

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 | March 2020 | Issue 23

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'The Healing Power of Story' Workshops



We've started our regional tour bringing The Healing Power of Story workshops to Bundaberg, Townsville, Cairns, Mackay and Rockhampton and met some wonderful storytellers along the way.

When people first arrived, they looked a little wary, afraid it would be a heavy day reliving nightmares, but as soon as we started they realised that they were in for a day of FUN!

It's such fun making up stories and remembering happy times in our lives. Our brains are preprogrammed to store traumatic memories to prevent them, hopefully, ever happening again

– a conditioned response that goes back to our ancient ancestors who learnt not to eat that red berry because Granny got sick after eating it.

We have to train our brains to remember and focus on the happy times, even if these are just fleeting moments like when it rains on a hot day and we hear it thudding on the tin roof. Or that day the soldier visited the orphanage in a coat covered in lollies and everyone jumped him, or going fishing with a mate, or holding a new baby, or getting a good warm hug. Once we start looking for those joyful moments in life they begin to multiply.

As we share our stories of happy times, of miracles that have happened in our lives, and then make up stories about other people and get out of our own heads and into someone else's for a change, people's faces light up. We laugh a lot. Make new friends. Then we make our own little "Zines" full of positive words to remind us to keep looking up and cover them in colours and stickers and jewels. Collage too!

Come along and join the fun. Find the joyful moments in your life and invite more in. It's safe for you to tell your stories and think of new ones too.

Major Events for Lotus Place 2020

Event Name	Date
Lotus Place Activity Program Consultation	20 th , 21 st , 23 rd April
Moonlight Magic Dinner Dance	21 st August
Memorial Day at Lotus Place Stones Corner	8 th September
Remembrance Day at GOMA (other events at The Gold Coast & Gympie)	9 th September
Anniversary of the Apology to Victims and Survivors of Institutional Child Sexual Abuse	22 nd October
Songs of Justice Concert - Anniversary of the National Apology to the Forgotten Australians	16 th November
Anniversary of the Queensland Apology for Forced Adoption	27 th November
Christmas Events:	
Christmas in the Park Brisbane	15 th December
Christmas Dinner Brisbane	18 th December
Christmas Lunch Gold Coast	To be confirmed
Christmas Lunch Gympie	To be confirmed

Empower Arts Update

A 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. **Meetings held 1st & 3rd Tuesdays of the month at 1pm.** If you would like to find out more please come along to a meeting or contact Colleen via Lotus Place.

Empower Arts Grants will be available April to June for up to \$60 arts materials voucher available to people who have not received a grant in the past 2 years.

To apply please contact Empower Arts via Lotus Place before the end of June.

Fundraisers: – Jelly Beans guessing - \$1 per guess - drawn 31st March

The Mothers day raffle will start in April for a wellbeing hamper. Donations of new items for hamper are welcomed.

Also, please keep bringing in empty cans and bottles.



Annual Activities Program Consultation 2020

Each year people are invited to contribute their ideas about what they would like included in the program at Lotus Place Stones Corner.



Lotus Place has a rich program of activities that offer social connections and fosters creativity, with opportunities to learn new skills and support the healing journey. We try to make sure it stays relevant and reflects what people want and need.

To do this we need your help! We would love to have your input into what to include in the program going forward .

We will be holding a **series of small group sessions** over three days (replacing the usual large group session held in previous years).

>**Monday 20th April—3 sessions**
>**Tuesday 21st April—3 sessions**
>**Thursday 23rd April—3 sessions**

So come along and share your ideas in the safety of a small group. We'll be talking about interests, needs and challenges in relation to the activities program at Lotus Place.

Please contact Michelle at Lotus Place on 33478500 to let us know if you are attending and indicate your preferred session time/day.

Even if you are unable to attend on any of these days we would still like to hear from you.

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

Ageing to Perfection

The new monthly group for the young at heart



Needing support when we're older can be pretty scary, especially if you're a Forgotten Australian!

Some of us reckon the best strategy is to be a voice for the needs of older Forgotten Australian - to do this we need to be well informed about what is out there and how to access the support and knowledge required to sail through our golden years, like the young people we still are inside!!!!!!

If you're interested you're most welcome to join us.

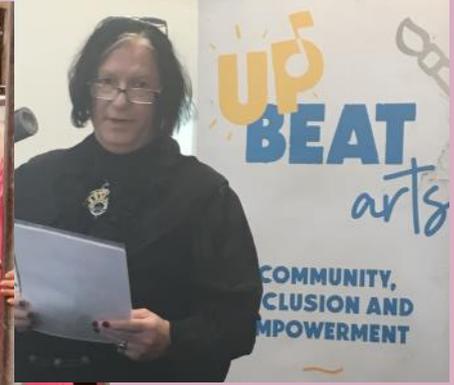
If you have any questions ring Lotus and ask to speak to Mal. (on 33478500)

When: 10am, the first Tuesday of the month

Where: Lotus Place meeting room.



Lotus' Mock Evacuation



Art Group—Painting



Music at Lotus



Lotus Helpers Lunch

Lotus Support Services

Counselling and support for individuals engaging with the Disability Royal Commission.

Micah Projects' Lotus Support Services is a Queensland state-wide service and is free, independent and confidential and available to any individual who lives with disability, as well as family members, guardians, carers and staff who are impacted by the work of the Disability Royal Commission.

The Disability Royal Commission wants to hear from the Australian community about experiences of violence, abuse, neglect and exploitation of people with disability. People can make a submission to the Disability Royal Commission – by telephone, email or through their website, or attend a hearing or community forum at locations across Australia.

For information about the Disability Royal Commission, including attending public hearings or making a submission call 1800 517 199 or visit www.disability.royalcommission.gov.au

Redress

Lotus Support Services also offers support and assistance with the National Redress Scheme for individuals who have experienced sexual abuse in institutional or other settings (schools, sporting clubs, clubs). If you are interested in seeking redress or helping you explore your options call us on **07 3036 4490**. For the next few months a Redress worker will be visiting Gympie and Gold Coast monthly at the outreach groups.

To discuss how Lotus Support Services can meet your need for counselling or redress support please phone 3036 4490 from 9am to 5pm Monday to Friday or email: lotussupportservices@micahprojects.org.au



Xmas Breakfast 2019



Men's Group



Art Group—Painting



Xmas Dinner

(Photo: Colin Lofgren)



Xmas in the Park

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, Michael Tansky, 3347 8500 from 9am—5pm working days (except Monday to 3pm, Wednesday from 12pm).

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

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

Homes' Get-togethers 2020

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

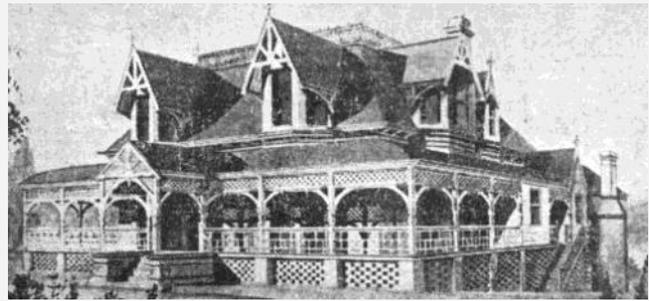
There will be three special Friday reunion lunches held at Lotus Place during 2020. We are combining a number of places for each gathering.

Lotus Place staff will be on hand to provide information about support services and centre based activities that are available. Remember to let us know *where you were* so we can include you by adding your name to the invitation lists for these gatherings. The next get-togethers will be held **Friday 3rd April** between 12noon and 2pm for Former Child Migrants, and for Baptist and Presbyterian former residents.

Later in the year lunches will be for:

- Riverview, Alkira Indooroopilly Boys, Kalimna & James Horton homes on **5th June**;
- Warilda, Westbrook, Wilson and Foster Care on **7th August**.

Please let us know if you are attending.



Presbyterian Home for Children also known as W. R. Black Home Brisbane 1928. (Courtesy of pictures Qld, John Oxley Library, State Library of Queensland)



Lara



Kelyn

New Faces at FIND & CONNECT (at Lotus Place)

Uncover your history - Trace your family - Connect with services

Two permanent Find and Connect workers started at Lotus Place Stones Corner in January. Kelyn Flynn and Lara Griffin will each be working part-time. Find & Connect Services are available Monday to Friday 9am to 5pm - call 1800 16 11 09

FOUR CORE STRATEGIES FOR MANAGING STRESS AND ANXIETY

1. ATTENTION - CENTERING TECHNIQUES

To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.



MEDITATION

BREATHING

VISUALIZATION

2. EXPRESSIVE, CREATIVE STRATEGIES

To channel anxious thoughts or feelings in more productive ways, we might identify specific outlets to express creativity, such as working on a project, drawing, and athletics.



WORKING ON A PROJECT

ARTS

PHYSICAL MOVEMENT

3. REFLECTION EXPLORATION STRATEGIES

To monitor where anxiety arises, become more aware of anxiety triggers, and reflect on anxious thoughts and feelings, we might try strategies that foster self-observation.



JOURNALING

SELF-MONITORING

COMMUNICATION

4. HEALTHY LIFESTYLE VALUES

To reduce residual feelings of anxiety, it could help to turn attention toward healthy habits, healthy relationships, healthy pleasures, and a healthy environment.



NUTRITION

RELATIONSHIPS

EXERCISE



Adapted from Shelly Harrell, PhD

Christmas Feedback:

2019 we held 3 activities in Brisbane: Christmas Dinner, Xmas Family Fun Day and Christmas Breakfast.

There was positive feedback about all three events

Christmas Dinner Music: "needs to be more rock and roll music to dance to"; "quiet music during dinner made it easier to talk"

"It's hard to attend evening events".

In response: We will continue to have daytime and evening options for our Christmas celebrations. We will ensure the band chosen can play quiet music during dinner and rock and roll and dancing music later into the evening.

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



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

WHAT'S ON AT LOTUS PLACE

March 2020

Mon	Tue	Wed	Thu	Fri
23	24	25	26	27
	Peer get together Guest Speaker 2pm Tai Chi Group	Creative Writing 12pm – 2pm	10am Men's Group 11am Dance & Movement 1pm Lotus Art Group	Mindful Movement 9.45am-11.15am
30	31			
Computer help 1.30pm - 2.30pm	Peer get together 2pm Tai Chi Group			

April 2020

Mon	Tue	Wed	Thu	Fri
		1	2	3
		Creative Writing 12pm – 2pm	10am Men's Group 11am Dance & Movement 1pm Lotus Art Group	Mindful Movement 9.45am-11.15am
6	7	8	9	10
'The Healing Power of Story' one day workshop at State Library Qld (9.30am)	Peer get together 10am Aging to Perfection 1.30pm Guitar Players Group 2pm Tai Chi Group	Creative Writing 12pm – 2pm	10am Men's Group 11am Dance & Movement 1pm Lotus Art Group	Public Holiday Good Friday
13	14	15	16	17
Public Holiday Easter Monday	Peer get together Pamper Session 2pm Tai Chi Group		10am Men's Group 11am Dance & Movement 1pm Lotus Art Group	Mindful Movement 9.45am-11.15am
20	21	22	23	24
Lotus Planning Sessions	Lotus Planning Sessions Peer get together	Creative Writing 12pm – 2pm	Lotus Planning Sessions	Mindful Movement 9.45am-11.15am
27	28	29	30	
Computer help 1.30pm - 2.30pm	Peer get together free hearing tests Info Session - 10.30 Hearing Australia 2pm Tai Chi Group	Creative Writing 12pm – 2pm	10am Men's Group 11am Dance & Movement 1pm Lotus Art Group	

Gympie Group

Second Monday of The Month at Nelson Reserve (behind the swimming pool).

Gold Coast Group

First Thursday of the Month at Southport Community Centre, 6 Lawson Street, Southport

Lotus Open Hours

Monday	Tuesday	Wednesday	Thursday	Friday
9am-3pm Planned Program of Activities Computer Help <i>(monthly)</i> 1.30pm - 2.30pm	9am – 5pm Drop in day Peer Lunch 10am – 2pm · <i>pamper session</i> · <i>craft activities</i> · <i>music & singing</i> · <i>guest speakers/ Information sessions</i> · <i>computer support</i> Guitar Players Group <i>(monthly)</i> 1.30pm - 2.30pm Tai Chi 2pm - 3pm	12pm-5pm Planned Program of Activities Creative Writing* 12pm - 2pm	9am-5pm Planned Program of Activities Men's Group 10am - 11am Dance and Movement 11am - 12pm Art Group 1pm-3pm	9am – 5pm Drop in day Mindfulness Movement 9.45 -11.15am
Please phone to Lotus Place book in for activities 3347 8500 *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

