

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.



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Feedback

We would like to hear your feedback. What do you want to see in this newsletter? Are there any hobbies or workshops you'd like to participate in? Let Lotus Place NQ know how we can better support you.

Townsville Drop In & Access to the office.

Just a reminder that Tuesday is our drop-in and group activity day. Please call and make an appointment if you want to see a particular worker on another day.

Access to the office has been restricted to the front door ONLY – This is a change that has been made by our Property Manager, not by Lotus Place staff. There are private residents at the back of the building now and we are not able to use the back entrance.

Our next Townsville Lunch will be down at the BBQ areas near the Strand Water Park for a BBQ Lunch. Snags, salad, cold drinks, bread & rolls will be provided. Please feel free to bring something to share.

| | | |
|--|--------------------------------|--|
| Date: Tues 12 th July 2022 | Time: 11:30am to 1:30pm | RSVP: By Friday 8 th July Ph: 4722 8100 |
|--|--------------------------------|--|



Photos from Lunch 12/06

Office Closure

The Townsville office will be closed from **Tuesday 28th June to Friday 1st July** so that staff can attend planning days in Brisbane.

Please call 07 3036 4490 for support during this time.

Outreach days for July 2022

We will be making our way out to Ayr, Charters Towers and Cairns in the month of July. If you would like to catch up in person and meet for a coffee, please pop down and see us. Please remember that the office in Townsville will be **CLOSED** on the below dates.

| | | |
|-----------------|-------------------------------------|---|
| AYR | Thursday 7 th July 2022 | Gudjuda Deck Café, Kennedy Street - 10am to 1:30pm. |
| CHARTERS TOWERS | Thursday 14 th July 2022 | Stock Exchange Café, 76 Mosman Street – 10:30am to 1:30pm |
| CAIRNS | Friday 22 nd July 2022 | Cairns Botanic Gardens Restaurant & Café, Collins Avenue - 10:30am to 2pm |

NAIDOC Week Celebrations



NAIDOC Week provides an opportunity for Indigenous and non-Indigenous Australians to join together and recognise the valuable and continuing contribution that Aboriginal and Torres Strait Islander Australians have made to this country. NAIDOC Week is a celebration of significant reconciliation and closing the gap process between Indigenous and Non Indigenous people by promoting understanding, acceptance and harmony - regardless of cultural background.

Townsville Events

3rd July 2022

Flag Raising Ceremony - 8am to 11am – FREE
Jezzine Barracks

8th July 2022

NAIDOC March – 9:30am - FREE
Assemble at 9:30am at the roundabout of Hinchinbrook Drive & Thuringowa Drive. March to commence at 10am.

8th July 2022

NAIDOC Deadly Day Out - 11:30am to 4pm - FREE
Riverway Parklands

Cairns Events

- 2nd July 2022 NAIDOC Elders Luncheon – 11:30am to 4pm - FREE
Cairns & District Darts (Darts Hall) McNamara Street, Manunda
Registration is essential – call 0408 452 420 (Donna)
- 7th July 2022 Banner Making for the NAIDOC March – 5pm to 8pm - FREE
3 Jensen Street, Manoora
- 8th July 2022 NAIDOC Family Day – Friday in the Park – 10am to 6pm - FREE
Fogarty Park, The Esplanade

What's on in the Burdekin

30th July 2022



Relay for Life

Rugby Park – Wickham St, AYR – 1pm to 10pm

Join the thousands of Australians who take part in Cancer Council's Relay for Life each year and make strides towards a cancer free future. Start or join a team in the Burdekin 2022 Relay today!

Registration by 22/7/22 - \$30 Adult or \$15 Youth.

For enquiries and/or to register please contact Fiona Smith on 0438 763 423 or email: fsmith12@bigpond.com

What's on in Cairns

Sunday 3rd July



Cairns Greek Festival

Corner Kamerunga & Fairweather Roads, Redlynch

A great family event and an opportunity to embrace the Greek and other cultures in our region.

A free community event at St Johns Community Care Centre. Come along to the annual Greek Festival at Redlynch and enjoy the Greek food, music, and the professional Cypriot Dance Group from Brisbane.

7th – 16th July

From Campfire to Stage Light by David Hudson

Bulmba-ja Arts Centre – Cairns City – 6:30pm to 9pm

From Campfire to Stage Light is an epic journey toward self-determination and Indigenous pride, as told through the life experience of David Hudson, well-known and loved cultural leader and global ambassador for Indigenous Australia.

The stories take us from David's traditional lands to the international mega stages as David traversed the world musically, educating people about his culture. He co-founded the award-winning dance troupe 'Tjapukai', whose achievements include being Australia's longest-running theatrical production. David has emerged as a strong cultural leader with a significant arts practice. Tickets are essential.

Saturday 23rd July



Top Dog Film Festival 2022
CPAC Theatre

Celebrate the canine connection through this carefully curated collection of heartwarming stories about dogs and their people at the 2022 Top Dog Film Festival. The 2022 Top Dog Film Festival presents a 2-hour cinematic celebration honoring the bond between dogs and their people. Filled with delightfully doggy moments of joy and celebration of our beloved canine companions.

What's on in Townsville

8th – 10th July

75th Birthday Gala Orchid Show & Sales

Emmaus Hall, Ryan Catholic College – Morindo Drive, Kirwan

The Townsville Orchid Society Inc. is celebrating its 75th Birthday in 2022 by hosting its 75th Birthday Gala Orchid Show and Sales. Gold coin donation.

15th July

North Queensland Cowboys vs Cronulla Sharks
Queensland Country Bank Stadium

Starts at 6pm. Concession Tickets start at \$17.28

What's on in Charters Towers

Friday 15th July



Piano Nights in the Gallery

The World Theatre – 82-90 Mosman Street, Charters Towers

Join for a casual evening of conversation, art and laughter with beautiful piano music. Support the Friends of the Theatre. \$5.00 Entry and a selection of foods available for pre-order. Visit: <http://www.worldtheatre.com.au> or call 07 4761 5430 for bookings.



Saturday 16th July **Heart of the Goldfields Rodeo**

Dalrymple Equestrian Centre - Flinders Highway, Charters Towers

Charters Towers is indisputably the centre of Rodeo in the North. The Heart of the Goldfields Rodeo will be the only event for Charters Towers in 2022 and will be one of the first rodeos on the Australian Professional Rodeo Association's Golden Run. Live entertainment by 52 Pick up and Karizma. \$10 – Concession or \$20 for Adults.

Health and Wellbeing

Cairns

Seniors Fitness Esplanade Active Living Classes

Weekly - Monday 9.30am – 10.30am, Fogerty Park Cairns Esplanade

Steady Steps is a falls prevention program for older adults who may be at risk of falls in their home or in the wider community. The program is targeted to aid strength, balance, stability, and functional movement.

Townsville

Live Life Get Active

Every Monday to Friday during school terms – North Ward & Thuringowa

There is Active Yoga, Active Boxing & Active X Training.

To register, please visit livelifegetactive.com and click on North Ward Park or Thuringowa in the locations tab. Have a look at their website for FREE fitness near you. Courses are run in Cairns, Atherton, and many other locations.



Ask Izzy – FREE Information for Food & Housing

Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support, counselling and much more.

It is free and anonymous, with thousands of services listed across Australia.

If you're on the Telstra or Vodafone mobile networks, you can access Ask Izzy on your phone even if you don't have credit or access to wifi.

The website is free to use and can be accessed on any internet service -

<https://askizzy.org.au>

Bad Joke of the Month



'I got fired from my job at the bank today. An old lady came in and asked me to check her balance, so I pushed her over'

IMPORTANT DATES TO REMEMBER FOR JULY 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|------------------------------------|---------------------------------|---|--|---|
| 31 | | June 28 OFFICE CLOSED | June 29 OFFICE CLOSED | June 30 OFFICE CLOSED | July 1 OFFICE CLOSED | 2 NAIDOC Week Commences – Elders Lunch in Cairns |
| 3 NAIDOC - Flag Raising @ Jezzine Barracks 8am | 4 Townsville Show – Office Closed | 5 | 6 | 7 NAIDOC – Banner Making in Cairns Outreach - AYR | 8 NAIDOC March & Family Fun Days in Cairns & Townsville | 9 |
| 10 | 11 | 12 BBQ Lunch – Strand Waterpark | 13 | 14 Outreach – Charters Towers | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 Outreach - Cairns | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |



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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