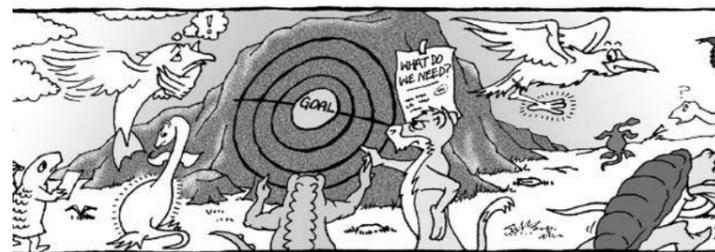


Lotus Place Annual Space/Activities Planning Day, 2nd February

Do you want to have input into what happens in your Lotus community space this year? As part of our annual program planning Lotus Place is holding an **Activities Planning Day on Tuesday 2nd February, 2016 at 9am**. Come along, put your ideas forward and help shape the Lotus Place activities program. All Forgotten Australians and Former Child Migrants in the Brisbane area are invited. On Tuesday 2nd February we will be open for the



planning day, our usual peer lunch will not be on that day although lunch will be provided. RSVP on or before 26th January for catering purposes.

Royal Commission Update - January 2016

The Royal Commission into Institutional Responses to Child Sexual Abuse is still running. It is due to finish December 2017.

People wishing to make personal submissions to the Royal Commission or wanting information regarding it's processes, can contact Lotus Place on 33478500 or the Royal Commission directly on 1800 099 340.

As of January 2016, the Royal Commission had received 27,985 phone calls and 15,384 emails and letters. It has conducted 4,645 private sessions and 905 cases have been referred to the authorities.

On 31st of August 2015 the Commission delivered its final recommendations on Redress and Civil litigation to the Governor General.

The final report on redress and civil litigation was released on 14 September 2015. This report is available for download from the Royal Commission website (<http://www.childabuseroyalcommission.gov.au/>)

Remember, if you experienced or witnessed child sexual abuse the staff at Lotus Place can assist you to make a submission to the Commission

Knowmore is an independent service giving free legal advice to people who are considering participating in the Royal Commission into Institutional Responses to Child Sexual Abuse. To assist people in making contact with Knowmore, they will be at Lotus Place on the first Tuesday of each month starting in February. People can make an appointment on this day by contacting Lotus Place.

Lotus Place - Gold Coast

The Gold Coast Group has now been going strong for 18 months. They meet 10am at the Southport Community Centre every Tuesday, recommencing 9th February. The group gather together weekly for mutual support and encouragement from each other, and are provided access to support and advocacy services. We are hoping for more of you who live on the coast to come and join us. Though, we are aware that for some, it can be quite challenging (for a number of reasons) to attend so if you are interested in attending and need some support to do so please call Maryla to talk about how we can reduce these barriers for you.

Lotus Place Weekly Activities**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>*HIVE Gardening 9.30am Jane Street Community Garden</p> <p>Peer Lunch Guest Speakers & Activities</p>	<p>Closed until 12noon</p>	<p>Mindful Movement 9:30 – 10:30am</p>	
<p>Closed at 3pm</p>	<p>HIVE Music Group 12.30pm – 3pm Croquet Club</p>	<p>*HIVE Fishing 9:45am – 3pm (fortnightly)</p>	<p>Art Collective 1pm – 3pm</p>	<p>Get together for different Homes (1st Friday of each Month)</p>

*The HIVE also offer a program of activities including Gardening, Darts, Fishing, Music Groups & Swimming.

Those interested in attending any activities please contact Lotus Place.

**Changes to weekly activities to be expected after Annual Space/Activities Planning Day



Lotus Place has Moved to Stones Corner!

Lotus Place's new premises at Stones Corner opened its doors on 21st December.

The space has been fully refurbished and customised for Lotus Place. As you walk in on the ground floor there is a small lobby and sitting area to your left. The staircase ahead will take you into the main space and reception area. Don't worry, there is a lift for people that have difficulty with stairs. Once upstairs you will see the room is light, airy and spacious. There are tables and chairs for dining and general use, lounge area, computer area, art room and amenities. We have a brand new and well laid out kitchen. Also located upstairs are two counselling/quiet rooms, office space and the boardroom.

Lotus Place is located right in the heart of Stones Corner. Nearby you will find numerous shops and services including the Stones Corner City Council Library, Aldi supermarket, the Post Office, Centrelink, a number of major banks, op-shops, discount stores, a handful of clothes shops, cafes, and restaurants and there is also a park down the road.



It is easy to get to with trains, buses and plenty of parking for those who drive.

When members of the Lotus community were asked what they liked most about the new space these were some of the responses:

"It's a breath of fresh air."

"The new location is pretty handy, there are a lot of shops and cafes nearby"

"Smells nice."

"Everything is nice and tidy."

"Art room is fantastic"

"Love the area, Stones Corner is cool"

"There are undercover out door areas, if you are outside and it's raining you don't get wet."

"It has an elevator!"

"I like the way the building is presented inside."

"Best place yet"

"Plenty of parking."

"It is clean and new."

"I like the kitchen."

"This place is exceptional."

So come on in and check it out for yourself. If you need any help finding out how to get here please give us a call. (ph 33478500)

Lotus Place

ADVOCACY JUSTICE COMMUNITY

46 Cleveland Street, Stones Corner Q 4120 | PO Box 3449, South Brisbane Q 4101

Ph 07 3347 8500 or Find & Connect 1800 16 11 09 | Fax 07 3347 8590 | ABN 76 409 721 192

lotus@micahprojects.org.au | www.lotusplace.org.au | www.micahprojects.org.au



Transport to the New Lotus Place

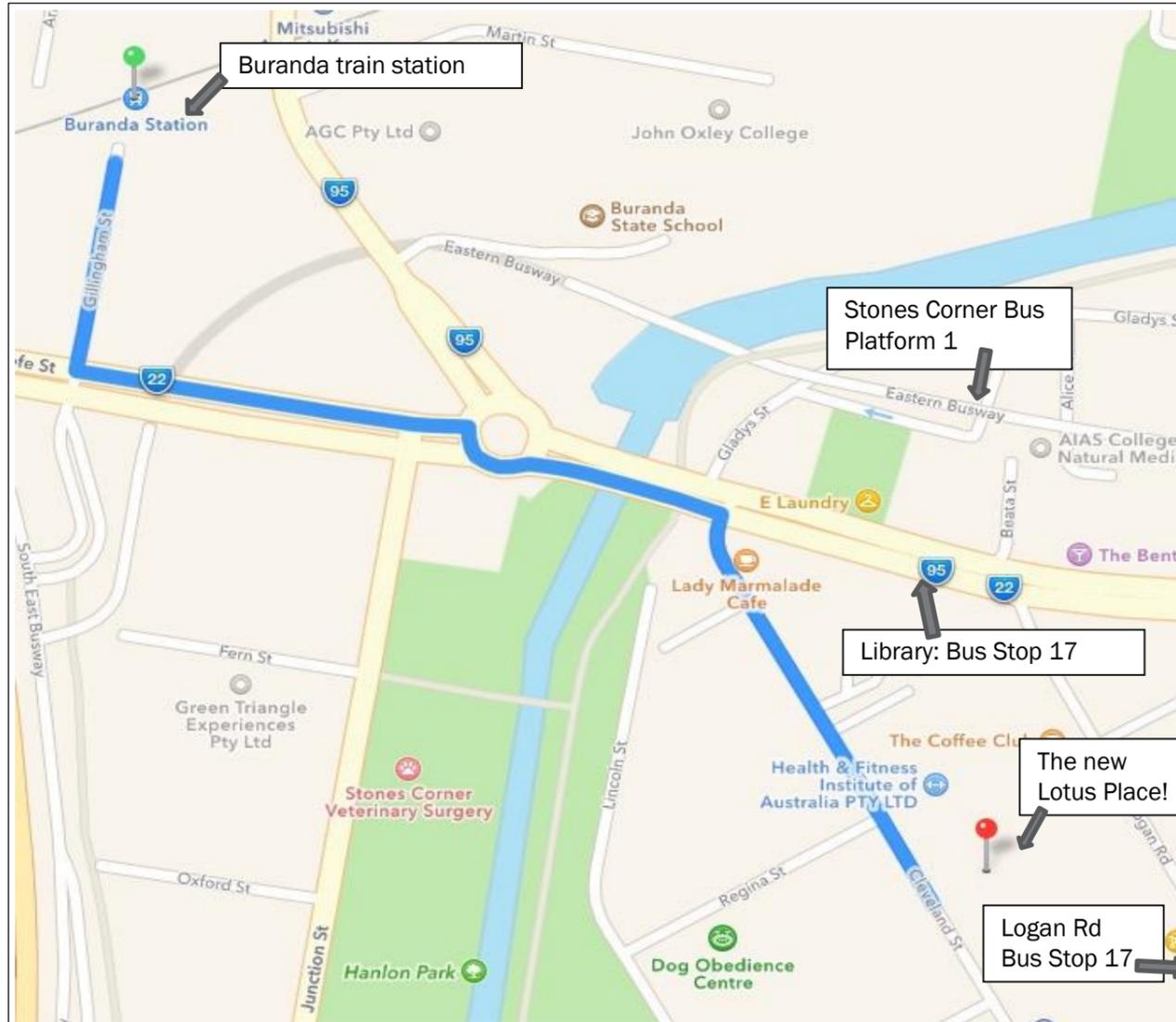
The new Lotus Place is located at 46 Cleveland Street, Stones Corner (Greenslopes).

By train: The nearest station is Buranda which is on the Cleveland line and an 8 minute walk from Lotus Place. Trains run regularly to Central, Roma St & South Brisbane.

By bus: The nearest stops are:

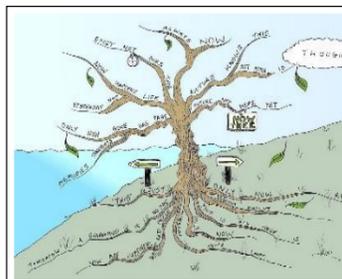
- Logan Rd at Stones Corner shops, Stop 17: Bus numbers: 174 & 175
- Old Cleveland Rd (Stones Corner Library) Stop 17: Bus numbers: 174, 175, 203, 204
- Stones Corner, platform 1: Bus numbers: 61, 209, 222, 250

By car: On-site parking available



Mindful Movement

Mindful Movement involves connecting with our breath and our body. The body can hold memories of events and experiences that may cause distress. Mindful Movement teaches us to develop trust and safety in our body through the process of offering choice. Mindful Movement is a therapeutic practice that is supported by a strong evidence base. It was originally developed at the Trauma Centre in Boston to assist people in working through old pain and memories without having to use talk therapy. You are welcome to join us at **Lotus Place, Thursday mornings from 9.30 to 10.30** and if you would like, there are individual sessions available. You can ask for more information from Lotus Place staff or Fiona. (phone 33478500).



We Said Our Goodbyes to Peel Street

On Tuesday 8th December over forty members of the Lotus community gathered together at 56 Peel Street (Lotus Place) for our final Tuesday Lunch get together there. The place was buzzing. People shared their memories and told stories of their time at Lotus Place in Peel Street. They talked about the activities and projects they have been involved in and their individual and group achievements. There were funny stories, happy memories, sadness and excitement. Thoughts about people we have lost and the friendship and support of the community.

The common thread running through what people were saying that day was: 'Lotus place is not so much the place but the people'. It is a diverse group of people with common lived experiences walking together, learning,



laughing, or crying. It's about people being together when they can through the good times and the hard times. It's a community and for some people it's their family. It is understandable that we do get familiar and attached to a particular location so there was a mix of nerves and excitement about the change. The sentiment of the day was that Lotus people will continue to be there for each other no matter where our shared building is.

In their conversations and sharing people were positive and in general are looking to the future with the spirit of adventure. Discovering a new place, solving and ironing out problems together, making new memories.

Moving to Stones Corner represents another chapter in the life of the Lotus Place community. Although it is a big change that will take some getting use to, it is also an adventure and an exciting opportunity.

