

Lillypad

Lillypad 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 | December 2018 / Issue 18

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Another Big Year at Lotus Place

Over the past 12 months people have connected, crafted and celebrated together and created new memories.

You have joined in with Tuesday peer get-togethers, Gympie meet-up days, Gold Coast meet-up days, get togethers for former residents, pamper sessions, art group, dancing, leather craft, beading drama group, BBQs, movies, music and singing, hair cuts, guest speakers, card-making and creative writing. People have also enjoyed chatting and catching up,

helping each other out, working together, participating in consultation and feedback sessions, and Empower arts group.

Numerous events have been held during the year :- Remembrance Day, various events for National and State Apologies, the Moonlight Magic Dinner Dance, the Aged Care Forum, exhibitions and craft markets .

Also, many people have had assistance obtaining their records and tracing relatives. Others have been given support and assistance with accessing counselling, Forde grants, housing support, medical appointments and other specific support.



We acknowledge those members of our community who are no longer with us – mourning those we loved who enriched our lives and who are missed.



The Christmas season is upon us! We hope everyone has a safe and happy holiday. We understand that this time of year may bring up sadness & trauma for some, so we have included suggestions and tools to reduce stress during Christmas.

SONGS OF JUSTICE CONCERT

The Anniversary of the National Apology to the Forgotten Australians and Former Child Migrants was marked with the Songs of Justice community concert.



Songs of Justice concert is in its fifth year and people said it was the best one yet. With a line up that included Rhythm

of Life Music Theatre, With One Voice Brisbane, Lotus Voices, Lotus Hope Band, Whoopee-Do-Crew and more, the audience had their socks rocked off! Many of the performers were members of the Lotus community showcasing their poetic, musical, vocal, dance and theatrical talents.

The concert provides an opportunity for friendship and support. It's part of the healing journey and a celebration of our achievements



together as a community. Acknowledging the strength, resilience and courage of all those who experienced abuse while in institutional care and have advocated for change. It was also just a chance for people to kick up their heels and have a bit of fun! **Hope to see you next year for the 10th Anniversary!**



CREATIVE SPACE

Creative Writing

Rewriting the stories of our lives!



Exhibitions



Beaded Jewellery



Learning new skills



Gaining more confidence



Market Stalls

Showcasing creativity and talent!

Spending time with friends and meeting new people

Painting



Yarnin



Collage



THIS YEAR IN REVIEW

2018



connection



friendship



THIS YEAR IN REVIEW



Strength



Courage



2018

COPING WITH CHRISTMAS

TIPS FOR TAKING CARE OF YOURSELF THIS CHRISTMAS

The **silly season** is upon us once again. What a mixed bag this time of year can be!



Sometimes no matter how hard we work to create a Christmas free of stress and conflict, the pressures can lead to increased feelings of anxiety and depression.

The very thought of Christmas can trigger memories of neglect or abuse that occurred during Christmas times when we were children. It can bring up feelings of grief, anger or loss.

Family gatherings can be a 'trigger', especially when relationships are strained or distant, or there are unwelcome interactions. It can also be a time when feelings of loneliness are amplified.

We encourage you to take extra care over the holidays, and to **treat yourself with kindness and compassion.**

Recovery from trauma is built around the idea of regaining power over how you choose to live and who you interact with, so it is important to maintain some control over how you experience the holiday period.

Let go of expectations

It is important to let go of expectations that you 'ought to be happy' like other people, and acknowledge the way you are feeling. Be kind and gentle to yourself and accept how you are feeling—good or bad.

Choose how to participate

Pay attention to your body and mind, and get in touch with your own needs, and set boundaries that work for you.

Plan ahead by deciding which functions you will attend, decide how long you will stay, and give yourself permission to say 'no' to a gathering that you do not wish to attend or one which may leave you feeling unsafe. Think about bringing a friend along for support if you do decide to go. Also have a strategy to leave when you decide you have had enough.

This too will pass

Remind yourself that you will have good days and bad days. You don't need to be the life of the party or play to old stereotypes of being the funniest or the most helpful person in the room. Most of all, try to conserve your energy and remember the Christmas period goes quickly and the pressures will pass.

Reach out for support

Seek out people you trust and feel safe around. Build a support network by starting slowly with one person at a time to minimise pressure on yourself. Finding support is worth the effort as it encourages healing. Pets can also be a great source of comfort.

Take some time out and go for a walk in nature, paying particular attention to your senses – notice what you see, hear, smell, taste and feel as you walk. Listen to music you love. Do something you enjoy!



Help is available

If you find yourself feeling overwhelmed, in need of support or just wanting to chat, help is available. Call **Blue Knot Helpline**. Alternatively **Beyondblue** and **Lifeline** have experienced people ready to talk 24 hours a day, 7 days a week.

Adapted from "Minimising stress over the holidays" *Breaking Free Newsletter* (November/December 2015 Edition, p1) www.blueknot.org.au

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



Up and Coming Activities & Event

Day Time Date	Detail
Continuing Every Tuesday	Peer get together Luncheon at Lotus Place Catch up and enjoy a meal and social get together. There is something different happening each week: either music & singing in the space, dance, special guests, information sessions, craft, or pamper sessions.
Wednesdays until 19th December	Beaded Jewellery (1pm to 3pm) learn new jewellery making techniques, and how to design, plan and assemble your own pieces. (Starting back February 2019)
Thursdays until 20th December	Mindfulness Movement (9.45am to 11.15am) This can be beneficial and relaxing, improve wellness for people who struggle with depression, anxiety and / or post-traumatic stress disorder. It can help with reactions and improve sleep patterns. All welcome. (Starting back 10th January 2019)
Thursdays until 20th December	Lotus Art Group (1pm to 3pm) Be creative, play and experiment with different art materials, learn new skills, hang out with a great bunch of people. New people welcome. (Starting back late January 2019)
Hairdresser Visit Tuesday January 15th	Hairdresser's at Lotus (10.30am to 12.30pm): Jessica is here every two months providing discounted haircuts \$15 for men's haircut, \$20 for women's haircut.
BOOK YOUR PLACE & register your interest	For all events and activities listed please book in with Michelle at Lotus Place on (07) 3347 8500, for planning purposes & in case of changes. Visit www.lotusplace.com.au for upcoming Event Information and details on state-wide Forgotten Australians get together or local meet ups.
Lotus Place is Closed Public Holidays ONLY	Christmas Day Tuesday 25th December Boxing Day Wednesday 26th December New Years Day Tuesday 1st January Australia Day public holiday Monday 28th January



PLEASE JOIN US FOR OUR

CHRISTMAS CELEBRATIONS

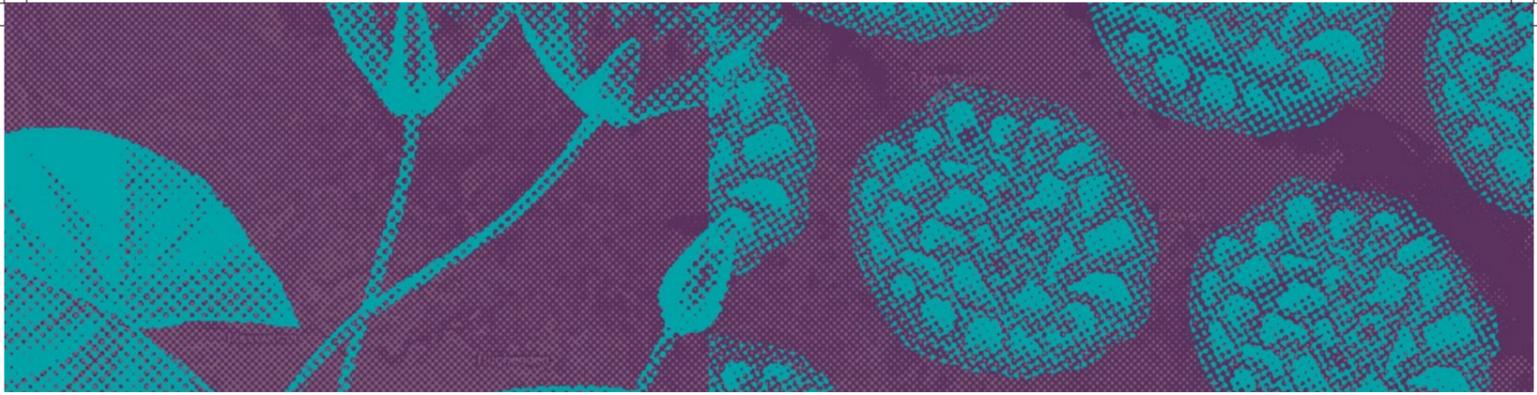
GOLD COAST: (Lunch)
12– 2.30pm Tuesday 18 December 2018
at Southport RSL
36 Scarborough Street , Southport

GYMPIE: (Lunch)
12– 2pm Thursday 13 December 2018
at The Royal Hotel
190 Mary Street, Gympie

BRISBANE: (Family Fun Day)
10.30am Tuesday 11 December 2018
at Hanlon Park, Greenslopes

BRISBANE: (Dinner)
6:00pm Friday 14 December 2018
at Souths Leagues Club, West End

Empower Arts is a peer run group. Forgotten Australians empowering and supporting Forgotten Australians. The group meets regularly at Lotus Place. If you would like to find out more or be involved **please contact Colleen via Lotus Place.**
Their 2019 calendar will be for sale soon!
Contact Colleen via Lotus Place to purchase your copy for only \$10!



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 | www.lotusplace.org.au

Open hours	Monday	9am—3pm
	Tuesday	9am—5pm
	Wednesday	12pm—3pm
	Thursday	9am—5pm
	Friday	9am—5pm

Lotus Place is an activity of Micah Projects

