

# 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](http://www.lotusplace.org.au) | Central Queensland | July - August 2020

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## ***Hi everyone. I hope you are all well.***

During the last few months we have all been dealing with COVID 19 and the restrictions that the government has in place to minimize the spread of coronavirus. I have been so amazed to speak with most of you and hear how resilient and strong you have been through this trying time. There is no doubt it has been a really difficult time for most, yet you have drawn on your strength to get you through, which is what makes you all champions!

Those restrictions are now beginning to ease and with that, the ability to once again be able to meet and catchup. That has meant, that for now, we cannot meet as a large group, but we can meet with smaller numbers so that we can still abide by social distancing recommendations. At this stage, it looks as though July 15<sup>th</sup> is when up to 100 people can meet in public spaces and indoors. This of course, will be subject to review and planning and pending if we still have minimum cases of COVID.

It will be so nice to see you all again and meet for morning tea or lunch and catch up with one another. Hopefully we will be able to talk about some of the positives that we can take away from this experience. I hope for me, that I will continue to not be busy and rushed and be mindful to still appreciate the things that I used to take for granted.

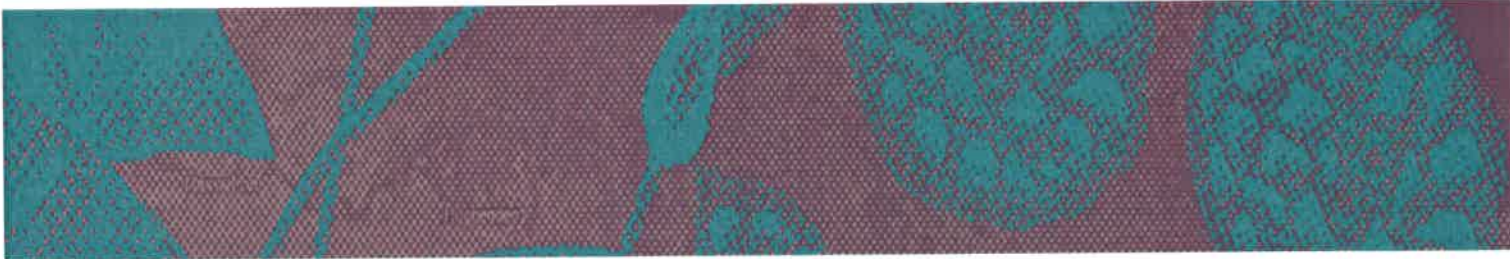
*Jill*

TODAY IN THE MIDST OF YOUR  
BUSY LIFE, MAY YOU HAVE AT LEAST  
ONE MOMENT TO SIT BACK AND RELAX  
WHEN YOU DON'T HAVE TO DO ANYTHING  
OR BE ANYWHERE IN PARTICULAR...  
BUT MOSTLY IN THAT MOMENT MAY YOU  
REALIZE HERE AND NOW WHAT A GIFT  
YOUR LIFE IS NOT JUST TO YOU BUT TO  
EVERYONE WHO KNOWS YOU.

**CELEBRATING** our new premises for Lotus Place CQ. March 30<sup>th</sup>, we moved into our new building. With so much more space, it has been a positive move. Situated at 10 Albert Street. Feel free if you're passing by to pop in and see the new building.

Here are some photos:





**LOTUS CQ STAFF** It's nice to put a face to a name, so this month we thought we would introduce you to the amazing team at CQ.

**Deb** is the Disability Royal Commission counsellor. Deb will be supporting people as they make submissions to the Disability Royal Commission.



She comes to Lotus Place CQ with a wealth of knowledge and experience and has been a great addition to the CQ Team.



**Siarne** is the Administration officer. Somedays, she is answering calls, making morning teas or organizing the rest of the staff.

She is basically the oxygen behind the scenes that keeps the office running smoothly!!



Most of you may have met or spoken with **Tamaine** when she was the Admin worker, she has now moved into a new role as Redress worker.

Tamaine helps people to seek redress for past abuse through the National Redress Scheme, and we offer information about civil or church- based redress processes.

**Jill** is the CQ Manager of Lotus place and has been with us since early January. During this time, she has helped navigate moving into a new building and COVID 19, and says "Lotus place is an amazing organisation and it is such a privilege to be working with Forgotten Australians".



## Forde Foundation Grants 2020

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 your dental needs
- with your studies
- obtain work and progress within your chosen field
- live independently.

If you have already registered with the Forde Foundation, please:

- read and ensure you understand the relevant grant guidelines
- complete the grant application form and send it to us

If you are not sure whether you have registered, please contact us to check. If you know you haven't registered, you will need to do this before you can apply for a grant and we can assist you with this.

## Next Grant Round

The next grant round applications need to be in by 5pm Friday 21st August 2020. If you would like an application form mailed to you to complete, please contact our office.

Grant applications will be assessed by the Board of Advice on Thursday, 17 September 2020.





*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.

### National Redress Scheme

The National Redress Scheme is a response to the Royal Commission into Institutional Responses to Child Sexual Abuse. The scheme commenced on the 1<sup>st</sup> July 2018 and will be open to applications until 30<sup>th</sup> June 2027. There are three components to the National Redress Scheme. They are an offer of a monetary payment up to \$150, 000, a Direct Personal Response or apology from the institution, and access to counselling.

Lotus Support Services, a team within Micah Projects, have been funded to provide application assistance and you are encouraged to make contact if you require any information or would like support to complete an application.

The Scheme is advising that applications may take up to twelve months to process although they are working on measures to reduce this wait time. There appears to have been an increase in offers being provided to applicants over the past several weeks and we are hopeful that this is a trend that will continue. For further information or to make an appointment please call our office, or you can call *Tamaine at Lotus Place CQ on 0408 433 196*

### Disability Royal Commission

The Disability Royal Commission into Violence, Abuse, Neglect and Exploitation of a person living with Disability (DRC) is currently underway.

The DRC is wanting to hear from people around Australia who have a story to tell.

Lotus Place Rockhampton now has a counsellor/support person to guide and support people in our region to share their experience(s) with the Commissioners.

The service is available to any individual who lives with disability, as well as family members, friends, guardians, carers and staff who have experienced or witnessed violence, abuse, neglect and/or exploitation of a person with a disability.

The service provides -

- Support for participants to make an informed choice as to how they wish to share their story with the DRC (there are 4 ways this can be done)
- Counselling support throughout the process (either face-to-face, by phone or internet)
- Information on other supports available both while making your submission and beyond

For further information or to make an appointment please call our office, or you can call *Deb at Lotus Place CQ on 0417 549 436*.

## FIND A WORD 60'S Songs

Find all the words and the remaining letters spell out another 60's song!

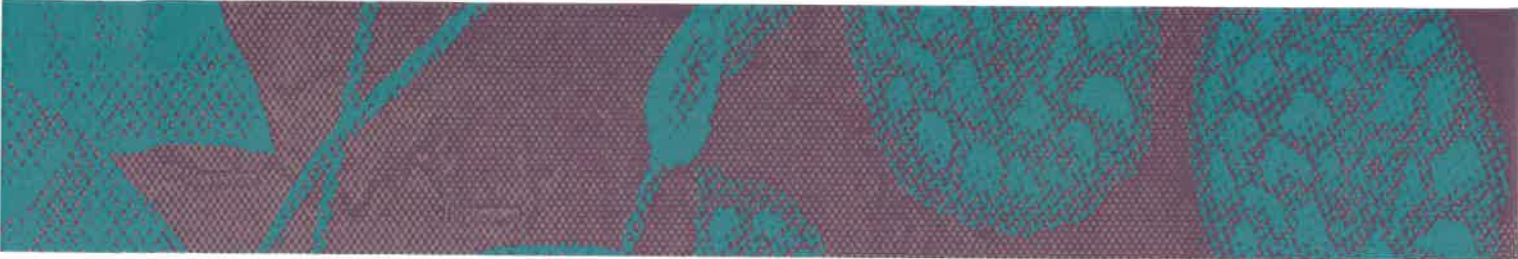
BABY LOVE  
BLUE MOON  
BLUE VELVET  
BUS STOP  
CARA MIA  
CHAIN GANG  
CHERISH  
CRAZY  
CRYING  
DIZZY  
DOWNTOWN  
EL PASO

ELENORE  
FINGERTIPS  
FIRE  
GALVESTON  
GOOD LOVIN'  
GROOVIN'  
HAIR  
HEATWAVE  
HEY JUDE  
HOLIDAY  
ITCHYCOO PARK  
LAST KISS

MEMPHIS  
MY GIRL  
MY GUY  
PEOPLE  
PUPPY LOVE  
RESPECT  
RUNAWAY  
SHERRY  
SOUL MAN  
SPOOKY  
STAY  
SURF CITY

TEEN ANGEL  
THE BOXER  
THE TWIST  
THESE EYES  
VALLERI  
VOLARE  
WHITE RABBIT  
WILD THING  
WINDY  
WIPEOUT  
WORDS  
YESTERDAY

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



*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 Lotus
2. Cluster Leader, Mark Bunting, 3029 7000 from 9am – 5pm working days. 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



# UPCOMING EVENTS

## BUNDABERG

Morning Tea 4<sup>th</sup> Thursday of the Month 10.30am @ Spotted Dog Tavern.

Recommencing July 24<sup>th</sup>, August 27<sup>th</sup>, September 24<sup>th</sup>

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REMEMBRANCE DAY: THURSDAY 10<sup>th</sup> September 11.30am at Spotted Dog Tavern

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## ROCKHAMPTON

Morning and Afternoon Tea 9.30 -11am & 1pm – 2.30pm (allocated times due to COVID restrictions)

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REMEMBRANCE DAY/OPENING DAY: MONDAY 7<sup>TH</sup> September 12.30pm at

Lotus Place CQ, 10 Albert Street, Rockhampton

Guest Speaker: Micah Projects CEO Karyn Walsh

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## HERVEY BAY

Thursday August 13<sup>th</sup> : Morning Tea 10am at SALT CAFÉ, 569 Charlton Esplanade Urangan.

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Lotus Place CQ is an activity of Micah Projects



MICAH PROJECTS

Breaking Social Isolation  
Building Community



HISTORICAL ABUSE NETWORK

FOR PEOPLE WHO EXPERIENCED ABUSE  
IN INSTITUTIONS, FOSTER CARE & DETENTION