



DROP IN DAYS

Lotus Place Stones Corner Peer Get Together

is on every Tuesday and there is something different happening each week:

- ◆ 1st Tuesday - Craft activities, Board Games
- ◆ 2nd Tuesday - Pamper Sessions, Peer Education, Computer help
- ◆ 3rd Tuesday - Singing and music in the space
- ◆ 4th Tuesday - Guest speakers or information sessions or Ted Talks
- ◆ 5th Tuesday - In-house Movie & BBQ lunch (Jan, May, July, Oct)

Tuesdays will occasionally be themed based on national days or weeks.
(eg Valentine's Day, St Patrick's day, Women's week, Grandparent's day)



The Gold Coast Group had a month's break and started up again at the Southport Community Centre on 23 January 2018. Doors are open between 10am & 2pm. Please note, due to the Gold Coast Commonwealth Games in April the Group will not be meeting on Tuesday 3rd April and Tuesday 10th April. For any queries around the **Tuesday group**, please call Lotus Place on 3347 8500 and ask for Selina.



The Gympie Support Group

meets the second Monday of the month in Gympie.

We vary the venue depending on the weather. Mostly people like the informality of Nelson Reserve bbq area directly behind the old town swimming pool. The group come from as far as Bauple/Glenwood in the north, Goomeri/Murgon in the west and Mt Tuchekoi to the south. We laugh a lot. We enjoy an informal meal together while catching up with each other. The group is very welcoming of a range of ages, cultures and ways of dealing with past institutional experiences. Support and advocacy is provided by Lotus Place team member, Mick Devlin, who is contactable through the 1800 161109 Find & Connect No or Lotus Place Stones Corner on 07 33478500.



Lotus Place
ADVOCACY JUSTICE COMMUNITY

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Get-togethers 2018

Lotus Place at Stones Corner will be hosting a series of get-togethers for former residents of a number of homes again this year. These get-togethers are an opportunity to catch up over lunch with other people who spent time in the same institution. Lotus Place staff will be on hand to provide information on support services and centre based activities that are available.

Friday 4th March - Wolston Park

The institution came to be known as Wolston Park between 1969 and 2001 was originally established on the site in 1865. The Wolston Park Hospital, situated at Wacol, Queensland, was a State run facility. Wolston Park Hospital was previously known as the Brisbane Special Hospital and the Brisbane Mental Hospital.



Friday 6th April - Silky Oak

The Silky Oaks Haven for Children, in Manly West, was operated by the Open Brethren and the Council of Silky Oaks Children's Haven. It was established at Toowong in 1940 and moved to Manly in 1946 and was licensed as a foster home. The first State children were admitted to Silky Oaks in April 1950. From the 1970s, Silky Oaks established a number of cottage homes.



Friday 4th May - Horton House/James Horton Industrial or Memorial Home for Girls

The James Horton Memorial Home, in Toowoomba, was an industrial school run by the Salvation Army. It opened in 1942 and was renamed the James Horton Industrial School for Girls in 1947. In 1942, Horton House was donated to the Salvation Army by Mrs Nellie Alford. She was the daughter of James Horton, who originally built the house in the late 1800s. When the Japanese entered World War Two, Mrs Alford donated her home to the Salvation Army in order to create a 'safe haven' for the girls who were to be evacuated from the Industrial School for Girls, Yeronga. In all, 41 girls moved into the Home in 1942.



The name changed to James Horton Industrial School for Girls in 1947. It was again renamed to the James Horton Industrial School for Girls in 1953. It was briefly known as the James Horton Memorial Home for Girls then in 1954-1963 as James Horton School for Girls, and then as Horton House.

[Source: www.findandconnect.gov.au]

If you have any questions or would like to RSVP for one of the get-togethers
please contact us on 07 3347 8500 or 1800 035 588.



The Forgotten Australian's 'catch up group' is on again at 11:45am, Saturday, 24th February 2018. A free three course meal will be provided.
All welcome. It is held at **Hemmant Flexi Centre** (beside the Hemmant Railway Station) 56 Hemmant-Tingalpa Road, Hemmant QLD 4174. Hope to see you there. Please call Jenny with numbers on ph 3824 4776



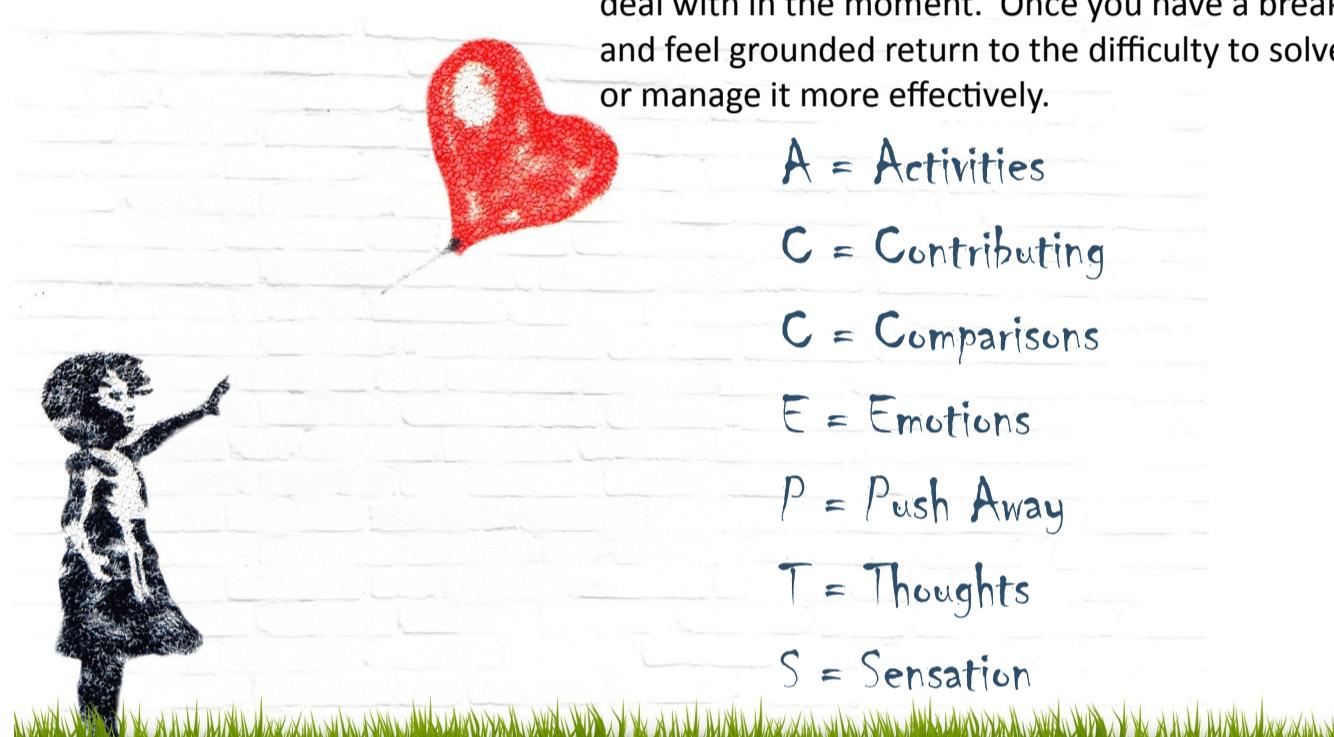
2018 Riverview Help Centre drop in days will be on Mondays 5th March, 7th April, 14th May, 4th June, 2nd July, 6th August, 3rd September, 8th October, 5th November. Morning tea and lunch is provided. Doors are open between 9am and 2pm. It is located on the site of the Riverview Training Farm, 29 Endeavour Road ,Riverview. Bob looks forward to seeing you.



Wellness Distress Tolerance Skills

To help you tolerate a negative emotion until you are able to address and eventually resolve the situation.

ACCEPTS



This acronym is designed to distract you from difficulties or stress. Fully participated in each letter as a way to get a break from what you find hard to deal with in the moment. Once you have a break and feel grounded return to the difficulty to solve or manage it more effectively.

A = Activities

C = Contributing

C = Comparisons

E = Emotions

P = Push Away

T = Thoughts

S = Sensation

Activities: Reading, exercising, watching TV, or something fun etc

Contributions: Do something for yourself, Others, or your surroundings.

Choices: Choose your thoughts, feelings, and behaviours wisely.

Emotions: Find ways to increase your positive emotions.

Pushing Away: Emotionally or physically push away the crisis or stress.

Thoughts: Shift your thinking towards something enjoyable

Sensations: Get grounded in what you are feeling in your body. Source: D.B.T. in Life

If you are feeling overwhelmed you can contact **Lotus Place** to get help finding the right support for you. Alternatively contact **Blue Knot Helpline** on 1300 657 380 (9am – 5pm 7days) for short-term professional counselling support and information.

ART GROUP



Thursdays
1pm—3pm

New people are always welcome – come along to develop your artistic skills or to just play around with the materials – you don't need to be an artist.



ART & CRAFTS

'Memories'

The years have rolled on,
But memories don't fade,
Years of child abuse,
And all should have been saved

Behind heavy doors
Institutions of crime
The Law – it was missing
A blind eye at the time.

Now – we all come together,
Out here once a week,
This enemy of Troopers,
I was so pleased to meet.

So – I am one of the Army,
And we all stand as one,
Lotus Place is the station,
So reminisce and have fun.

M. Neilson



Lotus Place activities program provides plenty of opportunities for people to be creative. Leather craft, beading, sewing, painting, clay, mosaic, sewing, woodwork and more. With exhibitions and markets to showcase work and to enable people to sell their creative wares.

Butterfly by Sherryl (Creative Writing Group)

Butterfly flutters its soft wings
Fluttering its soft wings in flight
Nobody sees you fluttering by.
You are so quick like a breeze passing by.



Day out at the Beach—December!

There's a list of activities on the back page—give Lotus Place a call if you want to join in!





Art from The Margins Opening—September!

My Perfect Day By Colleen (Creative Writing Group)

My Perfect day is being at the beach by myself and taking photos of the rocks and the waves splashing up around me, and climbing up the rocks and seeing the view. It is wonderful to see the sunrise and sometimes the sunset. Feeling the sand beneath my feet and smelling the ocean. And through the lens of the camera I feel I am one with the ocean and surroundings.



Moonlight Magic Dinner Dance—August!



We All Dance project with Royal Ballet—July!

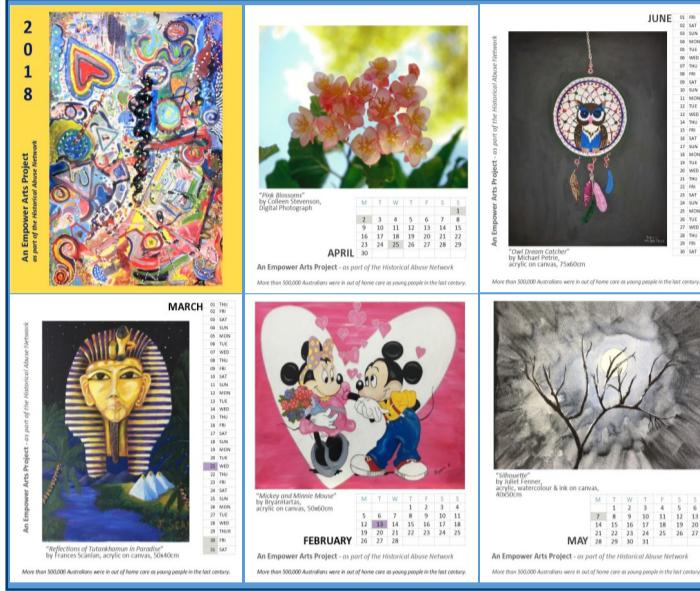




Empower Arts is a peer run group of Forgotten Australians helping and empowering other Forgotten Australians. Our group work together to support and empower each other and our community through various projects to raise awareness and funds to assist members of the community with costs associated with creative pursuits. All money raised will be used for this purpose.

The group meets regularly at Lotus Place. **New members are welcome.** If you would like to find out more or be involved please contact Colleen via Lotus Place on 3347 8500.

In 2017, the group has created a beautiful Memorial Board, remembering community members who have passed away.



The 2018 Empower Arts desktop calendar is available for purchase \$10 (plus postage). Please contact Colleen via Lotus Place to arrange this.

CALL TO ACTION

So far we only have a few names on the Memorial Board. If you would like to contribute a name in memory of someone , please cut out or photocopy the form below and post it to Lotus Place. Forms are also available at Lotus Place Stones Corner.

Who is the Board For?

This Memorial Board is for Deceased Queensland Forgotten Australians. The conditions for a nomination are as follows:

- Person being nominated is deceased person who was a Forgotten Australian AND
- Has had a significant connection to Queensland. To Clarify:
 - Either they were in care in Qld as a child,
 - Or they were a member of Lotus Place community and lived in Qld,
 - Or the person is a sibling of a Lotus Place community member.

Nomination Form for Memorial Board for Deceased Queensland Forgotten Australians.

Deceased person's Name in Full	Year of death (if Known)	
Full Name of Person Making Nomination		
Contact Details		
Signature of Nominator	Date	
Relationship to the deceased		
Witness Name (member of Staff or Empower Arts)		
Witness Signature	Date	

Mindful Movement

with Yasuyo (pictured)

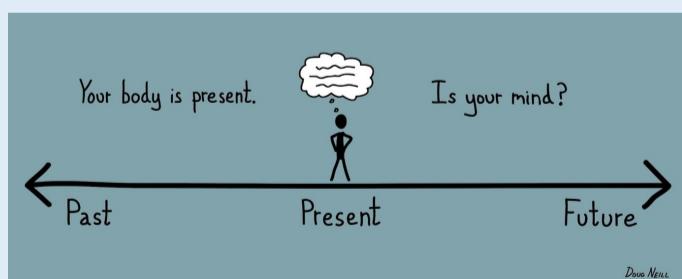
Thursdays 9.45am to 11.15am



The brain is a brilliant listener. It serves us by adapting and ensuring survival in a very complex world. The brain achieves this by paying attention to the constant flow of information in the body but this tends to happen in the background. We now know that the body communicates up and shapes the brain and we also know that the brain has an amazing ability to change in response to what the body experiences. Something magical happens when we are consciously paying attention to the present moment in the body, the brain heals itself.

That's why anyone can gain benefits through the practice of Mindful Movement. Paying attention deliberately to the body as it breathes and moves, opens up the potential for reorganizing the brain towards healing. The healing comes from nourishing inner peace and emotional stability, cultivating more vitality, connecting with intuitive wisdom and creativity - all through this deep listening to the inner-body.

Please talk to Lotus Place staff if you wish to attend or would like more information.





Major Events for Lotus Place 2018



13th Feb
10th Anniversary Apology
Stolen Generation

21st Mar
Anniversary of
National Apology
Forced Adoption

4th Sept Memorial Day

5th Sept
Remembrance Day 

14th Sept
Art From The Margins
Exhibition Opening

4th Oct
MIFQ
Art Exhibition

27th Nov
Anniversary of Qld Apology
Forced Adoption

16th Nov
Anniversary of
National Apology to the
Forgotten Australians

Songs of Justice
Concert 

11th Dec
Lotus Xmas Picnic

14th Dec
Lotus Xmas Dinner



Up and Coming Activities & Events (at Lotus Place)

When	Detail
Thursdays (ongoing) from 18th January	Lotus Art Group with Gavan (1pm to 3pm): Come along to develop your artistic skills or to just play around with the materials – you don't need to be an artist. New people are always welcome .
Thursdays (ongoing) from 25th January	Mindful Movement with Yasuyo (9.45am to 11.15am). Mindful Movement involves connecting with your breath and your body. It teaches you to develop trust and safety in your body through the process of offering choice. All welcome.
Wednesdays from 14th February	Leather Craft with Tess (1pm to 3pm): create your own leather item, learn about leather craft tools and techniques used to work with leather.
Mondays from 19th February	Beaded Jewellery with Tess (10am to 12pm): make a beaded necklace and bracelet – learn jewellery making skills and techniques, and how to design, plan and assemble your own piece.
Mondays from 26th March	Creative Writing Group (10am to 12pm): Edwina will help spark your imagination and guide you to put pen to paper.
Tuesday 27th March (Guest Speaker)	Handling Chaotic Emotions (10.30am to 11.30pm): Denise will present information about the 'Emotional Brain' and the effects of overload from accumulated events on the brain, she will also demonstrate emotional settling techniques and explain how they work.
Thursday 29th March (information session)	Mindful Movement and Present Moment Awareness with Yasuyo (9.45am to 11.15am). This is an information session on the science behind Mindful Movement and how it can impacts a person's thinking and experience.
Wednesdays from 2nd May	Lotus Drama Group (1pm to 3pm): Learn new ways of using your voice and body to express and perform. Develop communication and acting skills and confidence.
BOOK YOUR PLACE	Let us know which activities and events you are interested in attending. Talk to a Lotus Place staff member at Lotus Place on (07) 3347 8500

Weekly Activities Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Bingo 1pm–3pm (monthly) *Animal Engagement 1.30pm–3.30pm Lotus Place Closed at 3.00pm	Lotus Place Peer Lunch Guest Speakers, Info Sessions & Activities 10.30am –3pm *Music Appreciation 11.30pm–1.30pm *Darts 1.30pm–3.30pm *Open Mic 6.00pm (Monthly) *Community Meal 6.00pm (Monthly)	*Fishing 9:30am–3.30pm (fortnightly) Lotus Place Opens at 12 noon	Lotus Place Mindful Movement 9.45am – 11.15am Lotus Place Art Group 1pm – 3pm *Exhibition Openings 5.30pm - 7.30 pm (Monthly)	*Art at West End Community House 9.30am –11.30am *Music Rehearsal 1.30pm–3.30pm

*part of the Hive Activities Program—please speak to Lotus Place staff if interested

