

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 | April 2022 | Issue 31

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National Enabling Better Aged and Community Care for Forgotten Australians Forum



Bringing together Forgotten Australians and other Care Leavers along with specialist services, aged and community care providers, and researchers—committed to improving the access, appropriateness and quality of support and care for Forgotten Australians who are ageing or ageing prematurely.

In 2019 we held a forum, many of you provided feedback detailing your concerns and fears about ageing and the aged care sector.

We have taken this on board and have been working towards improving the knowledge and understanding of Forgotten Australians, for employees in aged care.

On April 4th from 9am to 4.30pm a forum put on by The National Aged & Community Care Roundtable for Forgotten Australians, will be held to spread the word about these needs. It is open to Forgotten Australians and those who work in the aged and health sectors.

This forum is **free for Forgotten Australians** to attend and we'd love you to come.

It will be held in Capalaba, but you can also attend online from an iPad or computer (with internet access).

For those who would prefer it, or if the venue is fully booked, we will be streaming the forum live at Lotus place and will provide catering for the day there.

There are limited spaces to attend in person, please **RVSP as soon as possible with Lotus Place**. For more information, please contact Lotus Place on 33478500.

2022 FORUM

Date: Monday 4th April 2022

Time: 9.30 AM— 4.30 PM

Location:
Runnymede Road
Capalaba, Qld 4157

Online: Zoom Webinar

The Forde Foundation is a trust that provides assistance to Forgotten Australian's through quarterly grants. These grants provide support to improve the lives of those who were in the care of Queensland institutions or foster care as children (known as care leavers). You can apply for a grant if you were:- A ward of the state, under the guardianship of the state, and/or in a Queensland institution as a child.

The grants can provide financial support in the areas of education, employment, health, and wellness.

There is also a **Dental grant**, which is separated into 2 options: 1. The Public Dental Grant allows Forgotten Australian's to be prioritised on the public dental waiting list, essentially placing them at the top of the list. 2. The Private Dental Grant offers a contribution of \$700 per year for Forgotten Australian's to access dental through a private practice, of their choosing.

Forde Foundation applications are now processed entirely online. The Forde Foundation has price caps for some items, including television, washing machines and mobile phones. If your application is successful, the Forde Foundation may cover the entire cost, or contribute to the cost. Some items recently granted to Forgotten Australians include; fridges, washing machines, lifting chairs and laptops.

If you are interested in applying for a Forde Foundation grant, or would like further information please contact the Lotus Place office on **07 33478500** - see also www.fordefoundation.org.au/grants/

Lotus Support Services

Disability Royal Commission - Lotus Team

Share Your Story

You can share your experiences of violence, neglect, abuse, or exploitation with the Disability Royal Commission.

This helps us learn more about the problem and how we can help prevent it in the future.

Have you had or know someone who might have been abused in some way?

Lotus Support Services acknowledges that coming forward to share your experience is a big step. We want to make it as easy as possible.

Please tell us about any support you need. Counselling and support are available to help you.

Call Lotus Support Services on **30364490**



The National Redress Scheme - Lotus Team

Micah Projects' Redress Team is continuing to assist people to submit applications to the National Redress Scheme (NRS).

The NRS provides support to people who experienced child sexual abuse in institutions including, but not limited to, foster care, children's homes, youth detention centres, sporting clubs, schools, and religious institutions. To know more about the NRS and your eligibility, or to discuss if the NRS is the right option for you, please phone **3036 4490** 9am to 5pm Monday to Friday or email redress@micahprojects.org.au

Participants wanting to come in to see Redress and Disability Royal Commission staff will need to make an appointment—3036 4490

Well-being

If you are struggling, feeling isolated, or just need a little help with something please remember you can reach out to us at Lotus Place. Ph 33478500

Coping Skills Group Session at Lotus Place coming soon! Please let us know if you are interested!

SELF-CARE BINGO

 TOOK A SHOWER	GOT DRESSED TODAY	 talked TO A friend	SAT WITH MY FEELINGS	 gave myself a compliment
MOVED MY BODY JOYFULLY	 ate food	LISTENED TO MY BODY	 CHALLENGED NEGATIVE THOUGHTS	 HAD FUN
 WENT OUTSIDE	TRIED SOMETHING NEW	STAYED ALIVE	practiced being mindful	 DID A HOBBY
used a coping skill	 LET MYSELF CRY	took a break	 ASKED FOR HELP	GOT SHIT DONE
 BRUSHED MY TEETH	practiced self compassion	 DRANK WATER	TREATED MYSELF	 got 7-9 hours of sleep

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

MENSLINE 1300 78 99 78
1800 RESPECT 1800 737 732
In an Emergency Tripple Zero (000)

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

Age Care Navigator for Forgotten Australians

Olivia is now working half her time in the role of Aged Care Navigator role. This is a 6-month Pilot Program to demonstrate there is a need for this service— helping people we work with to understand what Age Care services and supports they can access and how to do this. We are helping people to put things in place so they can stay at home in familiar surroundings and not go into a facility. There are so many people who could just do with a little bit of help.

A Weight Off My Shoulders

Jewels shares her experience of linking in with Aged Care support and experiencing changes and some unexpected joys.



"I was trying to do everything myself. I would walk to Woollies and I would carry my two bags – I would call them my saddle bags... It took a lot of planning and effort. I remember saying to myself one day out loud, 'I can't do this anymore'." That feeling had quite a pronounced effect in me. I then just came home and decided to contact 'Flexicare', the

support agency who looked after me when I had a broken ankle. Soon after, I started with a fortnightly shop and domestic service."

The fortnightly shop was so lovely, I didn't have to lug my two saddle bags. It was literally a weight off my shoulders. It made a big difference to me just not carrying the groceries.

I now have a level 2 package, which includes weekly shopping help, fortnightly domestic service, podiatry, and the help of a gardener.

I am just wanting the basics, to just enjoy the things I can do, in accordance with my energy levels. I love to spend a lot of time in my garden, it's my sanctuary. And now I can. The Age Care supports allows me to do this.

Even though the aging process is a big transition and daunting. It's also a big door that opens. Though, I found it troublesome in the beginning – I didn't like these people coming in helping me...

I have always struggled with asking for help. Probably because I didn't get much support as a younger person. So, I have always tried to maintain independence in the way I do things. And for people like me, who were in 'care' as children, it can be quite tough trusting people you don't know...

But I adapted and now I find it is good company.

We have a cuppa tea together, get to know each other, just little things, and soon the stranger effect is removed. I am grateful for the service that makes my life more manageable.

"It is definitely an evolving thing, it's taken some years, you can't just master it overnight".

These services are very wonderful. I certainly don't want to leave my home. It must be terribly difficult when it happens. And at first, I found I was worrying. But I have made my focus to try as much as possible to stay focus on today. I no longer worry about out there in the future.

One thing I didn't envisage - it is quite rewarding and I'm not so isolated. The connections with the assistants is giving me links to a different generation. The girls are wonderful.

I'm getting older, I was experiencing changes, in my capacity, and in how I felt inside. Slowly I began to recognise this is it, this is happening. But I took a little while to face it and make decisions that are ultimately helping me to stay here and to maintain my independence longer.

External Community Programs

With One Voice Brisbane Choir	Wednesday 5.30pm tune into the choir rehearsal live-streamed on the WOVB Facebook page https://facebook.com/withonevoicebrisbane For more info contact withonevoicebrisbane@gmail.com
Upbeat Arts Creative Program	Choirs, Creative Writing, Song Writing, FREE to adults with a mental health diagnosis / marginalised or disadvantaged, fun and educational To find out more please call 0417075053 E info.qld@upbeatarts.org.au or www.upbeatarts.org.au
Art From The Margins	Photo Group, Mark Making, Art & Craft, [ONLINE] Art Group, upcycling and more. For more information call 07 3151 6655 E aftm@wmq.org.au www.artfromthemargins.org.au
Reclink Connect a free, online and interactive program	Thursdays: Tai Chi, Yoga, Chair Yoga, Dancefit, Zumba. Participants can choose to engage at any level. For more information on please contact: Angela Hopes 0466 535 142 angela.hopes@reclink.org www.reclink.org

Creative Writing selected from 'Unexpected Forces'

Soft Yet Strong

by William Pike | *Brisbane*

Neat, fast, balanced.
Firm, not hard.
Soft yet strong.
Trustworthy eyes.
He never lies.
Never dies.
His spirit, it flies.
Real, mature, masculine,
Ever wise.
He slays demons.
Stands on the shoulders of his ancestors.
What hasn't killed him
Has made him stronger.
He's been there, done it.
Run it.
Outrun it.
Grieved it.
Peeved it.
Thieved it.
Relieved it.
His scars have strengthened, not defined him.
He's the masculine heart and soul and mind.
Destiny in pocket, swift as a rocket.
He survived the cold, clammy, creep:
What was perpetrated, he didn't repeat.
Quick on his feet.
He'll never retreat.
His child's toy in his pocket.
He's here to rock it.

Unexpected Forces

by Harry James | *Gympie*

Go at it boldly
and you'll find unexpected forces
Closing around you,
Coming to your aid.

After going overboard,
In the ocean for five hours
At night.

Exhausted, I lay on my back,
Floated.
Four times I stopped.
I couldn't go on.

I sank down,
Below the surface.
Down.

But each time,
After I dropped a metre or two,
I said, "I want to live!"
And kicked again,
To the surface.

The jellyfish gathered around me,
Everywhere in the water.

And although I was stung red raw,
This unexpected force protected me,
From the sharks.



Grateful

by Robyn Ellis | *Gold Coast*

Her eyes looked beautiful as she gazed into my soul.
Love and acceptance flowed from Grandma,
Washing away my pain and anguish.
Arms outstretched with unconditional love.
Oh! How I miss her.
The scent of carnations remind me of her,
And how her face lit up every time I brought them.
Her shining smile made my heart sing with delight.
Her touch washing over my being,
In a moment of joy.

WHAT'S ON

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
NATIONAL FORUM Better Age Care for Forgotten Australians	Morning Tea Bingo		Gold Coast Group Dance & Movement Lotus Art Group	
11	12	13	14	15
Gympie Group	Morning Tea Japanese Basics		Dance & Movement Visit APT10 -GOMA	EASTER FRIDAY Public Holiday
18	19	20	21	22
EASTER MONDAY Public Holiday	Morning Tea Creative Writing		Dance & Movement	
25	26	27	28	29
ANZAC DAY Public Holiday	Morning Tea Japanese Basics Creative Writing		Dance & Movement Lotus Art Group	

Empower Arts is a peer run group of Forgotten Australians helping and supporting other Forgotten Australians through various projects to raise awareness and funds to assist members of the community with costs associated with creative endeavours. If you would like to find out more, contact Colleen via Lotus Place on **3347 8500**.

Empower Art Grants: There are two more \$50 vouchers to support people with their creative projects.

Desktop Calendar featuring creativity of Lotus artists are now available for free (for pick up only).

Out and About Group starting 31st May. Around ten years ago there was an 'Out and About group' at Lotus Place. During our January/February COVID closures, a small group initiated some group outings. To follow on from this and in response to feedback there is a meeting at Lotus 12th April to plan the first outing! All welcome!

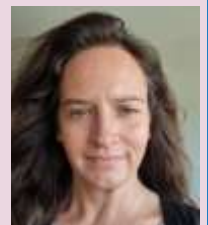


Learn Basic Japanese with Amanda

With Amanda you will learn about the Japanese writing system, how to write your name and how to start a conversation in Japanese. We will also have discussions about Japan and Japanese culture including manga, travelling in Japan and Japanese food. (no experience needed)

Student Placement

Lotus Place welcomes Amanda to the team for her student placement with Southern Cross University. Amanda is completing her second year of her Masters degree in Social Work. Amanda has qualifications in linguistics and teaching the Japanese language. Not surprisingly, she has a passion for languages and cultures. Her hobbies include dancing and playing beach volleyball. In the future Amanda hopes to have a career supporting the LGTBQIA+ Communities. Amanda will be working with Forgotten Australians with a range of support needs including Aged Care and Find and Connect.



Find and Connect

We farewelled Lara Griffin in December after three years at Lotus Place and welcomed Heather Grant as our new Find and Connect Support Worker (Family History). Many of you will already know Heather who has been volunteering with Find and Connect for two years. Heather has researched several family histories for Lotus Place participants and we are thrilled that we will have her experience and knowledge at our disposal. Heather will be available on Mondays and Fridays and Kelyn Flynn (Records) on Tuesdays, Wednesdays and Thursdays. The number for Find and Connect is 1800 16 11 09.

WHAT'S ON

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOUR DAY Public Holiday	3 Morning Tea Bingo Creative Writing	4	5 Gold Coast Group Dance & Movement Lotus Art Group	6
9 Gympie Group	10 Morning Tea Technology skills Creative Writing	11	12 Dance & Movement Lotus Art Group	13
16 Moreton Bay Group	17 Morning Tea Creative Writing	18	19 Lotus Art Group	20
23	24 Morning Tea Book Launch Creative Writing	25	26 Lotus Art Group	27
30	31 Out & About Morning Tea – Location TBC	<div data-bbox="671 981 1144 1061" data-label="Section-Header"> <h3>Technology Skills (May 10 & June 14) Get help with using your smartphone</h3> </div> <div data-bbox="671 1064 1264 1164" data-label="Text"> <p>*contacts, *photos, *privacy settings, *blocking calls *passwords *backing up data on the cloud, *caller Id, *viruses and scams, *apps, *emails, *social media</p> </div> <div data-bbox="1268 992 1460 1151" data-label="Image"> </div>		



Book Launch

10am Tuesday 24th May

Unexpected Forces: Stories and Poems by Forgotten Australians from Regional Workshops.

The Art of Resilience: Catalogue of the Reconciling Histories Art Project

Books and Stories Written by Forgotten Australians including 'Hard As' by Bryan Hartas.



More Than Our Childhoods

You are invited to be part of MORE THAN OUR CHILDHOODS project—Sharing

Forgotten Australians / Care Leaver stories around the world Stories submitted can be in written, audio or video form, or a member of the research team can interview and create a short story from that interview. The project welcomes all Care Leaver stories, including those from Care Leaver activists who have been involved advocating for change or calling for state and federal government inquiries and redress. To be involved, or for more information, see www.morethanourchildhoods.org Or contact: Dr Dee Michell, E: dee.michell@adelaide.edu.au ph: 08 8313 3675, University of Adelaide (or contact Lotus Place 33478500).

SQ Region Monthly Meet up Groups

The group meeting is a chance for participants to not only connect with each other but also discuss any supports needs. Refreshments, tea and coffee are provided. This event is open to all Forgotten Australian's or Former Child migrants that live in the region. Currently there are no vaccination requirements at the venues.

Further details are provided on the monthly **invitation mail out**. Please RSVP to ensure we provide enough food for everyone. If you live in the region you will likely be on the invite list. If you have not received invitations in the past, please contact Michelle at Lotus Place (33478500)

Gold Coast Group <i>Monday, 7th April</i>	First Thursday of the month at the Southport Community Centre, 6 Lawson St Southport - Conference Room, level 1.
Gympie Group <i>Monday, 11th April</i>	Second Monday of the month at Nelson Reserve (behind swimming pool).
Moreton Bay Group <i>Monday, 16th May</i>	Third Monday of the Month at the Senior Citizens Club, 24 Haskings Street, Caboolture

Lotus Open Hours

Monday	Tuesday	Wednesday	Thursday	Friday
9am-3pm	9am – 5pm	12pm-5pm	9am-5pm	9am – 5pm
Due to COVID-19 it is <u>important</u> to confirm before attending Lotus Place Call during business hours for support, referrals or appointment Please phone Lotus Place on 3347 8500				
Gympie Group** <i>(2nd Mon of month)</i> 11.30am – 1.30pm Moreton Bay Group** <i>(3rd Mon of month)</i> 10am - 12pm	Morning Tea 9.30am -11.30am		Gold Coast Group** <i>(1st Thurs of month)</i> 11am – 2pm Lotus Art Group 1pm-3pm	
**held externally; Up to date information is available on our website www.lotusplace.org.au under ' News & Events ' For all events and activities listed please book in at Lotus Place on (07) 3347 8500, for planning purposes & in case of changes. PLEASE NOTE: All Activities are Subject to Change due to COVID19 restrictions! Visit www.lotusplace.com.au for Upcoming Event & Information and details on state-wide Forgotten Australians groups and local meet ups.				



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.

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 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)
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Lotus Place is an activity of Micah Projects

