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Peer Support Information

Thank you to those that continue to join us for our peer support lunches and morning tea's each week. It was great to see all the yummy food that was brought in to share on our 'Bring a plate' day! It was a great day with lots of old faces coming in to meet the new team.

We hold Peer Support Group every Tuesday so please feel free to come along. An overview of what is on each week is at the back of this newsletter. We are open to ideas so please let us know your thoughts and suggestions.

Outreach days for September

Again, we will be travelling to Ayr, Charters Towers and Cairns this month. Please see the below table with dates, times and locations.

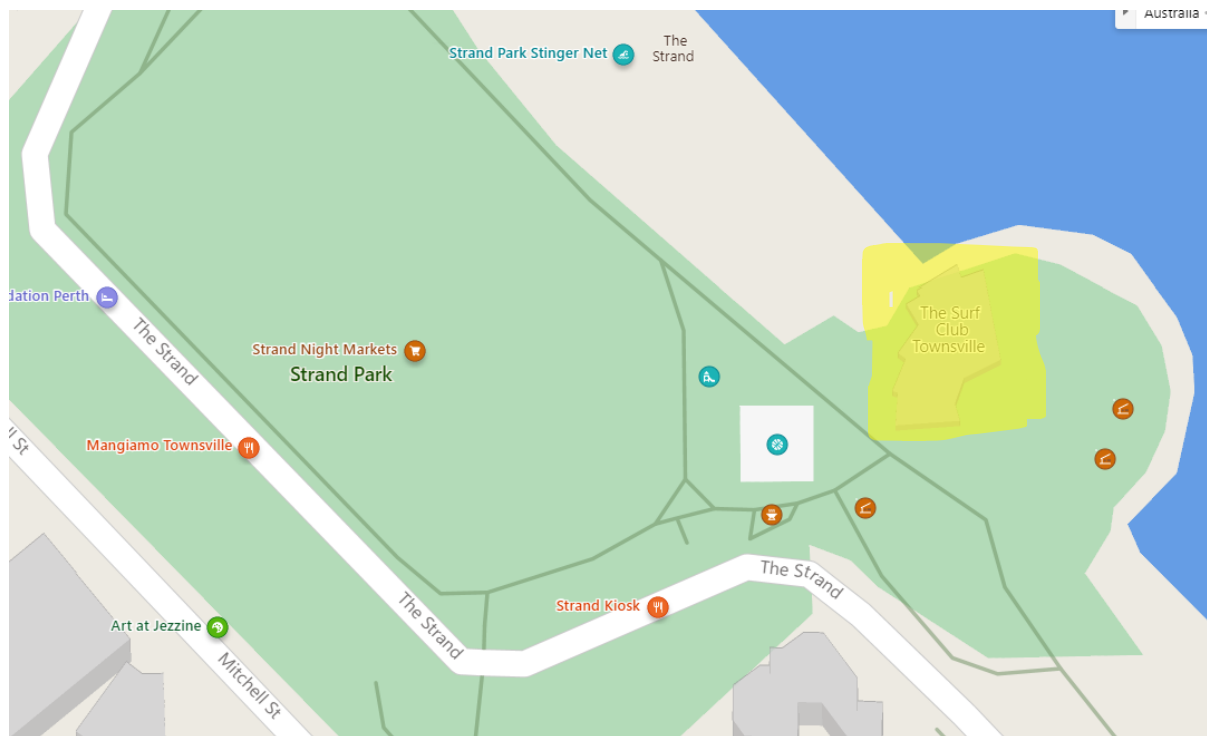
If there is a venue that you'd like to see us visit, please let us know by calling 07 4722 8100.

AYR	Thursday 1 st September 2022	Burdekin Neighbourhood Centre, 40 Chippendale Street – Ocean Room from 10am
CAIRNS	Friday 16 th September 2022	Remembrance Day – Rydges Esplanade Cairns, 209 – 217 Abbott Street - 11am till 2pm
CHARTERS TOWERS	Thursday 22 nd September 2022	The Stock Exchange Café, 76 Mosman Street from 10:30am

Remembrance Day Events

Townsville

Wednesday 7th September 2022
Picnic Bay Surf Lifesaving Club
The Strand, North Ward
11.00am – 2.00pm



RSVP's are essential for this event. They must be received by Sunday August 28th at the absolute latest by phoning 07 4722 8100 or emailing lotusnq@micahprojects.org.au

Cairns

Friday 16th September 2022
Rydges Esplanade Cairns
209 – 217 Abbott Street, Cairns City
11.00am – 2.00pm

RSVP's are essential for this event. They must be received by September 2nd at the absolute latest by phoning 07 4722 8100 or emailing lotusnq@micahprojects.org.au

What's on North Queensland!

Burdekin

Saturday 10th Sept **Giru Show Day** **Brolga Park, Giru**



The 2022 Giru Show is on! Gates open from 12pm with local stalls and Talent including Leatherworks, Rides, Food & heaps more. Entry starts from \$3.00.

Townsville

Saturday 3rd Sept **NRL Live – NQ Cowboys v Penrith Panthers** **Queensland Country Bank Stadium**



Cheer on the Cowboys at their home ground. Gates open from 5:30pm with kick-off around 7:30pm. Tickets start from \$22.40 each. Visit cowboys@cowboys.com.au for more details.

Charters Towers

30th Sept – 2nd Oct **Rush Festival – Celebrating 150 Years!** **Charters Towers Showgrounds – 5pm to 8pm**



The Rush Festival is an exciting weekend of entertainment and activities, with something for the entire family. A street parade will kick off the festivities on Friday afternoon, followed by a fun family night of markets, film festival, kid's entertainment, and great food. Friday is FREE Entry with Tickets needed for the weekend events. For further info call 07 4761 5300

Cairns

Sunday 4th Sept **Carnival on Collins** **Cairns Botanic Gardens, Edge Hill**



Join the annual street party celebrating life in the tropics as you wander through the beautiful Tanks Arts Centre and Cairns Botanic Gardens precinct. FREE EVENT from 9am.

R U OK? Day

Thursday 8th September is R U OK? Day.

It's our National Day of Action when we remind Australians that every day is the day to ask 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life.



If you know someone struggling or are concerned about someone, visit <https://www.ruok.org.au/> for tips and advice on how to help. You may end up helping someone and saving them.

Shed 3 – Arts & Community Culture

Shed 3 has been committed to delivering arts opportunities in Townsville and the surrounding region since 2008 through the delivery of a range of activities run by a dedicated group of professional artists and volunteers.

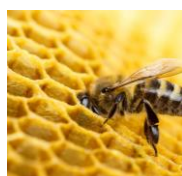


Lotus Place NQ has started working with Shed 3 to commence arts and projects for our service users. Shed 3 offer a creative space for mosaics, painting, leatherworks and pottery as well as Circus Pandemonium and Pallet Furniture making. We have our first class starting in September which is FREE for those that would like to give it a go.

Wednesday 14th September	Mosaic Workshop – 12:30pm to 2:30pm Limited numbers – MUST RSVP by September 10 th
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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 can arrange something for you.

Bad Joke of the Month



‘Why do bees have sticky hair?
Because they use a honeycomb’

SEPTEMBER 2022 AT A GLANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Ayr Peer Support	2	3
4 Father's Day	5 National Child Protection Week 6 - 12 September	6 Drop In – Morning Tea from 10am	7 Townsville Remembrance Day	8 R U OK? Day	9	10
11	12	13 Drop In – Lunch from 11:30am	14 Shed 3 – Mosaic Workshop 12:30pm	15	16 Cairns Remembrance Day	17
18	19	20 BBQ/Picnic @ Jezzine Barracks (Norman Park) from 11am	21	22 Charters Towers Peer Support	23	24
25	26	27 Drop in – Morning Tea from 10am	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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