

Lotus Place Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Animal Engagement 1.30 – 3.30pm</p> <p>Lotus Place Closed at 3pm</p>	<p>Peer Lunch Information Sessions/ Guest Speakers & Activities</p> <p>*Music Jam 1.30 – 3.30pm</p> <p>*Darts 1.30 – 3.30pm</p> <p>*Jane Street Community Garden 1.30 – 3.30pm</p>	<p>*Fishing 9:30am – 3.30pm</p> <p>Lotus Place Closed until 12noon</p> <p>*Culture Club 1.30pm – 3.30pm (Monthly)</p>	<p>Lotus Place Mindful Movement 9:30 – 10:30am</p> <p>Lotus Place Computer help Session 11am–12.30pm</p> <p>Lotus Place Art Group 1pm – 3pm</p> <p>*Swimming 1.30pm – 3.30pm</p>	<p>*The Hive Pool Club 10am– 12pm</p> <p>Lotus Place Get together for different Homes 12pm – 2pm (1st Friday of each Month)</p>

*The HIVE offer a program of activities please contact Lotus Place if you are interested in attending any activities listed.

Up and Coming Activities & Event

Day Time Date	Detail
Mondays 10am 25 July – 22 Aug	Creative Writing Group: this group offers guidance in creative writing to help inspire your imagination and build your creative muscles.
Friday 12pm 5 August	St Vincent's Nudgee past residents get together lunch.
Tuesday 10am 16 August	Senior Week Luncheon: celebrating what's great about the later years with activities such as playing music from the past, dancing and board games.
Friday 12pm 26 th August	Moonlight Magic Dinner Dance
Tuesday 11am 30 th August	Bollywood Dancing Demonstration and introductory session to find out for yourself what it's all about.
Before 30 August	Call Out for Performers for the Songs of Justice Concert: Please let us know if you are interested in performing in this year's concert.
Wednesday 31 st August	Craft Market Stall: We are calling for hand-made items for the Market Stall to be sold on consignment with 10% commission. Deliver items by 23rd August.
Tuesday 2pm 6 September	Peer get together Memorial at Lotus Place to remember and honour Forgotten Australians who have passed away.
Wednesday 10am 7 September	Remembrance Day Ceremony at the Gallery of Modern Art South Brisbane, on the Roof Terrace as part of the Queensland Child Protection Week.
Wednesdays 1pm 14 Sept – 19 Oct	Drama Theatre/Performance Group is back as part of the lead up to Songs of Justice Concert -Encouraging Expression, Collaboration and Fun! Come and Play Your Part! (followed by 3 rehearsals also on Wednesdays)
Thursdays 1pm 15 September	Community Outing: "Inside Outside" the annual Art From The Margin Brisbane Festival Exhibition at City Hall, showing group & individual art works by members of Lotus Place community.
Fridays 10am 16 Sept – 22 Oct	Bollywood Dance Workshop Get into the Bollywood groove, wear your Bollywood bling's, shake a leg or two and feel alive! With the opportunity to do a grand performance for our upcoming concert.
Tuesday 11am 20 September	Guest Speaker: Geoff Cameron from the Public Trustee on Will Making, Enduring Powers of Attorney, Estate Administration, Trust Administration.
Friday 6pm 18 November	2016 Songs of Justice Concert for the 7 th Anniversary of the National Apology
Bookings and Expressions of Interest	For all events and activities listed please book in with Michelle at Lotus Place (07) 33478500 in case there are any changes or numbers are limited and for catering and materials. (see website for more information www.Loutspplace.org.au)



Peace Leadership Training

"I enjoyed every single part of it..."

Peace Leadership is a unique training program run by Alternative to Violence Project Queensland (AVP) volunteers who are encouraging, knowledgeable and supportive. The training is designed to help people build confidence and develop practical strategies to get on better with others at home or in their communities. The Peace Leadership Training is underpinned by the AVP Philosophy described in the banner below and the following Guidelines:

1. Look for and affirm the good in self and others.
2. No put downs of self or others.
3. Listen to each other: avoid interrupting or speaking too often or for too long.
4. Volunteer self only.
5. Observe confidentiality.
6. We have the right to pass.
7. Respect personal space - other's and your own.
8. Respect the process.

Some of the participants were invited to reflect on their experience in response to the following questions:

What did you enjoy most about PLT? What is something you learned about yourself or others? How do you think this training has benefited you?



Pictured with certificates: Valerie, Katie, Melody, Marlene, Gloria, Melissa, Lucy, Helen, Penny

"I enjoyed every single part of it, what I enjoyed most of all was the positive support of everyone involved especially the facilitators and the activities – learning all about the positive against negativity. It seems that other people can see something in me that I don't see in myself or don't realise or think about. It's sort of made me more aware of the power and the positive stuff that I can use from within myself. Since doing the Peace Leadership Training I don't feel as intimidated. I'm not going to let anyone intimidate me anymore." Glorious

"Mostly just learning new things, new ways of dealing with difficult situations and being with a group of people in an environment where we can all learn from each other and help each other. One of the most amazing things I learnt: someone I had a certain dislike for before the group started, over the weeks I got to know her a little bit better and realised she's not the person I took her for in the first place. About myself, I learnt I still have a long way to go, even though I try not to let things upset me I still do. Every now and again and lose my cool, I am trying to work on that. Doing this training has given me different techniques to utilise when I feel myself

getting into situations maybe previously I would not have been able to handle so well – I have become more confident. I can be quick tempered but through this I have learnt to take a step back and (I actually do) count to 10 and take a deep breath before I open my mouth" Powerful

"Throughout the training I have been learning about myself... about being more confident and listening. I am getting better at communicating using more 'Green' signals and being aware of 'Red' signals that can make things worse. I have been able to listen more, to be more understanding, feel confidence and hopeful" Musical



Pictured at the graduation lunch: Peter, Katie, Valerie, Marlene, Monica, Gloria, Melody, Duncan, Sherryl



Lotus Place

ADVOCACY JUSTICE COMMUNITY

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Finding out about Mindful Movement with Fiona Stevens

"I have been doing lots of things for everyone else, not taking time for myself, I noticed in this session today more about my body and what I am needing...."

"I have lots of thoughts going around and around in my head. When I kept focusing on my breathing that was all I thought about..." (Participant's comments)

At Lotus Place on May 24th, thirteen people joined Fiona Stevens' Information Session on Mindful Movement. Finishing with a short demonstration. Everyone seemed to walk out of the session more relaxed and calm with a bit more understanding of what's happening in the brain. During the session Fiona talked about what Mindful Movement is, how it works, and explained the research and evidence on how it can be a beneficial way of dealing with stress and distress.

Afterwards we interviewed Fiona:
How did you get into doing this work?

I have a background in counselling and human services - I am an accredited Mental Health Social Worker, I have worked with people in the areas of drugs, alcohol and mental health. It was my research via yoga therapy training when I wrote a paper on PTSD that I discovered this approach, 'trauma sensitive yoga'. I then travelled to America to learn more about the program and complete the training which was designed specifically for clients at the trauma centre in Boston. (Collaboration of psychiatrist Dr Bessel van der Kolk, and yoga practitioner David Emerson),

Who could benefit from this program?

Most people can benefit from participating.... It's about inviting people to notice what is happening in their body. Most people over think things at times, getting stuck on things in the past and or focusing too much on things that haven't happened, (the

future) - causing either stress or distress.

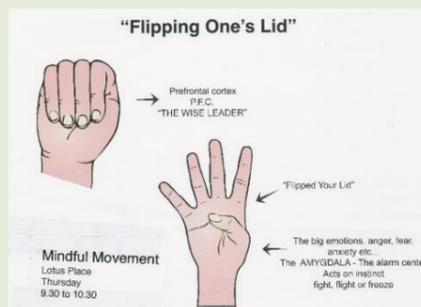
What changes have you witnessed in the people participating?

I have witnessed people self-regulating, becoming quite calm and relaxed – from just one session. Over time I have witnessed people being able to recognise when they are becoming distressed, being able to manage better, noticing when anxiety is starting or a panic attack is starting – self sooth and go to sleep more calmly – and have a good night sleep.

Can you explain a bit of the science behind this?

What we are doing is engaging the parasympathetic nervous system which is our rest & digest response. A lot of the time when we have had stress or distress in our life our sympathetic nervous system can work in over drive, in our fight, flight or freeze response we are quick to react, quick to distress or quick to become overwhelmed. The part of the brain that helps us to stay regulated is overwhelmed, the part of the brain that goes into fight or flight mode, which is why we may have long term health issues, we're not eating properly or digesting our food, we don't sleep as well and we may have other long health effects to the system being in over drive and eventually it can't keep doing this.

How does the hand model help people?



The hand model, developed by Dr Dan Siegel, explains how the different parts of the brain react when we are stressed and when we are calm. It's a great demonstration of how the brain actually reacts under stress or distress. That can be from something that happened right now or something that happened a long time ago because our body holds memories. Something can happen today (or someone can say something) which could trigger something from a long time ago. The hand model demonstrates how we can flip (or lose our cool) and react from that fight flight response.

What the hand model shows us is how our brain actually works when we are calm or distressed so by knowing how that process happens we can start to manage that in a way that does not cause further distress or ruptures in our relationships.

Mindful Movement is on at Lotus Place every Thursday from 9.30am to 10.30am. If you are interested please talk to Lotus Place staff.

Gympie Meet-up Group

On the 2nd Tuesday of every month there is a meet up group at Gympie. If you are interested in joining in please contact Lotus Place.

On July 11th there were nine attendees. We had a Xmas in July theme focusing on "what we wished for ourselves" - many spoke of reconciling with adult children & improved health.



Budgeting with Wendy Moore

At the annual planning day in February this year people suggested we have regular guest speakers at Lotus Place. Budgeting was one topic suggested. In June, Wendy Moore volunteered her time and provided an information session on 'Budgeting and keeping track of your money'. Those who attended said it was very helpful. She said "most people don't really know where their money goes or exactly how much they earn"... "Unless you are lucky enough to be a billionaire you probably need to pay attention to what you are spending". Once you know, then you can take action. There are numerous ways you can cut costs and make choices no matter how much you earn. Avoid traps like expensive mobile plans, credit cards, bank fees and takeaways. Shop around. Wendy showed images of meals for 25c you can make at home. She said "A very simple rule of thumb is don't spend more than you earn- it doesn't matter where you're at in your life stage, or how well-off you are, keeping a track of your money is the most important thing you need to do".

Doing a budget helps you get off the treadmill of living from one pay packet or payment to the next.

The best way to do a budget is to have a go yourself. If you can, get help from a trusted friend who is good with money. To get your finances under control you need to be completely honest with yourself about how much you are actually spending. Start by writing down what you earn and everything you spend it on. Then you can sort out your money priorities and find the right balance between spending and saving.



Setting a savings goal for yourself is exciting.

Having a budget can enable you pay off a credit card or loan, plan better for when your big bills are due, and save up for a holiday or big purchase or for whatever your goals are. Setting a savings goal for yourself is exciting. Your goal could be as simple as putting some money aside for emergencies or you may want to save for a home deposit, car, holiday or a wedding. Whatever your circumstances, once you start a regular savings plan you may surprise yourself with how much you can achieve once you put your mind to it.

If you are in financial difficulty there is help out there. If you're having trouble paying a water, phone, gas or electricity bill, contact your utility provider. If you receive a Centrelink payment ask about Centrepay for direct bill-paying service. There are also programs that can help you make ends meet such as: StepUP & NILS loans, AddsUP matched saving plan and Saver Plus program. Along with financial counselling and problem gambling support. Contact your local community centre to find out what is available in your area.

For more information on budgeting online:
<https://www.moneysmart.gov.au/managing-your-money/budgeting>

What would you like to see in the Lilypad? Your feedback and ideas are welcome!

Lotus Place - Gold Coast

The Gold Coast Group (aka the Tree of Life) meets at the Southport Community Centre every Tuesday at 10am. The group celebrated its second Birthday on Tuesday 14 June, with a BBQ in the Broadwater Parklands. The early morning had the Coast surrounded in dark clouds and it had been raining through the night. It was overcast and gloomy but we went ahead with it anyway. In the end, the day warmed up and the clouds moved on. We had a tasty and filling BBQ – beef hamburgers, chicken patties and snags – lots of BBQ and tomato sauce – what more would you want? We had some individual desserts with "Happy Birthday" being spelt out in candles (though, we only lit one as it was still breezy). Singing "Happy Birthday to Us!" was a great way to end a fun day outside. We hope to have another BBQ before the end of the year and before it gets too hot.

On Wednesday 3 August, the Gold Coast Homeless Connect will be on at the Metricon Stadium in Carrara. In its ninth year, Homeless Connect "is an event that brings together service providers from the government and community sector to create a "one-stop" shop event and provide homeless people with a day that includes recreation, entertainment, personal care (showers, haircuts, healthcare) and access to a range of support services.



There is also a donation area where people can access clothing, food, footwear and toiletries as well as a scrumptious breakfast, morning tea and lunch" (extracted from the Gold Coast Homeless Connect Facebook page). Lotus Place will have a service provider's stand. If you are attending, please pop up to see us! (Picture above: Bobby, Steve, Terrenca, Maryla Karen, Pam, Paul, Marcia, Patricia, Molly, Theresa)

Craft Groups at Lotus Place - Card Making, Leather Craft, Beaded Jewellery



Fun with Beads, Beads, Beads....!

As part of the regular craft program at Lotus Place, in May and June, people had the opportunity to make beaded jewellery (necklaces, bracelets and earrings). Participants were taught techniques, and developed skills in beaded jewellery making. People were shown how to design, plan, and assemble their own pieces. First everyone became familiar with the tools and materials needed, such as: plyers, tiger-tail wire, crimps, d-rings, clasps and a variety of beads. Fortunately for us, last year, a big bag of beaded jewellery was donated to Lotus Place for us to break up and use for this very purpose. So Lotus Place now has a fantastic collection of beads that has inspired amazing beaded creations. Over the weeks people learnt about a variety of techniques and tricks for assembling the beads, first being shown and then experimenting, trying out different ideas for themselves and practicing techniques. Playing with colours, shapes, textures and of course making mistakes along the way and trying again. Making beaded Jewellery does require a bit of patience, and courage to be creative not knowing how it will turn out, and overcoming the fear of not doing it right and playing. Helping each other. Having fun. Making gifts for friends; things for the market and something to keep.

2016 Songs of Justice Concert

For the 7th anniversary of the National Apology, Lotus Place is putting on another concert. For the past two years the Songs of Justice celebration concert has brought a myriad of talented performers, community members, family and friends to celebrate a night together.

On both occasions the Auditorium had a lively atmosphere throughout the night. People seemed to really be enjoying themselves whether they were on stage performing or in the audience. It was a night full of music, fun, tears, joy and dancing.

Comments made by people:

"It was great to see how much people have grown as performers from last year...their confidence has increased".

"The night was fantastic and I enjoyed it all!"

"I thought the performances were great and everyone who was there seemed to be enjoying themselves".

"A celebration is about coming together and having fun".

If you are a performer it's time to think about your act for this year's National Apology Anniversary Concert to be held on Friday evening 18th November at The Edge Auditorium, State Library Queensland.

There are numerous ways you can be involved: This includes Bollywood group, drama group, WOVB choir or soloists or duos. The line-up will be locked in mid-September so get in touch by the end of August if you want to take part.

Get into the Bollywood groove, wear your Bollywood bling's, shake a leg or two and feel alive! Namaste! My name is Panchali, starting Friday 16th September I will be facilitating the Bollywood dance workshops for 6 weeks at Lotus Place and if everyone's keen and up for it, who knows we might just end up doing a grand performance for our upcoming concert in November. So nothing to lose, just come in for our introductory session on Tuesday 30th August and find out for yourself!



Empower Arts is a peer run group, Forgotten Australians empowering and supporting Forgotten Australians. The group meets regularly at Lotus Place. Their current projects include: the 2017 calendar project featuring artwork by Forgotten Australians and the memorial board. If you would like to find out more or be involved **please contact Colleen via Lotus Place.**



Seniors Week is from 13th August through to the 21st August 2016. Lotus place has some exciting activities designed for this week we hope you enjoy participating in them. Please ensure you join us for a fun week and ask staff for a copy of our schedule. The creative writing group will be writing something especially on the theme celebrating the golden years and the Lotus Art Group will be working on a collaborative painting which will be presented on Tuesday the 16th August during the weekly get together. We are having a luncheon on Tuesday 16th at Lotus Place celebrating what's great about the later years with activities such as playing music from the past, dancing and board games. Caroline has organised a trip to the local library at Stones Corner in the morning for anyone wanting to come along.

Leather Craft Projects



"I enjoyed the feel of working with leather and the unfolding images that came to mind as I imagined what I could make from each piece that inspired me."

During our leather craft workshops we usually focus on specific projects. Belts, clutch purses, book covers, jewellery, key rings, wrist bands and more. Along the way people learn about leather stitching, embossing, punching, and dyeing and become familiar with the tools and equipment used to create their item. Picking up some tips and tricks along the way. Plus there is always room for creativity and design.

Card Making

One of the craft activities on offer at Lotus Place is hand painted cards. Using water colours and water colour card people are shown various techniques for producing beautiful original cards that they can gift to friends or sell at the up and coming market stall.



Lotus Place Craft Market Stall

At the Kiosk, Boundary St, West End. Wednesday 31st August 10am-2pm,

Leather craft, beaded jewellery, small paintings, knitted woollies, plants and various hand made things. It's an opportunity for people to showcase and sell their creations and a great learning experience that builds confidence and self-esteem. At the same time raising awareness for Forgotten Australians.



I would like to thank you for continuing to support the services. at Lotus place, the staff have been very supportive and helpful to me and my family over the past few years especially in times of need. My family and myself appreciate help and support offered by all these people. please continue your support of these services and staff in the future.

yours sincerely,
Larry Lamb

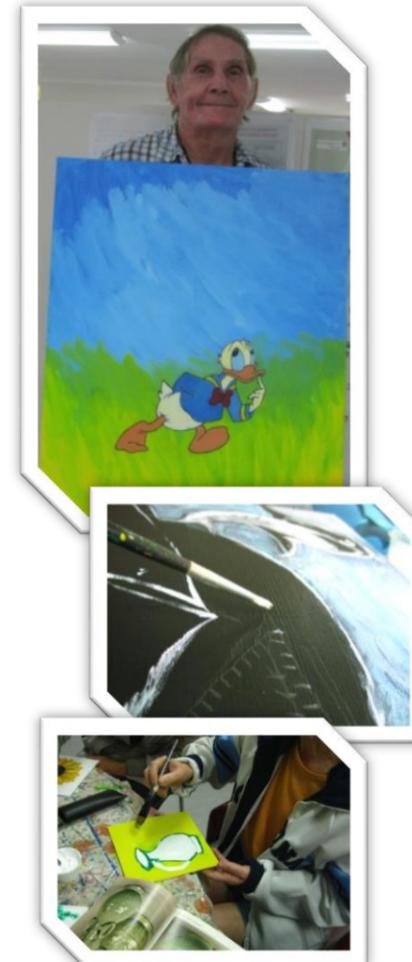
Congratulations Brian



Griffith Australia Day Award

Earlier this year Brian Laing was presented with this award in recognition of significant voluntary contribution to the community in the Federal Electorate of Griffith and thanked for his tireless commitment. Brian is currently the President of the Cannon Hill and District Vietnam Veterans RSL Sub-Branch and has been volunteering in various capacities for 40 years. Brian is a sincere person with a big heart and a pivotal member of the sub-branch, he continues to devote his time in support of members and their families.

Exhibition & Art Group



Brisbane Festival and Wesley Mission present

ART FROM THE MARGINS

15 - 18 SEP

Brisbane City Hall - Sandgate Room & Sherwood Room

This is a must-see exhibition of inspiring artworks by artists living with disadvantage or experiencing social isolation – including artists living with mental health issues, physical or intellectual disabilities, and homelessness.

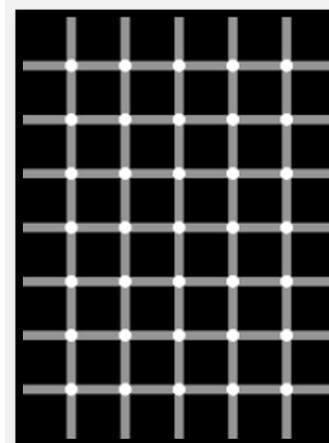
Art from the Margins showcases worlds that are sometimes impossible to talk about – spaces beyond the canvas.

Take a visual journey into realities where things are different – where colours do unusual things and where spaces aren't what we expect them to be.

The 2016 Lotus Art Project 'A Glimpse' will be featured and members of the Lotus community have individual work showcased in this exhibition.

2016 Lotus Art Project 'A Glimpse'

People have been working on the Lotus Art Project for this year's AFTM Exhibition over the past couple of months. The theme that emerged in the conversations, is perception. People created a huge box with peep holes that encapsulates the concept. A glimpse: you can't really tell what is going on the inside by what you see on the outside. And when you look (at someone or something) your first impression isn't always complete or correct and there may be another point of view or another way to see or look at what is in front of you.



Can you see black and white dots?

