

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 | North Queensland | May 2020

In this issue – Staff Profile | Upcoming Events | Disability Royal Commission Zoom Workshops | Boredom Busters | The Garden Patch |

Staff Profile – Leah May

My name is Leah and I commenced work at Lotus Place NQ 5 weeks ago. I am splitting my time between two roles, I am the new Redress Worker and I am also the Counsellor for people who are making their submissions to the Disability Royal Commission.

I have only lived in Townsville for 4 months now, I moved up here with my partner (who is in the Australian Army) and my two beautiful dogs in January 2020. I'm from rural NSW/Victoria and I really miss small towns. I love fishing, camping and reading (I do collect old books). I studied psychology after leaving school and plan to study more into the future.

I have worked in Residential Youth Facilities, Intensive Family Support and various roles in Victorian and NSW Child Protection for the past 7 years. Prior to leaving NSW Child Protection, I was working in a Joint Response Team with the NSW Police Child Abuse Unit, we investigated reports of physical and sexual abuse of children and allowed them a safe space to tell their stories.

I am so excited to be working at Lotus Place and I cannot wait for this COVID-19 issue to be over so I can meet you all in person!

Upcoming Events – Zoom meetings

We have had a wonderful response to our weekly catch ups via Zoom in all the regions, seeing familiar faces and new ones each week! We love seeing what you have been creating with your time at home, so please feel free to share with the group a painting, a drawing, a poem, a sewing, gardening or renovation project, anything at all, we want to encourage you!

Townsville & Burdekin

Zoom Peer Meeting

Tuesday 12th May, at 10:30am DRC

Tuesday 19th May, at 10:30am

Tuesday 26th May, at 10:30am

Mackay

Zoom Peer Meeting

Wednesday 13th May, at 10:30am DRC

Wednesday 20th May, at 10:30am

Wednesday 27th May, at 10:30am

Cairns

Zoom Peer Meeting

Friday 15th May, at 10:30am DRC

Thursday 21st May, at 10:30am ***Please note change of day**

Thursday 28th May, at 10:30am ***Please note change of day**

Please contact Misty on 07 4724 2559 for the link to participate

Disability Royal Commission Workshops via Zoom

Lotus Support Services will be providing assistance to those who would like to make a submission to the Royal Commission into Violence, Abuse, Neglect and Exploitation of People With Disability. Many Forgotten Australians will be affected and can be included in this Royal Commission.

To better understand how we can support you and how you can be involved Mark Reimers and Lee-Anne Elliot from Lotus Support Services will be holding a 30 minute workshop via Zoom.

Townsville & Burdekin: Tuesday 12th May, at 10:30am

Mackay: Wednesday 13th May, at 10:30am

Cairns: Friday 15th May, at 10:30am

This is also a great opportunity to meet Leah who is the Disability Royal Commission Counsellor based at Lotus Place NQ Townsville.

Please see the flyer over the page for further information or call the office on 07 4724 2559

Lotus Support Services

The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability (the Disability Royal Commission)...
wants to hear from you.

Are you a person with a disability, or a parent, carer, teacher, staff member, friend, brother, sister...

... your experiences are vital to the Royal Commission achieving its goal in providing a public account and recommendation about the experiences of abuse, violence, neglect and exploitation that you may have experienced.

If you would like support to share your experiences with the Royal Commission, we are here to assist.

Lotus Support Services—Micah Projects can assist you to prepare, inform and communicate with Commissioners at the Royal Commission about your life experience.

We offer free and confidential support and counselling, as well as direct assistance in writing a submission, or preparing to share your experience in whatever format, such as phone, video, writing or in person.

We can inform you about how the Royal Commission works and support you in your process of choice. We can refer or provide access to psychological support and/or counselling during the duration of the Royal Commission that is appropriate to your specific needs and circumstances.

These services are available to any individual who lives with disability, as well as family members, guardians, carers, friends and staff who are impacted by the work of the Disability Royal Commission. The Service includes specialist support for individuals who identify as Aboriginal or Torres Strait Islander, Culturally and Linguistically Diverse or identify as Lesbian, Gay, Bisexual, Transgender, Intersex, Queer.

Lotus Support Services is part of a **network of services** and private practitioners across Queensland who can assist you.

Phone **3036 4490** or email: lotussupportservices@micahprojects.org.au for Queensland-wide counselling and support.

Lotus Support Services—Micah Projects
Phone (07) 3036 4490
lotussupportservices@micahprojects.org.au
PO Box 3449, South Brisbane Q 4101
www.micahprojects.org.au

AN ACTIVITY OF  MICAH PROJECTS

Boredom Busters

SPOT THE DIFFERENCE



Australia

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

ULURU
 TASMANIA
 PERTH
 ABORIGINES
 QUANTAS
 AYERS ROCK
 KANGAROO
 BRISBANE
 SYDNEY
 COMMONWEALTH
 KOALA
 MELBOURNE
 DINGO
 KOOKABURRA
 AUSTRALIA
 WOMBAT
 ADELAIDE

The Garden Patch: Container Gardening

Do you think that you need a large space to grow your own food? Container gardening is growing in popularity. Many people who live in apartments or townhouses believe they have to miss out on the joy and satisfaction that comes with growing their own vegetables simply because they have limited outdoor space. Contrary to popular belief, a garden doesn't have to be large to reap big rewards. In fact, any porch, balcony, windowsill, or other sunny spot can be used to grow a variety of nutritious vegetables in a container garden.

When choosing vegetables to plant in containers, look for bush or small varieties (often referred to as dwarf or compact). Plants that typically grow well in containers include

- **Peas:** Put tall supports in the container when planting seedlings. Water frequently and keep them fertilized.
- **Tomatoes:** Like peas, tomatoes need a support system. Use a rod or tomato cage to keep your plants upright.
- **Carrots:** Use a container that's double the length your variety will grow.
- **Radishes:** Containers don't have to be that large for this spring vegetable.
- **Eggplant:** When planning which variety to buy, know that many eggplants are fairly sensitive to cool temperatures (lower than 50 degrees Fahrenheit).
- **Zucchini and cucumbers:** Choose bush varieties rather than the sprawling vine varieties. One plant can fill a 24-inch pot quickly, so don't crowd your seeds or seedlings. A trellis in the pot will supply support for the fruit and allow air to flow around the plant.
- **Leafy greens:** Spinach and leaf lettuce are among the many greens that you can snip to eat one day and then snip again a few days later. Keep the cool-season crops in partial shade.
- **Capsicum:** Try traditional or spice it up with chillies that are perfect for homemade salsa.
- **Herbs and Spring Onions:** are another great option and grow really well in pots.

We have an abundance of vegetable and flower seeds here at Lotus Place NQ so if you would like some seeds posted to you for your garden, give Misty or Jacqui a call on 07 4724 2559



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



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](tel:0747242559) or [1800 16 11 09](tel:1800161109) | Fax [07 4772 0011](tel:0747720011)
lotusnq@micahprojects.org.au | www.lotusplace.org.au

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

Lotus Place is an activity of Micah Projects

