



Rockhampton

Morning Tea

10.00am-11.00am

Lotus Place

Every Tuesday except
when lunch is
served

CQ Legal Centre visit to Lotus Place

10am Wed 11 April

10am Wed 9 May

10am Wed 13 June

phone 4927 7604

for appointment

Centrelink visit to Lotus Place

10am Wed 7 April

10am Wed 2 May

10am Wed 6 June

phone 4927 7604

for appointment

Lunch at Lotus Place

12pm Tuesday 3 April

159 Denison Street, Rockhampton

RSVP by Tuesday 27 March

Phone 4927 7604

Guest Speaker: ClearWater Financial

Services

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Upcoming Lunches

12pm Tuesday 1 May

12pm Tuesday 5 June

Fitzroy Fishers

8.30am, 1st Thursday of

Each Month

Col Brown Park

Victoria Parade

Rockhampton

Bundaberg

Bundaberg Morning Tea

(4th Thursday of the month)

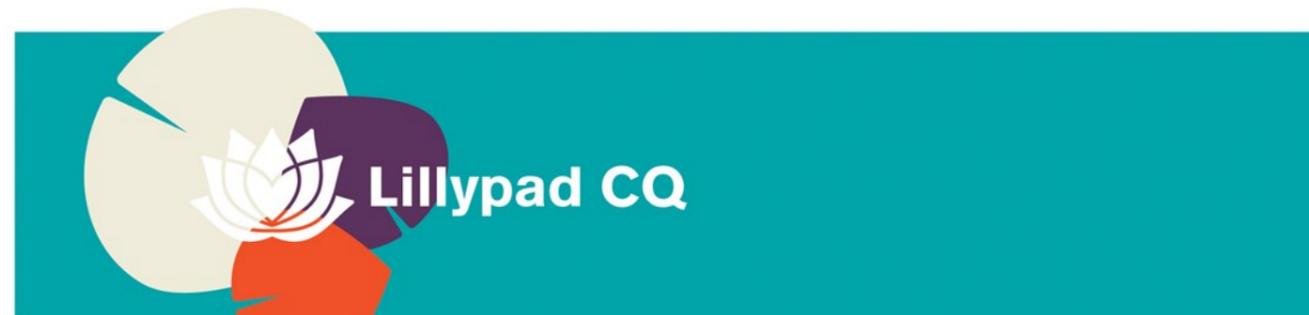
10.30am Thurs 26 April

10.30am Thurs 24 May

10.30am Thurs 28 June

The Spotted Dog

217 Bourbong St, Bundaberg



www.lotusplace.org.au • Central Queensland • March 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 from Churches, Governments and Community Organisations who failed in their duty of care.

February has been a busy month with the commencement of a fishing group - The Fitzroy Fishers in Rockhampton, There was a lot of fresh water moving down the river on our first trip and no fish were caught, however it was a lovely morning by the river. The group will meet on the first Thursday of each month at 8.30am on the Fitzroy River in Col Brown Park, Victoria Parade, Rockhampton.

If you would like to join us please give the office a call so we know how much bait to buy, if you don't have a rod, also let us know so we can bring one along for you.

Morning teas in Bundaberg have moved to our new location in the Canefire Room at The Spotted Dog, which proved to be popular for attendees.

Leigh and I are both looking forward to the meet and greet between people from Bundaberg and Rockhampton on the 26 April. If you would like to join us on the day please let us know and we will provide you with more information.

Save the date 12pm Tuesday 3 April 2018 for our April Rockhampton lunch. We have invited Ben Greany from Clear Waters Financial Planning to speak on ways to prepare and make decisions with money, to help you reach your financial goals.

This edition will be the last monthly edition we issue as we have made a decision to move to a quarterly publication of the Lillypad, so you will receive four editions a year. We will send out any important information between newsletters if needed.



Enjoy the read
Regards
Selena and Leigh

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



Living Well App for men

Available now

FREE

Download on the App Store

ANDROID APP ON Google play

sexually abused can live rich, full lives, develop healthy relationships and make positive contributions within our communities.

This App is designed to complement, not replace, the work of a qualified health care professional. Please contact your doctor or a health care practitioner if you are concerned for your own or another person's mental well-being.

Provided here are practical resources and suggestions that men who have been sexually abused can make use of. The information and resources draw upon research evidence and practice knowledge to offer suggestions that can enhance well being and help better manage difficulties.

We encourage you to share information and strategies. The App is designed to be useful for partners, family members, friends and health care professionals – for anyone looking to enhance their understanding and personal well being.

We have been asked about some meditation apps for smart phones, here is some information on one made by Living Well.

The Living Well App is specifically designed to assist men who have been sexually abused in childhood. We know that childhood sexual abuse can have a profound impact on men's lives and relationships. However, we also know that men who have been

Coffee Table Draw

In the last edition we indicated that we had a coffee table to give away, a couple of people indicated that they would like it, and so a draw was held which was won by Tanya Smith, congratulations Tanya.

The Lillypad is going quarterly!
Next issue will be June 2018

Hands of Compassion (HOC)
A Hand Up. Not Just a Hand Out

The Rockhampton Foodbank is open every Friday from 9.30am to 2.00pm at 15 Reaney Street, North Rockhampton. First time customers need to register at the check-in desk. This is a once only register, and you can come every week and pay \$40 handling fee for the hamper.

The value of the hamper is much more than the handling fee. You choose the items you want. The hamper that you choose to make usually includes your choice of frozen meat, chicken, fish, milk, bread, dairy products, a selection of tinned and packaged foods, fruit and veg as well as toiletries, household cleaners and some baby and pet food.

Contact HOC on 0412 380 511 or email info@hoc.org.au




Luncheon at Lotus Place

Many thanks to our recent guest speakers at our February and March lunches. Ann-Marie Dyer from the Rockhampton Library joined us in February to talk about the many and varied resources, programs and events run by the library, including computer access and courses. The library provides inclusive access for the whole community. Contact the library on 4936 8265 to find out more.



Above: Ann-Marie



Above: Nikky

We welcomed Nikky to speak at our March luncheon about Beyond Blue and the resources available to help with anxiety and depression.

Beyond Blue have trained mental health professionals who will listen, provide information and advice, and point you in the right direction so you can seek further support. Call Beyond Blue on 1300 22 4636, email or chat to Beyond Blue online at www.beyondblue.org.au/getsupport.

Our next luncheon at Lotus Place Rockhampton will be on Tuesday 3 April (the day after Easter Monday) and our guest speaker will be Ben Greany from Clear Waters Financial Planning. Ben will be talking to us about financial planning.



John's Corner

Hello to all my great friends at Lotus Place. Here we are, March already, will soon be Easter!

Bob is on his way to the Gold Coast to visit his mum who turns 100 years old this weekend.

Lunch was great on Tuesday with silverside on the menu followed by scrumptious sweets. Good to see some old faces at the lunch. Our guest speaker for Beyond Blue spoke about depression and anxiety, very informative.

See you all next Tuesday for morning tea! - John

Q. What did baby corn ask the mummy corn?

A. Where's Pop corn?

