

Lilypad 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 | January – February 2021

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**Hi everyone, What** a year 😊 2020 is nearly behind us with a new year ahead. With Christmas nearly upon us, this got me thinking about new year's resolutions and how many times over the years, I have planned to do a whole range of things by the end of that year. I am sure I rarely accomplished any of them. according to *Psychology Today*, research shows less than 10% of people who set New Year's resolutions actually achieve them. Additionally, more than 50 % of people who make resolutions can't even remember why they chose to commit to their resolution in the first place: sounds a lot like me.

Despite these statistics, Dr Glen Miller from Harvard Medical believes we should all make New Year's resolutions – *even if we don't stick to them*. Psychologically, the start of a new calendar year creates changes in our mindset. There is something wonderfully vitalizing about making resolutions on the first day of the New Year. Wanting to make resolutions is a good thing, as it means we want to commit to making a promise to improve our lives and to make the New Year a better one for ourselves and others. New Year's resolutions have many benefits, including the following.

- *It exercises the brain with extra motivation* which activates the brain's pleasure center.
- *Making resolutions gives us a personal challenge*. Even when we fail to achieve our resolutions, we may gain healthier habits along the way.
- *Making resolutions helps us take a good look at our life, discovering areas where we can improve*. Is there any area of our life that we would like to improve?

Regardless of which side of the New Year's resolution debate you stand on, if you decide to make a resolution when the clock strikes midnight, be sure to set goals that are important to you. Be kind to yourself and remember that Rome wasn't built in a day. You may slip and fall, but you can get back up and keep on moving forward.

Our hope is that no matter what you find yourself doing over the next two months, that it will be filled with happiness and peace.

*Have an awesome Christmas!      from Jill and the staff*

# Melbourne Cup 2020 - Rockhampton



Sometimes the staff let their hair down and just have fun!



Melbourne Cup Luncheon

BEST DRESSED prize goes to the lovely Tanya and her man!



Kelcy – CQ admin presenting Evie with 1<sup>st</sup> place prize from the sweeps



The two gorgeous Marg's



# In Our Kitchen

With Marilyn and Graham

I'm dreaming of a .....

**“WHITE CHRISTMAS”**



## INGREDIANTS

- 2 Cups Rice Bubbles
- 1 cup Icing Sugar
- ¼ cup Lemon Juice
- 4 – 6 oz Copha
- 2 cups Powdered Milk
- 1 Cup Coconut
- ½ cup glazed cherries
- ½ cup mixed fruit
- ½ cup walnuts



## METHOD

- Combine all dry ingredients.
  - Stir in melted copha and lemon juice
  - Press into slab tin
  - Place in fridge until set
  - Cut into squares and serve
- \* You may need extra copha if too dry



## FORDE FOUNDATION

### NEXT GRANT ROUND

Applications need to be submitted to forde foundation no later that **25<sup>th</sup> Feb 2021**

Were you a ward of the State of Queensland?

*OR*

Were you were under the guardianship of the State of Queensland?

*OR*

Were you a resident in a Queensland institution when you were a child?

If you answered 'yes' to any of the questions above AND you have registered with the Forde Foundation, you can apply for a grant from the Foundation to help you: with dental needs, studies, or obtain work and progress through your chosen field

Please call Lotus CQ if you have any further questions or need assistance completing an application 07 4999 4300

## USELESS TRIVIA QUIZ

*Circle yours answers and see solutions at bottom of page*

**1. How do crickets hear?**

- a. Through their wings
- b. Through their belly
- c. Through their knees
- d. Through their tongue

**5. Which country leads the world in cork production?**

- a. Greece
- b. Australia
- c. Spain
- d. Mexico

**2. In 'Ben Hur', which modern thing can be seen during the chariot scene?**

- a. A waitress
- b. A car
- c. A postbox
- d. A street lamp

**6. On average what do you do at least 15 times a day?**

- a. Laugh
- b. Burp
- c. Scratch yourself
- d. Lick your lips

**3. What's the best way to stop crying while peeling onions?**

- a. Sniff almonds
- b. Suck lemons
- c. Eat cheese
- d. Chew gum

**7. What color was Coca-Cola originally?**

- a. Red
- b. Purple
- c. Beige
- d. Green

**4. Which animal sleeps for only five minutes a day?**

- a. A chameleon
- b. A koala
- c. A giraffe
- d. A beaver

**8. What does bubble gum contain?**

- a. Plastic
- b. Calcium
- c. Rubber
- d. Pepper

1c. Through their knees / 2b. A car / 3d. Chew gum / 4 c. A giraffe / 5c. Spain / 6a. Laugh / 7d. Green / 8c. Rubber

Useless Trivia Quiz – Answers



*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, 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 centers or ring the Cluster Team Leader, Mark Bunting: (Ph) 07 3029 7000 from 9am – 5pm Mon to Fri
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](mailto: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](mailto:complaints@dss.gov.au)
6. Contact Queensland Office of the Health Ombudsman (regarding health services) by calling 13 36 46



## LOTUS PLACE CQ – OPENING HOURS

10 Albert Street Rockhampton Phone **07 4999 4300**

(E) [lotuscq@micahprojects.org.au](mailto:lotuscq@micahprojects.org.au) [www.lotusplace.org.au](http://www.lotusplace.org.au)

**Opening hours** Monday to Friday 9am to 4pm

**Except for Wednesdays: Office is closed until 11am**

**Office opens at 11am to 4pm CLOSED PUBLIC HOLIDAYS**

# UPCOMING DATES - 2021

**BUNDABERG:** MORNING TEA: 4<sup>th</sup> Thursday of the Month 10.30am

**\*\*\*\*\* Recommences Thurs Jan 28<sup>th</sup>, 2021\*\*\*\*\***

At Brothers Sports Club – Leprechaun Room 30 Takalvan St Bundaberg

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**ROCKHAMPTON:** MORNING TEA: 10.00am each Tuesday

**\*\*\*\*\* Recommences Jan 12<sup>th</sup>, 2021\*\*\*\*\***

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The Lotus Place CQ office



will be closed over the Christmas period.

We will be closing on Friday 18<sup>th</sup> December at noon and the office will reopen on Monday 4<sup>th</sup> Jan 2021 at 9am

During this time, if you have an urgent matter or need support – please feel free to call:

Lotus Place Brisbane Ph: 3347 8500 during office hours.

They will be closed for all public holiday (Christmas Day, Boxing Day and New Year's Day)

Other services that you can contact for support during this time:

Beyond Blue 1300 224 636

Lifeline 13 11 14

Mensline 1300 78 99 78

Suicide Call back Service 1300 659 467

1800 Respect 1800 737 732