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## Peer Support Information

This month we have two community support groups coming in to talk to our participants: One from Townsville Community Law and one from Advanced Care Planning.

We have organised these talks during our drop-in days and hope that everyone can come along and ask questions and get some much needed information. It could be that you've received a Redress acceptance and want to know if you'll have to claim this as an asset or if you need support for some care directives if you become unwell.

We are here to support you all so please let us know what we can do to help.

## Outreach days for October

Please see the below table with dates, times and locations for October Outreach. We want to make these visits as relaxed and comfortable as possible for everyone so please let us know if you have a venue or location in mind.

AYR	Thurs 6 <sup>th</sup> Oct. 2022	ANZAC Park BBQ area from 11am (Near the playgroup) – Kids Welcome
CHARTERS TOWERS	Fri 14 <sup>th</sup> Oct. 2022	Salt Lane Café – 14 Gill Street - from 11am
CAIRNS	Fri 21 <sup>st</sup> Oct. 2022	Curlew BBQ Area – Cairns Esplanade (just near Muddy's Playground) - from 11:00am – Kids Welcome

## Remembrance Day 2022 – Townsville & Cairns

Thank you to everyone that attended the Remembrance Day events in both Townsville and Cairns. It was amazing to see so many faces and enjoy a meal with you all. Below are some pictures taken from the Townsville & Cairns event.

### Townsville



### Cairns



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## What's on North Queensland!

### Burdekin



#### **Burdekin Art Society**

The Burdekin Art Society in Ayr offers informal art lessons which are held every Tuesday at 9.30am at their clubhouse. They also hold various special workshops and exhibitions throughout the year.

Address: 137-139 MacMillan St, Ayr QLD 4807

Contact: [burdenkinartsocietyinc@gmail.com](mailto:burdenkinartsocietyinc@gmail.com)

### Charters Towers

Friday 28<sup>th</sup> Oct



#### **The Umbilical Brothers**

**The World Theatre – 8pm to 9:30pm**

The Umbilicals take the energy of live performance and the spectacle of cinema and smashes them together into a new show performed simultaneously on stage and on the big screen. Prices start from \$49 pp

### Cairns

14<sup>th</sup> & 15<sup>th</sup> Oct



#### **Cairns Food & Wine Festival**

**Martin Munro Parklands, Florence Street**

Experience the best food and beverage the Cairns region has to offer at the Cairns Food and Wine Festival. On Friday night enjoy a spectacular Seafood Feast and head to Munro Martin Park Saturday evening for the main festival featuring a sumptuous selection of food vendors.

### Townsville

4<sup>th</sup> & 11<sup>th</sup> Oct



#### **Stella's Creative Pottery Classes**

**Cleveland Terrace - North Ward – 10am to 12pm**

Pottery Classes are suitable for all ages and abilities. For people to learn new skills and meet new people or bring your friends along. Costs from \$25pp. Call for more info: 0499 077 510.

Friday 21<sup>st</sup> Oct



### Riverway Movies

#### Riverway Oval, Thuringowa – FREE EVENT

Pack a blanket and head down to Riverway with the kids for Riverway Movie Nights to see Clifford the Big Red Dog. Movie starts at 6:30pm.

Sat. 29<sup>th</sup> Oct



### The Umbilical Brothers

#### Townsville Civic Theatre – 8pm to 9:30pm

The Umbilicals take the energy of live performance and the spectacle of cinema and smashes them together into a new show performed simultaneously on stage and on the big screen. It's like nothing you've ever seen, and nothing they've ever done, and it will blow your mind way more literally than you are expecting. Prices start from \$49 pp.

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## Shed 3 – Arts & Community Culture

This month with Shed 3 we have a Leatherworks workshop happening.



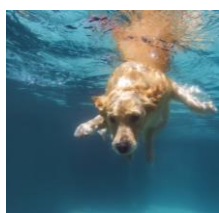
<b>Tuesday 18<sup>th</sup> October 2022</b>	Leatherworks Workshop – 12:30pm till 2pm <b>Please RSVP by calling the office</b>
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Shed 3 is located at 15 Oonoonba Road, Idalia. Anyone that may need transport can get in contact with Lotus Place and we will try to arrange something for you.

*If you would like to participate, please let Lotus Place staff know on 07 4722 8100.*

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## Bad Joke of the Month



**How do you row a canoe filled with puppies?**

*Bring out the doggy paddle.*

## OCTOBER 2022 AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31					1	2
3  Public Holiday – Queen’s Birthday	4  Townsville Drop-In: Lunch from 11am	5	6  Ayr Peer Support	7	8	9
10	11  Townsville Morning Tea: 10am with Townsville Community Law	12	13  Office Closed till 9:30am - Staff Training	14  Charters Towers Peer Support	15	16
17	18  Shed 3 – Leatherworks from 12:30pm	19	20	21  Cairns Peer Support	22	23
24	25	26	27	28	29	30
	Townsville Morning Tea: 10am with Advanced Care Planning		Office Closed till 1pm – Planning Day			



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**

382 Sturt Street, Townsville Q 4810

PO Box 2027, Townsville Q 4810

Phone [07 4722 8100](tel:0747228100) or [1800 16 11 09](tel:1800161109) | Fax [07 4772 0011](tel:0747720011)

[lotusnq@micahprojects.org.au](mailto:lotusnq@micahprojects.org.au) | [www.lotusplace.org.au](http://www.lotusplace.org.au)