

Lillypad is a newsletter of Lotus Place

Lotus Place has a rich program of activities giving people the opportunity to make connections with each other, foster individual creativity and to continue their healing journey.



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20TH ANNIVERSARY OF THE FORDE INQUIRY

Keep looking to the future with joy in your hearts because you've made it better

A morning tea with Leneen Forde was held at the Gallery of Modern Art (GOMA) on Friday 31st May, to mark the 20th anniversary of the delivery of the Commission of Inquiry into Abuse of Children in Queensland Institutions (the Forde Inquiry) report to the Queensland Government.



The courage of every child, young person and adult who came forward and spoke out was repeatedly acknowledged, because without their bravery the Inquiry could not achieved what it did, Introducing changes to Child Safety & Youth Justice practices, as well as Qld Redress, access to records and the closure of Wilson and John Oxley Youth Detention Centres.

Leneen Forde, was quite emotional when she addressed the audience. As she looked around the room she said "You've all come such a long way... I just wanted to stand here and look at all of you." She urged us all to "Keep looking to the future with joy in your hearts because you've made it better." She said "They were terrible stories to listen to, let alone live through. I will never forget them." Leneen noted that those who came forward continued to say, "we don't want this to happen to other children."

The Honourable Di Farmer spoke, she said it was an honour to be the Minister responsible for the work of reparation and making amends: "thank you for your bravery and patience. I'm astonished and inspired by you." she also said "the Truth, Healing and Reconciliation Task Force chaired by Bob Atkinson" AO APM "are determined to oversee the recommendations of the Royal Commission and make sure this does not happen again."

Anna Bligh spoke via pre-recorded video. She noted that this Inquiry led to "an apology, a change to how the state looked after children and saw the closure of some detention facilities."

Karyn Walsh, Micah Projects CEO invited the Queensland Government to consider making an enduring legacy – she suggested that a child welfare museum or gallery would be welcomed, advocating that we must continue to prevent removal of children from their families and make sure children are safe.

The Forde Inquiry began a movement that recognised, acknowledged, respected and honoured the experiences of people who survived the institutions and systems that were meant to support and care for them as children and young people, but instead brutalised, abused and neglected them. Since then, several apologies have been made to the hundreds of thousands who suffered institutional abuse.

Lotus has its say on aged care and end of life

Over Thirty Lotus Place community members recently contributed their views to “kitchen table discussions” run by Health Consumers Queensland on the important topic of ageing, end-of-life care and dying. This was part of a broader community feedback into the Queensland Parliamentary Inquiry into Aged Care, Palliative Care and End of Life Decision-Making.

At the first stage, eleven Lotus participants answered a series of questions relating to what was important to them as they grow older and the role of the health system; the support they would need if they were unable to support themselves; and their views on how they wished to be cared for at the end of their lives. Jeni facilitated the discussion, noting all the responses and putting them into a template, which was returned to Queensland Health. A further twenty participants took part in the next stage of follow-up focus group discussions. Overall, the group agreed that as they were a group of Forgotten Australians, who had suffered institutional abuse in childhood, they were particularly sensitive to the notion of institutional care in old age. Thus, they stressed the need for in-home care as they



aged; that they do not want to be institutionalized as there are serious trust issues as a result of their childhood experiences; and that in later life, they need special support needs and secure housing. Lotus Place responses have been integrated into a broader community response to the Inquiry, which will contribute to improving health and care in later life.

Thursday 18 July provides another opportunity to give feedback on what you think needs to change and improve around aged care. Aged Care Feedback Forum invitation enclosed.



2019 Annual Program Consultation

Lotus Place has a rich program of activities, Where people are connecting with each other, fostering individual creativity and continuing their healing journey .

Each year people are invited to contribute their ideas about what they would like included in the program at Lotus Place at Stones Corner to ensure it stays relevant and reflects what people want.

At this year's Annual Program Consultation Day held Tuesday 30 th April people nominated weekly group activities, Tuesday activities, and topics for Tuesday Guest Speakers or Information sessions.

The most popular choices: sing-alongs, pamper sessions, bingo, board games, mindful exercise such as tai chi or yoga, cooking and meal planning, creative writing, song writing, music tuition, dancing, art and craft, leather craft, sewing, calligraphy, wellbeing groups, computer and technology help, massage, outings, information sessions on health, aging well, communication skills, money management, CPR and much more!

The program also draws from other information, such as The

Ann Porcino's Report which is based on discussions with Lotus Place service users and staff in 2018. We are also responding to input and informal feedback received throughout the year.

New activities will be incorporated into the program and will be advertised in the Lillypad and on the Lotus Place website (www.lotusplace.org.au) Please contact lotus place on 33478500 to put your name down for any of the activities that you are interested in so we can keep you up to date.

The National Redress Scheme

You can contact Lotus Support Services on (07) 30364490 for information, referral and support to complete and submit a National Redress Scheme Application, or to complete and submit a church complaint. We can also support you if you are working with **knowmore** or a private lawyer.

Redress Support Services are available to help people understand the Scheme, provide emotional support and guide people through the application process. A list of other support services is available on the website. To find out more, you can call the National Redress Scheme on **1800 737 377** Monday to Friday, 8am to 5pm or visit the website www.nationalredress.gov.au

Should I seek legal advice? The Scheme is designed to be non-legalistic, some people may seek legal advice to ensure that all the necessary information has been included, you can get free advice through Knowmore or you can also choose to use a private lawyer at your own cost.

Am I required to seek legal advice? No. However, you may wish to seek legal advice as this may help you through the process and allow you to completely understand your legal rights.

What is knowmore? A legal service funded by the Commonwealth Government through the Attorney-General's Department. knowmore delivers free services nationally through its multidisciplinary team of lawyers, social workers and counsellors. They can be contacted on **1800 605 762** (Free call).

What can Knowmore provide? Legal advice on your options, including the availability of other forms of action or redress aside from the Scheme or civil claims, and understanding the legal effects of accepting an offer of redress, effect of confidentiality agreements in past proceedings, take complaints about the Scheme.



MICAH PROJECTS

Lotus Support Services

Assistance with the National Redress Scheme

redress@micahprojects.org.au
(07) 3036 4490

Truth, Healing and Reconciliation Grants Program Announced.

At the 20th Anniversary event Minister Di Farmer announced the new Truth, Healing and Reconciliation Grant Program. The purpose of these grants is to continue in the footsteps of the Royal Commission into Institutional Child Sexual Abuse by revealing the truth of what happened to children and contributing to healing and reconciliation in Queensland.

One-off funding of up to \$10,000 (or \$15,000 for a joint application) is available for Queensland organisations and institutions for activities that will contribute to truth, healing and reconciliation of people with a lived experience of institutional child sexual abuse. Activities that

also acknowledge other forms of institutional abuse will also be considered. The total amount of funding available is \$50,000.

Applications close on Friday 2 August 2019, and for more information please visit:

www.csyw.qld.gov.au/fundingavailable

Lotus Place is inviting people to put forward their ideas by Friday 5th July so we can prepare applications for this Grant. Activities must reflect at least one of the key concepts of truth, healing and reconciliation. And must be meaningful for people with lived experience.

If you find yourself feeling overwhelmed, in need of support or just wanting a chat, help is available.

• **Beyond Blue** 1300 224 636

• **Mensline** 1300 78 99 78

• **Lifeline** 13 11 14

• **1800 Respect** 1800 737 732

• **Suicide Call Back Service** 1300 659 467

• **In an emergency call Triple Zero (000)**

Homes Get-together 2019

Michelle put on a beautiful spread as usual for each of the special lunches held at Lotus Place, one in May for former residents of Baptist and Presbyterian Homes and then in June for former residents of Government run homes such as Wilson, Westbrook and Foster Care. People enjoyed having a catch up, renewing old and making new friendships and sharing their memories about places they were in and friends they remember.

Please contact Michelle if you would like to attend one of our special Homes Get together lunches. Remember to let us know which institutions you were in so we can send you an invitation. Contact us at Lotus Place 07 3347 8500 or 1800 16 11 09 (Find & Connect). The next get together will be in August. (See page 6 for details).



Empowering people through participation in arts education and performance programs.

Current Programs:

Absolutely Everybody Choir Friday mornings.

Rhythm of Life is Upbeat Art's Music Theatre group Friday afternoon.

Word on the Street Creative Writing Tuesday afternoons.

Song Writing on Wednesday mornings.

Upbeat Arts runs an Inclusive Arts Program for people experiencing disadvantage and isolation.

To register or find out more see their website

www.upbeatarts.org.au or talk to Katie at Lotus Place

Entries open for the Exhibitions



2019 Recovered Futures Art Exhibition

held at City Hall 5th -11th October

Art Lodgement Forms closing date: 12th July 2019

Artwork delivery closing date: 16th August 2019

See www.rfq.com.au/recovered-futures-art-exhibition/



AFTM National Biennial Outsider Art Award

Selected Award Finalists work will be exhibited Monday 2nd September to Saturday 5th October 2019

Entries Close: Friday 19th July

(Images of artwork must be submitted with Entry Form)

See www.artfromthemargins.org.au/art-awards-2019

Did you know that singing changes your brain?



You're invited to experience the joy, freedom and inspiration of song at your local **With One Voice** choir, No auditions and no singing experience needed.

Conductor: Cath Mundy

When: Wednesdays 5:30pm – 6:45pm

Where: Basement Level, Brisbane City Hall, Adelaide Street.

Entries are invited for

The WMYC 2019



Awards

Ahoy! all inspired sailors and land lubbers. The WMYC is holding its annual Art competition.

Nautical Themed

Entries close: October

Exhibition Opens 26th October



Closing dates for submissions for 2019 grant rounds are:

30th August & 15th November

For more information about the Forde Foundation and to find out if you are eligible to apply for a grant, visit The Forde Foundation website: www.fordefoundation.org.au or phone 1800 674 256

**Memorial Board
for Deceased
Queensland Forgotten Australians.**

A gentle reminder that the closing date for names to be added is July 20th, 2019. Nomination Form are available at Lotus Place.

**Empower Arts
Vouchers
Available***

Congratulations Alex

Who Recived a \$60 Voucher.

*Limited number available for people who have not previously received one.



2019 Calendar
Empower Arts
Part of the Historical Abuse Network

\$5.00

FAREWELL TO SEAN!

We also said our farewells to Sean in March when he resigned from Redress Role to take a break for a while. Sean made a huge contribution supporting people with Royal Commission statements, private sessions and civil and church complaints over the past five years. He is missed and we thank him from our hearts.



Empower Arts is a peer run group of Forgotten Australians helping and supporting other Forgotten Australians, through various projects to raise awareness and funds to assist members of the community with costs associated with creative pursuits. New members are welcome. If you would like to find out more, access vouchers or be involved please contact Colleen via Lotus Place 07 33478500



Fundraising

Mother's Day Raffle Winners

Heidi The Well-being Hamper

Lyn Two Stefan Voucher for a wash & blow dry

Anne Double pass to the cinema

FAREWELL LACHIE!

After seven and a half years at Lotus Place heading up the Find and Connect responses, records releases, family history and tracing and much more, Lachlan says his goodbyes. People expressed their appreciation and shared the importance and value of the work he has done for them and many others in the broader Lotus Community over the years.



Craft Markets

Lotus Place's craft group has had a regular spot at **The People's Market** is held the 2nd Saturday of every month at Hope Street on Boundary Café, 170 Boundary St, West End. If you would like to be part of this please let us know at Lotus Place 33478500.



WHAT'S ON AT LOTUS PLACE

Every Tuesday

Community Lunch and Peer get together

There is something different happening each week: garden club & creative arts, bingo, board games, pamper sessions, sing-along, information sessions, in-house movies.

Tuesday

25th June
10:30am

Guest Speaker

Rod Ferguson Senior Tai Chi Master & National Chief Instructor from Australian Academy of Tai Chi & Qigong on the benefits of Tai Chi Qigong in improving health and building resilience.

Tuesday

9th July
10am

Hairdresser's at Lotus

Jessica is here every two months providing discounted haircuts \$15 for men's haircut, \$20 for women's haircut.

Creative Writing 

IT IS NOT ME by Gloria Lovely

It is not me when I outwardly show emotion that is ranting and raging like turbulent waters running, raging, wild. Like me as a child.

As a child, so quiet, so blank, but longing for an escape from a mind in the dark depths.

It is not me when I show anger.

*It is me when I cry.
It is me when I wear it,
carrying it on my shoulders
with the weight of many, many boulders.*

Artworks by 
Lots Art Group



Thursday

18th July
10:30am - 2pm

Aged Care Feedback Forum

An Opportunity to provide feedback to the Royal Commission into Aged Care, held at the South Leagues Club, Jane St, Davies Park, West End (see Invite inclosed)

Friday

2nd August
12pm - 3pm

August Homes Get-Together Lunch is for people who spent time in **Salvation Army Homes** such as Riverview, Alkira Indooroopilly Boys Home, Kalimna, Tames Horton (Toowoomba)

Thursday

4th July
11am-2pm

Gold Coast Group is on the **First Thursday of the Month** at Southport Community Centre: 6 Lawson St, Southport.

Monday

8th July
11:30am - 1:30pm

Gympie Group is on the **Second Monday of the Month** at Nelson Reserve (behind Swimming Pool)



WHAT'S ON AT LOTUS PLACE

Day Time Date	Detail
Mondays 10am - 12pm (starting back 8th July)	Creative Writing Edwina will continue to help people hatch and refine their ideas and learn the art of storytelling.
Monday 15th July 12:30pm - 2:30pm	Introductory Information session for new people on Understanding and Practising Self-Care (Tools for Healing) with Monique
Mondays 12:30pm - 2:30pm (starting 22nd July)	Understanding Self-Care (Tools for Healing) with Monique Understanding and Practising Self-Care (Tools for Healing) over 9 weekly sessions the group will explore and practise techniques that can help to awaken your life force and activate neural pathways. Enabling you to befriend your body and listen to it. For people who are keen to change the pattern of their life.
Tuesdays 10am - 12pm (starting back 16th July)	Supported Computer Use Jeni will provide the support people need to improve their computer skills, even for the nervous user or complete beginner. People are able to work on their own projects.
Tuesdays 2pm - 3pm (Starting 2nd July)	Tai Chi Qigong training with Rod. become physically and mentally fit. "It's all about resilience, strengthening the brain to think smarter, mind power to control stress triggers and responses".
Wednesday 1pm - 3pm	Makers Group Leatherwork, Beading, Upcycling & Sewing You will be taught skills and techniques, and how to design, plan and assemble your own pieces.
Thursdays 11am - 12pm (starting 4th July)	Dance and Movement with Jean. Get fit and build your confidence while having fun as you explore different forms of dance and movement.
Thursdays 1pm - 3pm	Lotus Art Group Be Creative, Play and experiment with different art materials, hang out with a great bunch of people. New people welcome.
Fridays 9:45am - 11:15am	Mindfulness Movement can be beneficial and relaxing, improve wellness for people who struggle with depression, anxiety or post-traumatic stress disorder. It can help with reactions and improve sleep patterns. All are welcome.
PLEASE BOOK YOUR PLACE	For all events and activities listed please book in with Michelle at Lotus Place on (07) 3347 8500, for planning purposes & in case of changes. Visit www.lotusplace.com.au for upcoming Events and Information and details on state-wide Forgotten Australians groups and local meet ups.

Lotus Place Values Your Feedback

Lotus Place values your feedback and we encourage you to give compliments, offer suggestions, and make complaints. Complaints are dealt with in a confidential manner and only discussed with the people directly involved. You can talk to any of our staff about your feedback, or speak to the Feedback and Complaints Officer if not satisfied. If still not satisfied, you can contact external agencies and seek support from an advocate.

Request a Feedback Form or write a letter and mail to Feedback and Complaints Officer, Micah Projects, PO Box 3449, South Brisbane, Q 4101

Contact Lotus Place to purchase tickets!



MOONLIGHT MAGIC
DINNER DANCE

Friday 23 August 2019
Plaza Ballroom, Brisbane
Convention and Exhibition Centre
(07) 3029 7000 | bit.ly/2XeAGsB

MICAH PROJECTS

Lotus Open Hours

Monday	Tuesday	Wednesday	Thursday	Friday
9am-3pm <i>Planned program of Activities</i> Creative Writing* 10am-12pm Understanding Self Care 12:30-2:30pm	9am-5pm <i>Drop in Day</i> Peer Lunch 10am-2pm Computer Support 10am-12pm Tai Chi 2pm-3pm	9am-5pm <i>Planned program of Activities</i> Maker's Group* 1pm-3pm	9am-5pm <i>Planned program of Activities</i> Dance and Movement* 11am - 12pm Art Group 1pm-3pm	9am-5pm <i>Drop in Day</i> Mindfulness Movement 9:45am-11:15am

Please phone Lotus Place to book in for activities (07) 3347 8500 *activity commences July
 Up to date information is available on our website www.lotusplace.org.au under 'News & Events'



The lotus flower has its origins and roots in the muddy waters below the surface, yet above the water is a beautiful resilient flower. After a consultative process the Lotus Flower was chosen as both a metaphor and image to represent the journey from adversity to hope.

46 Cleveland Street, Stones Corner Q 4120
 PO Box 3449 South Brisbane Q 4101
 Phone [07 3347 8500](tel:0733478500) or [1800 16 11 09](tel:1800161109) | Fax [07 3347 8590](tel:0733478590)
lotus@micahprojects.org.au | www.lotusplace.org.au

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