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About us..... 2016

Inner South Family and Friends (ISFAF) is a community support group for families and friends of people with a mental illness based in the Inner South East region of Melbourne but we welcome those interested in mutual support from any area. Our group has now been in existence for some 25 years.

Run by a committee of volunteers, the aim is to support one another and to find and share the latest information on resources and developments in mental health. Speakers are invited on relevant topics to our monthly meetings. We try to promote and protect the interests of people with a mental illness, their families and carers, sometimes advocating directly on their behalf but more often directing them to funded organisations which might be able to help.

ISFAF has a small office at Waiora Clinic alongside Alfred Psychiatry Carer and Consumer Consultants. Our part time volunteers respond to **messages** which can be left on 9076 4713 or via **email** sent to isfaf@alfred.org.au. Whilst we very much appreciate strong support from Alfred Psychiatry, we are completely independent and rely on minimal funding from the Department of Health and Human Services, Carers Vic and the Alfred Health Carer Services, small donations and the voluntary efforts of our members.

We circulate a **newsletter** four or five times a year. Our **library** is located at Waiora Clinic – you can find a book list on: www.ispaf.org. Contact us on 9076 4713 to request a book. Library books are also available at our monthly meeting.

Meetings are held at the Betty Day Centre, 67 Argyle Street, St Kilda, **2nd Tuesday of each month, February - November 7.30 - 9.30pm**. We hold a dinner in December. Guest speakers discuss a topic of general interest and answer your questions. There is the opportunity before and afterwards if you wish to chat with other carers and share experiences but such discussion is confidential. Donations are appreciated towards supper but are not obligatory. Anyone interested in mental health is welcome.

This year's program is outlined below:

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| 9 February | Mind Recovery College and Mind Support Services: Diane Hardy Director, Mind Recovery College and Emma Higgins Learning and Development Consultant. |
| 8 March | Medication: Kellie Shanley, Clozapine Coordinator, Alfred Psychiatry, Waiora CMHS and Michelle Hooper, Senior Pharmacist-Psychiatry, Alfred Health. |
| 12 April | John Watkins , mental health counsellor, educator and researcher and author of many books on mental health is our guest speaker. Shayden Bryce , Provisional Psychologist, Monash University will speak about his research study. |
| 10 May | Felicity (Flick) Grey , researcher, trainer and consultant in mental health, working from a lived experience and trauma-informed perspective. |
| 14 June | Police, Ambulance, Critical Emergency Response (PACER) Team: A police officer and clinician from this team will speak and answer questions. |
| 12 July | Dominique Saunders, Principal Saunders Legal |
| 9 August | Dr Brendan O'Hanlon , Mental Health Program Manager, Bouverie Centre speaking on Family Sensitive Practice |
| 13 September | AGM: Associate Professor Simon Stafrace speaking on Innovations, Developments and Patient Care at Alfred Psychiatry |
| 11 October | Rebecca Brereton Alcohol and Other Drugs Nurse Practitioner Candidate, Alfred Community Psychiatry Alcohol and Other Drugs – An overview of treatment options in the Inner South |
| 8 November | Martin Foley, Minister for Housing, Disability and Ageing, Minister for Mental Health, Minister for Equality, Minister for Creative Industries |
| 13 December | End of Year Dinner: Almazett, Balaclava Road, Caulfield |

As an organisation we aim to foster a group of understanding people willing to share experiences and help one another in a confidential and supportive environment