

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](http://www.lotusplace.org.au) | Southern Queensland | November 2022 | Issue 33

In this issue | Pouring In The Gold | Lotus Support Services | Supporting Male Survivors Workshop |  
| Wellbeing | Your Story Matters | Find & Connect Update | Xmas Events | Remembrance Day |  
| Creative Corner | Age Care Navigator | Community Notice Board | What's On |

## Pouring In the Gold



Kintsugi is a powerful metaphor for a person's experiences of healing from childhood trauma.

Often, she said, "we don't realise how much we do, at the time that we are being traumatized, to heal ourselves as we go. Pouring in gold as cracks were forming and all along the way working to survive and thrive.

At first, we may want to hide our brokenness and want to make the pain less visible and more bearable. But papering over the cracks instead of repairing the vase ultimately results in collapse. Dee talked about her early adult life, "On the surface my life was good. I was in a long-term relationship, had a well-paid job, and a supportive workplace, but I was miserable." For me, significant family events...are sources of both immense joy and they result in the vase cracking again.

The cracks are how the light gets in, wrote Canadian singer-song writer Leonard Cohen.

"Our brokenness usually comes from the public world impinging on our private lives. Yet, all too often victims are blamed for what has happened to them. And often we blame ourselves.

...Continued on Page 6

Dee Michelle, picture above was our guest speaker for Remembrance Day at GOMA this year. In her speech Dee spoke about working to bring recognition to the resilience, strength and heroism of people who have survived the adversity and traumas while in Institutional care as children. Many of whom have also contributed positively to their communities and have worked tirelessly to bring about awareness and change to the system that let them down and broke them.

Dee, who was in out of home care from age three (3), used the metaphor of the Japanese practice of *Kintsugi*, "as a way to think about our lives to embrace both our brokenness and our beauty." Kintsugi is the practice of repairing broken, or cracked, or chipped pottery – bowls, plates, vases – with a lacquer that was then dusted with powdered gold, silver, or platinum. The breakage and subsequent repair become part of the object, something beautiful added to it, rather than something to hide.



See invitations inside on page 5

**CHRISTMAS CELEBRATION DINNER & Christmas Family Fun Day**



# Lotus Support Services

## The National Redress Scheme (NRS)

Lotus Place South East Queensland.

Meet your Redress Support Workers - Jane, Luna, Bridget, and Russell. Based in Lotus Place Stones Corner, we can work with applicants Australia-wide, in person or over the phone, to assist at any stage of applying for Redress.

We're an independent, professional service which is one of nine Commonwealth funded Redress Support Services in Queensland.



Lotus Place SEQ Redress Team Jane, Russell, Luna, and Bridget

The National Redress Scheme (NRS) highly recommends that applicants use such specialised trauma-informed support to access services during or after the Redress process, like psychological care, financial counselling or legal advice.

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](mailto:redress@micahprojects.org.au)

### SEEKING EXPRESSIONS OF INTEREST FOR WORKSHOP PROPOSED FOR EARLY 2023



## SUPPORTING MALE SURVIVORS OF CHILD SEXUAL ABUSE

For More Information or To register your interest Please contact Lotus Place on **3347 8500** or Lotus Support Services on **3036 4490**

MICAH PROJECTS   
Breaking Social Isolation  
Building Community

### A WORKSHOP FOR SUPPORTERS, SURVIVORS, FAMILY & FRIENDS

**Survivors & Mates Support Network (SAMSN) is committed to supporting men who were sexually abused when they were children or adolescents. SAMSN recognises the challenges that family members and friends of survivors can experience when trying to support their loved-one.**

This workshop provides a safe space for partners, family and friends, as well as adult male survivors, to discuss commonly faced issues and what assists in recovery and healing.

#### This day-long workshop will cover:

- Understanding the dynamics, impacts & ripple effects of child sexual abuse
- Exploring the needs of supporters & survivors
- The SAMSN journey & learnings about supporting survivors & supporters

There will be time for questions, comments and discussion. This session will be conducted by SAMSN's experienced facilitators.

*Morning tea & lunch provided.*





## Christmas overeating is like riding a wild roller coaster

by Anthony

...actually, trying to eat right at Chrissy time is trying to ride two rollercoasters at once!

Christmas can be an incredibly stressful time that brings back painful memories, memories of missing family or painful childhood memories.

It may not all be about tinsel, reindeers and presents.

This is the first 'mood rollercoaster' where your emotions feel raw, you might feel triggered, and it can be a draining time.

The second rollercoaster is the 'food ride' where eating the 'wrong' types of foods like biscuits, chocolate, cake and desserts can make you feel better and actually improve your mood.

But these foods push up your blood sugars and then slam them back down (and you have to keep eating this sugary food to pick you back up again).



### So how to get off the two 'Christmas rollercoasters'?

- ◇ Try and not use food to improve your mood or to give you a pick-me-up.
- ◇ Go for a walk, listen to some music, a podcast, do some drawing/painting/art.
- ◇ Use grounding, breathing or short bursts of meditation to control your emotions rather than reach for food.
- ◇ If you do eat food when feeling emotional, stick with nuts, cheese, sliced meats, eggs, chicken or fish.

#### GROUNDING TECHNIQUE

**5 THINGS YOU CAN SEE**

**4 THINGS YOU CAN TOUCH**

**3 THINGS YOU CAN HEAR**

**2 THINGS YOU CAN SMELL**

**1 THING YOU CAN TASTE**

#### 5-4-3-2-1 COPING TECHNIQUE

**5:** Acknowledge FIVE things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

**4:** Acknowledge FOUR things you can touch around you. It could be your hair, a pillow, or the ground under your feet.

**3:** Acknowledge THREE things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

**2:** Acknowledge TWO things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

**1:** Acknowledge ONE thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

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 Triple Zero (000)

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

# Your Story Matters

Facilitated by the Lotus Place Disability Royal Commission (DRC) Team

at Lotus Place, Stones Corner

10:00 AM to 12:00 PM Tuesday 6<sup>th</sup> December 2022 (followed by lunch)

**Purpose:** To gather information and gain insights from Lotus Place participants about gaps in the system that affect people with disability. Micah Projects will formulate a well-rounded statement for the Disability Royal Commission based on your input.

**All Lotus Place Participants are invited to attend** a workshop to assist us in formulating our response to the Disability Royal Commission. We are gathering examples of abuse, neglect and exploitation from people with a disability. This could be yourselves, friends, family or support workers.

**RSVP:** Monday 28 November 2022,  
Please contact: Vivian Dray 07 3036 4490  
[lotussupportservices@micahprojects.org.au](mailto:lotussupportservices@micahprojects.org.au)



## The Disability Royal Commission's Terms of Reference cover what should be done to:

- Prevent, and better protect, people with disability from experiencing violence, abuse, neglect, and exploitation.
- Achieve best practice in reporting and investigating of, and responding to violence, abuse, neglect, and exploitation.
- Promote a more inclusive society that supports the independence of people with disability and their right to live free from violence, abuse, neglect, and exploitation.

For any individuals who would like support to write their own statements please be aware that **all submissions close at the end of December 2022.**



## News of sister after 80 years

M had not heard anything of his eldest sister, B, since he was sent to the orphanage when he was seven. Find and Connect had compiled a family history for him some years ago and he had traced all his other brothers and sisters. Early this year, M contacted the team again to see if we could find out what happened to B.

Using genealogical research methods, a married name for B was found as well as an interstate address using Ancestry.com.au's electoral rolls. However, the electoral rolls suggested that B had married a second time. A search of marriage records confirmed this to be the case and a possible

daughter was identified. A newspaper death notice for B in 1992 was located.

Internet searches located J, B's daughter from her first marriage who had not heard of her mother since her parents separated. She had always wondered what happened to B and keen for information/knowledge about her mother. M and J are now in contact and J now knows that her mother married a second time and that she has a half-sister. A search is now under way for B's other daughter.

**If you are trying to find a missing relative, contact the Find and Connect team on 1800 16 11 09.**





PLEASE JOIN US  
6PM FRIDAY 16TH  
DECEMBER 2022  
FOR OUR  
**CHRISTMAS  
CELEBRATION  
DINNER**

**Morningside Panthers  
Football Club**

4 Oak St, Hawthorne QLD 4171

**IMPORTANT:**

RSVP before Thursday 1st December  
with special dietary requirements  
to 07 3347 8500 or [lotusevents@micahprojects.org.au](mailto:lotusevents@micahprojects.org.au)

please book early

YOU & YOUR FAMILY  
ARE INVITED TO OUR

**Christmas  
Family  
Fun Day  
2022**



**Tuesday 13th December  
10.30am — 1.30pm**

**Hanlon Park**

Stones Corner

picnic, music, games,  
face painting and more...

children, grandchildren &  
families are welcome

RSVP Tuesday 6th December  
with special dietary requirements  
to 07 3347 8500 or  
[lotus@micahprojects.org.au](mailto:lotus@micahprojects.org.au)



**Micah Projects CHRISTMAS DAY LUNCH**  
**Great Food, Great Company, Good Times!**

**11.30 for 12pm Lunch—Sunday 25th December**  
**Hope on Boundary Café, 170 Boundary St, West End**  
**RSVP: 30297000 or 33478500**



**Empower Arts  
Xmas Raffle**

Tickets: \$2 each or 3 for \$5  
**First Prize:** \$150 Voucher for  
Lone Pine Sanctuary

**Second Prize:** Dinner for Two at Broncos  
Leagues Club and Broncos Merchandise

**Third Prize:** \$30 Bunning Voucher

The Raffle will be drawn Friday 16<sup>th</sup> December 2022  
at Lotus Place Christmas Dinner

**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.

**New Members always welcome.**  
If you would like to find out  
more, contact Colleen via Lotus  
Place on **3347 8500**.

2023 Empower Arts Calendar  
and Raffle tickets will be  
available for sale at the Lotus  
Christmas Celebration Dinner,  
16 December.



# Remembrance Day & Memorial Day



Ken, Paul, Michelle



Ron & Gloria



Lana with Hon Leneen Forde

## Pouring In the Gold...continued

Belonging to a community is gold. Organisations like Lotus Place are gold.

Community gave me what social work academic Margaret Pack calls vicarious resilience. Learning about how other members of my community have coped with the trauma of disrupted and all too often dehumanizing childhoods is encouraging, validating, energising, inspiring. Gold.

**Do you sometimes feel like a broken vase?  
How did you pour in gold as you were growing up,  
becoming an adult, during later years?**

(A summary of Dr Dee Michell's speech during Remembrance Day Event at GOMA, 7th September, 2022)



Brian, Theresa, Phyllis, Maureen



Jewels with our Remembrance Day MC, Kay McGrath



At the **Memorial Day Service** we remember Forgotten Australians who have passed away. Karen and Kevin pinning up their written messages on the board.



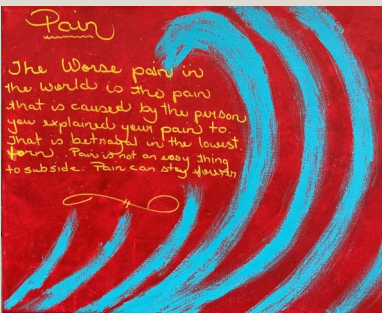
The book "Unexpected Force: Stories and Poems by Forgotten Australians" was launched at Remembrance Day. Pictured: Wil & daughter, Jewels, Katie, Michael, Gloria, Dennis, Donna with book.



# Creative Corner



'The Cisco Kid' by Kenneth Waldron  
(Digital Photo by Katie Bennet)



'Pain' by Lily, acrylic on canvas, 50x40cm

## Winning Bingo

by Patricia Robinson | Gold Coast

About three months ago, I was playing Bingo at the RSL. I got two numbers straight away and that was it. After that it was Boom Boom Boom!

I yelled out, "Bingo!"

The woman at the table said, "Good on you."

I won a thousand dollars. I was going to use the money to go up to Cairns, but haven't got there yet. My son's up there and he's getting married next year. I felt good.

I went home and put the money on the bench. I showed my other son.

He said, "No way!" I said, "Yep!"

## Santa Claus is Coming To Town

by Donna Marie Barlow | Brisbane

When I was in the orphanage, I was told we were going out to a Christmas party. Wow, I thought – a Christmas party, what's that? They said we were going to see Santa Claus. I didn't know who Santa Claus was. Was he real or not? I was nine and half years old and I'd never seen Santa.

I was excited about the party, but on the other hand, I wasn't. I didn't know what was going to happen. I found it very scary that this party was happening in my world.

We arrived at the party which was in a big hall. There were a lot of people. I was scared because I didn't know them at all. Then Jingle Bells started playing and a person in a red suit arrived. Who's he? I thought to myself. I found out it was Santa. WOW!

He started calling out our names. I didn't know what to do. Sit. Stand. Go. Run. But when my name was called, I slowly went up to him and he gave me a present, a doll like all the other girls had been given. I was very happy.

## Finding Answers

by Doolie | Cairns

The purpose of life is not how long you live, or that which you take nor that which you give...

But if in giving you give and expect no return, the light of your soul will more brightly burn...

While if in taking you take and lack lustre in learning, the light of your soul will dim in its burning...

The giving and taking will reveal when unfolded, your intent of their uses by the you that is moulded...

If you seek with sincerity, and to yourself you are true, you'll not find the answers, they will find you...

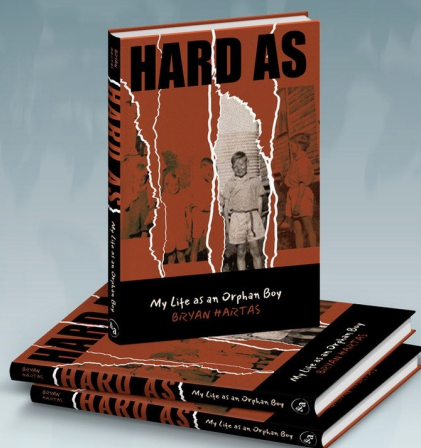


'Delightful Butterfly' by Colleen Stevenson  
acrylic on canvas, 40x30cm



'Tutankhamun Mirage on the Nile Toward's Paradise'  
by Florrie F.F.F. Scanlan, acrylic on canvas and card. 60x40cm

Official book launch, 6pm 21 November at Avid Reader, West End



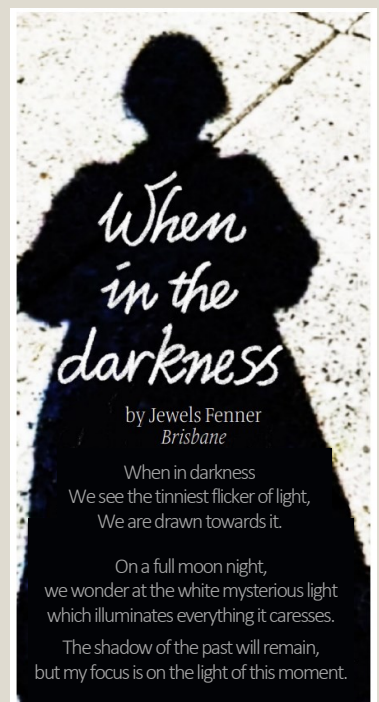
## HARD AS My Life as an Orphan Boy

Bryan's story is a testament to the human spirit, to a child's love for his mother, and the capacity of the heart to rise and rise again. In memory of Bryan and in honour of all Forgotten Australian, acknowledging all the abuse and harm they suffered while in institutional care.

This book will help increase awareness about the mistreatment of children in institutions, who should have been protected.

To Register: go to avid reader website or contact Lotus Place on 33478500

Avid Reader, 193 Boundary St, West End Qld  
(07) 3846 3422 | [books@avidreader.com.au](mailto:books@avidreader.com.au)  
[www.avidreader.com.au/events/hard-as-panel](http://www.avidreader.com.au/events/hard-as-panel)



by Jewels Fenner  
Brisbane

When in darkness  
We see the tinniest flicker of light,  
We are drawn towards it.

On a full moon night,  
we wonder at the white mysterious light  
which illuminates everything it caresses.

The shadow of the past will remain,  
but my focus is on the light of this moment.



# Navigating Support to stay at home

Olivia Chalmers



MICAH PROJECTS



Lotus Place is part of a national trial to help Forgotten Australians learn more about Government supported aged-care programs and how to access them.

## Aged Care Navigator for Forgotten Australians

### My Aged Care Journey

Written by Cecily Van-Gessel (pictured right)

"We all want to know how we will manage in the future as age creeps up on us. We have less family and fewer friends that can travel long distances to visit us, as us them.

A few years ago, I was admitted to the hospital for a rather large operation on my spine. When I got home two months later, I was in a real pickle. I could not bathe myself or wash my clothes as the laundry is under the house. It was suggested to me that I give My Aged Care a ring and talk to them about my needs. It was only nine months later when I was put back into hospital to have brain surgery. Both surgeries left me in awful pain for a long time. I had trouble with my memory and a lot of tablets to remember to take.

These two events were a big turning point in my life. I was visited by two ladies who listened to my story and made notes of my needs and my health issues. They then talked to several helping organisations to find people to cover all my needs. I would never have managed without the help and care I got from so many wonderful carers. My help has been ongoing

*"I am extremely grateful for the support I receive"*



since as I have had more operations since the first two big ones.

Something I will never forget is the happy faces that come to help me to complete the tasks that I need to do. Once a week I can go out even if it is just to have a coffee. These trips help me feel like there is a little bit of normalcy in my life. Not being allowed to drive my car has been a big loss to me but the community flyer stepped in to fill that gap, making my life much easier.

Nothing in life is easy, but nothing is too big that talking the issue through cannot fix. I might get annoyed from time to time but overall, I am extremely grateful for the support I receive.

**The aged care navigator trial will be running until December so if there is anyone that would like any information or support to access aged care services, please do not hesitate to call Lotus Place.**

#### For more information

Contact: Olivia Chalmers 33478500 or 0436190445  
[lotusnavigator@micahprojects.org.au](mailto:lotusnavigator@micahprojects.org.au)



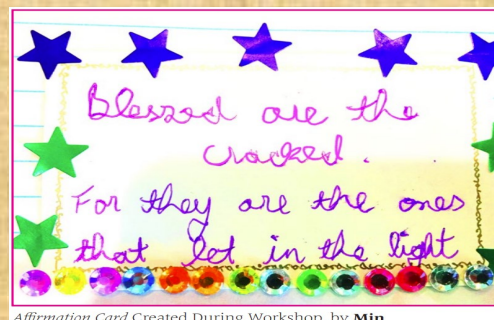
**NEW**

# Community Notice Board

## Outings group...

We are doing daytime outings as a group once a month. Is anyone interested in joining in.?

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 (33478500)



We are thinking of starting a 10 minute Informal Tai Chi and Mindful Movement some mornings. Let us know if you are interested.

Peer Support Group sharing coping skills Group coming soon! Please let us know if you are interested!

**THEATRE GROUP** proposed for next year—Express yourself and tell stories through theatre techniques. (such as radio plays). **Please Put your name down if interested!**

Do you have an idea or activity you want to share on the **Lilypad Notice board** or the Notice Board at **Stones Corner**. Phone Katie at Lotus Place to Discuss.

**Contact Lotus Place for more info about any notices pinned on this Board**



## Groups & Activities Survey 2022

Thank you to everyone who completed the Lotus Place Activities Survey that was included in the last edition of the Lilypad. It was great to hear about your ideas and interests, and get your perspective on the groups and activities at Lotus Place. We value your input, it helps us ensure that Lotus Place's Groups and Activities stay relevant.

The responses so far are telling us that you are happy with the existing activities on offer. More than 60% of those who responded would like to see more outings and social gatherings. Support groups and health and wellbeing programs were featured. There is also a lot of interest in technology support.

More details of the results of the survey will be available in the next edition of the Lilypad.

It's not too late. We are still encouraging people to complete the survey. Even though we have had a pretty good response we would love to hear from more people about what is important to them. If you like you can complete it over the phone. (33478500)



## Anthony reflects on his Student Placement at Lotus

Isn't it great to be proven wrong?

I was so unsure of my second (and final) placement as part of my Masters of Social Work at University of Queensland.

Then I was offered a placement with Micah Projects. Micah has such a good name. Then they said I was going to work at Lotus Place (that is of course part of Micah).

That was the first time that I went to the Lotus Place website and started reading. I had not heard of Lotus before that....and I thought that Forgotten Australians were child migrants sent from the UK (I wasn't aware of the half a million Aussie kids who were

Forgotten). I found a great deal of info online and watched a few videos and then started my placement. The first thing I remember walking into Lotus was the positive energy, the smiling faces and friendliness of the staff.

Then the welcoming faces of all the participants who also made me feel so welcome.

I've been honored and humbled to learn so much about Forgotten Australians and to spend time with all of you.

Thanks to the participants and staff who have made me feel so welcome during my placement. I've learnt so much from all of you.



# WHAT'S ON November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Morning Tea 9.30am Creative Writing 11.30am		<b>Gold Coast Group</b> Handmade Crafts & Xmas Gifts 10am Lotus Art Group 1pm	
7	8	9	10	11
	Morning Tea 9.30am Creative Writing 11.30am		Handmade Crafts & Xmas Gifts 10am Lotus Art Group -1pm	
14	15	16	17	18
<b>Gympie Group</b>	<b>Apology Community BBQ &amp; Statue Visit Bus Trip</b> 9.30am – 1.30pm		Handmade Crafts & Xmas Gifts 10am Lotus Art Group -1pm	
21	22	23	24	25
<b>Moreton Group</b> 'Hard As' Book Launch 6pm at Avid Reader	Morning Tea 9.30am Creative Writing 11.30am		Handmade Crafts & Xmas Gifts 10am Lotus Art Group -1pm	
28	29	30		
	Morning Tea/ Bingo <b>November Happy Birthdays</b> Creative Writing 11.30am	Bookings are essential, in case of changes to timetable. Please do not attend if unwell.		

## Lotus SQ Region Monthly Meet up Groups

During December we have special Christmas events happening in alternative venues.

All welcome. If you live in the region you will likely be on the invite list. If you would like to attend and have not received invitations in the past, please contact Michelle at Lotus Place (33478500)

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



### Monthly Birthday Celebrations.

On the last Tuesday of the Month we are holding a birthday celebration, with a cake and singing 'Happy Birthday' for all the people who had a birthday during the month. If you would like to celebrate your birthday with us or want to join in, let us know and come along. (Call 33478500)

Pictured: Eleanor and Ken celebrating their birthdays


## National Apology Event 2022 Tuesday 15th November

Statue Visit Bus Trip followed by  
Community BBQ (9.30am – 1.30pm)  
Meet at Lotus Place 9.30pm

RSVP by 11th November call 33478500



# WHAT'S ON December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Bookings are essential in case of changes to timetable. Please do not attend if unwell.			Gold Coast Group Xmas Handmade Crafts & Xmas Gifts 10am Lotus Art Group 1pm	
5	6	7	8	9
	'Your Story Matters' 10am DRC Workshop (see page 3) Creative Writing via Zoom 1pm		Handmade Crafts & Xmas Gifts 10am Lotus Art Group – 1pm	
12	13	14	15	16
Gympie Group Xmas	Xmas Family Fun Day 10.30am to 1.30pm (see page 5)		Handmade Crafts & Xmas Gifts 10am Lotus Art Group – 1pm	Memorial Garden Opening 10am Lotus Xmas Dinner 6pm (see page 5)
19	20	21	22	23
Moreton Bay Group Xmas	Morning Tea 9.30am			Lotus Xmas Breakfast 8am
26	27	28	29	30
Boxing Day Public Holiday	Morning Tea / Bingo December Happy Birthdays 			New Year's Eve Midday Countdown Lunch 10am to 12.30pm

**January 2023:** Tuesday Morning Tea get togethers will continue through January. Art, Creative Writing and Craft Group will start back mid-January. Lotus will be closed for New Year's Day public holiday only.

## Memorial Garden Opening followed by refreshments

The Moderator and General Secretary of the Uniting Church in Queensland invite you to attend the launch of the Queensland Uniting Church Memorial Garden for Survivors of Institutional abuse—a place of contemplation and reflection, marking respect for those who were abused, remembering for those who have passed and as an ever-present reminder of the lessons we have learned so it never happens again.

- ◇ Friday 16th December 2022, 10am to 12pm
- ◇ Uniting Church Queensland Synod Office
- ◇ 16 Bayliss St, Auchenflower—Ground Floor
- ◇ RSVP [events@ucaqlld.com.au](mailto:events@ucaqlld.com.au) or via Lotus Place 33478500 by 8th December

The annual Enoggera Boy's Home reunion happened in October 2022, at Hillbrook Anglican School, which is on the site of the Home. Former residence and staff in attendance are pictured below. Please note, Anglicare is offering bursaries to children or grandchildren of Former Residents of Tufnell or Enoggera Boy's Home, of \$250 per semester for training programs or university (if enrolled in university or school).

Applications for 2023 closing 30th November 2022. Please contact Lotus Place 33478500 for more information.





# Lotus Open Hours

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



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](mailto:lotus@micahprojects.org.au) | [www.lotusplace.org.au](http://www.lotusplace.org.au)

Lotus Place 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