate form for funeral assistance.

The forms have been written with the victim's safety in mind and provide the opportunity to nominate the safest way to send information to victims.

The forms include a place for an applicant to nominate a person to support them during the application and assessment process. Victims can also request that another person receives our communications on their behalf.

The new forms include simple notes instructing users how to complete the form, rather than needing them to refer to a separate document.

The forms will be available on the website when the changes to the legislation begin.

Changes to financial assistance will benefit victims

Maximum funeral assistance payable to an eligible victim will increase from \$6,000 to \$8,000

The first recommendation in the 'Final report of the review of the *Victims of Crime Assistance Act 2009*' (the review), recognises the increased cost of funerals and provides a higher level of assistance to victims who have prematurely lost a loved one from an act of violence.

Once the legislation starts, the time limit for applying for funeral assistance can be extended, if the applicant puts in a request for this and it is considered appropriate and desirable to do so. The current time limit is 3 years from the date of the act of violence.

Special assistance will be a fixed amount based on

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the severity of the act of violence

Special assistance is a recognition payment given to primary victims. According to recommendation 5, we have removed the minimum and maximum amounts for each category of special assistance.

In a more simplified approach, each category will be paid as follows:

- **Category A: \$10,000** — Will include serious crimes such as attempted murder, rape, incest against children under 16, and maintaining an unlawful relationship with a child under 16.
- **Category B: \$3,500** — Will include, but not be limited to, other sexual offences, grievous bodily harm, burglary with violence, armed robbery, torture and kidnapping.
- **Category C: \$2,000** — Will include, but not be limited to, serious assaults, other robberies, unlawful wounding, assault while armed resulting in bodily harm, and cruelty to children.
- **Category D: \$1,000** — Will include, but not be limited to, acts of domestic and family violence not covered in a higher category, stalking, and deprivation of liberty.

If the victim is a child, this money will be held by the Public Trustee until they turn 18.

The offence of cruelty to children (section 364 of the Criminal Code) will also be included as a category C offence.

Pool limits on assistance for secondary and related victims will be removed

The upcoming changes remove shared pools of assistance for secondary and related victims, so that each application will be considered on its own merits.

As per recommendation 4, the pools of financial assistance will no longer be divided between eligible family members. Each eligible family member may be granted up to \$50,000 to access services to help their recovery.

For example, consider a *parent secondary victim* who is injured from becoming aware of an act of violence against a victim under 18 for which they are a parent or primary carer of.

This parent secondary victim may be granted financial assistance up to \$50,000 to access to medical, counselling and reasonable travel expenses; report expenses incurred in applying for assistance; other exceptional expenses, such as relocation and security upgrades.

An additional reimbursement of up to \$20,000 in lost income may be available in exceptional

circumstances.

A *related victim* is a close family member or financial dependent of a person who has died as a direct result of a crime.

The related victim may be granted financial assistance up to \$50,000 to access: medical, counselling and reasonable travel expenses; report expenses incurred in applying for assistance; other exceptional expenses such as crime scene clean-up and travel to attend a funeral.

A dependency payment of up to \$20,000 is also available.

Distress payments (up to \$10,000) and funeral expenses (up to \$8,000) granted to related victims are considered as part of the maximum available financial assistance.

Grants of assistance for expenses will be paid according to receipts and invoices for eligible expenses.

Background information

On 22 March 2017, the Queensland Parliament passed the *Victims of Crime Assistance and Other Legislation Amendment Act 2017*.

To summarise, the Act:

- simplifies how victims apply for financial assistance
 - expands the scope of financial assistance to include all victims of domestic and family violence
 - removes limiting pools of financial assistance to ensure all applications are considered on their own merit
 - introduces of a Charter of Victims' Rights to guide how government and non-government agencies respond to victims
 - introduces a sexual assault counselling privilege
 - automatically gives victims of a sexual offence the status of special witness if they are to give evidence in a criminal proceeding against the accused.
- You can read more about the changes (<http://www.parliament.qld.gov.au/work-of-committees/committees/LACSC/inquiries/current-inquiries/VOCAB2016>), including: the Act; Parliamentary committee report; Final report of the review of the *Victims of Crime Assistance Act 2009* stakeholder submissions.

Find out more

For more information about Victim Assist and how we help victims, you can: browse [our web content](#) (<https://www.qld.gov.au/law/crime-and-police/victims-and-witnesses-of-crime>); phone [1300 546 587](tel:1300546587) (tel:1300546587 during business hours) or email victimslinkup@justice.qld.gov.au



UPCOMING EVENTS

Forde Foundation Next grant round	Closing Date Friday 8 September	fordefoundation.org.au	Phone: 4927 7604 for more information
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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!
August Luncheon at Lotus Place	12pm Tuesday 1 August <i>First Tuesday of each month</i>	Lotus Place, 159 Denison Street, Rockhampton <u>Guest Speaker:</u> Leonie, Centacare	RSVP Wednesday 25 July Phone: 4927 7604
Remembrance Day	12.00pm Tuesday 5 September	Nth Rockhampton Bowls Club 3 Glenmore Road, Park Avenue 4701	RSVP Tuesday 22 August Phone: 4927 7604
Centrelink visits to Lotus Place	10am Wed 2 August 10am Wed 6 Sept	Lotus Place, 159 Denison Street, Rockhampton	Phone for appointment Lotus Place 4927 7604
Central Qld Community Legal Centre visits	10am Wed 9 August 10am Wed 13 Sept	Lotus Place, 159 Denison Street, Rockhampton	Phone for appointment Lotus Place 4927 7604

BUNDABERG EVENTS

Coffee & Cake Morning Bundaberg	10.30am - 12.00pm Thursday 17 August <i>Third Thursday of each month</i>	Take the Plunge 17 Electra Street Bundaberg	Phone 4927 7604
Remembrance Day Bundaberg	12.00pm Thursday 7 September	Venue to be confirmed	RSVP Thursday 24 Aug Phone 4927 7604