

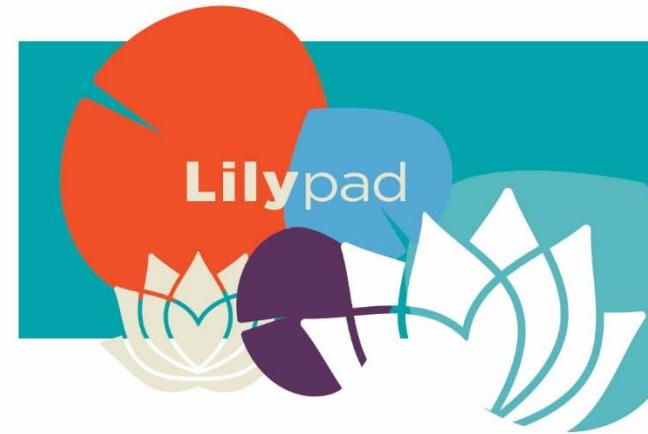
Lotus Place Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Brissy Terra Roamers Outdoor Adventure 1.30 – 3.30pm Lotus Place Closed at 3pm</p>	<p>Peer Lunch Information Sessions/ Guest Speakers & Activities *Music Jam 1.30 – 3.30pm *Darts 1.30 – 3.30pm *Jane Street Community Garden 3.30 – 5.30pm</p>	<p>*Fishing 9:30am – 3.30pm</p>	<p>Lotus Place Mindful Movement 9:30 – 10:30am Lotus Place Closed until 12noon</p>	<p>Lotus Place Computer help Session 10.30am–12.30pm Lotus Place Art Group 1pm – 3pm *Swimming 1.30pm – 3.30pm</p>

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

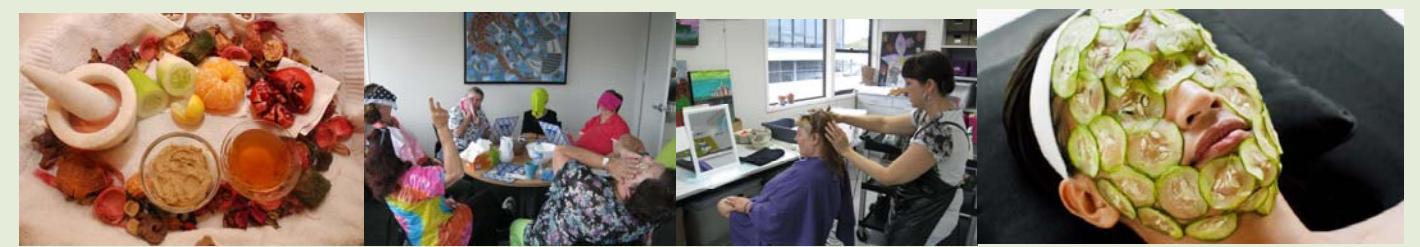
Up and Coming Activities & Event

Day	Date	Detail
Tuesdays	11am 17 & 24 May	A series of half-hour Communication Appetizers : Put your Best Word forward! Remaining topics: How to 'disagree respectfully and confidently', & 'say 'no' lovingly'
Wednesdays	1pm 18 May	Peace Leadership Taster – an opportunity for those considering attending to find out more about the Peace Leadership Training
Thursdays	1pm 19 May	Community Outing: MIFQ 25th Annual Art Exhibition at King George Square includes art works by 13 members of Lotus Place community. (entry by gold coin)
Wednesdays	12pm 25 May - 29 June	Peace Leadership Training (6 weeks) encourages confidence and practical strategies to help people get on better with others at home or in their communities.
Sunday	10am 22nd May	Peer Social Group meet up at Wynnum Manly Yacht Club for a sausage sizzle, market and tour of the club. Contact Randale via Lotus Place if interested.
Mondays	10am 23 May - 6 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.
Tuesday	11am 24 May	Guest Speaker : Fiona Stevens. This is a Mindful Movement info session looking at what it is, how it works, the research and evidence on how it can be beneficial.
Thursdays	10.30am 2 June – 14 July	Lotus Art Project a series of creative workshop sessions to create a group artwork or installation for display at City Hall during the Brisbane Festival in September.
Friday	12pm 3 June	St Joseph's Neerkol past residents get together lunch.
Mondays	10am 13 June – 4 July	Market Stall planning and preparation group (to 4th July) – The group will put on a Crafts Market Stall to showcase Hand-Made crafts by our community. To be held 6th July.
Tuesday	11am 28 June	Guest Speaker : Wendy Moore on budgeting and keeping track of your money. Develop skills in managing money, identify aims and working on achieving them.
Friday	12pm 1 July	Margaret Marr past residents get together lunch.
Wednesday	6th July	Craft Market Stall: Are you an artist or crafts person? We are calling for hand-made items for the Market Stall to be sold on consignment with 10% commission.
Mondays	10am 8 July – 15 Aug	Creative Writing Group : this group offers guidance in creative writing to help inspire your imagination and build your creative muscles.
Wednesday	1pm 13 July – 27 July	Leather Craft Project (make your very own clutch purses and book covers) learn about the tools and techniques to create the item, and tips and tricks along the way.
Tuesday	1.30pm 26 July	CPR Awareness Session aims to provide the community with the knowledge, skills and confidence necessary to respond to a sudden out-of-hospital cardiac arrest.
Call out		Songs of Justice Concert : Please let us know if you are interested in performing in this year's concert. Planning will be starting soon.
PLEASE NOTE		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.Loutsplace.org.au)



SOUTHERN QUEENSLAND
ISSUE SEVEN MAY 2016

Pampering and Self Care Session



Thank you to everyone who came along and enjoyed the Pampering and Self Care session at Lotus Place on Tuesday 12th April. The session included Jessica offering great haircuts and Lisa supporting people with 'facials from the pantry', which included fresh fruit masks, honey massage, lots of information and fun. People were able to get their hair cut for a small fee paid directly to Jessica. It was really great to see the gentlemen get involved in haircuts and facials too.

Feedback on the day was very positive with many people enjoying some quality self care time. as kindly as you would treat a friend. Self care makes you feel good!

Why do we do 'self care'? Self care is care provided "for you, by you." Its about identifying your own needs and taking steps to meet them. It is taking the time to do something that nurtures you. Self care is about taking good care of yourself and treating yourself

Next month Jessica will be back to offer haircuts, and Lisa is offering 'feet treats' plus making a peppermint foot scrub for you to take home. The Pampering and Self Care sessions are held on the second Tuesday of the month, the next one is 10th May. Book in now so you don't miss out.

Lotus Art Group -in 3D



During the past six weeks the Art Group has been focusing on creating 3-dimensional artworks in response to participants having expressed a desire to work with clay. We have also explored working with plasticine as an alternative to clay in the making of functional, semi functional and non-functional pieces. In doing so we have experienced how the different properties of these materials present varying options as to how we are able to use them to create sculptural artworks displaying distinctively different characteristics.

We have also engaged in manipulating and combining everyday objects to create sculptural elements to encourage people to re-imagine what they would normally take for granted as being purely functional.

On the 19th of May we will be visiting the MIFQ art exhibition in King George Square.

Workshops for 'The Lotus Art Project' will commence on the 2nd of June. We'll also begin preparing individual pieces for the AFTM Brisbane Festival Exhibition at that time.



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

Community Outing to Sandgate

On Monday the 11th April, community members and staff went on a day trip to Sandgate. Some of us caught the train, while others met us at Sandgate that morning. We found our way to the water where we talked, laughed, played *Bananagrams* (a fun word game) and went for a few walks up and down the foreshore. For lunch we had fish and chips from Doug's Seafood Café and fed the left overs to the crowd of seagulls that surrounded us. After

feeding them we chased them along the board walk then dipped our feet in the water to relax and cool down. Here is some of the feedback from the people who attended:

"Loved having fish and chips by the water, they always taste better"

"Beautiful location, will definitely go back"

"Something we could organise ourselves in the future"



Peace Leadership Training



After last year's success, Peace Leadership Training is being offered again. Presented by Alternatives to Violence Project Inc Queensland (AVPQ), this six week 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:

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

AVPQ principals builds on a foundation of respecting and caring for self and others.

Peace Leadership Training commences Wednesday 25th May (12 to 3.30pm). The training is 6 weeks, those interested are asked to commit to all six sessions of the course and to 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 held Wednesday 18th May**, for those considering attending to find out more about the Training. These sessions will take place at Lotus Place in the upstairs space. During this time (Wednesdays from 18th May to 29th June) Lotus Place will be open only to those participating in the training.

We would really like to say a big 'Thank You' to all the people who generously volunteer their time on a regular basis to help with the mail outs at Lotus Place.

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 calendar project and the memorial board. If you would like to find out more or be involved please contact Colleen via Lotus Place.

Mindful Movement with Fiona Stevens



Body Oriented Mindfulness is a practice that involves reconnecting with our breath and our body. The breath is a tool we use to help in creating this connection, along with gentle movements. This can be used as an individual activity and is also used in group situations.

This practice is for everyone. It has been shown to improve wellness for people who struggle with depression, anxiety and/or post-traumatic stress disorder. You do not

need to have any prior experience or physical fitness to participate. 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. If you would like more information please talk to Lotus Place staff.

Every Thursday from 9.30am to 10.30am

Homes Get-togethers

Get-togethers for different homes are being held on the first Friday of every month. They will be held between 12pm and 2pm and lunch will be provided so please let us know if you plan on coming. These events at Lotus Place provide an opportunity to catch up and have lunch with other people who spent time in the same institution. Lotus Place staff will be on hand to offer advice on accessing records, access to counselling and other support services and centre based activities that are available.

St Josephs Home Neerkol Friday 3rd June 2016

Commonly referred to as Neerkol, St Josephs Home, opened in 1885. At that time it was known as Meteor Park and some early newspaper articles referred to it as the Stanwell Orphanage. It was located approximately 25 kilometres away from Rockhampton near the township of Stanwell and was operated by the Sisters of Mercy in Rockhampton. Neerkol closed in 1978 and children were transferred to Family Group Homes in Rockhampton. Over 4,000 children including Former British Child Migrants lived at Neerkol over the 93 years that it operated.



Margaret Marr Memorial Home for Boys Friday 1st July 2016

The Margaret Marr Memorial Home for Boys in Wynnum, was operated by the Methodist Church. It officially opened 1 March 1924. State children were first admitted in 1937. Margaret Marr surrendered its license in 1973 when four Family Group Homes, situated on the same parcel of land, opened. The Margaret Marr Memorial Home for Boys was situated at Tingal Road, Wynnum North.



St Vincent's Nudgee Friday 5th August 2016

St Vincent's Home for Children on Queens Road, Nudgee, was operated by the Order of the Sisters of Mercy. Previously known as St Vincent's Orphanage, the name changed to St Vincent's Home for Children in 1935. The home first operated in the early 1860s in New Farm. In 1867 the children were transferred to Queens Road, Nudgee and the name changed to St Vincent's Orphanage. A cluster of Family Group Homes opened at St Vincent's campus in the 1970s: McAuley, Whitty, Conlan, O'Quinn and Duhig Homes and Curtis Hostel. Bayview Cottage continued to operate as a group home in a former dormitory building. Off-site group homes were established and St Vincent's was gradually phased out as a residential facility in 1971.



Lotus Place - Gold Coast

The Gold Coast Group – also referred to by its members as the "Tree of Life Group" continues to hum along into the year. We had planned to have FSG (Freedom, Social Justice, Growth) come to talk to us in early April about the services that they provide but unfortunately we had to reschedule the day. The new date will be Tuesday 31 May 2016 and they will be here at 11am and hopefully will be able to stay to enjoy lunch with us. We enjoy seeing new faces in the group so if you are keen to come and join us, please do. We do know that some people may experience barriers to attending, so if you would like to talk these through with Maryla, please contact her via Lotus Place. For those of you who are not aware, Maryla helps resource the Gold Coast Centre on Tuesdays and one day per week works one on one with people in order to work on their individual planned support needs.