

Lillypad 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 | April 2019 / Issue 20

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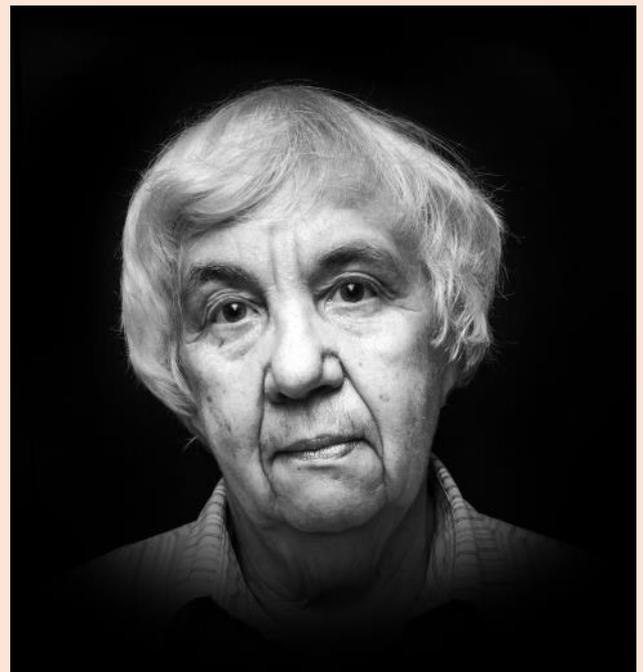
Still Waiting for Justice unfinished business

To coincide with the Federal election and the forthcoming 10th Anniversary on 16 November 2019 of the Prime Minister's Apology to Forgotten Australians and Former Child Migrants, the Alliance for Forgotten Australians (AFA) has launched a new campaign with the theme of 'Still Waiting for Justice - unfinished business'.

***We want a redress scheme that covers all forms of abuse. *We want priority access to health care, social security benefits, housing and dental care. *We have brochures available for you to send to your local Federal Member and Senator.**

AFA has published a Forgotten Australians Facebook page, and an Instagram account (afa_2k19) to support the campaign.

AFA will be publishing responses to their campaign from all politicians on Facebook.



If you would like copies of these brochures to send to your local Federal Member and Senator, please contact AFA on admin@forgottenaustralians.org.au or phone 0419854980, or phone Michelle on 3347 8500, and she will send you brochures with stamps and envelopes.

BLUE KNOT HELPLINE 1300 657 380
BEYOND BLUE 1300 22 46 36
LIFELINE 13 11 14



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

Understanding Self Care tools for self-healing

with Monique who's interest is in affirming ways to help people be more comfortable in their skin.

What is self care?

What does self care look like?



Self care is taking care of oneself. Putting time aside to contribute to your own care, which in turn supports your own health and wellbeing. Practising self care nourishes us and helps our understanding of ourselves to grow. It requires us to firstly listen to what our needs are and then to take action to fulfil those needs. (awareness plus action).

When we care for ourselves we can remain calmer and handle stresses with more grace. This allows us to be more compassionate, with ourselves and with others.

Self care is about being gentle with ourselves. For people who want to make changes in their lives, create new habits or ways of being in the world its important to have necessary supports in place. Retraining our brain so we can respond in a different way than we have in the past.

During each session we aim to create a safe space and honour your wish to grow and heal at your own pace.

This workshop is for those people who are keen to change the pattern of their life and willing to explore and practice new skills and remain open to new possibilities.

Are you wanting to take action to bring about change?

6 weekly sessions starting Monday 29th April, 1pm to 3pm

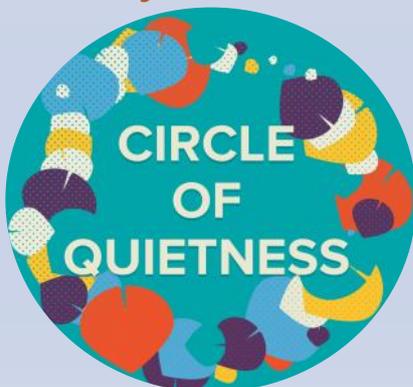
Over the 6 weeks of this workshop we will explore:

- ◆ Nourishment - what does it mean? How can we nourish ourselves?
- ◆ Why moving our body is important - what happens when we do or do not move our body;
- ◆ Connecting with our innate intelligence, our intuition;
- ◆ Ways to deal with stress and anxiety;
- ◆ Connecting and sharing with others.

An Information Sessions with Monique for this workshop will be held Tuesday 9th April.

Circle of Quietness

People are coming together as an act of solidarity with victims of abuse



The ongoing impact of child sexual abuse and the response of the leadership of the Catholic Church continues to do more harm than healing .

The public debate about George Pell's conviction is an ongoing expression of misuse of power and inadequate leadership from church, media, and political leaders. The ripple effect is despair, isolation and ongoing impact of trauma in the lives of so many individuals, in homes and in communities across Australia. Brisbane is no exception.

People gather in a Circle of Quietness each week as an act of solidarity with victims of abuse. Lotus participants and people in the wider community are invited to join this circle. Followed by light refreshments.

**Thursdays 5.30 to 6.30pm weekly until April 11th
At Lotus Place 46 Cleveland St, Stones Corner**

Rewriting the Stories of our lives!



Creative Writing Group

A Cage Of Bones

By Pierre de la Croix

Life was flesh on a bone...
My heartache was my own...
Treasures were far and few between...
My being was flaking but never seen...
Time verses time – walls of sorry gaining strength only to rob me of any depth of love; peace and joy ever since I was a boy...
As a boy there were no toys; no laughter or song...
Time verses time; flesh of me was not but a bone
Cage with no heart and soul...
Such a heart to the world was much darker than black...
Thy soul singed of its flesh biography...

My evolving life was one of Pantheon crumbling...
A pyramid scaling of slaved blocks building...
Liking to thy cage of bones, I am not of fleshed luv ...
I am simply an impounded, imprisoned sculpture of
No valid reasoning other than a fragile science figure.

I'd like to be: A Tree

By Sherryl Munson

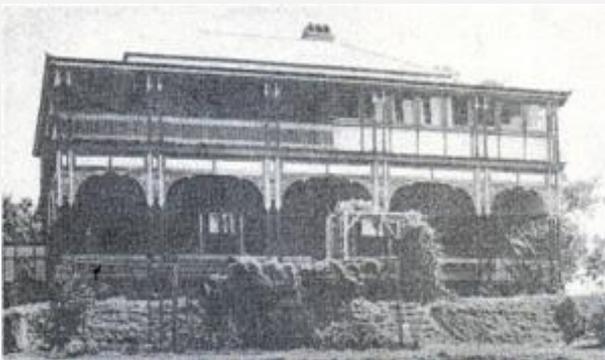
I'd like to be a tree – a big tree for people to sit under – with branches full of leaves to give softness and shade. A talking tree – to give advice to people who are lonely. Deep green branches with purple flowers in spring. I'd breathe in sunshine for my growth and warmth and pass it on to people, who have picnics, study or even weddings in my shade. Sometimes bees come round, hoping for nectar from me, happy to share what I have. At night, the moon shines through my leaves onto the ground.

Soft Material

By Cecily van Gessel

The softness of this piece of material reminds me of being a small child. Safety was only felt in the warmth of my younger siblings. Mothering them was the only love I knew. It is just now that I understand this. All my life I have loved softness but didn't realise I was looking for comfort – the comfort of a small child lying close to its mother.

Homes Get-togethers 2019



What home(s) were you in as a child? There will be four special Friday lunches held at Lotus Place during the 2019 for the Homes Get-togethers. Please let us know where you were so we can include you and add your name to the invitation lists for these gatherings.

This year we will be doing something a little different. We are combining a number of homes for each gathering. Each get-together is a lunch held especially for

people who spent time in the homes. They will be held between 12noon and 2pm, so please let us know if you plan on coming. Lotus Place staff will be on hand to provide information about support services and centre based activities that are available.

The next two get-togethers are:

- ◇ **3rd May** Baptist Homes and Presbyterian Homes such as Blackheath and WR Black
- ◇ **7th June** Government run Homes such as Wilson, Westbrook, Foster Care and others.
- ◇ **2nd August & 4th October** get-togethers details to be confirmed.

SL

The Edge

A Space for Ideas
Creativity, and
Experimentation

Seeking expressions of interest

Are you interested in participating in a series of workshops with the opportunities to use equipment in the **Fabrication Lab** (laser cutter, soldering station, 3D printer, sewing machine or CNC Router), **Media Lab** and **Recording Studio**. Be part of a guided tours of the State Library Collection.

To put your name down or for more information
call Katie or Michelle at Lotus Place 33478500
Please note numbers are limited!

Major Events for Lotus Place 2019

Event Name	Date
Lotus Place Activity Program Consultation Day	30 th April
Moonlight Magic Dinner Dance	In August
Memorial Day at Lotus Place Stones Corner	3 rd September
Remembrance Day at GOMA (other events at The Gold Coast & Gympie)	4 th September
1st Anniversary of the Apology to Victims and survivors of Institutional Child Sexual Abuse	22 nd October
Songs of Justice Concert 10th Anniversary of National Apology to the Forgotten Australians	15 th November
Anniversary of Queensland Apology Forced Adoption	27 th November
Christmas Events:	
Family Fun Day Picnic Brisbane	10 th December
Christmas Dinner Brisbane	13 th December
Christmas Lunch Gold Coast	To be confirmed
Christmas Lunch Gympie	To be confirmed

 Micah Projects shared a Page.

Our friends at the Alliance for Forgotten Australians (AFA) have established a new Facebook page.

Their mission is to promote and encourage greater recognition for #ForgottenAustralians. They advocate for national policies and high quality services available in each State and Territory which are tailored to meet the needs and interests of the estimated 500,000 Forgotten Australians. AFA strongly encourages inclusion of Forgotten Australians in service planning and delivery.

 **AFA**
Community Service
Forgotten Australians
5 people like this

✓ Liked

Mindfulness Movement with Yasuyo

At Lotus Place on Fridays
9.45am to 11.15am

Something Magical Happens

When we consciously pay attention to the present moment in our body and breath!

The brain heals itself!

- * Become more relaxed in life
- * Improve sleep patterns
- * Better manage chronic pain
- * Improve attention and memory

Suitable for all levels of ability and fitness





Music
 Tues 3-5pm
 Open Mic Rehearsal
 2nd and 3rd weeks
 Open Mic Night
 4th week 5.30pm

Market Stalls
 Saturday
 8.30-11.30am
 Peoples Market
 2nd Saturday
 Monthly



Art Group—Painting



Peer Lunches

cut along line

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, Michael Tansky, 3347 8500 from 9am—5pm working days (except Monday to 3pm, Wednesday from 12pm).

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

Day Time Date	Detail
Mondays 10am to 12pm (Starting back 20 th May)	Creative Writing Edwina will continue to help people hatch and refine their ideas and learn the art storytelling.
Mondays 1pm to 3pm (Starting back 29 th April)	Understanding Self Care Tools for Healing For people who are keen to change the pattern of their life and willing to explore some techniques that may support them in this endeavour. (6 sessions)
Every Tuesday	Peer get together Luncheon at Lotus Place Catch up and enjoy a meal and social get together. There is something different happening each week: pamper sessions, creative arts, music & singing, special guests, information sessions, in-house movies.
Tuesdays 1.30pm to 3.30pm	Supported Computer Use Jeni will provide the support people need to improve their computer skills, even for the nervous user or complete beginner. People are able to work on their own projects.
Wednesdays 1pm to 3pm (Starting back 1 st May)	Beading & Craft Learn new beading and other craft skills and techniques, and how to design, plan and assemble your own pieces.
Thursdays 10am to 12pm	Creative Master Class (Fortnightly) Guest artists and skills development in areas such as: ceramics, printmaking, composition, drawing and more.
Thursdays 1pm to 3pm	Lotus Art Group Be creative, play and experiment with different art materials, hang out with a great bunch of people. New people welcome.
Fridays 9.45am to 11.15am	Mindfulness Movement can be beneficial and relaxing, improve wellness for people who struggle with depression, anxiety or post-traumatic stress disorder. It can help with reactions and improve sleep patterns. All welcome.
Thursday 4th April 11am to 2pm	Gold Coast Group on the second Monday of the Month at the Southport Community Centre, 6 Lawson St Southport - Conference Room, level 1.
Monday 8th April 11.30am to 1.30pm	Gympie Group is on the first Thursday of the Month at Nelson Reserve (behind swimming pool)
Friday 3rd May 12pm to 3pm	May Homes Get-together is a special lunch for people who spent time in Baptist Homes or Presbyterian Homes .
Tuesday 7th May 10.30am to 12.30pm	Hairdresser's at Lotus Jessica is here every two months providing discounted haircuts \$15 for men's haircut, \$20 for women's haircut.
PLEASE BOOK YOUR PLACE	For all events and activities listed please book in with Michelle at Lotus Place on (07) 3347 8500, for planning purposes & in case of changes. Visit www.lotusplace.com.au for Upcoming Event & Information and details on state-wide Forgotten Australians groups and local meet ups.

Empower Arts is a peer run group. Forgotten Australians empowering and supporting Forgotten Australians. The group meets regularly at Lotus Place. If you would like to find out more please contact Colleen via Lotus Place.

Please bring in your empty cans and bottles. Empower Arts is doing a containers fundraiser at Lotus Place.



2019 Calendar
Empower Arts
Part of the Historical Abuse Network



Lotus Open Hours

Monday	Tuesday	Wednesday	Thursday	Friday
9am-3pm Planned Program of Activities Creative Writing* (from 20th May) 10am-12pm Understanding Self Care* 1pm-3pm	9am – 5pm Drop in day Peer Lunch 10am – 2pm <ul style="list-style-type: none"> • pamper session • craft activities • music & singing • guest speakers/ Information sessions • computer support 	12pm-5pm Planned Program of Activities Beading & Craft* 1 to 3pm	9am-5pm Planned Program of Activities Creative Master Class* 10am-12pm Art Group 1pm-3pm	9am – 5pm Drop in day Mindfulness Movement 9.45 to 11.15am
Please phone to Lotus Place book in for activities 3347 8500 *activity commences week of 29th April 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

