

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 | October 2021 | Issue 30

Remembrance Day 2021

Come together to acknowledge the experiences of adult survivors of childhood abuse in institutional settings including out-of-home care.

Come together to remember, so we might say "never again!"

Reconciling Histories
Project Showcase
At The EDGE
17 November 2021

**Please join us on
Tuesday 9 November 2021**

11am followed by light refreshments
Roof Terrace, Level 4
Gallery of Modern Art (GoMA)
South Bank Q 4101



IMPROVING JUSTICE SYSTEMS FOR SURVIVORS

Guest Speaker Hon Shannon Fentiman
Attorney-General and Minister for Justice, Minister for Women and Minister for the Prevention of Domestic and Family Violence

Due to COVID restrictions Please RSVP essential
by 26 October 2021
to Lotus Place on 07 3347 8500
or lotusevents@micahprojects.org.au
lotusplace.org.au



A message from Michael, a member of the Forgotten Australian Community

“RE: Class Action State Wards- Up to 1965

An invitation to all QLD State Wards who suffered sexual, physical and mental assaults, and who are interested in exploring a class action against the state of Queensland for their failure in their duty of care and protection.

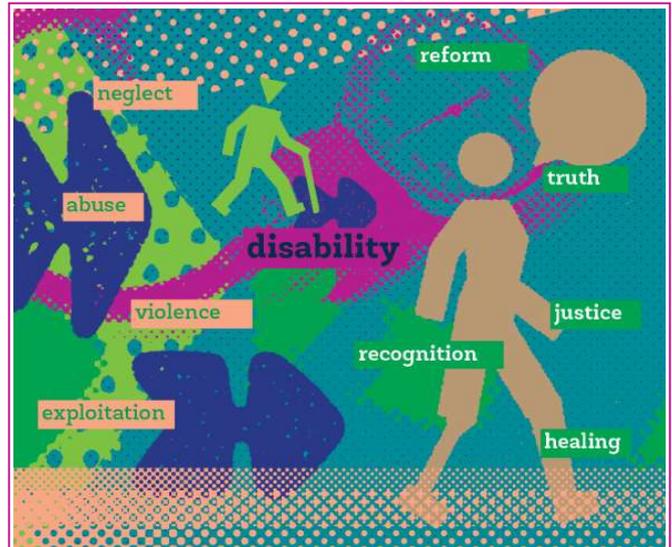
It is about time we acted as a strong group to seek justice and to change the law in places where the state makes it hard to get the justice we deserve. The faster we act the better for us and our families.”

For more information please contact Michael John Roberts on 07 3398 6906.

Please Note:

This a Personal Message from Michael John Roberts and is being placed in the interest of sharing relevant information.

Lotus Place staff are assisting only with the sharing of information and not the organisation or endorsement of any legal process.



Lotus Support Services–Micah Projects

A free, independent and confidential counselling and support service, available Queensland wide.

Supporting people engaged with the Disability Royal Commission.

07 3036 4490

lotussupportservices@micahprojects.org.au

Funded by Australian Government Department of Social Services

AN ACTIVITY OF  MICAH PROJECTS

Applicants have been inspired by Grace to tell their story in their seeking Redress

In the February/March Lilypad, as funded Redress Support Workers we spoke of our optimism for survivors at seeing Grace Tame awarded “Australian of the Year”. We have since seen her many times on TV shows like “Q&A” (ABC) and at rallies, spotlighting child sexual abuse, calling out systems that prevent survivors from speaking out, and trying to “de-shame” their perception of this harm that is beyond any child’s control.



We have felt heartened when we hear of Redress applicants telling us they have been inspired by Grace to tell their story in their seeking Redress. For many, this seems unspeakable and best suppressed, however, we consider ourselves your “pen” to help you write what you consider most relevant, in addition to fulfilling the criteria that can best optimize your monetary outcome. The other components

of Redress – ongoing counselling throughout your life and receiving a “Direct Personal Response” (think, an apology in any form that comes from listening and an intent to be meaningful) – are always an outcome available to every applicant.

Please call us on 3036 4490 to ask about the National Redress Scheme or collect our brochures when next you visit Lotus Place. We do have a waiting list where we are prioritizing people by age and health, but don’t let that stop you from joining our list, or just ask for some initial direction to help you kickstart drafting your own application that we can be consulted on. The National Redress Scheme will be taking applications until 30/6/27.

Reconciling Histories Project

Showcase

Recollecting. Reconnecting.
Reclaiming the journey
of Truth, Justice and Healing

A showcase of works in progress towards the visual expression of impacts of institutional abuse and the determination, hope and aspirations to heal.

Please Join us
11am Wednesday 17 November 2021

at The Edge, State Library Queensland

Stanley Place, Cultural Centre

South Bank Q 4101

Followed by Light Refreshments

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Please RSVP by 3 November 2021
to Lotus Place on 07 3347 8500
or lotusevents@micahprojects.org.au
lotusplace.org.au

Reconciling Histories is supported by the Queensland Government through Arts Queensland and by the Australian Government's Regional Arts Fund, administered in Queensland by Flying Arts Alliance. In partnership with The Edge, State Library Queensland.



(Artwork: sections from
"Mangroves" by Alex Temesvary)

This Showcase will feature artwork created during the Reconciling Histories workshop series at the Edge, and include submissions from members of the community and creative works from past projects.

 **And it's not too late to be part of it!!!**

You are invited to submit artwork for inclusion in the Reconciling Histories Project Showcase. Artwork that is created by you and is a response to the themes of 'Reconciling Histories' or artwork from a previous project. Your submissions are due **no later than Friday 5th November**. Please register your interest by contacting Katie 33478500 or email lotusevents@micahprojects.org.au Support with artwork will be available during **Reconciling Histories Art Making Support Session at Lotus Place. Three (3) Sessions: (10am Thursdays) 21st & 28th October, and 4th November.**

Grounding Techniques



Grounding techniques are useful for settling ourselves when we are feeling overwhelmed. If you find yourself stuck with a strong emotion, these simple and powerful techniques take just a few minutes and can be practiced at any time. They can help you to feel anchored in the present and restore balance in your body and mind.

Grounding skills can be divided into two approaches: Sensory Awareness and Cognitive Awareness.

Sensory Awareness grounding exercise use your five senses and are about filling your awareness with the sensory experience –

- ◇ Keep your eyes open, look around the room, notice your surroundings, notice details.
- ◇ Hold a pillow, stuffed animal, or a ball.
- ◇ Place a cool cloth on your face or hold something cool such as a can of soda.
- ◇ Listen to soothing music.
- ◇ Put your feet firmly on the ground.
- ◇ FOCUS on someone's voice or a neutral conversation.

Cognitive Awareness grounding exercise help to re-orient you in place and time by asking yourself some or all these questions:

for coping with Flashbacks & Distress

1. Where am I?
2. What is today?
3. What is the date?
4. What is the month?
5. What is the year?
6. How old am I?
7. What season is it?

Practice these techniques while you are feeling calm, so you are ready to use them during times of stress.

Some other examples

Five senses Try to notice something with each of your five senses: sight, sound, smell, taste, and touch.

Connect with the chair Sit down and draw your attention to how your body connects with the chair – the way that it supports your weight, and the places where your body contacts it.

Focus on sounds Listen carefully and name all the sounds that you can hear around you.

Special item Keep a small item in your pocket (such as a stone) and hold the item. Bring your attention to the sensation of the item in your hand, including its weight and texture.

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

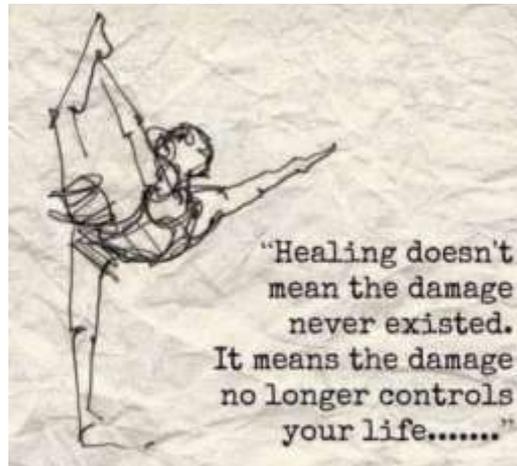
Reconciling Histories

Reconciling Histories Project has been happening in Brisbane, Central & North Queensland

See also - *Reconciling Histories Art Project* | Facebook - <https://www.facebook.com/ReconcilingHistories>

Reconciling Histories is about using art to explore and express the many facets of who you are and ways in which you have created a life worth living in the wake of everything that has happened. Things happen and there are impacts that people cannot necessarily recover or repair. But life goes on and you go on because of your determination, hope and aspirations to heal.

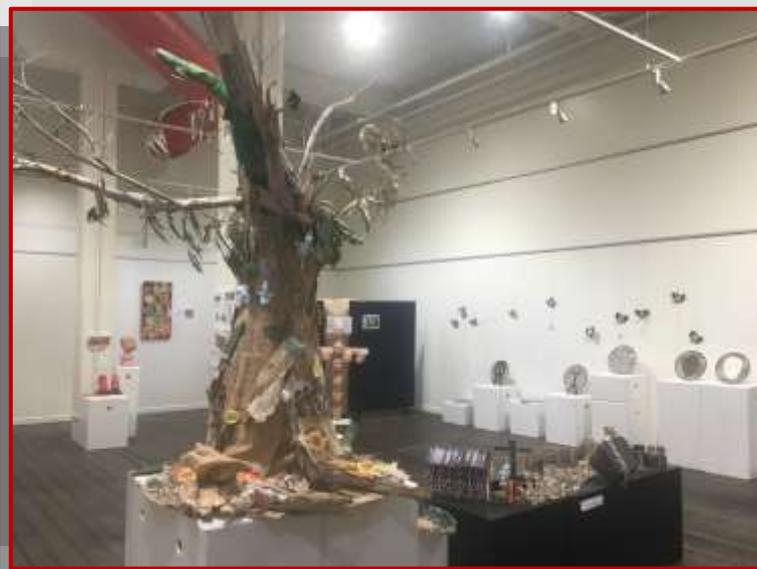
Reconciling Histories is ongoing invitation to yourself reclaim your heroic journeys of survival, acknowledge the past, while living firmly in the present and finding ways to look forward to a better future. There are as many ways to 'Reconcile History' as there are people and it is ongoing... Photos of Brisbane Workshops below:



"When words are not enough we turn to images and symbols to tell our stories" Cath Malchiodi

Reconciling Histories Art Project—Rockhampton

Rockhampton’s Project Showcase was held at the Walter Reid Cultural Centre in September alongside their Remembrance Day Ceremony. The artworks on display both recognised the history and experiences of their participants, while also looking beyond the darkness and illuminating hope, strength, and the determination to heal through creative expression. A big congratulations and thank you to everyone who participated in and supported the art project in Rocky. Here are some great photos from the Rockhampton workshops and Project Showcase.



“Early in the night when I rushed to the police station escaping and running away at the age of fifteen it was then that I wished I had the bright red skates.”
Artist: Roslyn Hamilton



Reconciling Histories Art Project—Townsville



People have been getting into all the art making and opportunities to learn new skills and try new things. It is also fabulous to see people really engaging in conversations with each other while they are sitting their painting or making. It is reducing isolation, building stronger connections and creating all sorts of opportunities for people involved. We have people from the Burdekin coming down each week, driving 3 hours just to participate in the art program. The project has also been great for building relationships, connecting with community and artists in the community. Here are some great photos of the Townsville project.



Creative Corner

Escape by Cecily

It's a very long time ago now, but as the child of abusive parents you had to learn when to be around and when to hide. It was not easy as there were three children younger than me who also needed protection, food, baths and to be put to bed. Sometimes it was very hard to stay there and look after them, especially when there was no food to feed them.

However, eventually I reached the stage where I just couldn't stay there anymore. It certainly wasn't safe in our house, so I flew over the fence and landed on my chest, winding myself. After a short time, when I felt it was okay to run, I ran for my life. The police had been at my front door when I'd escaped, so the fear was mighty. Were they following me? Could they see me? I jumped into a cab and hid all the way to my teacher's house.



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.

Empower Arts Christmas Raffle has started with some fabulous prizes up for grabs.



First Prize:
Yellow Sapphire dress ring valued at \$400

Second Prize: A one-day Family Pass to Currumbin Wildlife Sanctuary valued at \$149.95

Third Prize: Christmas Gift Hamper
Tickets \$2 each or 3 for \$5—available at Lotus Place and during Xmas events. Raffle will be drawn 16th Dec 2021

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

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

ROBERT HODSON Presented by UNITED ARTISTS PROJECT

Eight colourful art works on canvas painted by Bobby were on display in September at Hope Street Café. This was a great opportunity for Bobby to have his artwork publicly exhibited. United Artists Project (UAP) is a creative arts social inclusion and community connection activity of Micah Projects.

Bobby says he loves painting. "This is something I learnt to do, as art relaxes me. Also, art helps me with my past experiences of the journey of life."



UnitedArtistsProject is on Facebook

See also <https://unitedartistsproject.blogspot.com> for past and future exhibitions

TREE

by Ali

I'd like to be a tree.
I can grow ten feet to one hundred feet tall.
I can be strong and see the world from a view.
I can be a great help to humans.
I give oxygen and breeze.
I give shade and keep you cool.
That is in my glory days.

But I am afraid. I am afraid of fires.

The grubs and bugs tickle me.
The birds sing to me and swing on me.
The snakes rest in my branches.
The kookaburras love and adore me.
They eat my leaves.
They sing to me.
I rock the cradle for the birds and all who need me.

I can't stand to lose all my friends and animals
in the blazing fires. I can't control it.
The fire spreads from me to other trees.
I cry in pain and we are all suffering.

Give me rain, and sunshine, and I will reward you till I die

Aging to Perfection with Mal

Staying in your own Home in you Golden Years

The good news is that there is a lot of support to help you stay at home these days!



The thought of aged care and nursing homes can be really scary for anyone, but I appreciate it can be terrifying for people who have been in care as children.

The good news is that there's a lot of support to help you stay at home these days as it's much cheaper to support you there than in a nursing home.

If you are getting to the stage where you're feeling like you could do with some support to be able to keep living at home safely and well (and you're over 65, or indigenous and over 50) then please feel free to ring Lotus Place on **3347 8500** for a chat. (Ask for Mal)

I've learned a lot about what supports are out there in the community to help you at home and I'm really happy to share this information with you. You don't have to act on anything I say, but if you decide some support would be good I can help you with the process and be there to support you.

Some points to ponder about support at home: **It is your choice and you can stop the support anytime you want.**

Types of assistance: cleaning, transport, grab rails in the bathroom and toilet, (there's plenty of other services available – too many to list). There is usually a cost for the support (around \$10 per visit), but this varies with each provider/service and you can apply for a reduction if you're suffering from financial hardship. I'm happy to help with this.

It can sometimes takes a while to get support in place – depends on what's available in your area at any given time.



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.

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

Please contact Lotus Place if you are planning to attend any of the calendar events or activities.

Why is it important to let us know?

We ask people to RSVP for events and activities so that we can let people know if the event times or venues change. We also need to know how many people are attending to ensure we are complying to any number limits due to COVID restrictions. Also, when people RSVP we are able to ensure we can cater accordingly for food or materials. Sometimes activities and events may be cancelled when we do not receive any RSVPs.

WHAT'S ON

October

Mon	Tue	Wed	Thu	Fri
18 Caboolture Group	19 Morning Tea 9.30 - 11.30am 10.30 Aging to Perfection 2pm Tai Chi Group	20	21 10am Reconciling Histories Art Making Session 1pm Lotus Art Group	22 9.30am Mindful Movement
25	26 Morning Tea 9.30 - 11.30am 10.30 Bingo 11.30 Creative Writing Group 2pm Tai Chi Group	27	28 10am Reconciling Histories Art Making Session 1pm Lotus Art Group	29 9.30am Mindful Movement

November

Mon	Tue	Wed	Thu	Fri
1	2 10am Memorial Day Ceremony & Statue visit "A time to remember those who are no longer with us" 2pm Melbourne Cup afternoon tea	3 1pm Guitar Group	4 10am Reconciling Histories Art Making Session 1pm Lotus Art Group Gold Coast Group	5 9.30am Mindful Movement
8 Gympie Group	9 Remembrance Day Ceremony (11am at GoMA)	10	11am Dance & Movement 1pm Lotus Art Group	12 9.30am Mindful Movement
15 Caboolture Group	16 Morning Tea 9.30 - 11.30am Anniversary -National Apology 11.30 Creative Writing Group 2pm Tai Chi Group	17 Reconciling Histories Showcase (11am at The Edge, State Library Qld)	18 11am Dance & Movement 1pm Lotus Art Group	19 9.30am Mindful Movement
22	23 Morning Tea 9.30 - 11.30am 10.30am Aging to Perfection 11.30 Creative Writing Group 2pm Tai Chi Group	24	25 11am Dance & Movement 1pm Lotus Art Group	26 9.30am Mindful Movement
29	30 Morning Tea 9.30 - 11.30am 10.30am Bingo 11.30 Creative Writing Group 2pm Tai Chi Group	Note: During COVID events are advertised subject to changes due to restrictions.		

Remembrance Day 2021

Remembrance Day events have taken place across Queensland during Child Protection week. A great day was had by all who attended the remembrance ceremony. The lighting of the candles and the acknowledgements were read beautifully by the Forgotten Australians who attended and there was a general atmosphere of connection and comradery. In South Queensland events were held at the Gold Coast, Gympie and Moreton Bay. Brisbane's event at GoMA is postponed until November 9th.



WHAT'S ON

December

Mon	Tue	Wed	Thu	Fri
		1 1pm Guitar Group	2 11am Dance & Movement 1pm Lotus Art Group Gold Coast Group Xmas Party	3 9.30am Mindful Movement
6 Gympie Group Xmas Party	7 Christmas Family Fun Day Picnic 10.30am	8	9 11am Dance & Movement 1pm Lotus Art Group	10 9.30am Mindful Movement
13 Caboolture Group Xmas Party	14 Morning Tea 9.30 - 11.30am 2pm Tai Chi Group	15	16 Christmas Dinner 6pm	17 9.30am Mindful Movement



Please join us
**6PM THURSDAY 16TH
 DECEMBER 2021**
 for our
**CHRISTMAS
 CELEBRATION
 DINNER**
Yeronga Services Club
 Cnr Fairfield Rd and Kadumba Steet—Yeronga

IMPORTANT:
 RSVP before Wednesday 1st December
 with special dietary requirements
 to 07 3347 8500 or lotusevents@micahprojects.org.au

To ensure you don't miss out please book early as numbers are strictly limited due to COVID-19 limits.



You & Your Family
 are invited to our



**Christmas
 Family
 Fun Day
 2021**



**Tuesday 7th December
 10.30am — 1.30pm**

**Hanlon Park
 Stones Corner**

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

children, grandchildren &
 families are welcome

RSVP Tuesday 30th November
 with special dietary requirements
 to 07 3347 8500 or
lotus@micahprojects.org.au



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 Please phone Lotus Place on 3347 8500				
Caboolture Group** <i>(monthly)</i> 9.30am - 12pm Gympie Group** <i>(monthly)</i> 11.30am – 1.30pm	Morning Tea <i>(expression of interest to attend)</i> 9.30am—11.30am Creative Writing 11.30am – 1pm Tai Chi 2pm - 3pm	Intermediate Guitar Players Group <i>(monthly)</i> 1pm - 2.30pm	Gold Coast Group** <i>(monthly)</i> 11am – 2pm Dance & Movement 11am-12.15pm Art Group 1pm-3pm	Mindfulness Movement 9.30am – 10.30am
**held externally; 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** or **1800 16 11 09** | Fax **07 3347 8590**
lotus@micahprojects.org.au | www.lotusplace.org.au

Lotus Place is an activity of Micah Projects

