

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 | November-December 2022

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Hello Everyone

Hope you are all safe and well and at least some of you are ready for Christmas its only a matter of weeks away! Before you know it we will be saying hello to 2023!

I must say 2022 was a little bit better than 2021, on the Covid scene!

So, what did we do with 2022! Wow how quickly it went by!

Lotus CQ office welcomed Jodie Pearce on board in the Redress position whilst Tamaine took some much-needed time to look after her little bundle of joy.

Mackay region was joined with the Rockhampton and Bundaberg Regions

Jo and Kelcy got to know our regions a great deal more with Jo visiting Mackay once a month whilst Kelcy went to Bundaberg

General feedback from you guys another successful Remembrance Day in September 2022, which I might add can't wait until 2024 to reopen that treasure chest.

Jo and Kelcy are excited to see what 2023 will bring and look forward to working with and supporting you all in the new year.

Jo, Kelcy, Deb and Jodie from the Lotus CQ office would like to wish you all a very merry Christmas and a Safe and Happy New Year! See you all in 2023.





IN THE KITCHEN



INGREDIENTS

1. 3 SHEETS FROZEN PAMPAS SHORT CRUST PASTRY. JUST THAWED
2. 2 X 410G JARS FRUIT MINCE
3. 1 COLES AUSTRALIAN FREE RANGE EGG, LIGHTLY WHISKED
4. 3TSP RAW SUGAR
5. ICING SUGAR, TO DUST

Method Steps

Step 1

Preheat oven to 200 degrees.
Grease a 12-hole 1/3 cup (80ml) muffin pan

Easy Fruit Mince Pies

Step 2

Cut twelve 9cm discs for 2 pastry sheets. Press into prepared pans. Spoon fruit mince into pastry cases and smooth the surface

Step 3

Cut six 7cm discs for the remaining pastry sheet. Cut a 4cm star for each pastry disc. Top half the pies with pastry stars and remaining pies with pastry discs pressing edges to seal

Step 4

Brush pastry with a little egg. Sprinkle with raw sugar. Bake for 20 mins or until pastry is golden. Set aside in the pan to cool slightly. Dust with icing sugar. Serve warm or at room temperature

Mackay Region

Tuesday 15 November
Dudley Denny City Library
134 Victoria Street Mackay
Fishing for Fun
3.30pm – 4.30pm

Thursday 17 November
Gordon White Library
54 Phillip Street Mt Pleasant
Acoustic Guitar Step One
3.40pm – 4.40pm

Friday 09 December
Mackay Show Grounds
24 Milton Street Mackay
Christmas Mega Market

Rockhampton

NOVEMBER 10 - CAKE CLUB
3.30pm – 4.30pm -bring your own mug
Southside Library –need to book 4936
8043
Free Activity

DECEMBER 3 - CBD CHRISTMAS FAIR
5.00pm – 9.00pm
Rockhampton CBD
Free Activity

**MT MORGAN TWILIGHT CHRISTMAS
CONCERT**
6pm – 8pm
Mt Morgan Historic Railway Station/



Bundaberg Region

**NOVEMBER 12 – GOOD SHEPHERD
TRASH 'N TREASURE MARKETS**
Bundaberg 201 George Parish Hall
7am – 2pm
Free Activity

NOVEMBER 23RD – HERE OUT WEST
FREE COMMUNITY MOVIE 10.30 – 12.10
MONCRIEFF ENTERTAINMENT CENTRE
Free Activity

**DECEMBER 17 – MOORE PARK BEACH
CHRISTMAS FESTIVAL**
**Moore Park Beach Community
Centre**
2pm – 8.00pm



Lotusplace

Office Hours 9am – 3pm
10Albert Street
Rockhampton Q 4700
Phone 4999 4300



Redress Update

Hello All its Jodie from Redress Lotus Place CQ. We are in November already and I am working extremely hard to get all your submission into the National Redress Scheme. As some of you may realize it is a long process from when you first meet with me until Redress advises of any outcome. So, if you are interested in actively engaging with the Redress Scheme, please be aware of how long the process takes.

I am constantly meeting with new and existing participants so its very important you make an appointment to see me, please don't just drop in as I might be busy helping someone else.

To make an appointment or call ahead please dial (07) 4999 4300. I look forward to supporting you all.

DRC Counsellor Update



Do you have a story or experience of abuse, neglect, violence, or exploitation of a person with disability that you would like to share with the Disability Royal Commission? Your input is needed to ensure the best possible outcome into this most important inquiry.

If you want to share your story you do not have to put your name to it, you can name others or leave their information out. Either way your story still has the same importance, your changes will be considered.

Your recommendations are an important part of sharing your story. The commissioners are wanting to hear from you as how we can do things better, to provide a safer and more inclusive communities for people with a disability. The commissioners value information from people with a Lived Experience and are interest to hear your thoughts on how thing can be improved.

All stories to be submitted by **31 December 2022**

My contact details are
Office 4999 4300 (ask for Deb)
Mobile 0417 549 436

UPCOMING DATES - 2022

BUNDABERG: Lunch Dates – 1st Friday of the month

November Friday 4th, 2022 from 11.30

December Friday 2nd, 2022 from 11.30am

At Railway Hotel 87 Perry Street – Bundaberg North 4670

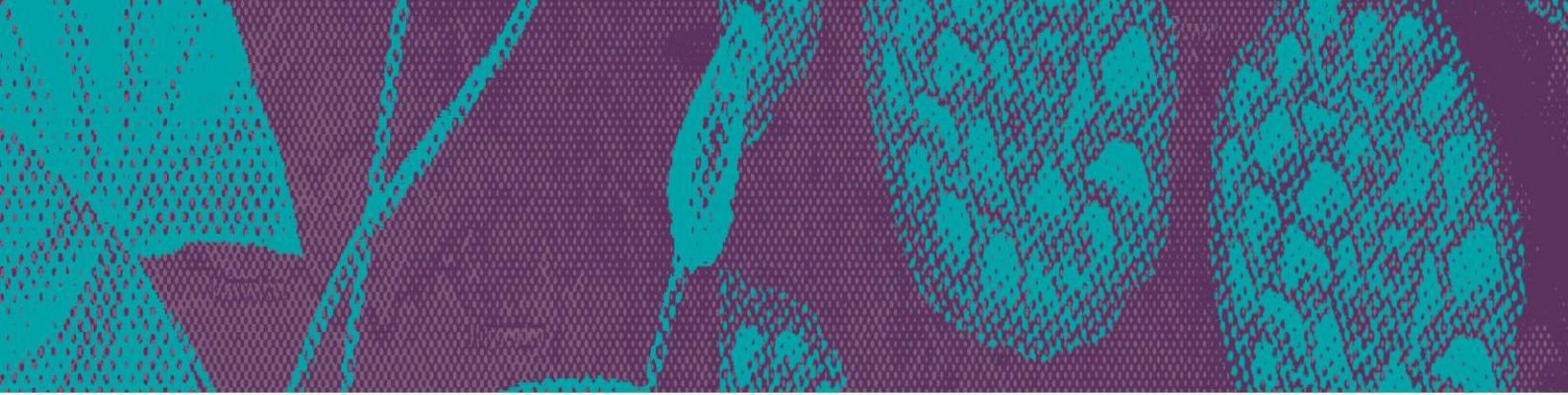
Mackay – Meeting Dates – 1st Wednesday of the month

November Wednesday 2nd, 2022 from 11.30am Taylors

December Wednesday 7th, 2022 from 11.30am Taylors Hotel

Rockhampton – Lunch Dates 1st Tuesday of the Month

November Tuesday 8th, 2022 from 11.30am (once off change to 2nd Tuesday of month) December Tuesday 20th 2022 from 11.30am (once off change to 3rd Tuesday of month)



*Self-care" means looking after yourself.
It means treating yourself as a person who deserves care.
Be mindful of your self-care over the Festive Season*
Christmas can be a tough season for most of us

Be gentle, generous, and patient with yourself

- It's ok to prioritise what's best for you, even if others don't seem to understand.
- Think about what you need and how you might be able to get it.
- Consider talking to someone you trust about what you need to cope.

"I don't really celebrate Christmas and always enjoy taking the day as time just for me, a whole day of self-care and selfishness!"

Plan ahead

- Think about what might be difficult about Christmas for you, and if there's anything that might help you cope. For example: If you sometimes experience [flashbacks](#), [panic attacks](#) or [dissociation](#), make a note of what helps during these moments, and keep it with you.
- If you're going to be somewhere unfamiliar for Christmas, think about what you need to help you cope. Are there things you can bring to make you feel more comfortable? Or is there somewhere you can go to take a break?
- Certain places may feel very uncomfortable for you, for example if they bring back difficult memories. Could you plan to spend less time in difficult places, or not go at all? Are there any reasonable excuses for you to stay away?
- Think about whether you really need to do things if you're not looking forward to them. Can you do them differently or for less time?
- Make a list of any services that you might need and their Christmas opening hours.
- If you're worried about feeling lonely or isolated this Christmas, think of some ways to help pass the time. For example, this might be doing something creative or spending time in nature.

"Take your time. Christmas can be a very busy time of year, if you need a break don't feel bad about taking one."

**Mackay monthly catch
up will be held on
January Wednesday
11th 2023**

**Bundaberg monthly
catch up will be held on
January Friday 6th 2023**

**Lotus Place
CQ
Closed
Thursday
22nd 2022**

**Reopens
Tuesday
03rd 2023**

**Rockhampton first weekly morning tea
will be Tuesday 10thFirst monthly
lunch date to be advised**



CHRISTMAS WORD SEARCH

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

BELLS
CELEBRATE
DECEMBER
JOLLY
REINDEER

CANDLES
CHEER
ELVES
MERRY
SANTA

CARDS
CHIMNEY
GIVING
NATIVITY
STAR

CAROLING
CHRISTMAS
GREETINGS
PEACE
TREE

