

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 | July – August 2022

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Hey guys hope you are doing great out there and staying healthy and taking care of yourselves with the flu season well under way.

Remembrance Day is coming up fast and we thought to celebrate the day this year it would be fun to do a treasure chest of memories and tokens. Can we all start thinking about what you would like to place in the treasure chest. Some ideas could be

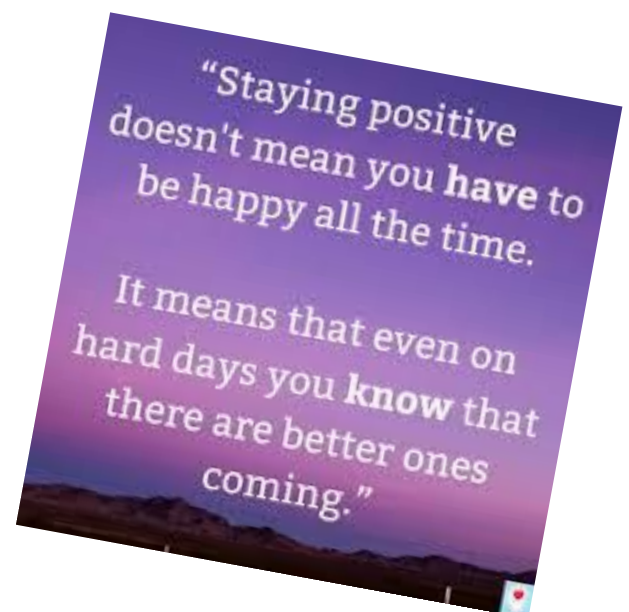
- Write a poem
- Put in a picture of the young you (that is recent of course)
- Painting
- Memory/ tribute of past participants
- A letter to someone you may have grown up with
- Message in a bottle

These are just a few ideas; you are more than welcome to come up with something of your own. On the next group gathering Kelcy and Jo will bring along some materials to help you get started. This activity is totally voluntary if you don't want to put any thing in the treasure chest you don't have to.

If anybody is interested in completing a Micah projects survey, please contact Kelcy by phone or email and we will arrange the best way to get one to you.

Phone 4999 4300 or email kelcy.davis@micahprojects.org.au

Lotus Place CQ continues to look forward in sharing your journey with you and supporting you all. We are delighted to be able to interact with you on a weekly or monthly basis and always enjoy seeing you all when we visit the different regions.





IN THE KITCHEN

Zucchini Slice

INGREDIENTS

- 2tsp extra virgin olive oil
- 150g rindless smoked back coarsely chopped
- 1 brown onion finely chopped
- 4 eggs
- 50g self-raising flour
- ¼ tsp bicarbonate soda
- 125ml thickened cream
- 2 zucchinis trimmed coarsely grated
- 100g coarsely grated Swiss style cheese

METHOD

STEP 1

PREHEAT OVEN TO 200C/180C FAN FORCED. GREASE A 20CM SQUARE PAN . LINE WITH BAKING PAPER

STEP 2

HEAT THE OIL IN A SMALL FRYING PAN OVER HIGH HEAT. ADD THE BACON AND COOK STIRRING OFTEN, FOR 5 MINUTES OF UNTIL STARTING TO TURN GOLDEN BROWN, ADD THE ONION AND COOK STIRRING OFTEN FOR A FURTHER 5 MINUTES OR UNTIL BACON IS CRIPS AND ONION IS SOFT. SET ASIDE TO COOL SLIGHTLY

STEP 3

USE A FORK TO WHISK THE EGGS IN A LARGE BOWL UNTIL COMBINED. ADD THE FLOUR AND BICARB. STIR UNTIL SMOOTH. WHISK IN THE CREAM, ADD THE ZUCCHINI, CHEESE AND BACON MIXTURE, SEASON WITH PEPPER. STIR TO COMBINE. POUR THE MIXTURE INTO THE PREPARED PAN AND BAKE FOR 25 MINUTES OR SLICE IS SET AND TOP IN GOLDEN

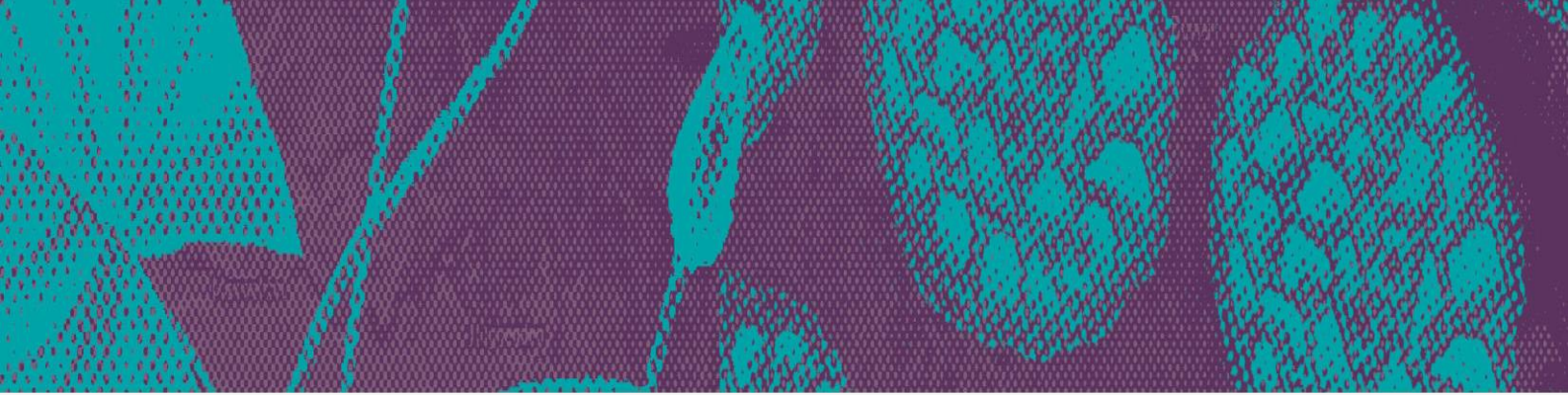
STEP 4

SLICE INTO 12 PIECES TO SERVE

SERVING IDEAS

SERVE WITH SALAD FOR LUNCH OR DINNER

SNACK ON IT COLD



Office Hours 9am - 3pm
10 Albert Street
Rockhampton Q 4700
Phone 4999 4300





Redress Update

Hello everyone, some of you may recognize my face by now, or recognize my voice at least, my name is Jodie Pearce and am currently in the Redress position while Tamaine is on maternity leave.

Coming up this month is Micah's Organizational planning days in Brisbane. Redress will be having a planning day on the first day, followed by the company planning days for the final two days. I look forward to seeing what new ways we can come up with to support our redress applicants.

If anyone has any National Redress Scheme related questions, please don't hesitate to contact me on (07) 4999 4300. I look forward to supporting you all. 😊



Disability Royal Commission Update

Hello to everyone, I'm sure you all know me by now, for those who don't my name is Deb and I am the Disability Royal Commission Counsellor at Lotus Place.

My hours are changing so I will be in the office more often if you need to contact me. New office hours will be 8.00am – 4pm Monday to Friday

Thank you to all who supported the Disability Royal Commission Expo's that were held throughout Queensland. It proved to be a great success.

If anyone has any concerns or would like to submit a story to the Royal Commission, please contact me for an appointment on (07) 4999 4300. Take Care Deb

UPCOMING DATES - 2022

BUNDABERG: Lunch Dates – 1st Friday of the month

July Friday 1st, 2022 from 11.30

August Friday 5th 2022 from 11.30am

At Railway Hotel 87 Perry Street – Bundaberg North 4670

Mackay – Meeting Dates – 1st Wednesday of the month

July Wednesday 6th, 2022 from 11.30am Golden Gecko

August Wednesday 3rd, 2022 from 11.30am Golden Gecko

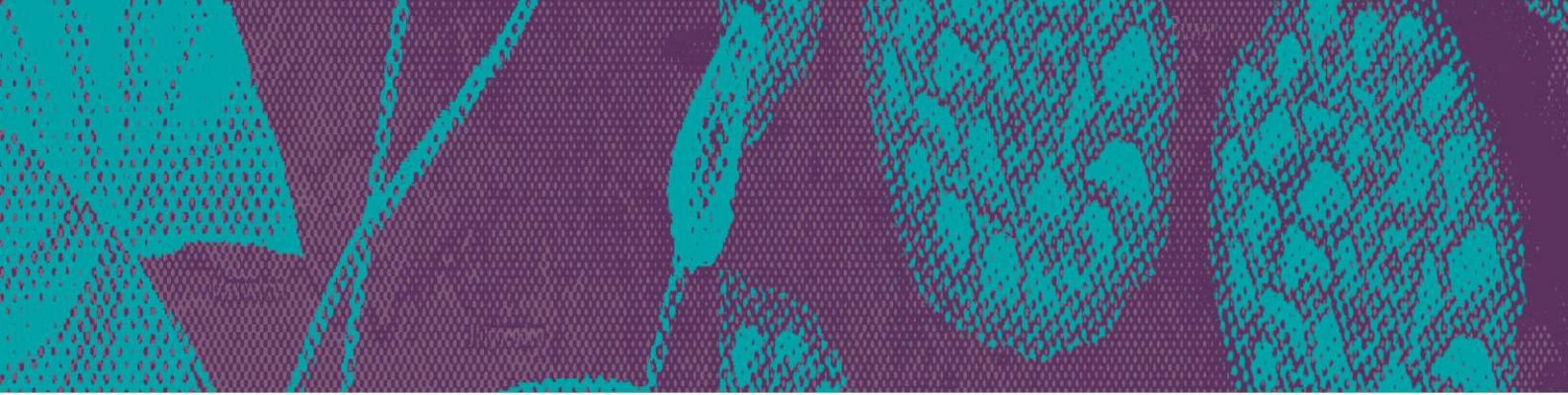
Rockhampton – Lunch Dates 1st Tuesday of the Month

July Tuesday 5th 2022 from 11.30am

August Tuesday 2nd 2022 from 11.30am

Rockhampton – Morning Tea - 10.30am each Tuesday

Lotus Place CQ Building – 10 Albert Street Rockhampton



Self-care" means looking after yourself.

It means treating yourself as a person who deserves care.

easy self-care tips for staying healthy through winter

7 tips for staying healthy over winter

1. Enjoy winter seasonal vegetables and fruit. Grapefruit, kiwifruit, mandarins and oranges are all delicious and in season over winter. ...
2. Take time for tea. ...
3. Stews, casseroles and leftovers. ...
4. Get active indoors. ...
5. Sit less. ...
6. Rug up.

Colds and influenza are particularly common in winter.

[Influenza \(flu\)](#) is caused by a different group of viruses and is a far more severe health condition.

Antibiotics are not a suitable treatment for colds or influenza because antibiotics target bacteria, not viruses.

Take steps to protect yourself this season:

- get [immunised](#) against influenza
- cover your nose and mouth with a tissue when you cough or sneeze, or use your inner elbow
- throw tissues in the bin after you use them
- wash your hands often with soap and water, or use alcohol-based hand sanitisers, especially after you cough or sneeze
- clean surfaces and objects such as doorknobs, keyboards, phones and toys regularly
- avoid touching your eyes, nose or mouth – germs spread this way
- try to avoid close contact with people who have an influenza-like illness



Welcome to our Community



Introducing: Steven Philippi

Resides in Bundaberg a regular guest at Bundy monthly lunches.....enjoys catching up with his fellow Lotus participants once a monthFav meal of Steven's is fish and salad...likes to chill out listening to music especially Coldplay

SAVE THE DATE

REMEMBRANCE DAY 2022

**BUNDABERG
2ND SEPTEMBER**

**MACKAY
7TH SEPTEMBER**

**ROCKHAMPTON
6TH SEPTEMBER**

Lotus Place CQ
10 Albert Street
Rockhampton QLD 4700

Angels'
Community
Group-
Bundaberg

**FREE POP-UP SHOP
ROCKHAMPTON**
no money needed
27th July 2022 10am – 2pm
**Lotus Place CQ
10 Albert Street
Rockhampton
4999 4300**

ADRA Op Shop
Milton St. Mackay

If you live in the Rockhampton region or we are visiting your region soon and have unwanted knitting wool we know someone who could put it to good useplease let us know by calling 4999 4300.

Moo and Coo
Charity Shop
15 Reaney St
Rockhampton
MON, WED
and SAT

SPRING WORD SEARCH

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



BLOSSOM
BLUEBIRD
BOOTS
CHICKS
DAFFODIL
FLOWERS

GARDEN
GRASS
GREEN
KITE
MUD
NEST

RAIN
SEEDS
TULIPS
UMBRELLA
WARM



