

# Lillypad

Lillypad is a newsletter of Lotus Place CQ.  
Lotus Place is a dedicated support service and resource centre for adults who experienced childhood abuse in an institutional setting.



*[www.lotusplace.org.au](http://www.lotusplace.org.au) | Central Queensland | March 2019*

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## March 2019

### Lotus Place CQ Updates

We have invited CQ Community Legal Service to talk to us in Rockhampton about the importance of having a will and how to make one. They will also talk about having an Enduring Power or Attorney. We have enclosed a flyer with the relevant details. If you would like any more information or to RSVP to the event, please call the office.

A reminder to please RSVP if you are planning on attending a lunch. This ensures that we order enough food for attendees.

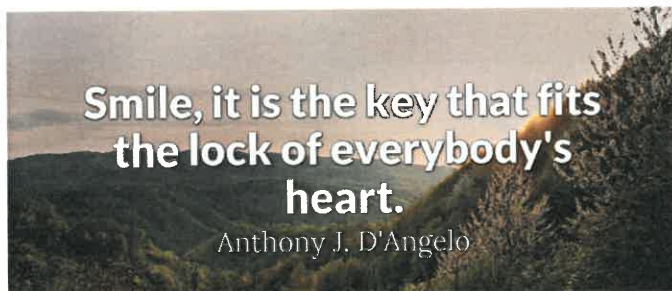
Selena will be on leave for 2 weeks, from the 11<sup>th</sup> March – 22<sup>nd</sup> March. Drop-in at the office will not be available during this time. The phones will still be operational, so if you wish to speak to us, please call.

Morning tea will occur Tuesday 12<sup>th</sup> March but will not be available on Tuesday 19<sup>th</sup> March as Tamaine will be at training on this day.

We are continuing to support people with their applications to the National Redress Scheme. If you would like to talk to Selena or would like some more information, please call the office.

We have had a couple of requests to receive this newsletter via email instead of mail, Email is good for the environment (less paper) and also cuts our costs. If you would like to receive future newsletters by email please email Tamaine at [Tamaine.woofey@micahprojects.org.au](mailto:Tamaine.woofey@micahprojects.org.au), with the email address you would like us to send it too.

## Photo Gallery



### Pumpkin & Carrot Loaf

#### Ingredients

1 ½ cups whole meal self-raising flour  
½ cup quinoa flakes  
¼ cup brown sugar  
1 teaspoon turmeric  
½ teaspoon mixed spice  
1 cup grated carrot  
1 cup grated pumpkin

1 cup grated green apple  
2 eggs  
1/3 cup reduced fat milk  
1/3 cup canola oil  
1 teaspoon vanilla extract  
1 tablespoon pepitas

#### Method

Combine self-raising flour, quinoa flakes, brown sugar, turmeric and mixed spice in a large bowl. Fold through the carrot, pumpkin and green apple. In a separate bowl whisk the eggs, milk, canola oil and vanilla extract. Stir this into the flour mix. Once all ingredients are combined spoon it into a greased 7-inch loaf tin. Smooth the mixture and scatter pepitas on top. Bake in oven at 180°C for 50-55minutes. Let cool in pan for 5 minutes before turning out onto wire rack to cool completely. Once cooled slice and enjoy! Serves 14

Protein 4g   Carbs 20g   Fat 8g   Saturate fat 1g   Fiber 4g   Sugar 7g   Sodium 120g  
(735 KJ per slice / 175 Cal per slice)

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## Upcoming Events

### BUNDABERG

#### **Morning Tea**

4th Thursday of each month at the Spotted Dog Tavern - 10:30am  
Upcoming morning tea: Thursday 28<sup>th</sup> March 2019

### ROCKHAMPTON

#### **Morning Tea**

Every Tuesday at Lotus Place CQ - 10am (except when lunch is served)

#### **Lunch**

1st Tuesday of each month at Lotus Place CQ - 12pm  
Upcoming lunch: Tuesday 2<sup>nd</sup> April 2019  
RSVP by: Tuesday 26<sup>th</sup> March 2019

#### **Centrelink visit**

1st Wednesday of each month at Lotus Place CQ - 10am  
Upcoming visit: Thursday 3<sup>rd</sup> April 2019  
Phone: 4927 7604 to book an appointment

#### **CQ Legal Centre visit**

2nd Wednesday of each month at Lotus Place CQ - 10am  
Upcoming visit: Wednesday 10<sup>th</sup> April 2019  
Phone: 4927 7604 to book an appointment

### **Wills and Enduring Power of Attorney Information Session**

Presented by: **CQ Community Legal Centre**  
Place: **Lotus Place CQ**  
Date: **4<sup>th</sup> April 2019**  
Time: **10am – 12pm**



The lotus flower has its origins and roots in the muddy waters below the surface, yet above the water it 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.

**Lotus Place CQ**

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Phone [07 4927 7604](tel:0749277604)  
[lotuscq@micahprojects.org.au](mailto:lotuscq@micahprojects.org.au) | [lotusplace.org.au](http://lotusplace.org.au)

Open hours – Monday to Thursday 8.30am – 2pm  
Call during business hours for support and referral over the phone

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Lotus Place CQ is an activity of Micah Projects



**HISTORICAL ABUSE NETWORK**  
FOR PEOPLE WHO EXPERIENCED ABUSE  
IN INSTITUTIONS, FOSTER CARE & DETENTION