

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 | North Queensland | June 2020

In this issue – Farewell Darcy | Upcoming Events | AFTM Queensland Outsider Art Awards | National Redress Scheme | New Office Hours | Camping Trip | Creative Space | The Garden Patch | Money Talks

Farewell Darcy

On Tuesday 9th June, we threw a party to farewell Darcy and wish him well in his new role as the Redress Team manager based in Brisbane.



Upcoming Events – July

Townsville

Peer Meetings

Tuesday 7th July, at 10:00am

Tuesday 21st July, at 10:00am

Tuesday 28th July, at 10:00am

Craft Group

Thursday 9th July, at 9:30am

NAIDOC BBQ on The Strand

Tuesday 14th July, at 10:30am

(BBQ's next to the waterpark)

Cairns

Peer Meeting

Thursday 2nd July, at 11:00am

Holloways Beach Esplanade Reserve

Casuarina St, Holloways Beach

(Southern End)

Zoom Peer Meeting

Wednesday 15th July, at 10:30am

Outreach Meetings

Wednesday 1st July & Thursday 2nd July

By appointment

Burdekin

Peer BBQ

Thursday 16th July, at 11:00am

ANZAC Park BBQ's

Mackay

Peer Meeting

Wednesday 22nd July, at 11:00am

Iluka Park (Known as Town Beach)

2 Binnington Esplanade (End Gordon St)

East Mackay

Zoom Peer Meeting

Wednesday 8th July, at 10:30am

Outreach Meetings

Wednesday 22nd July & Thursday 23rd July

By appointment

AFTM Queensland Outsider Art Awards

Entries for the 2020 AFTM Awards close 31 July 2020. Open to all Queensland artists living with adversity and disabilities. Please fill out an entry form and return it to AFTM before the closing date. This year's theme is "Belonging", and entrants are encouraged to submit work in response to the theme. Please read the terms and conditions carefully before submitting your entry. 2020 AFTM Outsider Art Awards will be featured online from Thursday 17 September to Monday 21 September 2020, followed by the Finalists Exhibition at AFTM Gallery & Studios Monday 28 September - Friday 16 October 2020, 10am - 4pm.



Entries Open
Monday 1 June 2020

Entries Close
Friday 31 July 2020

2020 AFTM QUEENSLAND OUTSIDER ART AWARDS

Calling all Queensland Outsider Artists living with adversity and disabilities. Entries are now open to the 2020 Art from the Margins Queensland Outsider Art Awards in response to this year's theme "Belonging".

Guest Judges

Carol McGregor, Program Leader, Contemporary Australian Indigenous Art, Queensland College of Art, Griffith University and John Waldron, Director, Blue Sky View

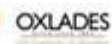
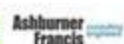
Up to \$4000 in prizes including 5 x Emerging Artists Award, People's Choice and Children's Choice Awards.

Entry forms outlining terms and conditions at:
artfromthemargins.org.au

Due to COVID-19 the 2020 AFTM Queensland Outsider Art Awards will be displayed online with an exhibition of the Finalists at AFTM Gallery & Studios.



AFTM Sponsors, Partners and Donors



Event Donors: Dr Elaine Katta, Philip and Leslie Hall

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 1st July 2018 and will be open to applications until 30th 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.

For someone's application to be processed the offending institution must be participating in the scheme. If an institution is not participating however the scheme still would like to hear from survivors as they may be able to compel an offending institution to join the scheme. If by 30 June 2020 an institution has failed to signify their intention to join the Scheme, they will be immediately publicly identified by the Scheme in accordance with Scheme legislation and jurisdictions will consider other appropriate action. This may include financial sanctions applied by state, territory or Commonwealth governments, and changes to an organisation's charitable status. 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. It is important to note that all applicants have six months in which to consider an offer and may apply to extend this for a further six months. This gives one an opportunity to seek further advice or consider the offer. Also, of importance is the process of accepting an offer. If, at the time of offer, an applicant does not accept all components, being a monetary payment, counselling and an apology, they cannot go back later to change the acceptance. For example, if someone accepts a monetary payment but refuses an apology or counselling at the time one cannot then opt to receive the declined component in the future. If someone accepts all components it is then up to them when and if they wish to go ahead with the counselling or apology. We would encourage anybody in this situation to make contact with Lotus Support Services for further advice.

The National Redress Scheme is one form of acknowledgment of the abuse that individuals experienced in an institutional setting but there may be other options. These may include a church-based complaints process or a civil claim. In some circumstances it may be possible to explore multiple options. While some individuals may have received a payment through a redress process in the past this does not necessarily impact one's ability to explore current options. It is important that everyone is fully aware of their options and at Lotus Support Services we aim to help with that process. Please contact the team at Lotus Place or Lotus Support Services on (07) 3036 4490 for any further information.

New Office Hours

From Monday 27th July 2020, Lotus place will be open for drop in 9:00am till 3:00pm every Monday, Tuesday, Thursday and Friday, and appointments/ phone calls until 5:00pm. On Wednesdays the office will be open from 11:30am till 3:00pm for drop in and appointments/ phone calls from 11:30am till 5:00pm.

Please contact the office if you have any queries about these new operating hours.

Charters Towers + Ravenswood Camping Trip

This year when the temperature increases, we will be headed to Charters Towers and Ravenswood for the weekend camping. Options for activities include fishing, exploring Charters Towers, bushwalking, or even just relaxing with a good book. We have 2 proposed dates and are keen to get feedback on which of the dates are preferred. The dates proposed:

Friday 28th August – Sunday 30th August

Friday 4th September – Sunday 6th September

We will be providing basic food and have limited spaces if you require transport. You will need to provide your own camping equipment. If you are interested in attending, please contact the office for further details.

Creative Space

Onion Soup

There is a mouldy joint
Not far away
Where we can get onion soup
Five times a day
Oh how we run like hell
When we hear the tucker bell
Oh how we run like hell
Five times a day

- Ray Lawrence's ditty from Morialta Children's Home

Do you remember a song, chant or ditty from your childhood? We would love to hear it and share it with the Lotus Place community!

The Garden Patch: Mother Of All Herbs

In this issue we take a look at the Mother of all Herbs also known by many other names; Queen of Herbs, Five in One Herb, Five Seasons Herb, Allherb, Country Borage, Indian Borage, Five Spice Herb, Chinese Three in One, Broad Leafed Thyme, Spanish Thyme, Spanish Sage, Puerto Rican Oregano.

Propagation is by cuttings or root division. Plant in well-drained soil, sun or shade. Plants tend to sprawl quite quickly, so are well suited to pots. It is ideal as an indoor foliage plant in an airy, warm position with plenty of light. Do not over-water, in fact this plant can be treated similar to a succulent.

Medicinal uses

Chew a leaf for sore throat and coughs. Make a tea for bronchitis, asthma, coughs, viral conditions, to relieve indigestion and stomach cramps, convulsions, as a liver tonic and for pain relief. A leaf can be rubbed or laid on the forehead, to relieve headaches.

Probably its most useful benefit is a leaf chopped in a cup of boiling water and drunk as a tea to treat insomnia. Research was sufficient to say that it worked as well as traditional sleeping tablets!



If you would like a cutting please contact the office.

Shout out and thank you to Mick Butler for bringing in a cutting and the information about this herb!

Money Talks: Direct Debits

Did you know how many things you can direct debit? Especially those big bills like rates, electricity and car registration. Please see the flyer below about how to direct debit your car registration. By spreading the cost out into monthly payments helps reduce the sting!

Some of the bills able to be direct debited

- Electricity
- Gas
- Council rates
- Car registration
- Insurances; house, car, private health
- Fines through SPER

Department of Transport and Main Roads

Direct debit your rego

You have the option to set direct debit registration payments to occur automatically from your bank account or credit card. A range of registration renewal terms are available.

How to get started

- 1** Check your registration notice for your **direct debit enrolment cut-off date**.
- 2** Go to www.qld.gov.au/directdebitreg and have your driver licence or registration notice handy.
- 3** Follow the instructions to enrol.

Queensland Government

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



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

382 Sturt Street, Townsville Q 4810

PO Box 2027, Townsville Q 4810

Phone [07 4724 2559](tel:0747242559) or [1800 16 11 09](tel:1800161109) | Fax [07 4772 0011](tel:0747720011)

lotusnq@micahprojects.org.au | www.lotusplace.org.au

Open hours – Monday Tuesday Thursday Friday 9am – 3pm; Wednesday 11:30am – 3pm

Call anytime for support and referral over the phone

Lotus Place is an activity of Micah Projects

