

Lilypad is a newsletter of Lotus Place  
Lotus Place has a rich program of activities giving people the opportunity to make connections with each other, foster individual creativity and to continue their healing journey.



[www.lotusplace.org.au](http://www.lotusplace.org.au) | Southern Queensland | June 2020 | Issue 24

In this issue Lotus Place Activities Program Consultation 2020|Lotus Support Services| Creative Arts|Creative Writing|COVID-19 Roadmap to easing QLD restriction| Boredom Busters|Distress Tolerance Skills|Empower Arts|Aging to Perfection|Welcome Mel Smith|Facilitators at Lotus Place |What's on at Lotus Place

## Emerging from the Cave

As the restrictions begin to lift, people are looking back on these past few months with mixed feelings considering all the changes to our usual day to day activities and way of life we have endured. In Australia we have been very fortunate especially when compared to fatalities around the world. We can all be very proud of ourselves for being part of the combined response that has enabled Australia to do so well and so far, dodge a catastrophe.

Most people are feeling relieved and are looking forward to catching up with their friends and keen for things to get back to 'normal'. We are beginning to emerge from our caves albeit with caution.

However, with the COVID19 virus still around it is unlikely that things will just snap back to how they were before. The entire population will be continuing to take

precautions and need to be ready to respond if there is a community outbreak.

There has been a lot of frustration, isolation, sadness and fear. Everyone's experience has been different, but it hasn't been all 'bad'.

Perhaps there are some changes that you enjoyed or believe should be kept in place.

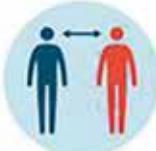
On that note, I invite you all to reflect on the upside of the COVID19 restrictions for you and the broader community. What are some of the good things you noticed happening due to the COVID19 pandemic?

We would like to include a selection of responses to this Question in the next Lilypad. If you would like to share your response, please let us know on 33478500.

## 5 TIPS FOR COVID-19 SAFETY



WASH YOUR HANDS  
REGULARLY WITH SOAP &  
WATER FOR 20 SECONDS



PRACTICE SOCIAL  
DISTANCING OF  
AT LEAST 1.5M



COVER YOUR NOSE &  
MOUTH WITH A TISSUE  
OR BENT ELBOW WHEN  
COUGHING OR SNEEZING



AVOID TOUCHING YOUR  
FACE, NOSE, MOUTH &  
SHAKING HANDS



STAY AT HOME AS  
MUCH AS POSSIBLE  
ESPECIALLY IF YOU  
ARE SICK

Stay up-to-date with the latest advice via the COVID-19 QHEPS page



# A KID FROM A HOME

My mother was receiving treatment in the Brisbane General Hospital, but sadly passed away when I was 3 years of age. I have one living memory of my mother in the hospital bed with her arms open wide to hold me. My father had obtained leave from the Army to care for my mother and my brother and me. Unfortunately my father was not given permission to care for us after my mother passed away, and we became state wards, which meant we had lived in two homes as state wards by my age of 3. These days leave very unhappy memories. Coping with the loss of my mother, and father, I was constantly crying. I was ignored, put in a room, the door closed, to not be heard, and my mouth washed out with soap as punishment when I wouldn't stop. From the second foster home I was taken to SILKY OAKS at Milton.

At 4 years of age we were moved to a second SILKY OAKS at WYNNUM. Both of these children's homes were run by the Brethren Church. There were old ladies at both these homes who were very religious and disciplinarians, but I longed for someone to show me love to help me cope with the detachment from my parents. I remember spending whole days, weeks in a room with the door closed, in wet clothes, needing attention to toiletry needs. My father was told it was unsettling for him to visit us when he tried to see us. Following 4 different locations before school age , we were then sent to ROSSLYN HALL OR ROCHDALE BABIES HOME IN SYDNEY. N.S.W. I was crying constantly when I was entering my first year at school. This home was an old 2 storey building with high windows. The shadows of people moving in our long dormitory at night frightened me. We were woken and our blankets rearranged. I would lie awake all night after being woken. At school we were tagged as KIDS FROM THE HOME, our appearance was obvious. I felt friendless, lonely but tried to be 'brave' and learnt to cope with whatever was thrown at me.

After 2 years at Rockdale, I was then moved further away from my father to the LUTANDA CHILDREN'S HOME WENTWORTH FALLS N.S.W.

I arrived in the cold at night and remember being stood in a basin of water and washed from head to toe. I hated that wash. I was wanting to know where my brother was and wanted to see him. My crying continued and I was put to bed exhausted, and given a doll which I threw on the floor. Lutanda was run by old ladies and one old man. Here they controlled harshly and disciplined when I was not aware of what the punishment was for. My years 7,8,9,10, at Lutanda Wentworth Falls were very abusive.



Days and days were spent bushwalking with ill fitting shoes thirsty and never a drink. Many days being hungry and the boys stole green fruit for me to eat. No care to protect me from bullying assault outside for hours at a time. No medical help for repeated earache through the winter months. No dental treatment. No interest, help in school work and big problems I was facing in school. Duties were ordered, hard and long.

From Lutanda Wentworth Falls, I was moved to Lutanda Pennant Hills, a huge new building with new children. Routine and duties continued. I left Lutanda with no understanding or preparation for my High School years, preparing me for a future.

I missed my friends from the Forgotten Australians and the Stolen Generation, but I was not prepared to ever go near that home again! Loneliness plagued me I might as well have been sent to a foreign land. It was after listening to the National Apology in 2008 I decided to share my life story. Many thanks to Commissioner Bob Atkinson who supported me and I found the first person I felt free to talk to about my long TIME IN CARE, I knew he was listening and believed me. IF ONLY: I could have one memory of where I felt ONE of the people who looked after me in my TIME IN CARE did CARE. If only they could have "suffered me as a little child", protected, defended me. IF ONLY They would have displayed CARE like the wonderful Support Staff at LOTUS PLACE

I COULD HAVE Been an achiever in school, successful in a career. Knowing how to deal with lies thrown at me that crippled me. I NOW FEEL, PASSIONATE....AGAINST any form of bullying, assault, sexual abuse, domestic violence, injustice. My GP, Psychologist, and Michael support me as

**"I continue to tell MY STORY THAT THE ABUSE OF THE PAST WILL NOT BE THE LEGACY OF THE PRESENT AND FUTURE."**

*By Heather*

**Postponed**

## UPDATE on the Annual Lotus Place Activities Program Consultation 2020

### **Due to the COVID19 restrictions**

The sessions did not go ahead as planned in April and have been rescheduled for July/August.

We will be holding a series of small group sessions and individual sessions. Face to face at Lotus Place and via phone.

We will be listening to your ideas, interests and what has been working well. We will also be inviting you to express your concerns and point out any obstacles to joining in.

Please let us know if you would like to participate!

**This is OPEN TO EVERYONE - numbers are limited. To SIGN UP contact Lotus Place on 3347 8500**

The results of the consultation will be published in the Lilypad.

## Lotus Support Services

# The National Redress Scheme

Is a response to the Royal Commission into Institutional Responses to Child Sexual Abuse. Lotus Support Services, within Micah Projects, continues to be funded to assist with redress application and help to ensure that everyone is fully aware of their options.

Applications are open until 30th June 2027 and may take up to twelve months to process.

When an offer is received, all applicants have six months in which to consider their offer (extendable to twelve). This is an opportunity to seek further advice or consider the offer.

### The three components to an offer:

1. Monetary payment of up to \$150,000
2. A Direct Personal Response, or apology from the institution,
3. Access to counselling.

It is important to know that accepting all components provides the flexibility to access counselling or an apology in the future in case circumstances change. However, if someone accepts only the monetary payment but refuses an apology or counselling at the time, they cannot later access those refused component in the future.

**The Disability Royal Commission would like to hear about people's experience of living with a disability.**

#### **We can assist you with:**

- support to submit your story to the commission
- support for your wellbeing
- connecting you with other supports you might need.

#### **We can meet with you...**



face to face



telephone



online

#### **Contact us**

##### **Phone**

Brisbane 07 3036 4490

Rockhampton 07 4999 4300

Townsville 07 4724 4410

##### **Email**

lotussupportservices@micahprojects.org.au

Please contact Lotus Support Services on (07) 3036 4490 for any further information.

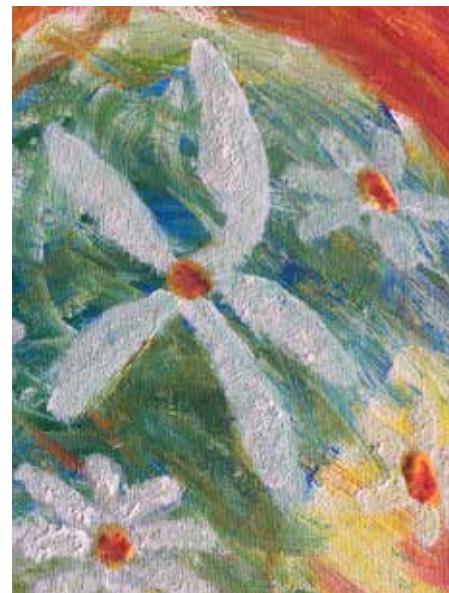
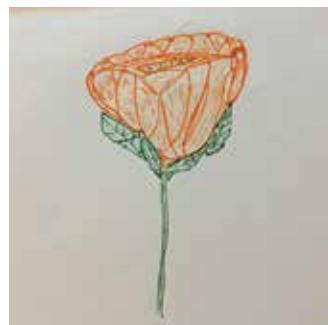
# Creative Arts & Crafts

Since the onset of the Coronavirus Pandemic in Mid-March all face to face activities and gatherings at Lotus Place had to be suspended in order to maintain the required social distancing.

However, Lotus Place continued to support people as needed throughout the COVID restrictions by phone, outreach and appointment. We have been able to offer weekly group sessions by phone: Creative Writing, Art Group, Mindful Movement and Exercises to support the

Nervous System. While challenging, these sessions have been enjoyed and appreciated.

For example, during Art Group (by phone) we have been focusing more on the experience of painting - getting into the enjoyment of simply moving paint around the surface of paper or canvas. Fostering curiosity when exploring and investigating line and colour to express something. This has brought a liveliness and freedom into the group and the art.



Empowering people through participation in arts education and performance programs.

**Current Programs:** currently online due to COVID-19

**Absolutely Everybody Choir** Friday mornings.

**Rhythm of Life is Upbeat Art's Music Theatre group** Friday afternoon.

**Word on the Street Creative Writing** Tuesday afternoons.

**Song School Music Appreciation and Song Writing** on Tuesday mornings.

Upbeat Arts runs an Inclusive Arts Program for people experiencing disadvantage and isolation. *To register or find out more see their website [www.upbeatarts.org.au](http://www.upbeatarts.org.au) or talk to Katie at Lotus Place*

# Creative Writing

## What Good Can Come From This Coronavirus Scare?

### By Jessie

It is forcing people to slow down and focus on the simple things in life. People who have vilified and hated others on unemployment benefit and have bought into the myth benefit recipients are leeches on society are suddenly finding themselves having to claim benefits themselves and being shocked by what is required – even with the requirements being lessened they are complaining.

### By Brian

Even the Sharks are happy – no one to bother them  
The planes are out of the sky  
And there are less cars on the road.

People are gardening and cooking meals at home rather than buying takeaway.

Children are spending time with their parents rather than child care. Some abuse is taking place of course and some are failing to cope but others are growing in love and appreciation of their family and friends.

People are also being more self sufficient and appreciating that the growing of food and making of resources is labour intensive and not just done by magic.

### By Colin

People understand more about what others go through  
And we are learning to trust each other's abilities.  
Hope when we all come back we will be better people and more wise.

## Calling all Queensland Outdoor Artists



Entries for the 2020 AFTM Awards close 31 July 2020. Open to all Queensland artists living with adversity and disabilities. Please fill out an entry form and return it to AFTM before the closing date. This year's theme is "Belonging" and entrants are encouraged to submit work in response to the theme. Please read the terms and conditions carefully before submitting your entry. 2020 AFTM Outsider Art Awards will be featured online from Thursday 17 September to Monday 21 September 2020, followed by the Finalists Exhibition at AFTM Gallery & Studios from Monday 28 September - Friday 16 October 2020, 10am - 4pm.

## Onsite AFTM Studio Workshops

Registrations - NOW OPEN for Term 3  
(13 July – 19 September 2020)

AFTM Foto Group Mondays 10am

Open Studio Group Wednesdays 10am

Deepening Artistic Practice Group Thursdays 10am

Exploring your Inner Artist Fridays 10am

For bookings or information: Phone: 3151 6657 or Email : [aftm@wmq.org.au](mailto:aftm@wmq.org.au)



Call for 2021 exhibition proposals for the AFTM Gallery exhibition program for 2021. For further information or enquiries, please contact AFTM General Manager, Stephanie Lindquist on 07 3151 6656 or [S.Lindquist@wmq.org.au](mailto:S.Lindquist@wmq.org.au)



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>

# Roadmap to easing Queensland's restrictions

## A step-down approach to COVID-19

### CONTINUING CONDITIONS

- Social distancing, 1.5 metres and hygiene
- Stay at home if you're sick
- Tracking, tracing, rapid response
- Work at home if it works for you and your employer

### Unite against COVID-19



EASING TO DATE	SCHOOLS PLAN	STAGE 1: 15 MAY 2020 (2 weeks)	STAGE 2: 1 JUNE 2020 (6 weeks)	STAGE 3: 10 JULY 2020
		<p><b>Family, friends and community</b></p> <ul style="list-style-type: none"> <li>Gatherings in homes (household - max 5 visitors, allowed from separate households)</li> <li>Gatherings of up to 10 people:</li> <li>Household or one friend and within 50kms of home for recreational purposes:           <ul style="list-style-type: none"> <li>go for a drive</li> <li>have a picnic</li> <li>visit a national park</li> <li>go fishing, boating or jet-skiiing</li> </ul> </li> </ul> <p><b>Retail shopping</b></p> <ul style="list-style-type: none"> <li>Allowing retail shopping for non-essential items within 50kms of home</li> </ul> <p><b>Schools</b></p> <ul style="list-style-type: none"> <li>Gradual return to class</li> <li>11 May: Kindy, Prep and Years 1, 11 and 12</li> <li>25 May: Years 2–10.</li> </ul>	<p><b>Family, friends and community</b></p> <ul style="list-style-type: none"> <li>Unlimited travel and overnight stays for all of Queensland* (including for school holidays)</li> <li>Dining in or seated drinks in restaurants, cafés, pubs, registered or licensed clubs, RSL Clubs, hotels and casinos (no gaming – up to 20 patrons per room or per defined area (indoors or outdoors) for a venue (when following a COVID-SAFE Industry Plan))</li> </ul> <p><b>Businesses and economy</b></p> <ul style="list-style-type: none"> <li>Retail shopping</li> <li>10 people permitted at any one time for:           <ul style="list-style-type: none"> <li>dining in (with COVID-SAFE Checklist); restaurants, cafés, pubs, registered and licensed clubs, RSL clubs and hotels – no bars or gaming</li> <li>open homes and auctions</li> <li>beauty therapy and nail salons (with COVID-SAFE Checklist)</li> </ul> </li> </ul> <p><b>Outback*</b></p> <ul style="list-style-type: none"> <li>Dining in (with COVID-SAFE Checklist); restaurants, cafés, pubs, registered and licensed clubs, RSL clubs and hotels (max 20 at any one time) for locals only (must show proof of residence) – no bars or gaming</li> <li>Recreational travel including overnight accommodation max 500kms within the outback only if you live in the outback.</li> </ul>	<p><b>Family, friends and community</b></p> <ul style="list-style-type: none"> <li>Gatherings of up to 20 people:           <ul style="list-style-type: none"> <li>homes</li> <li>public spaces and lagoons*</li> <li>(e.g. South Bank Parklands, Cairns, Airlie Beach etc)</li> <li>non-contact indoor and outdoor community sport*</li> <li>personal training</li> <li>gym*, health clubs* and yoga studios*</li> <li>pool* (indoor and outdoor) and community sports clubs*</li> <li>museums*, art galleries* and historic sites*</li> <li>weddings</li> <li>parks, playground equipment, skate parks and outdoor gyms</li> <li>libraries*</li> <li>hiking, camping and other recreational activities in national and state parks</li> <li>places of worship* and religious and civil ceremonies</li> <li>Funerals (max 50)</li> </ul> </li> </ul> <p><b>Businesses and economy</b></p> <ul style="list-style-type: none"> <li>Recreational travel, camping and accommodation, including caravan parks (anywhere in Queensland)</li> <li>Retail shopping</li> <li>Tourism accommodation           <ul style="list-style-type: none"> <li>20 people permitted at any one time for:               <ul style="list-style-type: none"> <li>Indoor cinemas*</li> </ul> </li> </ul> </li> </ul> <p><b>COVID SAFE checks</b></p> <ul style="list-style-type: none"> <li>Surveillance and epidemiological indicators suggest a move would NOT present an undue risk</li> <li>Testing is widespread and adequately identifies community transmission</li> <li>Point source outbreaks are effectively contained by public health actions.</li> </ul>

from 11:59pm

25 May Years 2–10

commencing from 12 noon

27 Jun–12 Jul)

Subject to further planning and review, interstate travel will be permitted and a maximum of 100 people\* will be permitted for:

- gatherings in public spaces and homes
- restaurants, cafés, pubs, registered and licensed clubs, RSL clubs, food courts and hotels
- indo or cinemas
- places of worship and religious ceremonies
- museums, art galleries and historic sites
- pools and community sports clubs
- community sport
- gyms, health clubs and yoga studios
- outdoor amusement parks, zoos and arcades
- concert venues, theatres, arenas, auditoriums and stadiums
- funerals
- saunas and bathhouses
- open homes and auctions
- casinos, gaming and gambling venues
- nightclubs
- beauty therapy, tanning, nail salons and spas, tattoo parlours and non-therapeutic massage parlours
- libraries\*
- hiking, camping and other recreational activities in national and state parks.

The public health rules to maintain:

- Physical distancing
- 4 square metres per person when indoors
- Hand hygiene
- Respiratory hygiene
- Frequent environmental cleaning and disinfection

\* More with COVID-SAFE Plan approved by health authorities  
^ Max 20 with a COVID-SAFE Checklist when not complying with the COVID-SAFE Industry Plan  
# Outback areas as defined by Local Government Area.  
Details on COVID19.qld.gov.au

# Except Biosecurity Areas or Restricted Areas



**COVID SAFE check point**

- assess impact
- review border
- review biosecurity and designated areas

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- assess impact
- review border
- review biosecurity and designated areas

Last updated 30.05.20



# BOREDOM BUSTERS

## Cooking Herbs Word Search

Colour me in



K	F	M	I	K	K	B	T	U	S	O	Y	T	C
A	L	A	R	C	R	S	B	O	R	A	G	E	J
M	O	R	E	T	H	Y	M	E	W	N	G	R	T
V	M	J	M	L	N	E	G	A	V	O	L	E	A
M	N	O	G	S	Y	A	R	I	R	X	E	D	R
V	E	R	B	E	N	A	R	V	G	C	R	N	R
S	Y	A	M	O	C	E	B	O	I	I	R	E	A
L	E	M	O	N	G	R	A	S	S	L	O	V	G
E	L	V	P	L	C	K	K	F	T	A	S	A	O
V	S	Y	I	X	L	Z	F	E	N	N	E	L	N
N	R	S	X	H	X	I	G	I	I	T	M	X	W
G	A	R	L	I	C	J	D	U	M	R	A	P	S
B	P	I	S	Y	R	L	S	A	V	O	R	Y	W
U	I	Y	T	M	S	N	C	R	K	B	Y	J	J

BASIL  
BAY LEAF  
BORAGE  
CARAWAY  
CHERVIL  
CHIVES

CILANTRO  
DILL  
FENNEL  
GARLIC  
LAVENDER  
LEMON GRASS

LOVAGE  
MARJORAM  
MINTS  
OREGANO  
PARSLEY  
ROSEMARY

SAGE  
SAVORY  
SORREL  
TARRAGON  
THYME  
VERBENA

Keep these herbs stocked in your pantry and you will always have just the right flavor to add to your favorite dish. In the meantime, how many can you find in the grid?



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## Feel Good Routines

Include acts of self-care into your daily and weekly routines.

Like writing in a journal, reading a book or calling a friend.



### TAI CHI with Rod Ferguson

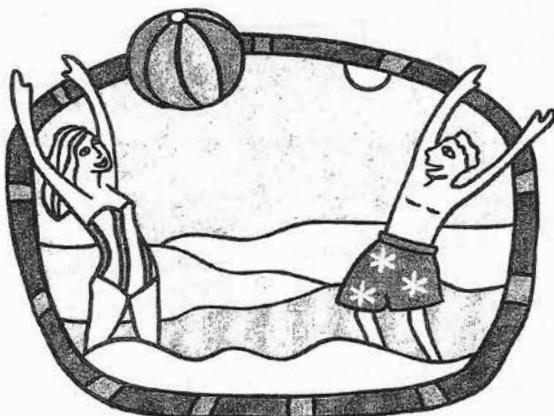
Exercise for complete fitness. Safe and easy to learn program that helps relieve pain and reduce stiffness, improve balance and reduce falls. **Tuesdays at Lotus Place**

Free Facebook LIVE sessions - Master Rod Ferguson's Tai Chi & Qigong Events Page  
25 classes in parks across Brisbane - Active and Healthy Brisbane 2020  
[visit brisbane.qld.gov.au/activeandhealthy](http://visit brisbane.qld.gov.au/activeandhealthy)

## Distress Tolerance Skills

# ACCEPTS

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



A = Activities  
C = Contributions  
C = Choices / Comparisons  
E = Emotions  
P = Pushing Away  
T = Thoughts  
S = Sensations

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

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

Choices: Choose your thoughts, feelings, and behaviors 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.

D.B.T. in Life™

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

- **Beyond Blue** 1300 224 636
- **Mensline** 1300 78 99 78
- **Lifeline** 13 11 14
- **1800 Respect** 1800 737 732
- **Suicide Call Back Service** 1300 659 467
- **In an emergency call Triple Zero (000)**

**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 pursuits. New members are welcome. Meeting times to be confirmed. If you would like to find out more, access art vouchers or be involved please **contact** Colleen via Lotus Place 07 33478500

### **Memorial Board for Deceased Queensland Forgotten Australians.**

A gentle reminder that the closing date for names to be added is July 30th, 2020  
Nomination Form are available at Lotus Place.

## **Ageing to Perfection**

The new monthly group for the young at heart

We're going to start running a small group again, so if you're interested in being a voice for the needs of older Forgotten Australians and learning what is out there please give us a ring. We'll keep the group small at this stage - but what we lack in numbers we'll make up for in might!!!

**Please ring and let us know if you're interested so we can monitor numbers**

**When:** 10am, the first Tuesday of the month

**Where:** Lotus Place meeting room.

## **Welcome Mel Smith**

Your new acting Lotus SQ manager

Mel has been working at Micah Projects since 2007 as a support and advocacy worker and senior practitioner.



She started working at Lotus Place last year and has moved into the acting manager's role. Michael Tansky is now in the new Disability Royal Commission Team.

## **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



Closing dates for submissions for 2020 grant rounds are:  
**28th August & 18th November**

For more information about the Forde Foundation and to find out if you are eligible to apply for a grant, visit The Forde Foundation website: [www.fordefoundation.org.au](http://www.fordefoundation.org.au) or phone 1800 674 256



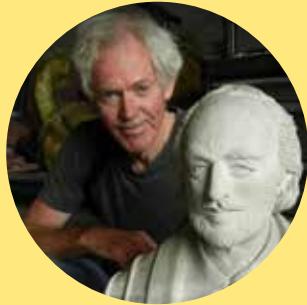
# FACILITATORS AT LOTUS PLACE

Lotus Place has a rich program of activities that offer social connections and fosters creativity, giving people opportunities to learn new skills and support their healing journey. We have a team of highly skilled and experienced facilitators who are all passionate in their field.

Four of them are featured below:



**Edwina Shaw** is a Brisbane writer and yoga teacher who specialises in workshops that combine yoga, writing and other creative practices to help people move through trauma. She creates a safe and welcoming environment for people to explore their creativity, relax and write. She has been teaching creative writing at Lotus Place for several years. The process of writing her first book *Thrill Seekers*, based on her brother's adolescent battle with schizophrenia, taught her how writing can be a powerful tool for healing. She loves helping people find new stories to tell about their lives.



**Gavan Fenelon:** "I've been drawing and making things since I was a child. From school I studied stage, film, and television acting, music, film making, and visual arts. This led to me spending my life acting, performing, making music, designing stage sets and costumes, making films, illustrating stories, producing graphic artworks, creating original artworks on paper, making lino-cut, woodblock and mono prints, creating sculptures, making digital artworks, dreaming up and carrying out projects involving children and adults living with physical and mental challenges, young people at risk, Forgotten Australians, and lately, facilitating art workshops with Lotus Place Art Group. I make sense of the world around me through making art."



**Dave McGuire** is a professional guitarist whose teaching style has developed over many years of composing, recording and performing music. Since graduating from Queensland Conservatorium he has played with many of Brisbane's finest singers including Carol Lloyd, Alison St. Ledger and Leah Cottrell. Dave loves playing both acoustic and electric guitar in a variety of styles including jazz, blues, folk and rock and enjoys sharing his knowledge in a safe and supportive environment. Dave hosts the Open Mic Night at the Hope Street Café and has worked with Hope Street Music Group for a number of years.



Tai Chi Master **Rod Ferguson** has been a full-time professional Tai Chi Qigong teacher for 44 years. Rod has a deep knowledge of all things Tai Chi and Qigong, and is excited to be able to share with you an 'easy to understand' exploration of practical techniques that can be used every day to achieve a continued improvement in your well-being for as long as you live. Be amazed by the sublime skills honed over a lifetime of dedication to Tai Chi and other Chinese Health Arts. Each session, Rod brings out another level of understanding, refreshing our enthusiasm.

More facilitators will be featured in the upcoming *Lilypad*.

# WHAT'S ON AT LOTUS PLACE

**July 2020**

Mon	Tue	Wed	Thu	Fri
∞ phone in available * not at Stones Corner  <i>This is subject to changes due to COVID19</i>			1  <b>Dance &amp; Movement</b> 11am – 12:15pm  <b>Gold Coast Group*</b> 11am – 2pm  <b>Lotus Art Group ∞</b> 1pm – 3pm	2  <b>Mindful Movement</b> 10am-11am
6  <b>Creative Writing ∞</b> 10am – 12pm	7  <b>Morning tea</b> 9.30am – 11am  <b>Ageing to Perfection</b> 10am  <b>Tai Chi Group</b> 2pm – 3pm	8	9  <b>Dance &amp; Movement</b> 11am – 12:15pm  <b>Lotus Art Group ∞</b> 1pm – 3pm	10  <b>Mindful Movement</b> 10am-11am
13  <b>Creative Writing ∞</b> 10am – 12pm  <b>Gympie Group*</b> 11.30am – 1.30pm	14  <b>Morning tea</b> 9.30am – 11am  <b>Guitar Group</b> For Intermediate players 1.00pm – 2.00pm  <b>Tai Chi Group</b> 2pm – 3pm	15	16  <b>Dance &amp; Movement</b> 11am – 12:15pm  <b>Lotus Art Group ∞</b> 1pm – 3pm	17  <b>Mindful Movement</b> 10am-11am
20  <b>Creative Writing ∞</b> 10am – 12pm	21  <b>Morning tea</b> 9.30am – 11am  <b>Tai Chi Group</b> 2pm – 3pm	22	23  <b>Dance &amp; Movement</b> 11am – 12:15pm  <b>Lotus Art Group ∞</b> 1pm – 3pm	24  <b>Mindful Movement</b> 10am-11am
27  <b>Creative Writing ∞</b> 10am – 12pm	28  <b>Morning tea</b> 9.30am – 11am  <b>Tai Chi Group</b> 2pm – 3pm	29	30  <b>Dance &amp; Movement</b> 11am – 12:15pm  <b>Lotus Art Group ∞</b> 1pm – 3pm	31  <b>Mindful Movement</b> 10am-11am



**August 2020**

Mon	Tue	Wed	Thu	Fri
3	4  <b>Morning tea</b> 9.30am – 11am  <b>Ageing to Perfection</b> 10am  <b>Tai Chi Group</b> 2pm – 3pm	5	6  <b>Gold Coast Group*</b> 11am – 2pm  <b>Dance &amp; Movement</b> 11am – 12:15pm  <b>Lotus Art Group ∞</b> 1pm – 3pm	7  <b>Mindful Movement</b> 10am-11am  <b>Homes' Get Together</b> Warilda, Westbrook, Wilston & Foster Care (combined) 12pm – 2pm
10  <b>Creative Writing ∞</b> 10am – 12pm  <b>Gympie Group*</b> 11.30am – 1.30pm	11  <b>Morning tea</b> 9.30am – 11am  <b>Hair Dresser by appointment</b> 10am – 12pm  <b>Tai Chi Group</b> 2pm – 3pm	12	13  <b>Dance &amp; Movement</b> 11am – 12:15pm  <b>Lotus Art Group ∞</b> 1pm – 3pm	14  <b>Mindful Movement</b> 10am-11am
17  <b>Creative Writing ∞</b> 10am – 12pm	18  <b>Morning tea</b> 9.30am – 11am  <b>Guitar Group for Intermediate players</b> 1pm – 2pm  <b>Tai Chi Group</b> 2pm – 3pm	19	20  <b>Dance &amp; Movement</b> 11am – 12:15pm  <b>Lotus Art Group ∞</b> 1pm – 3pm	21  <b>Mindful Movement</b> 10am-11am
24  <b>Creative Writing ∞</b> 10am – 12pm	25  <b>Morning tea</b> 9.30am – 11am  <b>Tai Chi Group</b> 2pm – 3pm	26	27  <b>Dance &amp; Movement</b> 11am – 12:15pm  <b>Lotus Art Group ∞</b> 1pm – 3pm	28  <b>Mindful Movement</b> 10am-11am
31  <b>Creative Writing ∞</b> 10am – 12pm			∞ phone in available * not at Stones Corner	<i>This is subject to changes due to COVID19</i>

Due to COVID-19 it is important to confirm before attending Lotus Place.  
This is for all groups and appointments → Please phone Lotus Place on 3347 8500

# Lotus Open Hours

Monday	Tuesday	Wednesday	Thursday	Friday
9am-3pm	9am – 5pm	12pm-5pm	9am-5pm	9am – 5pm
<b>Due to COVID-19 it is important to confirm before attending Lotus Place</b>				
For all groups and appointments				
Please phone Lotus Place on 3347 8500				
Creative Writing* 10am – 12pm	Guitar Players Group <i>(monthly)</i> 1pm - 2pm		Gold Coast Group** <i>(monthly)</i> 11am – 2pm	Mindfulness* <b>Movement</b> 10am – 11am
Gympie Group** <i>(monthly)</i> 11.30am – 1.30pm	Tai Chi 2pm - 3pm		Art Group* 1pm-3pm	
<p>*This session is also available by phone</p> <p>**This group not held at Stones Corner</p> <p>Up to date information is available on our website <a href="http://www.lotusplace.org.au">www.lotusplace.org.au</a> under 'News &amp; Events'</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  
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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