

# Lillypad

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](http://www.lotusplace.org.au) | North Queensland | February 2019

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## QLD Weather Event

Queensland has experienced a significant weather event this past month which has left everybody shaken from the experience.

The footage of the widespread flooding is hard to watch, and the recovery is going to take some time.

There are Emergency Grants available with attached eligibility criteria. We can assist you in checking your eligibility and applying for these grants if you have been affected.

Grants available are outlined below:

**Australian Government Disaster Recovery Payment** \$1,000 per adult and \$400 for each child

**Disaster Recovery Allowance** for short term payment if a disaster directly affects your income

**Essential Services Hardship Assistance Grant** - Supports people directly impacted by a disaster when they have lost one or more essential services for five days. \$150 per person, \$750 for a family of five or more

**Emergency hardship assistance grant** - Supports people directly impacted by a disaster to meet essential needs for food, clothing, medical supplies or temporary accommodation, \$180 per person and up to \$900 for a family of five or more

**Essential household contents grant** - If you are uninsured or unable to claim insurance, you may be eligible for financial assistance towards replacing or repairing essential household contents. Up to \$1,765 for single adults and up to \$5,300

**Structural assistance grant** - If you are uninsured or unable to claim insurance, you may be eligible for a one-off payment to contribute towards repairs to your home to make it secure and safe. Up to \$10,995 for single adults and up to \$14,685 for couples or families

**Essential services safety and reconnection grant** - if you are uninsured, or are unable to claim insurance, you may be eligible for a grant to help reconnect

essential services that were damaged by a disaster. Up to \$200 towards a safety inspection for each essential service (electricity, gas, water and sewerage or septic system). Up to \$4,200 towards repair work to enable essential services to be reconnected (for example, electrical wiring)

**Disaster Recovery Funding Arrangements (DRFA) Category B**  
**disaster assistance for small businesses impacted by flooding.** Disaster assistance loans of up to \$250,000, and essential working capital loans of up to \$100,000

For information and support phone the Community Recovery Hotline on 1800 173 349.

## Support and assistance for emotional wellbeing

Extreme weather-related events can be an acutely traumatic event.

This trauma and continued stress during the recovery can cause adverse effects to your mental health and physical wellness.

Lotus Place NQ can offer you support and assistance during this time, we can also link you in to some very valuable support services as required.

## Forde Foundation 2019

The Forde Foundation was established in August 2000...

*"... for the relief of poverty, for the advancement of education, training or development, personal and social support, relief of sickness, suffering distress, general enhancement of social and economic wellbeing or for any other purposes beneficial to persons who have been wards of the State or under guardianship of the State or have been resident, as a child, in a Queensland institution."*

The Forde Foundation do not regard the grants as compensation but rather as a way of acknowledging the disadvantages many care leavers have had to overcome as a result of their childhood experiences, particularly the effects on education, employment, health and general wellbeing.

Grants available include:

- Health and Wellness Grant
- Personal Development Grant
- Dental Grants (\$700 per financial year)

The first Grant round in **2019** will be in March. Grant applications will be assessed by the Board of Advice on **Thursday 28<sup>th</sup> March 2019**.

All grant applications are to be submitted to the Executive Office by no later than **Friday 8<sup>th</sup> March 2019**.

Applications can be made online or by printing and posting to the address provided at the bottom of the form.

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## Results from the recent Christmas Party 2018 Feedback

Thank you to everybody who sent back their completed Christmas Party 2018 Feedback form. The feedback has been extremely positive overall.

There were some great ideas on how we can make Christmas 2019 even better, which will be taken into consideration when planning the event later in the year (Christmas Carol Sing-a-long?? Count us in!!!).

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## Results from the Townsville Region Survey

Thank you to everybody within the Townsville Region who have returned their completed surveys. These forms help Lotus Place NQ see what we are doing well, what we can be doing better and what you all want to see happen more at the Resource Centre.

100% of returned forms declared you were interested in attending a session hosted by a guest speaker.

Mental Health First Aid was the most popular topic, followed closely by a three-way tie between Dispute Resolution/Mediation; Anger Management and Relaxation ideas.

Popular activities people expressed wanting to happen in the space included:

- Arts and crafts
- Card and board game days
- Music activities
- Gardening activities

We are currently in the process of contacting various facilitators regarding some of these ideas put forward and are hoping to have sessions and activities begin soon.

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## Upcoming Events

### Ayr

#### **Peer Meeting**

Wednesday 20<sup>th</sup> March 2019, from 12:00pm

Burdekin Library - Creative Ideas meeting room

Graham Street, Ayr

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## **Mackay**

### **Peer Meeting**

Thursday 21<sup>st</sup> March 2019, from 10:00am

Jubilee Community Centre – Mackay Room

Alfred Street, Mackay

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## **Townsville**

### **Fishing Club**

Friday 15th March 9:30am

Meet at Lotus Place NQ

382 Sturt Street, Townsville City

### **Art with Allan**

Come and get creative in an Art class with assistance from Allan – Stay for Lunch afterwards.

Tuesday 12<sup>th</sup> March from 10:00am.

Lotus Place NQ

### **Lunch**

Tuesday 12<sup>th</sup> March

Lotus Place NQ

**Morning Tea (every Tuesday except when Lunch is on)**

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### **Cairns with guest speaker Louise Coakley – Genealogy and DNA**

### **Peer Meeting**

Friday 29<sup>th</sup> March 2019 from 10:00am

Cairns City Library, meeting room 1

Abbott Street, Cairns

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## Reference Group

The first session of the Lotus Place NQ Reference Group is set to occur on:

**MONDAY 25<sup>TH</sup> MARCH 2019**  
9:30am – for a 10:00am start.  
Lotus Place NQ – 382 Sturt Street, Townsville City.

If you are interested in participating, please RSVP and advise if you will be able to attend the Office or will be participating via conference call - details to phone in from regional areas will be provided prior to the date.

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## What do You want to see in YOUR newsletter?

We want to hear from YOU.

This newsletter is your voice. Is there something you want to share?

Send in your photographs, paintings, any newspaper articles you may have come across; a poem you wrote or a thought you had, and we'll put it in the next newsletter.

If you have something you'd like to share with the Lotus Place community, please contact us on (07) 4724 2559 or [lotusnq@micahprojects.org.au](mailto:lotusnq@micahprojects.org.au)

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## Creative Space

### **ORPHAN ME – by Bob Taylor (Oct 2010)**

I'm an abandoned child that nobody kept  
No one to love me a mum must have wept.  
Separated forever, in times that were black  
Alone in this world no mother came back.  
I was put on a ship to a strange distant land  
Nobody asked me, I didn't raise my hand.  
My life turned to misery never heard so many lies  
Dazed and confused no one heard all my cries.

They send me Down Under, land of milk and honey  
There I slaved barefooted for no love and no money  
They gave me the strap every day that went by  
No mercy, no respect, the shame took my pride.  
I'd cry myself to sleep not sure of my name  
Was I Robert or Shane? Someone was to blame  
And was my age changed so I'd never be found  
The Church knew the truth, but it went underground.

I had no mum and dad like other kids had  
And no one to cheer me when lonely and sad  
My heart was yearning for a place to belong  
A brother or sister, oh what had gone wrong.

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## This month at Lotus Place NQ....

The new Redress Office has been stripped back to its bare bones after experiencing significant water damage during the recent monsoon event. We hope to have this room repaired as quickly as possible and back up and running soon.





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 4724 2559** or **1800 16 11 09** | Fax **07 4772 0011**  
[lotusnq@micahprojects.org.au](mailto:lotusnq@micahprojects.org.au) | [www.lotusplace.org.au](http://www.lotusplace.org.au)

Open hours – Monday to Thursday 9am – 3pm  
Call anytime for support and referral over the phone

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Lotus Place is an activity of Micah Projects

