

Lotus Place Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Brissy Terra Roamers Outdoor Adventure 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 3.30 – 5.30pm</p>	<p>*Fishing 9:30am – 3.30pm</p> <p>Lotus Place Closed until 12noon</p>	<p>Lotus Place Mindful Movement 9:30 – 10:30am</p> <p>Lotus Place Computer help Session 10.30am–12.30pm</p> <p>Lotus Place Art Group 1pm – 3pm</p> <p>*Swimming 1.30pm – 3.30pm</p>	<p>Lotus Place Get together for different Homes 12pm – 2pm (1st Friday of each Month)</p> <p>*Culture Club 1.30pm – 3.30pm</p>

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

Those interested in attending any activities listed please contact Lotus Place.

Up and Coming Lotus Place Activities & Event

Friday 12pm 1 st April	Wolsten Park past residents get together lunch. This opportunity to catch up and have lunch with other people who spent time in the same home.
Monday 10.30am 11 th April	Community Outing: Day trip picnic on Sandgate's foreshore, 10.30am across from 'Doug's seafood café. (A meeting point is 10.20am at Sandgate station) Please RSVP.
Tuesday 1.30pm 12 th April	Pamper & Self Care: Face mask and invigorating face massage, learn tips for money saving skin care from your pantry.
Wednesdays 1pm 6 th –20 th April	Leather Craft Project: make your very own belt from raw leather – learn about leather punching, stitching, stamping/ embossing, and dyeing. And the tools and equipment used to create the item, and tips and tricks along the way.
Tuesdays 19 th April - 3 rd May	A series of half-hour Communication Appetizers: Put your Best Word forward! Topics such as: expressing opinions, listening respectfully, engaging with others.
Tuesday 11am 26 th April	Guest Speaker: Julie from Metro Health providing information about Advance Care Plan for yourself or family members.
Friday 12pm 6 th May	Silky Oaks past residents get together lunch.
Tuesday 1.30pm 10 th May	Pamper & Self Care: Time to thank your hard working feet. Soak, scrub and massage your feet and finish with a colour polish.
Wednesday 1pm 18 th May	Peace Leadership Taster - opportunity for those considering attending to find out more about the Peace Leadership Training.
Thursday 1pm 19 th May	Community Outing: to see the annual MIFQ Art Exhibition at King George Square, the exhibition includes works by 13 members of Lotus Place Art Group.
Wednesdays 12pm 25 th May - 29 th June	Peace Leadership Training (6 weekly sessions) encourages confidence and practical strategies to help people get on better with others at home or in their communities.
Mondays 10am 23 rd May - 6 th June	Jewellery Making Project: make a beaded necklace and bracelet – learn jewellery making skills and techniques, and how to design, plan and assemble your own piece.
Please note:	On all events and activities please book in with Michelle at Lotus Place, in case there are any changes, catering or if in some cases Numbers limited.

Getting to Lotus Place in Stones Corner



Now located at 46 Cleveland Street, Stones Corner (Greenslopes)

You can get there by train, bus or car:

The nearest train station is Buranda which is on the Cleveland line and an 8 minute walk from Lotus Place. The nearest bus 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. On-site parking available at Lotus Place.



SOUTHERN QUEENSLAND
ISSUE SIX MARCH 2016

Tuesday Get Togethers

Every Tuesday people are invited to come along, share a meal and connect with other people in the Brisbane Lotus Community with the common lived experience of spending time in 'institutional care' as children. This year we have been having discussions with people in the space about what the Tuesday get together means to them. This is what some people had to say:

'...we get together as peers and socialise, have a sense of community, general discussions and try to support each other. A lot of people who have been through what we have been through tend to live isolated lives. Tuesdays gives them a sense of belonging to Lotus by sharing a meal and just being here contributing and getting support & understanding from their peers. People who haven't been through what we've been through can't fully understand the reality of it'.

'I think Tuesdays provides comradery and fellowship, letting each other know there is hands and smiles out there and that they're not alone. If we look hard enough, and we don't have to look too hard, we can find someone that needs your smile. Some of us went without this stuff for years. I like the joy that is here. Even people who are so troubled seem to find a spark of joy. The chance step out and upwards is of benefit. Often people get more from the Lotus Community and the staff than their own families. It is an Inspiration, I see people bonding with the group'.

'We come together for a meal. Feels like a family get together, I get to catch up with people you may not see any other time. If you need some help on personal issues you know staff will be there on that day. I look forward to tasting other peoples cooking. At the end people help clean up. Some of the best conversations you have are over the kitchen sink while cleaning up after the meal & that's a good thing, feels like you can say whatever you want.'

Some people's responses to "What do you like most about the Tuesday get together" are pictured on pink post it notes.

On Tuesdays, each week in the month something different happens:

0 1st week: Workers who can assist with the Royal Commission and Knowmore are in the space, Knowmore are an independent service giving free legal advice to people who are considering participating in the Royal Commission (people can make an appointment);

0 2nd week: Pamper and self-care session;

0 3rd week: Musicians in the space;

0 4th week: Guest speaker/ Info sessions;

0 5th week: In-house movie screening. Each week along with short Mindfulness Meditation sessions, there will be Communication Appetizer sessions called 'Put your Best Word forward!', demonstrations sessions for up and coming workshops and much more.



Cooking Helper...



At the moment Wendy, one of our Volunteers, is taking the lead in the kitchen until we finalise our food licence. A food preparation assistant or trainee is needed weekly to support Wendy in the Kitchen in order to provide lunch on the premises.

Lyn was Wendy's first 'Kitchen Helper'. On the day Lyn was under a lot of stress because of some personal issues but she felt helping out during the lunch really helped her process these.

Lyn and Wendy went shopping together and then prepared lunch. During the day Lyn was shown food hygiene practices and preparation methods which included portioning and food presentation, which is an art in itself. Lyn says the experience was very good and helped her to relax to some extent and distracted her from the problem she was going through. She found it very rewarding and would like to put in her name down as a kitchen helper again in the future.



Lotus Place

ADVOCACY JUSTICE COMMUNITY

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

Lotus Place - Gold Coast

After a big break for Christmas, the Gold Coast Group started meeting again on Tuesday 9 February 2016. Close to forty people attend the 2015 Gold Coast Christmas lunch at the local RSL, a great time was had by all. We are always keen to

see new faces, so if you live on the Coast and haven't yet come along, please feel welcome to join us. The group meets at the Southport Community Centre every Tuesday at 10am. Please make note that we will not be open on Tuesday 5 April 2016.



Peace Leadership Training

Weekly from 25th May to 29th June, 12pm - 3.30pm (Wednesdays)

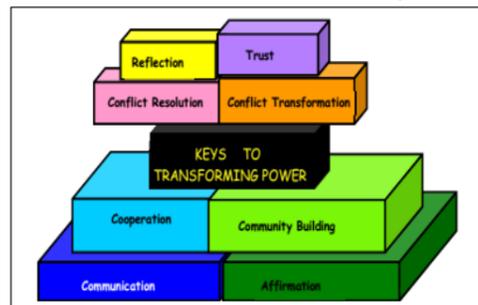
Peace Leadership Training is being offered again this year after last year's success. Presented by Alternatives to Violence Project Inc. Queensland (AVPQ). This six weeks program encourages confidence and practical strategies for dealing with conflict in our homes, workplaces or communities, 'so that we can get on better with others'. It builds a sense of community and trust through exercises focusing on:

- o Affirmation: Building self-esteem and trust.
- o Communication: Improving both listening skills and assertive methods of expression.
- o Cooperation: Developing cooperative attitudes that avoid competitive conflicts.
- o Creative Conflict Resolution: Getting in touch with the inner Transforming Power to resolve violence.

AVPQ offer group workshops to promote team-building, and develop attitudes that build trust and avoid competitive conflict, programs where individuals and groups can gain a fresh approach to conflict resolution. The fundamental belief of AVP is that there is a power for peace and good in everyone, and that this power has the ability to transform violence. AVP builds on a foundation of respecting and caring for self and others.

The people participating in last year's training enjoyed themselves and as a group became more respectful of each other, applying the strategies they were learning.

Some comments from participants were "This course has given me knowledge and experience I can use both in my work and daily life". "Great experience, can feel the change and definitely would be valuable in day to day scenarios." "I felt more confident",



Peace Leadership Training commences Wednesdays 25th May for 6 sessions until 29th June (12 to 3.30pm). Those interested are asked to commit to all six weekly sessions of the course. If you are interested in participating please contact Katie at Lotus Place as soon as possible to talk about what is involved as numbers are limited and places fill up fast. A Taster session will be offered on Wednesday 18th May, as an opportunity for those considering attending to find out more about the Training.

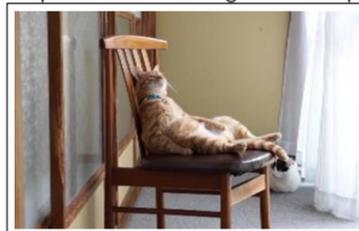
Pictured above: Jude, Michele, Panchali, Pierre, Juliet, Lana at last year's training .

Peer Social Club: Proposed Meeting at the Southbank Cinema Saturday 16th April at 12pm for a 1pm movie of your choice, with plans to do this monthly on the third Saturday of Month if there is enough interest. Contact Peter via Lotus Place if attending.

Call out for people to give creative input into this year's Lotus Art Project which will be starting in May. Also, Performers let us know if you are thinking about being involved in the end of year Songs of Justice concert. Contact Katie at Lotus if interested.

Mindful Movement with Fiona Stevens Lotus Place, Every Thursday morning from 9.30am to 10.30

Mindful movement processes help us to develop strategies to regulate our nervous system to reduce and manage our own stress and distress. In the sessions we look at grounding ourselves, settling into our space and learning to develop trust and safety through having choice. Choice is a very important element in our work, so you can move and participate at a level that is comfortable to you. We also focus on our breath...so you might like to notice how you are breathing while you are reading. Maybe even start with your feet on the floor and noticing your body making contact with where you are sitting. Just noticing. Research suggests calming our nervous system influences our ability to have restful sleep, digest food and maintain health relationships, to name a few. We invite you to join our weekly group session or book an individual session. If you would like more information please talk to Lotus Place staff.



The Annual Activities Planning Day

Lotus Place held its Annual Activities Planning Day on Tuesday 2nd February, held its Annual Activities Planning Day on Tuesday 2nd February, 2016. People who attended had the opportunity to put forward their ideas and help shape the Lotus Place activities program. A notice was in the January Lilypad, people in the Brisbane area were invited to attend.

There was a lot to cover and think about on the day. We went through all the events already on Lotus Place calendar for 2016. Throughout the day people were invited to work in teams to brainstorm and share their ideas. People reflected on what they enjoyed about coming to Lotus Place as well as activities they had been part of in the past and think about what they got out of the experience.

We started the day off by writing down on the white board peoples thoughts about why it was important to involve the Lotus community in the activities planning day. Here are some of the responses:

- o Encourage participation in the new centre,
- o Contribution- have more input- to the running the centre,
- o Getting to know each other better,
- o Positive experiences, self-esteem, social support,
- o To ensure education and opportunities to achieve goals,
- o Responsibility/ownership, Control/input into our space.



There was a lot of talk about making sure people felt welcomed and that all the people who spent time in 'care' as children were aware of Lotus Place.

During the day groups and individuals came up with specific activities they would like to see happen at Lotus Place. This included the kinds of things people wanted to have on Tuesdays during the weekly get together. Lists were made, people were given a set number of stickers to vote for their preferred activities. The resulting list included the following activities: drama performance group, computer & phone skills, creative writing, craft market stall, craft projects (such as leather craft, paper craft, beaded jewellery, sewing), Bollywood Dancing, Singing and music, wellbeing group. On Tuesdays: pamper sessions, guest speaker, movies and group outings. Along with existing programs Art group, Mindful Movement, Peace Leadership Training and various events throughout the year.

These activities will be scheduled throughout the calendar year and advertised in the Lilypad and the Lotus Place website. Please note that drama, Bollywood dancing and sewing are scheduled in the latter part of the year.

Horizons: Land & Sea - A review

Key speaker, emerging artist Tanya Darl, took the podium and shared her story revealing how the power of art is her healing. The crowd buzz following her speech echoed words such as buoyant and heartening.

Horizons: Land & Sea, presented by Art from the Margins (AFTM), features over eighty landscapes 'encapsulating the diversity of Australian scenery from the ocean to the outback'. Fourteen of these works produced by six members of the Lotus Place Art Group.

Art from the Margins (AFTM) is a creative initiative that assists artists whose creative development is limited by disadvantage.



photos Mia Armitage
Above: Randell, Levi, Katie, Colleen, Juliet, Dawn, Marlene (Opening Night)

Overcoming the legacy of neglect, isolation, illness and childhood institutional abuse is a life-long lonely struggle. It is often stated by the best musicians that to play the blues you must first have lived them. A close look at history's finest artists reveals lives of suffering, struggle with disease, indifference and adversity. Indeed from Goya, Munch, Michelangelo, Gauguin, Van Gogh to Beethoven and Stephen Hawking, the mighty power of positive thought is omnipresent. Their 'never give up' but 'give your best' philosophy rings throughout the Art as 'Gabriel's Horn on High'.

The public was so impressed with the talent of all the emerging artists who contributed to The Art from the Margins Group Exhibition, especially The Lotus Place Art group. Comments such as 'Awesome!' 'Wow!' 'Splendid!' and 'Beautiful', were heard over and over. It is with pride I exhibited with fellow artists who were victims of institutional child abuse and are marginalised because of that. I believe the images exhibited in this show by compromised artists, reveal not just a high level of talent but a willingness to share with mankind their joy of life no matter how joy-less their lot in life is or has been. Their struggle to overcome to seek new and better horizons, to not give up, to share and to trust in themselves and others is inspiring.

Some of the Lotus Place Art Group's paintings were snapped up by the public on opening night. It was a big night and held a glowing promise of even better to come from the emerging artists from Lotus Place Art Group. If you didn't make it to the opening night, Horizons: Land & Sea exhibition will continue until June (at St Andrews War Memorial Hospital Level One, 457 Wickham Tce Spring Hill QLD).

By Randell Armitage (Artist: Lotus Place Art Group).