

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 | June 2022

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Welcome

Hello to all – our new Lotus Place Townsville team commenced working together on 23 May, so this is our first newsletter. In this issue we will let you know how you can come and meet the team, and the opportunity for us to come together to discuss our ideas about the Lotus Place service in Townsville.

Introduction to the new Lotus Place Townsville Team



We are happy to be able to introduce to you our new Lotus Place team – Josie, Marnie and Melinda.

Josie is our Redress and Disability Royal Commission support worker. She has extensive experience working in community services in Townsville and in other parts of Australia and is passionate about seeking the best

outcomes for the people she supports.

Marnie Coombes is the new coordinator for Lotus Place North Queensland, and has a background in community, advocacy, and health services. She has a particular interest in issues relating to equity, rights, and social justice.

Melinda is our administrator and will often be your first point of contact for the Townsville office. She comes to us as a skilled administrator with a background in health and community services.

We look forward to welcoming you to the Lotus Place Townsville office – please feel free to come in and say hi.

Opening hours

The Townsville office will be open **Monday to Friday from 9.00am to 3.00pm**, other than on public holidays. Tuesday will be our drop-in and group activity day, and we will be ensuring as much as possible that all staff are present on these days.



On other days it is best to call and make an appointment if you want to see a particular worker as there will be times when our staff are away from the office for outreach and other work.

*** Please be advised - We have made a change to office access for security reasons – the back door that leads to the car park is now locked, so if you are coming to the office, please use the front entrance.**

Planning days

Please be advised that [Townsville staff will be away from the office on Tuesday 28 June to Friday 01 July](#) to attend planning days in Brisbane, so the office will be closed on those days.

Join us for Lunch!

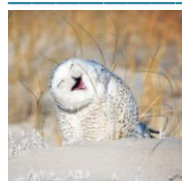


We will be hosting a lunch at Lotus Place in Townsville on [Tuesday 14 June from 11.00am to 1.00pm](#)

This is an opportunity to introduce you to the new team, and to share ideas about the Lotus Place service.

Please RSVP to [4722 8100](tel:47228100) or to lotusnq@micahprojects.org.au for catering purposes and let us know whether you have any dietary requirements

We will be making visits to Cairns, Burdekin and Charters Towers in the near future for similar events – we will let you know as soon as we have arrangements in place.



Bad joke of the month

“I’ve been thinking about taking up meditation. I figure it’s better than sitting around doing nothing.”

What's on in Townsville

10 June – 10 July



Northern Australian Festival of Arts

Townsville's premier Arts and Cultural Festival is back in 2022! Join Townsville City Council for the month-long celebration of artistic, cultural and lifestyle events featuring The Northern Fringe Festival, Pop-Up North Queensland and the Australian Festival of Chamber Music.

Running from Friday 10 June until Sunday 10 July 2022, Townsville will come alive again with cabaret, theatre, comedy, dance, exhibitions, concerts and more.

To keep up to date and for more information head to nafa-tsv.com.au

Friday 10 June

NRL – NQ Cowboys v. St. George/Illawarra Dragons

Queensland Country Bank Stadium, kick off at 7.55pm

Tickets priced from \$17.28 each concession

Friday 17 June

Riverway Movie Night – open-air cinema for all ages

Starts at 6.30pm. Free. Bring a blanket for a night out with the family

What's on in Charters Towers

Friday 17 June



'Street Party': Celebrating Faces and Places of Charters Towers Mossman Street Charters Towers

A fun and exciting street party to Celebrate Queensland Day & 150 Years of Charters Towers. Featuring the people and places that helped shape Charters Towers, complete with artisan markets, workshops, entertainment, great food and more! The event will reflect the unique culture, heritage and aspirations of Charters Towers. Charters Towers - Celebrating 150 Years in 2022! This event is proudly supported by the Queensland Government in partnership with Charters Towers Regional Council.

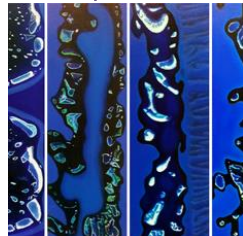
Sat 11 June

Charters Towers Motor Show and Swap Meet Charters Towers Showground

The Charters Towers Restorers Club is based in the historical city of Charters Towers, North Queensland. Club membership is open to owners of all makes of Veteran, Vintage, Historic & Classic vehicles and to enthusiasts of older vehicles and machinery.

What's on in Cairns

17 May – 19 June



Karyn McDonald – Into the Deep Unknown

Tanks Art Centre. Free Event

This exhibition of oil paintings explores the marine environment, from the miniscule to the massive, capturing the beauty of our neighbouring reef wonderland and awakening us to its curiosities.

Karyn McDonald is a Cairns based artist, a passionate scuba diving instructor, schoolteacher, and environmentalist. Her subjects include many amazing marine creatures that most people don't have the opportunity to see up close with the naked eye

8 June

Finding Dibirdibi, Mornington Island Art Centre

The Court House Gallery Abbott Street 10.00am – 4.00pm. Free Event

Incorporating artworks by IACA member, Mornington Island Art Centre, based in the Gulf of Carpentaria, the artists drew inspiration for their design from the nautical subject matter and colourful vibrancy of the works. The exhibition features invitingly tactile, felted wire mesh textile sculptures presented in an innovative display intended to be enjoyed as an immersive experience.

What's on in the Burdekin

June to August

Tech Connect

Burdekin Library Wednesdays 10.00am – 11.00am

Home Hill Library Wednesdays 1.00pm – 2.00pm

Our Tech Connect Classes are designed to help Burdekin locals get connected and participate in an online world. If you'd like to learn about internet security, social media, Microsoft Office, email platforms, mobile devices (Android and Apple) or anything tech, join us!

12 June

Queensland Day Fun and Fitness Expo

Ayr, Anzac Memorial Park

Celebrate Queensland Day at the Burdekin Fun and Fitness Expo to be held on Sunday 12th June at Ayr ANZAC Memorial Park (10am - 2pm). Plenty of activities and entertainment for the whole family!

Health and Wellbeing

Free Exercise Sessions

Several North Queensland council areas run free exercise classes supported by experienced instructors:

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.

Live Life Get Active



Live Life Get Active is a registered health promotion charity that offers FREE outdoor activity camps and wellbeing and nutritional programmes to help address obesity, diabetes and mental health. Their vision is to build fitter, healthier and happier communities right across Australia. They run both face-to-face and online classes you can complete at home. Registration for classes is on-line – you are welcome to use the computers at Lotus Place for this and we would be happy to assist if needed

Townsville

The North Ward - Strand Park class is a free fitness camp open to all members of the public. There are the following activities on offer, Active Yoga, Active Boxing, Active X Training, and you can learn more about them below.

Sessions are available at 6:00 am, 5:45 pm, 5:45 am and run Monday, Tuesday, Wednesday, Thursday, Friday during school terms. For more details see the timetable below.

Atherton

The Atherton - St Joseph's Parish School class is a free fitness camp open to all members of the public. The activity on offer is Active Yoga.

Sessions are available at 6:30 am and run Tuesday, Thursday during school terms.



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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