

Lilypad is a newsletter of Lotus Place.
Lotus Place is a dedicated support service and resource centre for adults who experienced childhood abuse in an institutional setting.



www.lotusplace.org.au | Southern Queensland | August 2020 | Issue 25

In this issue Remembrance Day | Lotus Support Services | Ageing to Perfection | Lotus Petal | Creative Writing | Creative Arts | 5 Tips for Covid-19 Safety | What's On



This is a day where we pause or gather to acknowledge the courage and experiences of adult survivors of childhood abuse in institutional settings including out-of-home care.

To be a voice for continuous reform and justice within child protection policy and practice. It is a time to remember the failings and neglect of past Governments, Churches and Non-Government organisations, to remember so we might say “never again!”

This year our Remembrance Day events will be done a little differently. COVID 19 restrictions have meant that we are unable to hold the main event at GOMA and we will need to limit the amount of people we have attending each event.

RSVP's are essential to secure your booking to these events. Due to COVID 19 restrictions, only those who have booked will be able to attend.
To RSVP contact Lotus Place on **07 3347 8500** or lotusevents@micahprojects.org.au
At least 7 days before the event.



Remembrance Day Online Event will be held **Wednesday 9th September 2020 12:00 PM**

Register in advance for this webinar: <http://tiny.cc/2020RemembranceDay>

After registering, you will receive a confirmation email containing information about joining the webinar.



Brisbane
Lotus Place Stones Corner

Wednesday 9 September | 10am & 1pm

Gold Coast
Venue to be Confirmed

Thursday 3 September | 11am

Gympie
Venue to be Confirmed

Monday 14 September | 11am

Lotus Support Services

AN ACTIVITY OF  MICAH PROJECTS

Are you a Forgotten Australian who has a disability?

The Disability Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability would benefit from hearing your story. The Commission wants to know what you think would have helped to ensure abuse didn't happen. They also want to know when abuse does happen what would be a fast and effective response.

Lotus Support Services Disability Royal Commission team are here to support you.

We can assist with helping you to tell your story, put you in touch with free legal advice about telling your story, provide different ways to heal and build your resilience, while you engage with the Disability Royal Commission.

Support and assistance is available state-wide at no cost to you.

If you want to discuss this further, please phone us on **07 30364490** or email: lotussupportservices@micahprojects.org.au

The National Redress Scheme

Lotus Support Services, Redress team is continuing to assist people to submit applications to the National Redress Scheme and to explore alternative redress options.

To discuss how Lotus Support Services can assist you to make an application to the National Redress Scheme, or to obtain information on your options, please phone **3036 4490** 9am to 5pm Monday to Friday or email redress@micahprojects.org.au

We can meet you...



face to face



telephone



online

Ageing to Perfection

The new monthly group for the young at heart that will help you sail through your golden years, 'like the young people we still are inside'!



When: 10am first Tuesday of the Month

Where: Lotus Place meeting room

During the August group, Greg Connolly from 'Mater at Home' spoke to the group about getting support at home as we get older.

Greg's enthusiasm and experience came through in the discussion. There is certainly a lot to think about. Some of the key points talked about:

- ◇ Specialised equipment and services enables you stay where you live as you get older.
- ◇ Putting these supports in place will decrease your chance of injuries and hospitalisation.
- ◇ With the right equipment and support it is possible to keep living at your current home if you want to.

Please ring and let us know if you're attending.

If you have any questions ring Lotus on 33478500 and ask to speak to Mal.

Remembrance Art Activity

Lotus Petal for Remembrance Day

You are invited to create a decorated Petal with your Message on it. Your Petal will form part of a large Lotus Flower for Remembrance Day (when you send it in).

Theme:

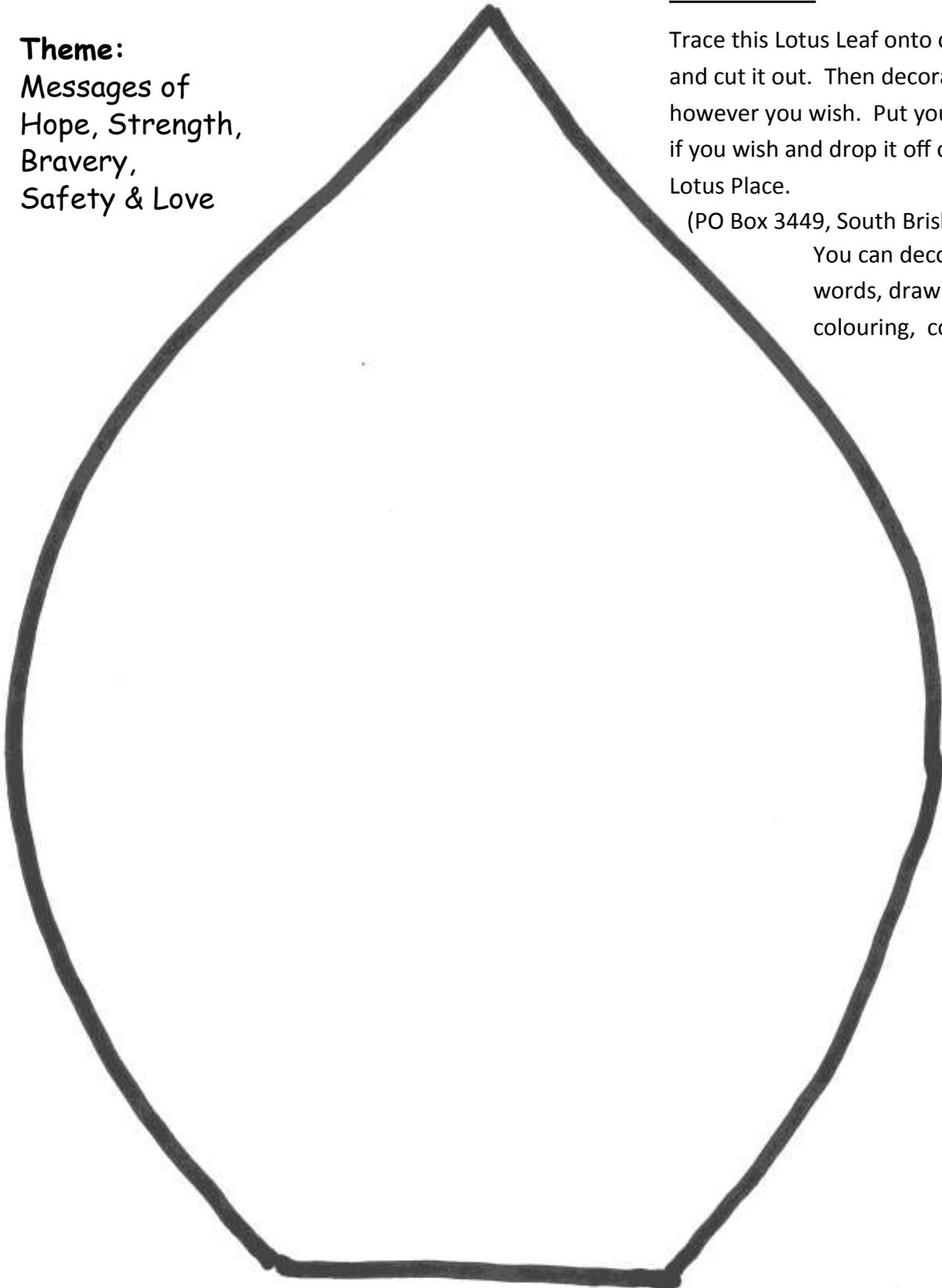
Messages of
Hope, Strength,
Bravery,
Safety & Love

Instructions:

Trace this Lotus Leaf onto card or paper and cut it out. Then decorate the petal however you wish. Put your name on it if you wish and drop it off or send it to Lotus Place.

(PO Box 3449, South Brisbane 4101)

You can decorate with words, drawings, paint, colouring, collage, etc.



Creative Writing



'I Meditate' by Sherryl

I see the heart as the centre of the flower.
So my heart as my centre means I am a
flower. So I give out pleasant perfumes to
others, spread the beauty of colour to the
world as I meditate, breathing goodness in
and out.



The Healing Power of Story with Edwina

Change can come through re-imagining the past, claiming power over the stories we tell ourselves and inventing new ways of seeing these stories and ourselves.

One Day Creative Writing Workshop on soon

BRISBANE: Tuesday 13 October | 10am – 3.30pm

GOLD COAST: Thursday 1 October | 10am – 3.30pm

GYMPIE: Monday: 12 October | 10am – 3.30pm

*Catching up
for Morning
Tea at Lotus*



What Brings

Me Joy by Lyn

I feel happy and loved
when I am with my
family especially my
grandchildren. It brings
joy to my heart when I
am with them. My
happiness is hearing
them screaming
'Grandma' and giving
me big hugs. It also
brings joy to my heart to
go out to lunch with my
sister and sister-in-law.



Life Stories PROJECT

Provides an opportunity for you to tell the story
of your life or of parts of your life. Everybody
has a story to tell. One on one sessions with

experienced listeners and writers who know Forgiven Australians. You can choose
whether your story goes into a book or electronic form. (Up to 6000 words)

Interested? Any Questions?

Please contact Simon 0408594303

lifestoriesproject@forgottenaustralians.org.au

This project is provided by the Alliance of
Forgotten Australians with the Assistance
of the Department of Social Services



If you find yourself feeling overwhelmed, in need of support or just wanting a chat, help is available.

• **Beyond Blue** 1300 224 636
• **Mensline** 1300 78 99 78
• **Lifeline** 13 11 14

• **1800 Respect** 1800 737 732
• **Suicide Call Back Service** 1300 659 467
• **In an emergency call Triple Zero (000)**

Creative Arts

New Art Project for Lotus Place in 2021 In partnership with the Edge, SLQ. We are **Seeking Expressions of Interest** from the artistic and creatively inclined to be part of a **Round Table discussion** to help shape this project.



The Art Project happening next year will be series of visual arts workshops facilitated by professional artists to create and showcase significant and meaningful works of art by adults with lived experiences of institutional child abuse. The aim is that the works in some way express people's journey and experience of Truth, Justice and Healing.

Through this project we hope to increase awareness in the community and evoke a broader conversation on this part of Australia's history.

Please Contact Katie on 33478500 at Lotus Place if you would like to know more.

In 2014, forty four (44) boxes were created by Lotus participants for the 'What is Justice Art Project'. Seven years on we are following up with another art project.



Empowering people through participation in arts education and performance programs.

Current Programs: currently online due to COVID-19

Absolutely Everybody Choir Friday mornings.

Rhythm of Life is Upbeat Art's Music Theatre group Friday afternoon.

Word on the Street Creative Writing Tuesday afternoons.

Song School Music Appreciation and Song Writing on Tuesday mornings.

Upbeat Arts runs an Inclusive-Arts Program for people experiencing disadvantage and isolation. *To register or find out more see their website*

www.upbeatarts.org.au or talk to Katie at Lotus Place



Art Group Members



You're invited to experience the joy, freedom and inspiration of song at your local **With One Voice** choir, **from your own lounge room** (online streaming). No auditions and no singing experience needed.

Conductor: Cath Mundy

When: Wednesday 5:30-6.00pm (more options available)

Where: WOV Livestream with Cath & Jay <https://facebook.com/WOVLive>

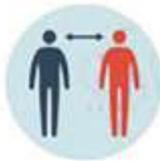


*Lotus Place
Xmas in July
Morning Tea at
Mott Park*

5 TIPS FOR COVID-19 SAFETY



WASH YOUR HANDS
REGULARLY WITH SOAP &
WATER FOR 20 SECONDS



PRACTICE SOCIAL
DISTANCING OF
AT LEAST 1.5M



COVER YOUR NOSE &
MOUTH WITH A TISSUE
OR BENT ELBOW WHEN
COUGHING OR SNEEZING



AVOID TOUCHING YOUR
FACE, NOSE, MOUTH &
SHAKING HANDS



STAY AT HOME AS
MUCH AS POSSIBLE
ESPECIALLY IF YOU
ARE SICK

Stay up-to-date with the latest advice via the COVID-19 QHEPS page



Lotus Place Values Your Feedback

Lotus Place values your feedback and we encourage you to give compliments, offer suggestions, 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.

Talk to someone at Lotus Place at either of our three centres or ring the Team Leader, Mel Smith, 3347 8500 from 9am—5pm working days (except after 3pm Mondays and before 12pm Wednesdays).

Request a Feedback Form or write a letter and mail to Feedback and Complaints Officer, Micah Projects, PO Box 3449, South Brisbane, Q 4101

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, 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

Contact Queensland Ombudsman on 3005 7000 or 1800 068 908 (if outside Brisbane)

Contact Commonwealth Department of Social Services on 1800 634 035 or use online form on complaints@dss.gov.au

Contact Queensland Office of the Health Ombudsman (regarding health services) by calling 13 36 46

WHAT'S ON AT LOTUS PLACE

September 2020

Mon	Tue	Wed	Thu	Fri
PLEASE NOTE All Activities are Subject to Change due to COVID19 restrictions! BOOKINGS ARE ESSENTIAL	1 Ageing to Perfection Morning Tea 9.30 - 11.30am 2pm Tai Chi Group	2	3 Remembrance Day Event Gold Coast 11am Dance & Movement 1pm Lotus Art Group	4 Mindful Movement 10am-11am
7 10am Creative Writing with Edwina	8 Memorial Day Morning Tea 9.30 - 11.30am 1pm Guitar Group Intermediate 2pm Tai Chi Group	9 Remembrance Day Event Stones Corner	10 11am Dance & Movement 1pm Lotus Art Group	11 Mindful Movement 10am-11am
14 Remembrance Day Event Gympie 10am Creative Writing with Edwina	15 Morning Tea 9.30 - 11.30am 2pm Tai Chi Group	16	17 11am Dance & Movement 1pm Lotus Art Group	18 Mindful Movement 10am-11am
21 10am Creative Writing with Edwina	22 Morning Tea 9.30 - 11.30am 1pm Guitar Group Intermediate 2pm Tai Chi Group	23	24 11am Dance & Movement 1pm Lotus Art Group	25 Mindful Movement 10am-11am
28 10am Creative Writing with Edwina	29 Morning Tea 9.30 - 11.30am 2pm Tai Chi Group	30		



October 2020

Mon	Tue	Wed	Thu	Fri
PLEASE NOTE: All Activities are Subject to Change due to COVID19 restrictions! BOOKINGS ARE ESSENTIAL			1 'The Healing Power of Story' Gold Coast One Day Workshop 11am Dance & Movement 1pm Lotus Art Group	2 Mindful Movement 10am-11am
5 Public Holiday	6 Ageing to Perfection Morning Tea 9.30 - 11.30am 1pm Guitar Group Intermediate 2pm Tai Chi Group	7	8 11am Dance & Movement 1pm Lotus Art Group	9 Mindful Movement 10am-11am
12 'The Healing Power of Story' Gympie One Day Workshop	13 'The Healing Power of Story' Brisbane One Day Workshop	14	15 11am Dance & Movement 1pm Lotus Art Group	16 Mindful Movement 10am-11am
19 10am Creative Writing with Edwina	20 Morning Tea & Hairdresser 9.30 - 11.30am 1pm Guitar Group Intermediate 2pm Tai Chi Group	21	22 11am Dance & Movement 1pm Lotus Art Group	23 Mindful Movement 10am-11am
26	27 Morning Tea 9.30 - 11.30am 2pm Tai Chi Group	28 1pm Creative Writing with Edwina	29 11am Dance & Movement 1pm Lotus Art Group	30 Mindful Movement 10am-11am

Lotus Open Hours

Monday	Tuesday	Wednesday	Thursday	Friday
9am-3pm	9am – 5pm	12pm-5pm	9am-5pm	9am – 5pm
Due to COVID-19 THERE IS NO CASUAL DROP IN it is <u>important</u> to confirm before attending Lotus Place Please phone Lotus Place on 3347 8500				
Creative Writing 10am – 12pm Gympie Group** <i>(monthly)</i> 11.30am – 1.30pm	Morning Tea <i>(expression of interest to attend)</i> 9.30am—11.30am Guitar Players Group <i>(bi-monthly)</i> 1pm - 2.30pm Tai Chi 2pm - 3pm		Gold Coast Group** <i>(monthly)</i> 11am – 2pm Art Group 1pm-3pm	Mindfulness Movement 10am – 11am
**This group NOT held at Stones Corner Up to date information is available on our website www.lotusplace.org.au under 'News & Events'				



The lotus flower has its origins and roots in the muddy waters below the surface, yet above the water 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.

46 Cleveland Street, Stones Corner Q 4120
 PO Box 3449 South Brisbane Q 4101
 Phone [07 3347 8500](tel:0733478500) or [1800 16 11 09](tel:1800161109) | Fax [07 3347 8590](tel:0733478590)
lotus@micahprojects.org.au | www.lotusplace.org.au

Lotus Place is an activity of Micah Projects

