

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 | October 2020 | Issue 26

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## Anniversary of the National Apology

This apology recognised, on behalf of all Australians, a truth that had previously been denied. Many forgotten Australians and former child migrants experienced appalling abuse and neglect—sickeningly, most often at the hands of the very people who were responsible for their care.

Senator SIEWERT:

“The National Apology was a huge step forward on the journey towards healing for former child migrants and forgotten Australians. For too

many years they really were forgotten. I also want to congratulate them for the hard work that they've put in to get the issues recognised. There were three Senate inquiries, for example, before we got to the apology, and that was over years under a number of governments. This is a very important day.”

We commemorate the anniversary as part of the journey of healing... we continue to recognise the community and to acknowledge the hard work and achievements together.

### 5 TIPS FOR COVID-19 SAFETY







# The Anniversary of the National Apology

The Anniversary of the National Apology to the Forgotten Australians and Former Child Migrants given by Prime Minister Kevin Rudd in 2009, given to those adults who experienced institutional or other forms of out-of-home care.

We continue to recognise the community and to acknowledge all their hard work over many years and our achievements together.

We celebrate and commemorate this anniversary as part of the journey of healing.

Please Join us for Morning Tea  
10–11.30pm | Monday 16<sup>th</sup> November 2020

At Lotus Place Stones Corner  
46 Cleveland Street, Stones Corner  
RSVP essential Friday 11 November with special dietary requirements to (07) 3347 8500 or [lotus@micahprojects.org.au](mailto:lotus@micahprojects.org.au)



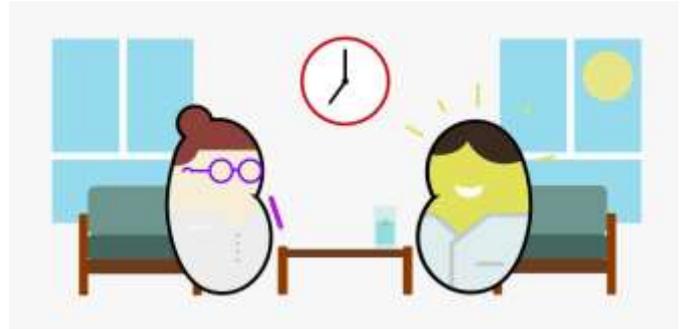
## How can counselling help you?

Most of us have found ourselves sometimes talking to people (maybe friends, a support worker sometimes even a stranger) about things that have upset us.

Sometimes it gets to a point where it may be better talking to a professional who has the training and skills to be able to help improve your situation.

### Counselling can help you to:

- Learn more about the reasons you think, feel and act like you do
- Understand how your childhood experiences have and continue to impact your life in so many ways
- Learn how trauma effects the brain
- Teach you how to make changes
- Learn about your “triggers” eg., what “sets you off” at certain times
- Learn how to ground yourself
- Improve your self-esteem and general wellbeing
- Learn how to feel more safe and stable



### What if I am interested in getting counselling?

If you let any of the Lotus team know you are interested, they will contact Maryla who is the External Counselling Coordinator. She will make contact with you and have a chat about what has been going on for you and what things you would like to have improve in your life. She will then do her very best and find the best professional in the community to be able to meet your needs.

If you would like to find out more phone Lotus on 33478500.

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**



## Activities Program Consultation Update



Thank you to everyone who has already completed The Activity Consultation form. It's great hearing about people's ideas and interests and find out from you what has been working well as well as gain a better understanding on any issues or concerns people are having about the groups and activities at Lotus Place

There is still time to send in your form or if you prefer phone a staff member on 33478500 and they can go through it with you over the phone

The results of the consultation will be published in The Lilypad and reflected in the activities program at Lotus Place.

# Ageing to Perfection

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

Our Guest speaker for September and October was Anne Livingstone from Community Resourcing with three students Aidan, Grace and Brook from QUT. Anne provided information and led a discussion about the type of support services available in the community if you are over 65. She touched on technology and how it will enable people to live at home longer and more safely. The importance of keeping the awareness of the history of Forgotten Australians was also discussed. Some comments people shared:

*"Don't want to go into residential aged care!!",  
"Sick of hearing promises that never happen",  
"Want to stay at home and have control",  
"Freedom", "Independence", "Don't want to*

**When:** 10am first Tuesday of the Month

**Where:** Lotus Place meeting room

Please let us know if you're attending.

*rely on someone else", "We want consistency – having someone you know all the time and not stopping and starting".*

The students have been working on some ideas as part of a national effort to raise awareness in connection to the **Round Table into Aged & Community Care consideration for Forgotten Australians.**

Aidan and Grace presented these during the October session. They talked about developing a resource to help create awareness in the form of an online game. To support the navigation of aged and community care for Forgotten Australians.

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



## Criminal justice laws passed during Child Protection Week

Criminal justice laws were passed 8th September as part of Key recommendations from the Royal Commission and in time for CWP Remembrance Day. The State Parliament passed the Criminal Code (Child Sexual Offences Reform) and Other Legislation Amendment Bill 2019 which included:

- the new criminal offences for failing to report child sexual abuse and failing to protect a child (including information associated with a religious confession)
- retrospective application of the offence of maintain a sexual relationship with a child under 16 year
- excluding good character as a mitigating factor at sentence
- ensuring offenders are sentenced in accordance with sentencing standards at the time of the sentence, rather than the time of the offence.

## Remembrance Day 2020

This year we held a very different Remembrance Day during COVID. To make it possible for us to honour and celebrate this very important day Micah Projects produced a pre-recorded video of the event that was then screened at a number of small gatherings at our centres across Queensland. It was also available on-line for those who were unable to attend or needed to maintain social distancing. Cath & Jay performed live at Stones Corner.



Pictured are people attending one of the sessions at Lotus Place Stones Corner . Some comments: "it was more personal" , "I thought it was really good"



## Memorial Day Ceremony

Each year we also hold a Memorial Ceremony at Lotus Place. Remembering people who were in care that have passed away.— so that they are remembered, honoured and never forgotten. We also do this to support members of our community who are grieving a lost loved ones.

## THE QUEST 2.0 with Sandi Woo

Exciting news! The Quest is continuing in 2020/21, funded by Arts Queensland.

THE QUEST is a series of movement workshops led by professional teaching artists, all working collaboratively toward a performance.

THE QUEST is a performance that celebrates the magic of human connectivity and transformation. It is about seeking joy. Drawing from the personal journeys of the performers and highlighting their strength and resilience,

Lotus participants were part of The QUEST 2019 project and performance.

The QUEST first came about in the wake of the highly successful 2017 Queensland Performing Arts Centre and the Royal Ballet (UK) community engagement project - We All Dance (WAD). Please contact Lotus Place on 33478500 if you want to know more.



The Quest Performance 2019 at QPAC





## Hairdresser at Lotus Place

Hey Ladies & Gents! The Pernickety Salon & Barber Team, Angelique & Sophie, will be back to beautify all of you lovely Folk at Lotus Place, on **Tuesday December 8th** for your hairdressing pleasure. Here's the lowdown on some important prices - Ladies Cut \$20, Gents Cut \$15, Buzz Cut \$10, Brow or Lip or Chin Wax \$5 each.

**A little birdy told me that** Clare from the **Child Migration Trust** in Melbourne is back from Maternity leave and would like to hear from Child Migrants. Please ring her on 03 9815 2022.



### Get Crafty

10th November  
Make a marble pot (with Deb) and take home a succulent.

Tai Chi Group at Lotus Place is on every Tuesday at 2pm It is great for relaxation, building strength, improving balance and calming your nervous system.



## 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](mailto: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](mailto:complaints@dss.gov.au)*

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

# Creative Writing

## Digging up the Jewels

**The Healing Power of Story** Creative Writing Workshop is helping people recollect moments of joy in their lives, no matter how small. By bringing to mind what you saw, heard, smelt, and felt, even in your heart at that time, you are able to rediscover that feeling of happiness.

You may have noticed that negative or traumatic memories tend to come to mind very easily and flood the senses. Our brains are hard-wired to do this, but we can train them to also find those moments of joy which are often forgotten under the rubble, covered over by painful experiences and struggle.

We have the power to influence our brains and help ourselves to focus on the good and joyful, instead of reliving our painful memories.

It takes practice, but once you start you will more easily be able to focus, not only on past moments of joy, but also to see more clearly the tiny moments of joy in our daily lives.

The beauty of a flower, the visit of a tiny bird, the splash of cool water on a hot day, the smell of apple pie in the oven. These little things add up. By focusing on the joy inherent in these small things, your heart will feel lighter and you will begin to feel happier every day.



**Rainbow Lorikeet** by Bryan  
Rainbow Lorikeets love to eat  
Millions of them chirp and tweet  
Up in the trees, eating the flowers  
Drunk and stupid, tummies full  
And some fall and roll on the ground.  
Then fly back up and eat some more.  
Once a year near the library at Logan  
5 o'clock in the afternoon, they fly in  
Into the trees, zoom-zoom

Party-on  
Lorikeet Party  
A beautiful bird  
All different colours  
If you don't believe me  
So go yourself to see  
Corner of Ewing Rd and Jacaranda St  
Listen – you'll hear them. Look up  
and see.



# Creative Arts



**Lotus Art Group** on 1pm Thursdays: Artwork included in the AFTM Qld Outside Art Awards. Pictured artwork by Collen, Alex, Steve, Bobb. During September and October Jenny has been teaching the group techniques for working with Clay.



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>

## Empower Arts Update

Empower Arts is a group of Forgotten Australians helping and empowering other Forgotten Australians. The Group work together to support and empower each other and our community through various projects to raise awareness and funds to assist members of the community with costs associated with creative pursuits.

All money raised through the sale of the calendar and raffle tickets will be used for this purpose.

The Empower Arts **Christmas Raffle** has begun prizes include theme park tickets for two.

Empower Arts **2021 Calendar** this now available for order at Lotus Place.

*We appreciate your support for the Empower Arts group*



**2021 Calendar**  
Empower Arts  
Part of the Historical Abuse Network

# Find and Connect News

In this issue we introduce Find and Connect's two new volunteers, Heather Grant and Deb Warren. Heather and Deb joined us earlier this year to help with the genealogy and family tracing side of Find and Connect. They both have skills and experience in genealogy research from doing their own family trees, and have been helping continue searches from last year as well as taking on new ones.

Heather retired at the end of last year after more than 25 years in the Australian and Queensland public service. She says:

*'I became interested in family history through my mother, who manually put together quite a lot of our family tree back in the 1980s and 1990s. After she passed away, I took on the task of entering and validating all that she had done into the Ancestry app and then, along with one of my brothers, have continued to expand on Mum's work. I find this work exciting, challenging and very rewarding.'*

*'I am honored to be able to help participants research and find their own families and histories.'*

Deb is a longtime volunteer with Micah Projects. She

previously helped out on Thursdays at Campbell's Club and assisted the Residential Support Team with their administration. She says:

*'I am hugely enjoying researching and chasing up leads to find information about people's ancestors and putting family trees together. It is amazing to be able to help people who have never known about their family backgrounds to put the pieces of the puzzle together.'* We are fortunate to have two great and enthusiastic volunteers in Deb and Heather. We would also like to thank Maggie Maguire for all she has done to help with family tracing over the last year, as she now returns to her studies.



I doubt there was a kid in Australia in the 60-70s that didn't play tunnel ball at some stage. Does anyone remember being part of the a big sporting event in the mid-60s that was put on by Lions Club. We are trying to find out the name of the event. A member of Lotus Community is doing research on this and is wanting to find out more. Please contact Lotus Place if you would like to share your memories of this on 33478500.

## Homes' Get-togethers

Catching up with other people who spent time in the same home.



(Courtesy of pictures Qld, John Oxley Library, State Library of Queensland )

Friday 4th December is the final get-together of the year between 12noon and 2pm at Lotus Place for Former Child Migrants, and for Baptist and Presbyterian former residents.

Lotus Place staff will be on hand to provide information about support services and centre based activities that are available.

Please let us know if you are attending on 33478500

# WHAT'S ON AT LOTUS PLACE

## November 2020

Mon	Tues	Wed	Thurs	Fri
10am <b>Creative Writing</b> with Edwina	<b>Ageing to Perfection</b> <b>Morning Tea</b> 9.30 - 11.30am 2pm <b>Tai Chi Group</b>	1pm <b>Guitar Group</b> Intermediate	11am <b>Dance &amp; Movement</b> 1pm <b>Lotus Art Group</b>	<b>Mindful Movement</b> 10am-11am
10am <b>Creative Writing</b> with Edwina	<b>Morning Tea</b> 9.30 - 11.30am <b>Marbled Pots</b> with Deb 2pm <b>Tai Chi Group</b>		11am <b>Dance &amp; Movement</b> 1pm <b>Lotus Art Group</b>	<b>Mindful Movement</b> 10am-11am
<b>Anniversary of the National Apology</b>	<b>Morning Tea</b> 9.30 - 11.30am 2pm <b>Tai Chi Group</b>		10am <b>Dance &amp; Movement</b> 1pm <b>Lotus Art Group</b>	<b>Mindful Movement</b> 10am-11am
10am <b>Creative Writing</b> with Edwina	<b>Morning Tea</b> 9.30 - 11.30am 2pm <b>Tai Chi Group</b>		11am <b>Dance &amp; Movement</b> 1pm <b>Lotus Art Group</b>	<b>Mindful Movement</b> 10am-11am
10am <b>Creative Writing</b> with Edwina	<b>PLEASE NOTE: All Activities are Subject to Change due to COVID19 restrictions!</b>			



## December 2020

Mon	Tues	Wed	Thurs	Fri
	<b>Ageing to Perfection</b> <b>Morning Tea</b> 9.30 - 11.30am 2pm <b>Tai Chi Group</b>	1pm <b>Guitar Group</b> Intermediate	11am <b>Dance &amp; Movement</b> 1pm <b>Lotus Art Group</b>  <b>Xmas Break Up</b> <b>Gold Coast</b>	<b>Mindful Movement</b> 10am-11am
10am <b>Creative Writing</b> with Edwina	<b>Morning Tea</b> 9.30 - 11.30am 2pm <b>Tai Chi Group</b>		11am <b>Dance &amp; Movement</b> 1pm <b>Lotus Art Group</b>	<b>Mindful Movement</b> 10am-11am
10am <b>Creative Writing</b> with Edwina <b>Xmas Break Up</b> <b>Gympie</b>	<b>Christmas Celebration in The Park</b> <b>Stones Corner</b>		10am <b>Dance &amp; Movement</b> 1pm <b>Lotus Art Group</b>	<b>Mindful Movement</b> 10am-11am
	<b>Morning Tea</b> 9.30 - 11.30am 2pm <b>Tai Chi Group</b>		<b>Christmas Eve</b>	<b>Christmas Day</b>
	<b>PLEASE NOTE: All Activities are Subject to Change due to COVID19 restrictions!</b>		<b>New Year's Eve</b>	

# Lotus Open Hours

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

Lotus Place is an activity of Micah Projects

