

Lillypad is a newsletter of Lotus Place NQ.
Lotus Place is a dedicated support service and resource centre for adults who experienced childhood abuse in an institutional setting.



www.lotusplace.org.au | North Queensland | August 2022

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Plaque unveiling at Child Safety Aitkenvale

On Friday 24th June 2022, Lotus Place staff and participants along with Child Safety staff attended the unveiling of a plaque at the Patrick Street Child Safety Service Centre. This plaque was part of an apology for one of our participants, Peter Jones. It shows the dedication and determination Peter has and we were delighted to be part of this unveiling. It was 4 years in the making and finally Peter got to say 'We did it, They will never be forgotten, We will remember them'.



Peer Support Get-Togethers

Thank you to those who have been joining us for our peer support lunches and morning tea's. These are casual social catch-ups that give us a chance to spend some time together. They are held every Tuesday, and will include lunch or morning tea at Lotus Place and other venues. We will include the venue and time in the calendar at the end of the newsletter. You can also give us a call if you'd like to know what is happening the coming week. If you have an idea for a catch-up location, please let the staff know.

Outreach days for August

Marnie & Melinda will be making their way to Ayr and Charters Towers and one of us will visit Cairns in August as per the dates and locations below. Please let us know if you can meet for a catch up & a free cuppa!

We will book a table under Lotus Place at these venues, and will send out reminders or give you a call a couple of days prior to our visit

AYR	Thursday 4 th August	Gudjuda Deck Café, Plantation Park – 10:30am to 1pm.
CHARTERS TOWERS	Wednesday 10 th August	Stock Exchange Café, 12.00pm – 2.00pm
CAIRNS	Friday 19 th August	Cairns Botanic Gardens Café – 10:30am to 1:30pm

National Redress Update

Hi all 😊 - Just a brief note on those currently in the process of a redress application or are at other various stages of the redress process.

I will be going on leave from Thursday the 4th of August and will return on Monday the 5th of September. During these few weeks there will be a pause on all work regarding redress submissions.

Thanks so much,
Josie

Remembrance Day 2022

Join us to acknowledge the courage of those who have experienced abuse and neglect in childhood institutionalisation. By remembering and speaking out, we become a voice for the vulnerable and for ongoing efforts to address injustice.

Our Remembrance Day function for Townsville will be held at:

Picnic Bay Surf Lifesaving Club
The Strand, North Ward
11.00am – 2.00pm

Invitations will be sent out shortly to Lotus Place participants from Townsville, Burdekin and Charters Towers. You are welcome to bring a partner/friend.



We will be advising shortly of our Remembrance Day arrangements for Cairns.

What's on North Queensland!

Burdekin

27th August 2022



Burdekin Art Society Art Exhibition **Home Hill – FREE Entry – 8am to 5pm**

The Burdekin Art Society Annual Exhibition attracts lovers of fine art from near and far. The week long exhibition allows people from other areas an opportunity to see this very popular event and draws entries from all over the state and further afield.

Townsville

5th to 7th August



CraftAlive Townsville **Townsville Entertainment & Convention Centre**

CraftAlive is Australia's longest running craft event series. A weekend dedicated to craft including patchwork, quilting, machine appliqué, long arm quilting, yarn, paper craft, card making, hand embroidery, machine embroidery, scrap booking, stitchery, cross stitch and more. Concession is \$14.00 or \$15 per adult.

13th & 14th August



Cyclone Hot Rods Annual Show & Shine **9am to 3pm - Jezzine Barracks, North Ward – FREE Entry**

Cyclones Rods & Custom Club is holding their annual show & shine. With over 170 cars on display, it will be a great day to get out and see these beautiful creations. Food & Drinks will be available to purchase. For further details contact: info@cyclones.org.au

Charters Towers

27th August 2022



History & Heritage Fair – FREE Entry **9am to 7pm – Charters Towers Venus Gold Battery**

The History & Heritage Fair celebrates our heritage, diversity & creativity in bringing heritage to life at the Venua Gold Battery. All are welcome to come and experience this great fair.

Cairns

12th to 14th August **CraftAlive Cairns**



Cairns Showgrounds – Mulgrave Road

CraftAlive is Australia's longest running craft event series. With both local and interstate craft talent, the show is packed full of the latest craft supplies, kits, and equipment. A weekend dedicated to craft including patchwork, quilting, machine appliqué, long arm quilting, yarn, paper craft, card making, hand embroidery, machine embroidery, scrap booking, stitchery, cross stitch and more. Concession is \$14.00 or \$15 per adult.

27th August 2022 **Colour Frenzy Run / Walk**



Cairns Esplanade Fun Ship Parkland

Starting at 7:30am with our fun run starting at 8:30am and finishing at 10am. We will have our 1.65km loop track marked out for everyone to follow with multiple colourful zones along the way. You can do 1, 2 or 3 laps, it's your choice! No timing and No pressure! 5 Colour Stations, 1 Foam Station (BUBBLES) and 2 new obstacles inflatable crawl station. You can Walk, Jog, Run or even crawl. It's completely self-paced and untimed.

More information is available at: www.colourfrenzy.com.au

Ask Izzy Webpage

Do you know someone that is struggling and may need support with:

- Housing / Homelessness
- Food or support feeding their family
- Domestic Violence or abuse
- Centrelink Support
- Money support



Ask Izzy can help!

Ask Izzy is a FREE webpage that can be accessed on any mobile device or computer.

Go to their webpage at <https://askizzy.org.au/> and simply click on the support you are after. The webpage will supply several services available in your area.

ATO Tax Support

From July to October each year, ATO accredited volunteers help people lodge their tax returns online. Our volunteers can also help you to:

- create a myGov account
- lodge an amendment to your tax return
- claim a refund of franking credits
- tell us if you don't need to lodge a tax return.



You can speak to a Tax Help volunteer:

- online
- by phone
- in person at Tax Help centres across Australia.

Eligibility for Tax Help

You are eligible for Tax Help if your income is around \$60,000 or less for the income year and you didn't:

- work as a contractor – for example, a contract cleaner, taxi or uber driver
- run a business, including as a sole trader
- have partnership or trust matters
- sell shares or an investment property
- own a rental property
- have capital gains tax (CGT)
- receive royalties
- receive distributions from a trust, other than a managed fund
- receive foreign income, that is not a foreign pension or annuity.

If you are not eligible for Tax Help, you may qualify for assistance from a National Tax Clinic program.

To make an appointment, please call 13 28 61

Recipes - This month we've added in a recipe section. If you have a favourite recipe you'd like to share, please let us know!



3 Ingredient Apple Danish

2 apples cored, peeled and quartered
1/3 cup raw caster sugar – plus a little extra for dusting
2 sheets of puff pastry

Method

1. Preheat the oven to 220 degrees (200 fan-forced)
2. Peel, core & quarter your apples then place them into a medium saucepan with a splash of water and cover & cook over medium heat for 4 mins or until softened. Remove from heat and stir through the sugar, setting aside to cool.
3. Cut each pastry sheet in half, then each half into three even rectangles.
4. Brush the border of one rectangle with water then add the cooked apple and take another pastry rectangle and cut a few small slits across it, being careful not to cut the whole way across.
5. Place the piece over the apple filling, pressing the two pieces of pastry together firmly around the edges to make a parcel.
6. Repeat with the remaining ingredients until you have 6 parcels, then place them on an oven tray lined with baking paper. Sprinkle each one with the extra sugar and bake for 12 to 14 mins or until puffed and golden brown.

Bad Joke of the Month



'I had a happy childhood. My dad used to put me in tyres and roll me down hills. Those were Goodyears'

AUGUST 2022 – AT A GLANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Homelessness Prevention Week: 1 st – 7 th August	2 Peer Support Morning tea @ Lotus Place from 10.00am	3	4 Outreach in Ayr	5 Jeans for Genes Day	6
7	8	9 Peer Support @ Lotus Place – Coffee Catch up	10 Outreach in Charters Towers	11	12 	13
14	15	16 Peer Support Lunch @ Lotus Place – Bring a plate to share, from 11am	17	18 Vietnam Vets Day 	19 Outreach in Cairns	20
21	22	23 Peer Support @ Lotus Place – Coffee Catch up	24	25	26 	27
28	29	30 Peer Support Lunch - BBQ on the Strand from 11:30am	31			



The lotus flower has its origins and roots in the muddy waters below the surface, yet above the water it 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.

Lotus Place NQ

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