

Lilypad

Lilypad is a newsletter of Lotus Place CQ.

Lotus Place is a dedicated support service and resource centre for adults who experienced childhood abuse in an institutional setting.



www.lotusplace.org.au | Central Queensland | March /April

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Hello to everybody out there we hope you are all well and =enjoy this edition of our newsletter. It has been another discouraging start to the new year with another strain of Covid – 19 in our communities, it has been a trying and isolating time once again and I am sure that some of us have struggled as Lotus has only been able to provide limited support during the months of January and February. We are happy to announce that a direction from Head Office based in Brisbane has informed us Lotus Place Offices can operate as normal and restraints have been lifted. As of 1st March 2022and we are operating as normal.

Bundaberg – happy to be seeing you all at the Railway Hotel on Monday 14th March for our monthly lunch and catch up – please remember if you are attending you do need to be doubled vaccinated to enter the venue

Rockhampton - Lotus Place CQ office is now operating with normal opening and closing office times of 9am – 3pm and group catch ups will also be happening.

We are always available by phone and email for the people that are unable to attended group activities.

Lotus Place would like to extend our condolences to all of Heather Scafferius's family and friends with her sudden passing earlier this year, you will be sadly missed.

Lotus Place CQ is looking forward to supporting you all and we are thrilled to be able to interact with you again face to face Please remember your suggestions and feedback are always welcomed.





IN THE KITCHEN

Easter Chick Pops



INGREDIENTS

- 150 g white chocolate melts
- 100 g white marshmallows
- 10 Yellow M&Ms
- 2 red licorice twists
- 1 black icing pen
- Paddle pop sticks

All ingredients can be purchased from

METHOD

1. Melt white chocolate in a bowl placed over a saucepan of simmering water. Alternatively, melt in short bursts in the microwave.

METHOD (CONT.)

2. Push marshmallows onto the icy pole sticks. One by one, dip into the melted chocolate, allowing excess to drip off.

3. Cut M&Ms in half with a sharp knife. Cut 4mm slices of licorice and then cut those across into half-moons. Working quickly before the chocolate has completely set, press a half M&M into the front of the marshmallow and a licorice piece onto the top. Refrigerate to set completely.

4. Once set, using an icing pen, squeeze a small amount onto each marshmallow to form the eyes. Enjoy!



Forde Foundation – February Grants have closed – next grant round will **close 13 May 2022 – with approvals due around 23 June 2022**

To be able to get assistance from the Forde Foundation you need to be

- 1. Registered with the Forde Foundation*
- 2. Have a current quote on the item you require assistance with*
- 3. Business you have quote from must accept cheques from Public Trustee*
- 4. Forde will only support with items that meet living standards
e.g. washing machines – mobile phones – Dental Grants*

For any assistance please call Kelcy at Lotus Place CQ 4999 4300

UPCOMING DATES - 2021

BUNDABERG: Monthly Lunch Dates

March Monday 14th, 2022 from 11.30am

April Monday 11th 2022 from 11.30am

At Railway Hotel 87 Perry Street – Bundaberg North 4670


Rockhampton – Monthly Lunch Dates

March Tuesday 1st 2022 from 11.30am

April Tuesday 5th 2022 from 11.30am

Rockhampton – Morning Tea - 10.30am each Tuesday

Lunch is 1st Tuesday of the month venue to be advised 11.30am
Lotus Place CQ Building – 10 Albert Street Rockhampton



Lotus Place CQ is your drop-in center.

You are always welcome to pop in during office hours for a cuppa / time out / watch tv.

Please remember that we sometimes do have to close the office due to community visits if you can please call ahead to make sure we are here so we don't waste your time!

IF YOU DO NOT HAVE AN APPOINTMENT, YOU MAY NOT BE ABLE TO SPEAK WITH REDRESS OR DISABILITY ROYAL COMMISSION STAFF

Participants wanting to come in to see

Redress staff

or

Disability Royal Commission staff

must make an appointment. **Please don't just drop in.**

LOTUS PLACE CQ – Contact Details

10 Albert Street Rockhampton Phone 07 4999 4300

(E) lotuscq@micahprojects.org.au www.lotusplace.org.au

Office Hours

Monday to Friday 9:00 am – 3:00pm





When you're feeling anxious or panicky i.e. activated or hyper-aroused the following strategies can help you feel calm. Different strategies work for different people. Try and see.

Mindfulness

Mindfulness practices can help us connect to our bodies. They can help us become more aware of how our body is responding at different times. We can observe what is happening in our body and know that bad feelings in our body will pass.

Examples include:

- Is my throat closing?**
- Am I getting a headache?**
- Is my stomach tightening?**
- Do I feel hot or cold when I feel scared?**

You can scan your body moving your attention from the top of your head down to your toes. Notice how the different parts of your body feel as you pay attention to them.

When we sit still and breathe, we are being mindful. Simply breathing in through your nose and out through your mouth, with awareness, and calmly sitting can help relieve your anxiety.

Mindfulness helps us learn to respond instead of reacting. It is empowering. It also helps us manage critical self-talk.

There are many books, websites and classes for mindfulness available. Choose one that suits you and use it when you need to. Mindfulness is not for everyone. Feel free to try it if you want.

Finding it hard to make ends meet.

Reach out to your local food bank to top up your pantry

Food Bank Details near you.

Rockhampton

16 Robison Street
Park Avenue, Rockhampton
Food Hampers \$50 each (includes meat)
Open Thursday and Friday 9.00am – 2.00pm

Gladstone Food Centre

70 Auckland Street
Gladstone QLD
For more information contact
Call: 49724754 no opening hours available

Bundaberg Angels Community Group

45 Walla Street
Bundaberg QLD
(Rosedale, Childers and Gin Gin residents are also welcome)
For more information
Call: 4100 2715 9am – 5pm

Hervey Bay

We care @ Inc
225 Main Street
Urraween QLD
For more information
Call: 4124 0913 between 9am – 2pm





Easter



G	N	I	R	P	S	F	H	A	T	T	F	W	P	N
N	R	I	V	C	L	S	X	O	E	F	O	N	A	B
K	B	J	J	I	Q	Q	T	B	G	T	U	A	P	K
C	N	T	C	R	E	A	V	B	B	M	Y	U	H	T
C	Q	K	R	G	L	N	A	D	O	E	P	A	Q	F
P	H	P	T	Q	D	S	Q	U	G	A	T	N	U	H
B	P	O	Y	Y	K	Y	N	R	M	S	H	T	N	S
U	Z	X	C	E	M	Y	N	O	B	T	W	T	S	X
L	B	C	T	O	J	N	P	O	B	E	A	N	S	A
O	S	P	X	S	L	M	O	M	G	R	F	T	P	I
F	P	P	V	Y	K	A	R	I	R	Y	S	X	A	E
R	C	E	L	W	S	C	T	Z	A	N	L	A	G	R
F	A	L	E	K	H	T	I	E	S	N	C	G	L	A
Z	E	W	I	P	Z	K	A	H	S	U	S	X	M	W
J	C	Z	S	X	S	X	D	H	C	B	Y	G	X	E

BASKET
CHICKS
EGGS
HUNT
SPRING

BEANS
CHOCOLATE
GRASS
JELLY

BUNNY
EASTER
HATS
PEEPS



