

Lillypad

Lillypad 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 | May - June 2020

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May - June 2020

Lotus Place CQ Updates

On 1st April Lotus Place CQ moved into our new premises! Jill, Tamaine and Siarne have worked hard to set up our new space and are looking forward to seeing you all again.

Please be advised that due to Coronavirus restrictions, Rockhampton are holding two smaller group gatherings so that we can ensure we can accommodate the 1.5mt social distancing. Bundaberg group will recommence once the Spotted Dog Restaurant is open to be able to hold larger groups.

We still able to provide support via phone or by appointment. The office hours are Monday – Friday 8am – 4pm. Feel free to contact us on 4927 7604 during these times.

If you have an upcoming appointment and you are feeling unwell, please ring to advise staff beforehand to ensure the safety of yourself and staff.

This month Lotus Place CQ welcomed new employee Deb Arnold. Deb has started in the role of Counsellor, working within the Lotus Support Services team. Deb will be supporting people as they make submissions to the Disability Royal Commission. Deb will be a wonderful addition to the Lotus Place CQ team. Deb is looking forward to meeting everyone when the office recommences drop in services and group activities.



The next grant round in 2020 will be in ?. The Board of Advice will be assessing grants on?. All completed grant applications are to be received by the Forde Foundation by no later than ?

For more information about the Forde Foundation and to find out if you are eligible to apply, visit The Forde Foundation website: www.fordefoundation.org.au or phone 1800 674 256.

5 Ways to Guard Your Mental Health During the COVID-19 Outbreak

These are challenging times for our mental and emotional well-being. The stress and uncertainty of the COVID-19 outbreak have been difficult enough, and now the social distancing requirements have led to huge changes in our daily routines.

So many of the routines and activities we took for granted have suddenly changed or fallen away: hanging out with friends, shopping in stores, going to the gym, going for a drive or visiting friends and family.

Now that our lives have been disrupted, we need to be very intentional about protecting our mental health. Most people are good, kind, and sensible. They care for others and the environment and want to make the world a better place. These reflect important 'values'. Stressful times can make it challenging to act in the way that is aligned with our values. But, even when feeling stressed, remember who you are, and what you believe in. Remember to be gentle, kind, and respectful to yourself and to others; other people are probably as stressed and worried as you are. By reaching out and supporting others you will not only be helping them, but also doing something that will help you to feel good about yourself.

Here are five key practices to guard your heart and mind during this crisis:

1. **Take care of your body** – Try to eat healthy and well-balanced meals and exercise regularly. Find a way to move like going for walks every day within your suburb and get plenty of sleep. Avoid alcohol, tobacco and other drugs.
2. **Connect with others** – Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships and build a strong support system. Call friends and family and stay connected.
3. **Take breaks** – Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
4. **Avoid too much exposure to news** – Take breaks from watching, reading or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
5. **Be kind to your mind** – Your thoughts can be a powerful friend, now more than ever. Practice training your mind in helpful directions that support your well-being. Look for things to be grateful for, train your mind to look for the positive in all things. Learn to let go of what you cannot control.

Crossword Corner

B-POSITIVE CROSSWORD

Test your positive-thinking awareness!
(You'll find the answers throughout this issue)



Answers on page 4

Across

4. These start to go away when you begin to think positively.
5. Something that causes you to feel negative.
7. A _____ mind will never give you a positive life.
11. Always try to keep these positive.
12. How you feel when you think positively.
13. Another word for being positive.
14. Your thoughts have _____, so be careful what you think!
16. Try to see this in everyone and everything.
18. Each and every thought you think creates your _____.
19. Feeling this every day helps you to stay positive.
23. Always believe in _____.
24. Instead of saying "I can't!", say "I _____!"
25. _____ people are more fun to be around.
26. Something you should wear every day.

Down

1. You can choose to be this.
2. Don't worry. Everyone makes _____ once in a while.
3. This person always needs to be your best friend.
6. Doing this helps your dreams come true.
8. You have the power to turn the ordinary into the _____.
9. You'll see it when you _____ it.
10. The opposite of impossible.
15. You cannot change what happens, but you can change your _____ about it.
17. A positive word.
20. Make goals and _____ big!
21. Remember, you can always _____ a better thought!
22. A positive person sees this as half full.

Find the answers to the crossword puzzle at
BYOMagazine.com/positive-crossword

Crossword puzzle answers

Down: 1) happy, 2) mistakes, 3) you, 6) visualize, 8) extraordinary, 9) believe, 10) possible, 15) attitude, 17) yes, 20) dream, 21) choose, 22) glass **Across:** 4) problems, 5) worry, 7) negative, 11) thoughts, 12) empowered, 13) optimistic, 14) power, 16) beauty, 18) future, 19) gratitude, 23) yourself, 24) can, 25) positive, 26) smile

Find Support

HEALTH ADVICE

- For health advice, including an over-the-phone nurse assessment of your symptoms call 13 HEALTH (13 43 25 84)
- For doctor appointments, medical advice and to get information on testing, including results and testing locations call your local doctor or search online for a GP. Telehealth consultations may be available.

PRACTICAL SUPPORT

- If you are in quarantine and need food or other essential supplies, call the Community Recovery Hotline: 1800 173 349
- If you need information about the Australian Government’s support for people impacted by COVID-19, including Economic Support Payments and allowances for people who are in self-quarantine and can’t work, visit the Services Australia website or call 132 468

MENTAL HEALTH SUPPORT

- For mental health support, call 1800 61 44 34

LIFELINE

- Phone: 131114 (24 hours/7 days) or text 0477 131 114 (6pm – midnight AEDT, 7 nights)
Chat online: <https://www.lifeline.org.au/crisis-chat> (7pm - midnight, 7 nights)

BEYOND BLUE

- Ph: 1800 512 348

Lotus Place CQ

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PO Box 2159, Rockhampton Qld 4700
Phone 07 4927 7604
lotuscq@micahprojects.org.au | lotusplace.org.au

Open hours – Monday to Thursday 8.30am – 2pm
Call during business hours for support and referral over the phone

Lotus Place, as part of Micah Projects Ltd, is committed to ensuring your right to privacy when accessing services. Therefore, Lotus Place always seeks your written consent to record and store your information, share your information with anyone else, unless there is immediate risk of harm to yourself or others, and to report to funding bodies information that does not identify you or your families.

Similarly, Lotus Place values your feedback and we encourage you to give compliments, offer suggestion and make complaints. Complaints are dealt with in a confidential manner and only discussed with the people directly involved. You can talk to any of our staff about your feedback or speak to the Feedback and Complaints Officer if not satisfied. If still not satisfied, you can contact external agencies and seek support from an advocate.

1. Talk to someone at Lotus Place at either of our three centres or ring the Lotus Place Cluster Leader, Mark Bunting, 3029 7000 from 9am – 5pm working days
2. Request a Feedback Form or write a letter and mail to Feedback and Complaints Officer, Micah Projects, PO Box 3449, South Brisbane, Q 4101
3. Contact the Department of Child Safety, Youth and Women by calling 1800 080 464 (free call), or sending an email to feedback@csyw.qld.gov.au, or using the online form <https://www.complaints.services.qld.gov.au/>, or posting your feedback to Complaints Unit, Department of Child Safety, Youth and Women, Locked Bag 3405, Brisbane, Qld 4001
4. Contact Queensland Ombudsman on 3005 7000 or 1800 068 908 (if outside Brisbane)
5. Contact Commonwealth Department of Social Services on 1800 634 035 or use online form on complaints@dss.gov.au
6. Contact Queensland Office of the Health Ombudsman (regarding health services) by calling 13 36 46

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 CQ is an activity of Micah Projects

