

Lilypad

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 | Central Queensland | January – February

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Happy New Year to all let's hope 2022 is a cracker of a year, I hope we have all made reachable and achievable goals for the year to come. Mine was eat more chocolate, just kidding, seriously mine is more self-care and more time for me.

For anybody that doesn't know Tamaine (Redress Support). Had a beautiful baby girl on the 9th of December 2021. Congratulations Tamaine.

Lotus Place CQ would also like to welcome Jodie Pearce who will be working as Redress Support in Rockhampton office.. To contact Joie please call Lotus Place CQ on 4999 4300.

Thank you to all for joining myself and Jo in celebrating Christmas lunch with us, we had a great time with all you all in both the Rockhampton and Bundaberg regions.

We would like to remind everyone that in the current life of COVID 19 restrictions if you are **vaccinated** or **unvaccinated** our doors are open and you are welcome to visit Lotus Place CQ, however if you are **not vaccinated** you are not permitted to enter a pub, restaurant, café or club, which may result in restrictions for some participants to attend lunches in public venues.

Lotus Place CQ is looking forward to supporting you all throughout 2022, Jo and Kelcy are hoping to make more positive improvements during 2022. Suggestions and feedback from all of you are welcomed.

When it rains, it pours...
but soon,
**the sun
shines again.**

Stay positive.
Better days are on their way.



**Although no
one can go back
and make a
brand new start,
anyone can
start from now
and make a
brand new
ending.**

— — Carl Bard

Christmas Celebrations 2021



*Photos from Bundaberg and Rockhampton
Christmas Celebrations 2021*





IN THE KITCHEN

Ham, pineapple, and pesto Turkish pizza



INGREDIENTS

1 garlic Turkish loaf halved horizontally
2 tbsp tomato paste
1 can pineapple pieces
200 grams of ham (use up left over Christmas ham)
175 grams of grated cheese
80ml extra virgin olive oil
70grams bought pesto or basil dip
1 cup loosely packed baby rocket

METHOD

• Step 1

BAKE THE BREAD Preheat oven to 200C/220C fan forced. Line 2 large baking trays with baking paper. Generously spray the cut sides of the bread with olive oil spray and place, cut-side up, on prepared trays. Bake for 3 minutes or until lightly toasted

METHOD (CONT.)

• Step 2

TOP THE PIZZAS Use the back of a spoon to spread the tomato paste over each piece of toasted bread. Top with the pineapple, ham and mozzarella. Drizzle over half the oil. Season. Bake, swapping trays halfway through cooking, for 10 minutes or until golden.

• Step 3

ADD THE PESTO DRIZZLE Combine the pesto dip and remaining oil in a small bowl. Drizzle over the pizzas. Top with some rocket and cut pizza into thick slices. Serve with remaining rocket on the side.



Forde Foundation – capped amounts for Funding with approved current quotes

Electrical

Washing Machine - \$500 Clothes Dryer - \$400 Television - \$380

BEDS:

Single \$345 Double \$505 Queen \$570

Specialty bed \$2,425 (with medical certificate)

Mobile phone – approx. \$300

Dental

\$700 per year for private dental.

Or jump the queue in the public dental hospital with the Public Dental Grant

Next Grant round closes on 25th February 2022.

UPCOMING DATES - 2021

BUNDABERG: Monthly Lunch Dates

January Monday 10th, 2022 from 11.30am

February Monday 14th 2022 from 11.30am

At Railway Hotel 87 Perry Street – Bundaberg North 4670

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Rockhampton – Monthly Lunch Dates

January Tuesday 18th 2022 from 11.30am

February Tuesday 1st 2022 from 11.30am

Rockhampton – Morning Tea - 10.30am each Tuesday

Lunch is 1st Tuesday of the month 11.30am
Lotus Place CQ Building – 10 Albert Street Rockhampton

Lotus Place CQ is your drop-in center. You are always welcome to pop in during office hours for a cuppa / time out / watch tv.

Just a quick reminder with group activities etiquette

When we are altogether, please keep in mind to respect one another, accept the person beside you for who they are and how they are. Respect the other people's confidentiality, be free from judgement, be a shoulder or a friend we are all allowed to have a bad day. Be mindful of other people's moods and environment. At Lotus Place we have a zero tolerance to bullying and violence. We are all in this together lets support and lean on one another.

Participants wanting to come in to see Redress and Disability Royal Commission staff will need to make an appointment.

LOTUS PLACE CQ – Contact Details

10 Albert Street Rockhampton Phone 07 4999 4300

(E) lotuscq@micahprojects.org.au www.lotusplace.org.au

Office Hours

Monday to Friday 9:00 am – 3:00pm

RE OPEN 4TH JANUARY 2022





Self-care" means looking after yourself. It means treating yourself as person who deserves care.

Self-care is how you take your power back

You don't have to do anything complicated to care for yourself. You can do very simple things, whatever you can manage. It's good to try to do one or two caring things for yourself each day.

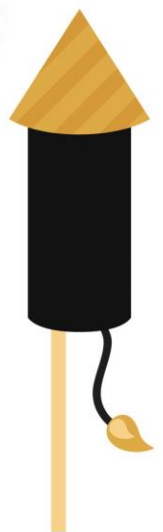
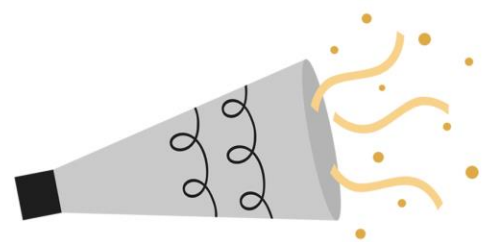
It can be a good idea to have some things to do in the moment (e.g., when you are faced with challenges), each day as an ongoing practice and things that will improve your wellbeing in the longer term. This can become a toolkit that helps you become stronger and more able to manage life's challenges.

For example, you might have a range of different strategies you can use in the moment that help you feel settled when you face difficult situations. On top of this you might do some things each day that help to nurture you (e.g., spending time with your pet, making time for friends whose company you enjoy, listening to some of your favourite music).

Then the long-term goal might be to develop a skill that interests you (maybe woodwork, an art class, learning to surf etc.) or focussing on your health (e.g. learning to cook meals that nurture you, doing an activity that keeps you fit) or working on a project that builds your future.

Strategies which help you care for yourself can stop you being overwhelmed by strong emotions. They can help ground you and help you regain control over difficult emotions, such as anger, shame, or distress. They can help stop you reacting and spiralling out of control.

HAPPY NEW YEAR!



W	I	H	V	V	A	X	R	N	R	Z	G	O	A	L	S	A	Z	Y	F
G	R	B	K	G	Z	T	Y	Z	I	Z	Z	J	Q	C	O	M	P	X	B
M	D	M	B	T	B	K	T	P	X	N	S	L	T	K	C	X	X	W	T
M	I	Q	C	R	A	E	Y	W	E	N	O	Z	J	K	S	K	R	N	H
L	P	D	M	V	X	P	N	Z	J	L	O	V	Z	V	Y	D	Z	Q	G
G	P	E	X	A	X	K	O	Q	N	C	O	U	N	T	D	O	W	N	I
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T	R	S	P	S	P	A	R	K	L	E	R	S	H	Q	T	O	J	A	D
P	J	O	L	B	Y	V	M	S	Y	L	N	N	N	R	C	A	F	L	I
Y	L	P	E	N	S	K	R	O	W	E	R	I	F	Z	N	Y	C	L	M
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R	M	Q	G	Q	X	Y	B	N	O	I	S	E	M	A	K	E	R	G	F
N	A	E	N	K	V	K	T	Y	F	H	R	R	A	Y	R	Y	I	A	V

Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers

