



Rockhampton

Morning Tea
10.00am-11.00am
Lotus Place
Every Tuesday except
when lunch is
served

**CQ Community
Legal Centre visit
to Lotus Place**
10am Wed 14 March
phone 4927 7604
for appointment

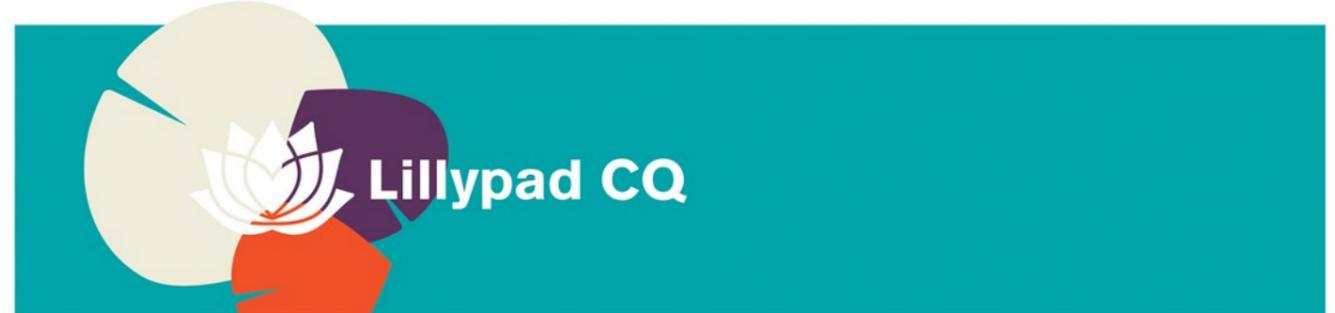
**Centrelink visit to
Lotus Place**
10am Wed 7 March
phone 4927 7604

Lunch at Lotus Place
Tuesday 6 March
159 Denison Street, Rockhampton
RSVP by Tuesday 27 February
Phone 4927 7604
Guest Speaker: Beyond Blue

Bundaberg

Bundaberg Morning Tea
DAY AND LOCATION CHANGE!
(4th Thursday of the month)
10.30am Thurs 22 February
The Spotted Dog
217 Bourbong St, Bundaberg

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217 Bourbong St, Bundaberg



www.lotusplace.org.au • Central Queensland • February 2018

Lotus Place is a dedicated support service and resource centre for adults who as children lived in out-of-home care and adults who experienced sexual, physical, emotional and spiritual abuse in out-of-home care or religious or institutional settings.

Micah projects supports people who have experienced abuse to seek acknowledgement and redress by Churches, Governments and Community Organisations who failed in their duty of care.

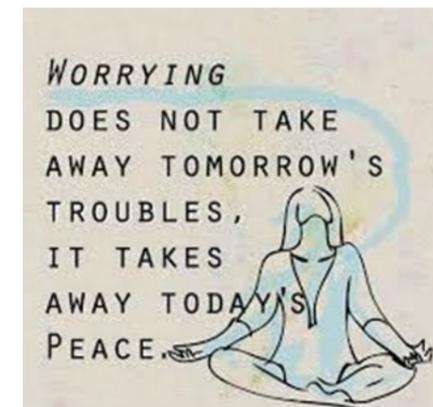
Over the last few weeks, we have seen increased numbers of people joining us in Rockhampton for weekly morning teas, and in Bundaberg we have decided to relocate our group to the Canefire Room at the Spotted Tavern in Bourbong Street.

One of the reasons that we see these informal groups as being important is that they provide opportunities for people to be able to meet others and join in other activities that can enhance lives. Participation in groups, and in community activities is one of the ways that we can enhance our mental health as well as a sense of connection to the places we live.

In this newsletter we feature some information on the value of being connected to others. If you haven't attended a group before or it has been sometime since you came along, we would love to see you or if you would like to talk about other ways to connect, please feel free to give us a call.

We have been having a number of requests for information on the National Redress Scheme following the Royal Commission into Institutional Responses to Child Sexual Abuse. We have included an update from the Department of Social Services website on the National Redress scheme.

*Enjoy the read
Regards
Selena and Leigh*



Swan Office Building 159 Denison Street, Rockhampton Q 4700
PO Box 586, Rockhampton Q 4700
Phone 07 4927 7604 or 1800 16 11 09
lotuscq@micahprojects.org.au | www.lotusplace.org.au





Staying Connected Improves Our Mental Health

Trauma, abuse, neglect, inequality and discrimination play a role in mental ill health. One of the ways that mental health can be improved is through social connection.

Connecting with others has been shown to reduce stress, anxiety, depression, increases alertness and builds resilience. When people are connected to others, they are provided with a sense of belonging and attachment and their sense of contributing to a community and being of value to that community and to others also increases. People then have greater opportunities to access new resources and are better able to influence decisions about things that affect them and their lives.

Bandura social cognitive theory says that behaviour is shaped by the interaction between individuals and the environment and if they are in a place where their rights are respected, their differences valued and that they have a sense of belonging, then Mental Wellbeing improves.

Connections provide people with happiness, security, support and a sense of purpose. There is also evidence that being connected to others sees improvement in people's physical activity levels as well as improving their sleep.

As people age the risk factors for experiencing loneliness increase, therefore having meaningful contact with other people can help people to feel more positive and less lonely. Having someone to talk to and provide support, can also mean you need less domestic support and enjoy greater independence as you age.

Therefore there are many benefits to getting and staying connected to others.

At Lotus Place CQ we offer weekly morning teas and a lunch once a month, in Bundaberg we offer a monthly morning tea as a place for people to join up. Other groups and activities are offered throughout the year that also provide space for people to join with others.

Attending a group may not be for you however, but that doesn't mean you can't be connected to others. Consider things like technologies such as Skype or Facetime as ways to speak to others without leaving home. Other ways are talking to people at the local shops, making phone calls or finding an interest you can share with others – ideas are walking, bookclubs, fishing, art classes or volunteering. Red Cross Community Visitors Program may be for you or their TeleCHAT or TeleYARN may work better for those that would like a regular phone call. Phone 1300 885 698 if you want more information.

References:

1. *From Discrimination to Social Inclusion - Qld Alliance for Mental Health*
2. *The Relationship between organised recreational activity and mental health – Department of Local Government, Sport and Cultural Industries – Government of Western Australia*
3. *Beyond Blue – Connections Matter*



The Coffee and Cake Morning Bundaberg is changing dates and venues

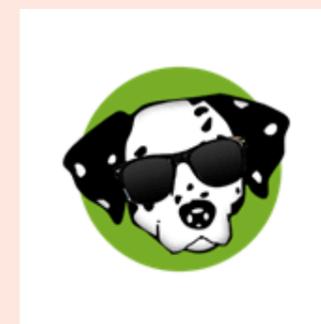
We will now be meeting on the 4th Thursday of each month and will be meeting at 10.30am at the

**Spotted Dog Tavern – Canefire Room
217 Bourbong Street Bundaberg**

If you haven't attended before, we welcome you to join with us, share a cuppa, some food, meet others and join our conversations.

Next meeting will be: **10.30am, Thursday 22nd February 2018**

If you would like more information please contact Lotus Place CQ on 07 4927 7604 or email lotuscq@micahprojects.org.au



John's Corner

Well I'm back at morning tea after a short hiatus, still getting over the Christmas Lunch at the Kalka, what a great time!

A big crowd for morning tea today, must be all coming to see me. My old mate, Leigh, is here. She has been away visiting her grandson and is back on deck. Bob looks like he has been attacked by a wild boar with his head all bandaged up from his ear operation - get well soon, Bob!

Everyone keep smiling and keep well.

- John



Q. What do you call a fly without wings?

A. A walk!