

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 | Central Queensland | May 2019

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May 2019

Lotus Place CQ Updates

We are continuing to support people with their application to the National Redress Scheme, if you would like to talk to Selena or would like some more information please call the office. If you would like support to access records or connect with the Forde Foundation, please contact Tamaine.


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.wooley@micahprojects.org.au, with the email address you would like us to send it too.



Closing dates for submissions for 2019 grant rounds are:

- 7th June 2019
- 30th August 2019
- 15th November 2019

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



Self- Soothing Techniques

We all have methods for soothing ourselves but sometimes the methods we use may not always be adequate to the challenges we face. To feel better and cope more effectively we can improve the ways we soothe our feelings. The goal with self-soothing skills is to comfort yourself emotionally by doing things that are sensually pleasant and, most especially, not harmful. At the same time, focusing your full attention on sensory inputs — on what you are physically experiencing in the moment (mindfulness) usually will assist people to stay aware of and connected to self yet outside of their own heads in a helpful ways (away from troubling thoughts, feelings, and impulses). The techniques listed below are a starting point only. Everyone must find what works for them and it may be things that are not on these lists.

With vision

Notice what you see, find soothing things to look at:

- Make one space in a room or a room feel restful.
- Observe the majesty of the natural landscape river, beach, and bush whatever you enjoy.
- Light a candle and watch the flame.
- Enjoy meal times, creative table setting, using your best or favourite things, for a meal.
- Enjoy architecture, the buildings, or the design or engineering aspects.
- Look at nature around you, watch the sun set; consider light, reflection, shade.
- Walk where you feel connected and safe e.g. visit the beach and watch the waves roll in.
- Take care of your appearance, do something that makes you feel better about being you.

With hearing

Notice what you hear:

- Listen to beautiful or soothing music, or your favourite music (try to avoid music with depressing lyrics). Classical can be very good, since there are no lyrics to trigger specific thoughts.
- Be mindful of any sounds that come your way, pay attention to the sounds of nature, (waves, birds, rainfall, leaves rustling) or listen to tapes of nature sounds.
- Sing your favourite songs or hum a soothing tune.
- Call a friend or relative to hear a human voice.

With smell

Find comfort in smell:

- Use your favourite perfume, aftershave or lotions.
- Light a scented candle.
- Smell flowers.
- Walk in a wooded area and mindfully breathe in the fresh smells of nature.
- Enjoy the smell of your meal.

With taste

Find comfort in taste:

- Notice what you taste.
- Have a good meal and enjoy the flavours.
- Suck on a piece of peppermint candy.
- Really taste the food you eat; eat one thing mindfully.

With touch

Find comfort in touch:

- Take a bubble, essential oil or Epsom salt bath.
- Put clean sheets on the bed and savor the feeling of crisp, clean sheets.
- Pat your dog or cat.
- Put a cold compress on your forehead or wrap your face in a very warm, damp facecloth (wonderfully relaxing).
- Sink into a really comfortable chair in your home.

Source: www.psyke.org/coping/self_soothing/ *Victims Counselling and Support Service 2010*

Research underway to inform support of older care leavers

By **Sandy Cheu** on May 3, 2019 in **Industry, Research & Clinical**

A new study is investigating the key health impacts and aged care needs and experiences of senior Australians who grew up in out-of-home care.

The study is being conducted by Flinders University in partnership with the Flinders Foundation and \$50,000 in funding from the Australian Association of Gerontology Research Trust.

The research will inform the recently announced program South Australian aged care provider Helping Hand is developing to support Forgotten Australians to access aged care services.

The terms Forgotten Australian and care leavers refer to people who have experienced trauma as a child after being placed into out-of-home or institutional care prior to 1989.

Lead researcher Dr Monica Cations said the research aimed to develop evidence-based strategies for providers to introduce trauma-informed care.

“We hope that we can empower aged care providers to amend their services to be more inclusive to Forgotten Australians,” Dr Cations told *Australian Ageing Agenda*.

Dr Cations said the research would be used to inform the implementation work for Helping Hand’s program ‘Care, the second time around’, which the provider is developing with Relationships Australia South Australia and Flinders University.

“We are going to develop our recommendations and then send them out for community wide consultation to get as much feedback as we can about them before we formalise them,” Dr Cations said.

Helping Hand will take the key recommendations from the research and implement them into the program and their care services, she said.

Aged care providers can better support older care leavers by being aware that childhood experiences can affect them now, Dr Cations said.

“Most people don’t know that over 500,000 Australians were raised in institutionalised out-of-home care... which is more than the number of people with dementia in Australia.”

Providers should also ask aged care recipients questions relevant to their past experiences, such as what their preferences for care are, she said.

The 12-month study is expected to be completed in March 2020.

The researchers are currently seeking participants aged 50 years or older who were placed in institutional or out-of-home care as children and family or friends who provided support to Forgotten Australians for an interview of up to 90 minutes.

People interested in participating in the study can email Dr Monica Cations at monica.cations@flinders.edu.au



Dr Monica Cations

Photo Gallery



You are never too old to set another goal or to dream a new dream.

~Les Brown



If you fell down yesterday, stand up today.

~H. G. Wells

Upcoming Events

BUNDABERG

Morning Tea

4th Thursday of each month at the Spotted Dog Tavern - 10:30am

Upcoming morning tea: Thursday 23rd May 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 4th June 2019

RSVP by Tuesday 28th May 2019

Centrelink visit

1st Wednesday of each month at Lotus Place CQ - 10am

Upcoming visit: Wednesday 5th June 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 12th June 2019

Phone: 4927 7604 to book an appointment

Lotus Place CQ

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Open hours – Monday to Thursday 8.30am – 2pm

Call during business hours for support and referral over the phone

Lotus Place, as part of Micah Projects Ltd, is committed to ensuring your right to privacy when accessing services. Therefore, Lotus Place always seeks your written consent to record and store your information, share your information with anyone else, unless there is immediate risk of harm to yourself or others, and to report to funding bodies information that does not identify you or your families.

Similarly, Lotus Place values your feedback and we encourage you to give compliments, offer suggestion 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.

1. Talk to someone at Lotus Place at either of our three centres or ring the Team Leader, Michael Tansky, 3347 8500 from 9am – 5pm working days
2. Request a Feedback Form or write a letter and mail to Feedback and Complaints Officer, Micah Projects, PO Box 3449, South Brisbane, Q 4101
3. Contact the Department of Child Safety, Youth and Women by calling 1800 080 464 (free call), or sending an email to feedback@csyw.qld.gov.au, or using the online form <https://www.complaints.services.qld.gov.au/>, or posting your feedback to Complaints Unit, Department of Child Safety, Youth and Women, Locked Bag 3405, Brisbane, Qld 4001
4. Contact Queensland Ombudsman on 3005 7000 or 1800 068 908 (if outside Brisbane)
5. Contact Commonwealth Department of Social Services on 1800 634 035 or use online form on complaints@dss.gov.au
6. Contact Queensland Office of the Health Ombudsman (regarding health services) by calling 13 36 46



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 is an activity of Micah Projects

