

# Lillypad

Lillypad is a newsletter of Lotus Place NQ.  
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) | North Queensland | April 2020

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## Current Updates for Lotus Place NQ

This is certainly a challenging time for many with normal routines changing and us all having to find new ways to do things and entertain ourselves as we spend more time at home. We want to stress the importance of understanding that social distancing does not mean social isolating! We are working hard to create new ways to stay connected so you can continue to be supported by this wonderful and resilient community. We want to reassure you that regardless of the current restrictions or any changes to these restrictions in the future that the staff at Lotus place NQ will still be available by phone if you need help or support.

Misty 07 4724 2559/ 0429 503 752

Darcy 0447 698 299

Jacqui 0428 170 251

There have been a few internal changes within the Lotus NQ Office too that we are excited to share with you all.

Darcy has accepted a new role as the Redress Manager.

Jacqui is replacing Darcy as the NQ Regional Manager.

Leah May is the new Redress Support Worker & Disability Royal Commission Counsellor.

Misty is still the ever efficient Support, Intake & Administration worker.

If you have any questions please don't hesitate to contact us.

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## Zoom Instructions

With current restrictions on travel and groups of people due to Covid-19 we are looking at ways to keep everyone connected during this time. We have arranged for peer meetings to be held via Zoom which is available as an app on your phone and can also be accessed by computer, it's free and safe.

If you would like to participate on your computer or laptop please contact Misty to provide your email. When a meeting is scheduled an email will be sent to you with a link. Clicking on this link will add you into the meeting.

If you would like to participate by phone please go to your apps store and search for Zoom. The first option will be a blue icon with a white camera "ZOOM Cloud Meetings" click on this to install it to your phone. Follow the prompts to get set up with an account. When a meeting is scheduled you will be sent a room number and password to enter the meeting.

If you have any concerns or trouble please call Misty and she will walk you through it.

\* This is the first installment in our new initiative to provide step by step help in improving your digital literacy! If you can think of a catchy name for this new tech section Jacqui has a prize waiting for you!

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## Upcoming Events – Zoom meetings

### Townsville

#### **Zoom Peer Meeting**

Tuesday 14<sup>th</sup> April, at 10:30am

Tuesday 21<sup>st</sup> April, at 10:30am

Tuesday 28<sup>th</sup> April, at 10:30am

### Mackay

#### **Zoom Peer Meeting**

Wednesday 15<sup>th</sup> April, at 10:30am

Wednesday 22<sup>nd</sup> April, at 10:30am

Wednesday 29<sup>th</sup> April, at 10:30am

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### Burdekin

#### **Zoom Peer Meeting**

Thursday 16<sup>th</sup> April, at 10:30am

Thursday 23<sup>rd</sup> April, at 10:30am

Thursday 1<sup>st</sup> May, at 10:30am

### Cairns

#### **Zoom Peer Meeting**

Friday 17<sup>th</sup> April, at 10:30am

Friday 24<sup>th</sup> April, at 10:30am

Friday 1<sup>st</sup> May, at 10:30am

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## Self-Care and Wellness

### THE MAGIC OF A SMILE

When you smile, your brain releases tiny molecules called neuropeptides to help fight off stress. Then other neurotransmitters like dopamine, serotonin and endorphins come into play too. The endorphins act as a mild pain reliever, whereas the serotonin is an antidepressant. Smiling can help us recover faster from stress and reduce our heart rate. Even if you fake a smile the facial muscles send a message to the brain and it's the same message as a genuine smile. Research has demonstrated that smiling and laughter can uplift your mood & reduce depression, anxiety & stress. Other benefits include lower blood pressure & stronger immune function as well as productivity & improved relationships.

There are many things you can do to improve your overall health & wellbeing & smiling is just one. So, watch funny movies & television programs, be creative & make up stories it doesn't matter what they are as long as you get a laugh or crack a smile. The more you smile & laugh the better you feel. Try it! When you wake up in the morning & feel blah smile anyway & hold it for 30 seconds, laugh out loud & get a giggle or a belly laugh going. Just try it out & see how you feel. Even give it a go for a week & take notice each day to how you feel. At the end of a week reflect on your mood & measure it to how you felt previously & see if you notice a difference 😊

### SELF-CARE THROUGH DAILY MINDFULNESS PRACTICE

This can be 2, 5, 10 or 30 minutes of seated or prone meditation when you wake each morning and/or at night or whenever you can. It could be a silent walk with only yourself or gardening or washing the dishes or your hands (without 'happy birthday' on repeat). ***Just find your 'flow' state*** – anything you do that quietens your mind chatter.

### MOVE DAILY AND REMEMBER TO BREATHE

***Incorporating movement or exercise most days improves mood and mental health as well as your body's immune response.*** Specific practices like stretching or yoga and qi gong which incorporate breathwork directives allow you to focus on parts of your body that may require specific attention. This can be powerful when incorporated regularly and may even begin to shift chronic aches and pain or stuck thought patterns. Or crank up the tunes and just dance it out.

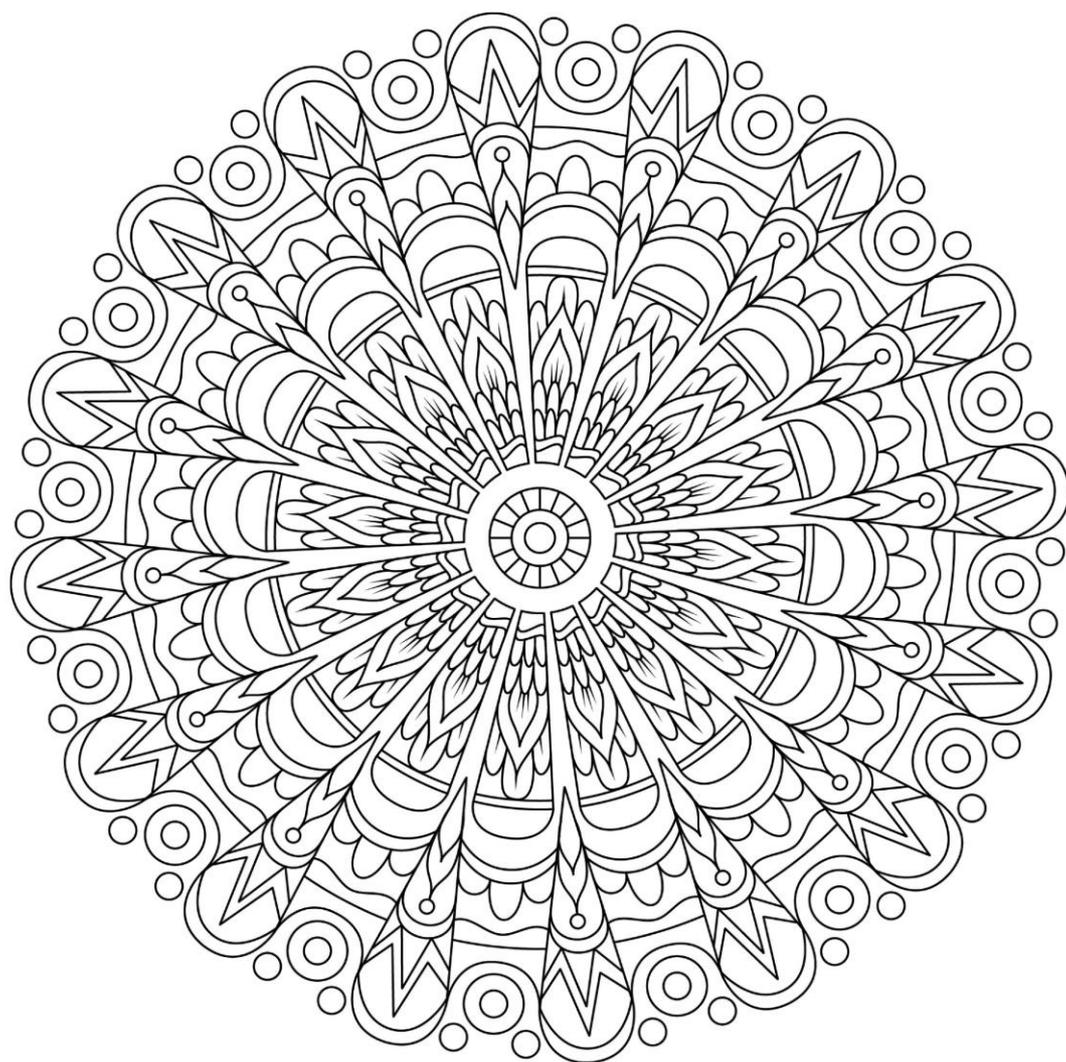
### REST

Maintain good sleep hygiene by going to bed at the same time regularly and ***allowing enough time for your nervous system to calm***, precipitating restful sleep. Turn off devices at least one hour before getting ready for bed. Establish a routine around sleep time if this helps. Herbal tea, stretching, reading, lights out.

### ENGAGE WITH THE ARTS

Research shows immense benefits of engaging with a creative practice and in the current climate those images of group singing in Italian towns is pretty heartening. Whether it's creating music or listening to it, crafting or dancing – ***find what it is that lifts your spirits and do it!***

Over the page you will find a mandala ready to be coloured in. The act of drawing or colouring in a mandala has been proven to reduce anxiety and stress. If you enjoyed or benefitted from this, you can find hundreds of free mandalas to colour in at [www.mondaymandala.com](http://www.mondaymandala.com)



**Rebellious Heart**

More coloring pages at  
[mondaymandala.com](http://mondaymandala.com)



## Lotus Place Hands on Help

Do you have skill, or are you famous for something? It could be gardening, building, tiling, or plumbing! Would you like to offer your services if a fellow Forgotten Australian is in need of them?

Here at Lotus Place NQ we are always looking at ways to strengthen our community, and it was suggested by one of our participants that a register with people wanting to offer their time or services would be a wonderful way to help each other, to save money, to share knowledge while building community by matching them with someone requiring that skill or service.

If you would like to take part by either providing a service or needing one, please contact Misty.

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## The Garden Patch

Welcome to another new initiative here at Lotus Place NQ. So many of you have a love for gardening and it's many benefits including, relaxation, reducing food costs, and the satisfaction of growing your own food are just some of them!

Growing your own food doesn't have to be hard, take up a lot of space or be expensive! This month we take a look at vegetables you can grow from the parts you normally throw out, with a great waste saving idea if you have an oversupply of herbs.

- Spring onions – once you have used the green tops simply plant the bottom section in some dirt or a pot plant (Leeks are exactly the same process on a bigger scale)
- Celery – leave an inch from the base and place in water with adequate sunlight. New leaves will sprout from the middle and you can transfer into soil in about a week
- Basil, mint, coriander – place 2-3 inches of stem upright in a glass of water. When new roots sprout, transfer them into a pot of soil.

If you find yourself the proud owner of more basil, mint or coriander than you could eat why not chop it up, add it with olive oil and freeze into ice cubes. These are perfect to pop straight into stews, soups or anything else that's needs a bit of flavor!

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## What do YOU want to see in YOUR newsletter?

We want to hear from YOU.

This newsletter is your voice. Is there something you want to share?

Send in your photographs, paintings, any newspaper articles you may have come across; a poem you wrote or a thought you had, and we'll put it in the next newsletter.

If you have something you'd like to share with the Lotus Place community, please contact us on (07) 4724 2559 or [lotusnq@micahprojects.org.au](mailto:lotusnq@micahprojects.org.au)



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 NQ

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[lotusnq@micahprojects.org.au](mailto:lotusnq@micahprojects.org.au) | [www.lotusplace.org.au](http://www.lotusplace.org.au)

Open hours – Monday to Thursday 9am – 3pm  
Call anytime for support and referral over the phone

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Lotus Place is an activity of Micah Projects

