

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 | September / October

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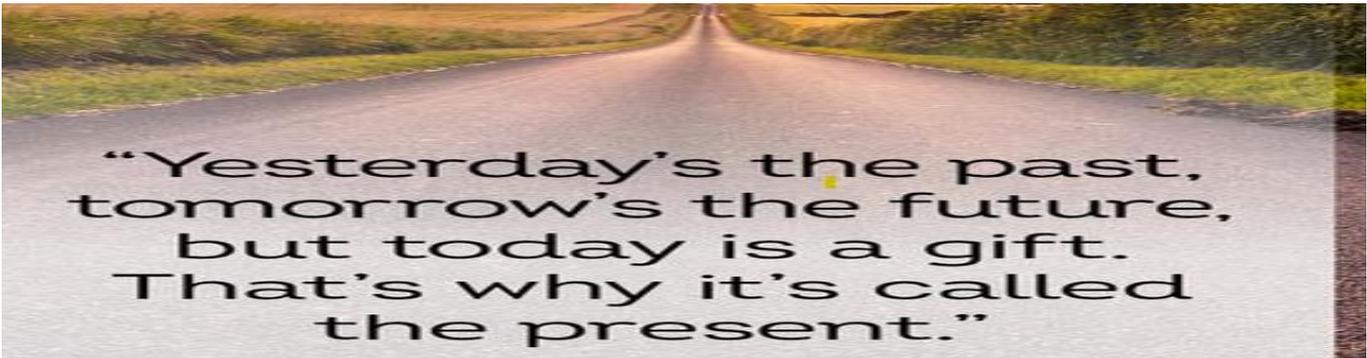
Hello everyone, Spring is in the air and so is Remembrance Day!

Thank you to everybody for all your dedication and hard work that has been put into the Reconciling Art Project, and to all individuals that have submitted their own work. It will be very exciting to see it all come together on Remembrance Day.

Just a quick reminder that all artworks will be on display at the Walter Reid Culture Centre in Rockhampton from 8th September through to the 19th of September, if you want to view the Art Gallery in person. Any further information on this project, please call Lotus Place CQ 4999 4300 and speak with Kelcy. **Don't Forget to RSVP if you are attending Remembrance Day in your area!**

Sadly, Jill has moved on from Lotus Place her last week with us was the 19th of July. Jill will be sadly missed; I am sure you will join me in wishing Jill and her husband all the best with their new adventures in Hobart.

We would like to welcome, Jo-Ann Thomas to the team who joins us as Central Queensland Manager. We will all look forward to meeting and working alongside Jo.



“Yesterday’s the past,
tomorrow’s the future,
but today is a gift.
That’s why it’s called
the present.”

Good -Bye Jill



It feels like you have just come
and just going. We wish you lots
of opportunities and best life.
Never forget us.

*Happy
Farewell*

Welcome Jo



A very warm
Welcome
to you!
It is lovely to have
you among us!

UPCOMING DATES - 2021

BUNDABERG: Remembrance Day Lunch

Lunch - September 30th, 2021 from 11.30am

Bundaberg - Morning Tea – October 28th, 2021 from 10.30am

At Brothers Sports Club – Leprechaun Room - 30 Takalvan St Bundaberg

Rockhampton – Remembrance Day 14th September

Rockhampton – Morning Tea - 10.00am each Tuesday

Lunch is 4th Tuesday of the month 11.30am – 1pm

Lotus Place CQ Building – 10 Albert Street Rockhampton



NEXT GRANT ROUND

Applications need to be submitted to Forde Foundation no later than **Friday 12th November 2021**

Were you a ward of the State of Queensland?

OR

Were you were under the guardianship of the State of Queensland?

OR

Were you a resident in a Queensland institution when you were a child?

If you answered 'yes' to any of the questions above AND you have registered with the Forde Foundation, you can apply for a grant from the Foundation to help you: with dental needs, studies, or obtain work and progress through your chosen field

Please call Lotus CQ if you have any further questions or need assistance completing an application
07 4999 4300



AUSSIE RICE SALAD

INGREDIENTS

- 1 cup pre-cooked rice
- 1 can of corn
- 3 sticks of celery
- Red capsicum
- 1 can pineapple pieces drained

METHOD

1. Place rice in large mixing bowl
2. Stir through corn, diced celery, diced capsicum & pineapple pieces

ADD CHICKEN OR HAM FOR EXTRA FLAVOR



OFFICE HOURS

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.

It is always best to give us a call to let us know you are coming in to say hi to ensure we are here for you. We do not want you to pop in to find out that the office may be closed. There are times we need to close the office during our opening hours – this may be due to staff doing outreach/home visits or giving support to participants due to an emergency.

Participants wanting to come in to see Redress and Disability Royal Commission staff will need to make an appointment.

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 8:30 am – 3pm



We can provide you with safe and suitable community transport to keep you connected in your local area.

Transport services

How we can assist

We can arrange more than a door-to-door trip. Our team can go above and beyond, we can help you get organised for your appointment and make sure you settle back in once you arrive home.

We can support you by offering trips to.

- Hospital - to and from and accompaniment whilst waiting
- GP and other health appointments
- General shopping
- Groceries and supermarket visits
- Hairdresser and personal grooming appointments
- Prescription collection
- Social events and outings
- Family and friend visits

Our team can schedule a one-off trip or regular, ongoing outings. Just let us know your requirements and we'll work with you to accomplish what you want.

How to get started.

If you're over 65, you may be able to access these services as a part of your [Home Care Package](#). This package is accessible through the My Aged Care [Commonwealth Home Support Programme](#). Alternatively, you can arrange to pay for these services privately through Suncare.

Please call our Customer Service Team on 1800 786 227 for further information.

Self-talk

2611-191K



blue knot
foundation
National Centre of Excellence
for Complex Trauma

We often have inner conversations with ourselves. This is called self-talk. All of us do it. It's just that sometimes we're not aware of it. That's because it is so much a part of us. Even when we are not aware of our self-talk it can still affect us. It's important to think about what we tell ourselves. That's because it really affects the way we feel. And what we do.

Self-talk can be either negative or positive. People are often more likely to think negative thoughts about ourselves. And tell themselves negative things.

When we were abused or traumatised in childhood, we have often grown up believing that we are bad. And worthless. And can replay those negative messages over and over in our head. Our self-talk can reinforce our negative beliefs. Many survivors have a harsh 'inner critic'. Our inner critic can be powerful. And as self-destructive as the person/people who abused us. It can badly affect the way we feel about ourselves.

Self-talk affects our mental health. Negative self-talk can make us feel really bad a lot of the time. It can even make us have suicidal thoughts. Or self-harm. But we can change that. The first step to changing our self-talk is being aware that we are of it.

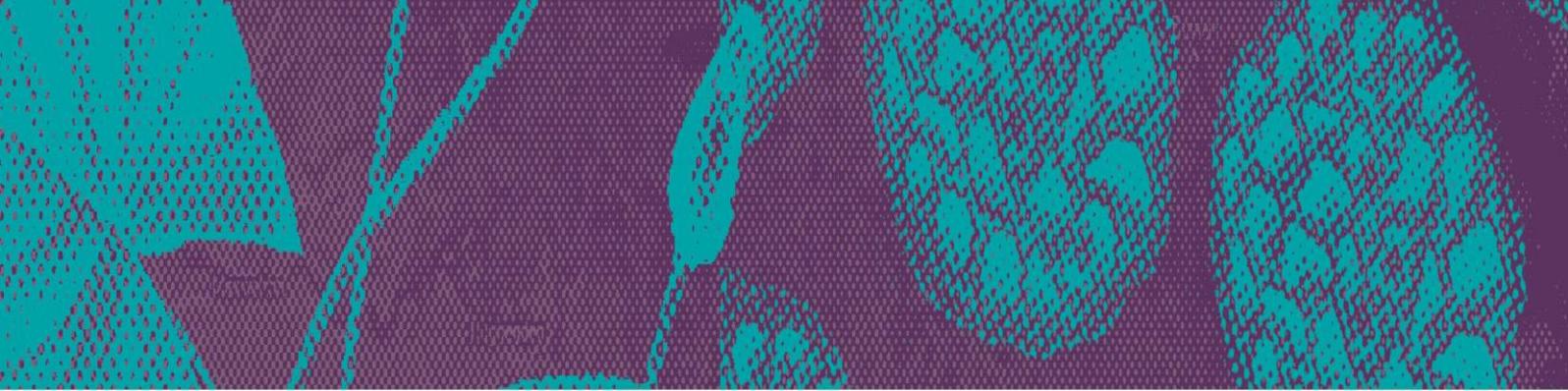
Changing self-talk

Just as negative self-talk can bring us down and even make us depressed, positive self-talk can lift our mood. It can be supportive. And build self-confidence and self-esteem. And help us manage stress. And help us feel less depressed and anxious. If we can start to think more positively about ourselves, we can start to feel better.

Survivors have often engaged in negative self-talk for a long time. This means that changing it can take time. But it is definitely possible. It means changing what you think about yourself. This means that we can start to see the world more positively. And feel better about ourselves.

- First thing is to recognise your self-talk.
- What is it telling you?
- Is it true?
- They are only thoughts. Do they matter?
- Can I change them?
- What thoughts would be better?
- What thoughts honour me? My strengths?

Is there another perspective? There is a concept called double story listening. Generally, we tend to listen to the dominant story, the one you are familiar with and that you learnt in childhood. This story often focusses on your weaknesses and areas of shame – see if you can notice what you are thinking about yourself



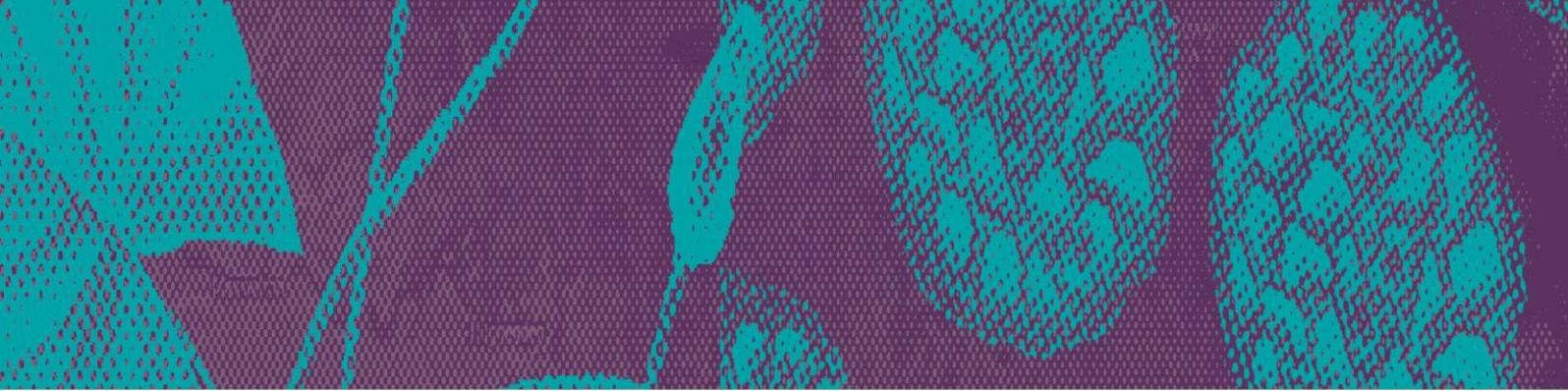
Camping



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|--------------|------------------|-----------------|-----------------|
| air mattress | compass | marshmallow | roasting sticks |
| animals | flashlight | memories | s'mores |
| batteries | hammock | mosquitoes | sleeping bag |
| cabin | hiking | mountains | summer |
| campfire | insect repellent | nature | swimming |
| campsite | island | outdoor cooking | tent |
| canoeing | kayak | raccoon | trailer |
| chipmunk | lantern | reservation | vacation |





A series of horizontal lines for writing, starting from a yellow sun in the top left and ending with a yellow flower in the bottom right.