



We All Danced with THE Royal Ballet at QPAC

Seven Community groups from across South East Queensland performed together with four dancers from London's world famous Royal Ballet on Sunday, 2 July 2017.

Five individuals from Lotus Place (Paul, Marlene, Pierre, Danuta, Jessie) were among those from Micah Projects who got involved in the free weekly dance workshops held between March and July.

Each week Dance Artist Sandi Woo helped people to have 'Serious Fun' building a repertoire of self-expressive dance moves. It was delivered with an attitude of 'Caring and Daring' - creating a safe caring space for people to move, while challenging people to try something new. People developed confidence and skill in using the body to express ideas, feeling and stories.



Anyone interested in being involved in future Dance and movement programs should contact Lotus Place.



Start getting your act together for this year's Songs of Justice Concert on Thursday 16th November!

There are plans to have choir practice sessions at Lotus Place on Tuesdays during September and October leading up to the concert. There will also be mentor sessions and rehearsals for people wanting to perform a Solo or a Duo on the night. Please contact Katie at Lotus Place if you want to get involved. See below for contact details.



Lotus Place
ADVOCACY JUSTICE COMMUNITY

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Get-togethers 2017



During the year, Lotus Place at Stones Corner has been hosting get-togethers for the former residents of a number of homes. In June a group of Westbrook former residents got together



Westbrook Get-together

Pictured above: Billy, Kevin, Peter, Drago, Vicki, Kevin, Alan

for lunch and in July it was a group of Former Child Migrants forging old and new friendships.



Former Child Migrants Get-together

Pictured above Brian, Maureen, Patricia, Theresa, Mary, Mary, and Phyllis

Which institutions were you in? Would you like to nominate a home for future get-togethers? Also, please let us know which institutions you were in so we can send you an invitation. If you

have any questions or would like to attend one of the get-togethers coming up please contact us at Lotus Place 07 3347 8500 or 1800 16 11 09 (Find & Connect).

Coming up Friday 4th August 2017 - Tufnell Home

Tufnell Home was operated by the Society of the Sacred Advent and the Corporation of the Synod of the Diocese of Brisbane (Anglican). It opened in 1901 and throughout its years of operation until 1993 was located at 230 Buckland Road in Nundah. The Tufnell Toddler's Home was a section within the grounds which operated between 1947 and 1975.



Coming up Friday 6th October 2017 - Blackheath

Blackheath Home was at 10-12 Strathburn St, Oxley. It opened in 1924 and was operated by the Presbyterian Church. It was originally a boy's home but did have some female residents some time after 1955. It closed in 1963 and the children who were living there at the time were transferred to the WR Black Home in Chelmer which was another Presbyterian Church home.



Share your Recipe

They say there is nothing better than a home cooked meal. But sometimes people get bored with their own cooking and want to try something new. Something they know is going to taste great, without a huge expense and isn't too complicated.

Do you have a tried and tested recipe for a delicious meal that is easy to follow and easy on your wallet. A recipe that you are willing to share and be published in the Lilypad so that if we get enough recipes sent in we could put them in a recipe book. You may even like to do a cooking demo of your recipe for a small group at Lotus Place.



The Riverview Help Centre drop in days will be on Monday 7th Aug, 4th Sep & 6th Nov Morning tea and lunch is provided. Doors are open between 9am and 2pm. It is located on the site of the Riverview Training Farm, 29 Endeavour Road in Riverview. Bob looks forward to seeing you there.



MOONLIGHT MAGIC DINNER DANCE

FRIDAY
25 AUG 2017
6.30 FOR 7PM

PLAZA
BALLROOM
Brisbane Convention
and Exhibition Centre

\$10
for participants in Micah Projects
programs such as Lotus Place.
Please contact Lotus Place by
Monday 8th August.



The Gold Coast Group

The Gympie Group

meets on
the **second Monday
of the month, 11.30am to
1.30pm.** The venue varies
depending on the weather.

For details please contact Lotus Place

on 07 3347 8500

or 1800 16 11 09 via Find & Connect.



meets every Tuesday
at the Southport Community
Centre. **10.00am to 2.00pm.**

For more information about
the **Tuesday group** please
call Lotus Place
on 3347 8500.



ART & CRAFTS

Lotus Place activities
program provides
plenty of opportunities
for people to be creative. Leather craft, beading,
sewing, painting, clay, mosaic, sewing, woodwork and
more. With exhibitions and markets to showcase work
and to enable people to sell their creative wares.

REMEMBRANCE DAY 2017

Wednesday 6th September, 11am
Roof Terrace, Gallery of Modern Art (GOMA)
(Invitations will be sent out
in the next few weeks)

Improve the Moment

These strategies can be helpful in improving the quality of the present moment when you are experiencing difficult emotions.

Imagery - mentally transport yourself to a safe place of calm and peace e.g. imagine you are at the beach with the sound of the waves.

Meaning - focus on the positive aspects of a situation.

Prayer - meditation, spirituality, connection with a greater being.

Relaxing - take a bath, drink hot milk, breathe deeply.

One thing in the moment - focus your attention on one activity, keep yourself in the moment.

Vacation - have some 'me' time, turn off your phone for a day, take a brief vacation from responsibility, have a doona day.

Encouragement - positive & calming self-talk, remind yourself that these emotions are temporary, you have gotten through times like this in the past, and that this too will pass.





Up and Coming Activities & Events

Day Time Date	Detail
Tuesdays from 18th July	 Lotus Drama Group (9.30am to 11.30am): Learn new ways of using your voice and body; Develop communication skills, confidence and acting skills. You can join in at any time.
Wednesdays (6 sessions) from 23rd August	Sewing Group (1.00pm to 3.00pm): Learn some sewing basics by working on individual sewing projects and together on a group project.
Thursdays (6 sessions) from 24th August	Creative Writing Group (10.00am to 12.00pm): Facilitator Edwina will take you on a writing adventure and help to spark your imagination. Participants will be guided and encouraged to put pen to paper in new ways.
Friday 25th August (Event)	The Moonlight Magic Dinner Dance (6.30pm to 11.30pm): at the Brisbane Convention Centre. - a night of glitz, glamour and sumptuous food where all members of the Brisbane community come together as equals.
Mondays & Tuesdays (8 sessions) from 28th August	Craft Activities (10am to 12pm): Over the 8 sessions we will make some Beaded items, Mosaic or Leather Craft items and be shown various skills & techniques for working with these materials.
Tuesday 29th August (Guest Speaker)	Planning Ahead: Let's Talk (10am): An information session with COTA focused on Enduring Powers of Attorney, discussing the importance of planning ahead and ways to identify key people in your life who know, respect and will act on your wishes should you be unable to act yourself.
Tuesday 5th September	Memorial Day at Lotus Place (10am): A day to remember those former residents of institutions who have passed away.
Wednesday 6th September (Event)	Remembrance Day (11am) held at GOMA. It's a time to remember the failings and neglect of past governments, churches and non-government organisations to ensure this never happens again. RSVP 29th August
Thursday 14th September (Event)	Art From The Margins Brisbane Festival Exhibition (10am 14th September to 5pm 17th September): featuring artworks from various artists including Lotus Art Group on display at Brisbane City Hall.
Tuesday 26th September (Educational Session)	Handling Chaotic Emotions: Learn about: the Emotional Brain, the effects of overload from accumulated events and emotional settling techniques.
BOOK YOUR PLACE (Bookings Essential)	For all events and activities listed please book in with Michelle at Lotus Place on (07) 3347 8500, for planning purposes and in case of any changes. (if you are interested but cannot attend this time please also let us know so we can let you know next time that activity is on).

Weekly Activities Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Bingo 1.30pm – 3.30pm (monthly)</p> <p>*Animal Engagement 1.30pm – 3.30pm</p> <p>Lotus Place Closed at 3.00pm</p>	<p>Lotus Place Peer Lunch Guest Speakers, Info Sessions & Activities 10.30am – 3pm</p> <p>*Music Appreciation 11.30pm – 1.30pm</p> <p>*Darts 1.30pm – 3.30pm</p> <p>*Open Mic 6.00pm (Monthly)</p> <p>*Community Meal 6.00pm (Monthly)</p>	<p>*Fishing 9:30am – 3.30pm</p> <p>Lotus Place Opens at 12 noon</p> <p>*Café Trivia 12.00pm – 1.00pm (fortnightly)</p>	<p>*Campbell's Club 9.30am – 11.30am</p> <p>Lotus Place Art Group 1pm – 3pm</p> <p>*Exhibition Opening 5.30pm – 7.30 pm (Monthly)</p>	<p>*Art at West End Community House 9.30am – 11.30am</p> <p>Lotus Place Get together for different Homes 12pm – 2pm (Monthly)</p> <p>*Music Rehearsal 1.30pm – 3.30pm</p>

**part of the Hive Activities Program—please speak to Lotus Place staff if interested*