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Autumn 2015

This newsletter will attempt to summarise a broad range of mental health related activities which may be of interest to members. It is especially geared towards those without internet access and might also be useful for mental health professionals wishing to engage with families in our region. Please make diary notes of these dates if they are of interest:

Tuesday 14 April - MH Tribunal
Tuesday 12 May - MHCS
Tuesday 9 June - MH Advocacy

Our first two meetings for 2015, on the topics of **Employment** and **Neami National** were very well attended. Neami is the central intake point in this region for **Mental Health Community Services (MHCS)** our topic in May.

Tuesday April 14 - a notice is enclosed as well as some background information relevant to the **Mental Health Tribunal**.

Tuesday May 12 - we have invited the respective managers of mental health community services, **Mark Smith from Prahran Mission** and **Alan Murnane from Inner South Community Health Service (ISCHS)**. These two organisations are now the sole providers in our region of dedicated community support for those with mental illness. Mark and Alan will tell us what they can offer.

Tuesday June 9 - the **Advocacy** service provided for consumers within the new Mental Health Act will be our topic. Incidentally, we have been asked to contribute our thoughts on a name for this new service. ISFAF continues to lobby for an advocacy service for families and carers as well.

Tuesday August 11 - AGM - we are absolutely delighted that **Professor John Read**, has agreed to speak at our AGM. Highly distinguished in psychological circles worldwide, he took up the post of **Professor of Psychology at Swinburne University of Technology** in February 2015.

ISFAF Dining Group

Eighteen of us, including six consumers, recently dined together at Giardino's Pizza and Pasta Restaurant in Elsternwick. We each paid our own way and another evening is planned for mid year:

Do join us on
Wednesday 22 July at 6.30pm
at the
Mediterranean Greek Tavern
511 Glen Huntly Rd, Elsternwick
RSVP to our office by 16 July

Arising out of the previous evening, several young men expressed interest in getting together for tennis. If anyone of our members would be interested in taking the idea further we will very happily promote it.

SANE on-line Carer Forum

Support Groups such as ours provide an opportunity for mental health carers to exchange information, hear from knowledgeable speakers, relax over a light supper and discover that they are far from alone in the challenges they face. However, not everyone is comfortable in such a milieu, may not have the time or don't want to go out at night. If you have internet access you may find this resource, initiated by SANE, very helpful:

<http://saneforums.org/>

Looking for a home...first steps

Wednesday 22 April 2015, 5.30 - 8.30pm
St Kilda Town Hall, 99! Carlisle St
RSVP by 17 April on 1800 558 268 or
email: vic@grow.org.au

Organised by the recently amalgamated Inner South/Bayside Mental Health Network this forum will draw together many of the housing providers and other organisations concerned with mental health in the Bayside region and will offer a great opportunity to gain much information with minimum effort.

A to Z of MAPrc Trivia Night

Friday 24 April, 7 pm
Adults \$25 Students \$20

Alfred Psychiatry Research Centre is holding a fundraising evening at the Meet Market Pavilion, 5 Blackwood St, North Melbourne. Tables of 8-10 are encouraged but not essential. If you would like to make up a table with others from ISFAF please let our office know and we we'll see if we can arrange one. For more information call Tiffany on 9076 5654 or email tiffany.davis@monash.edu

17th Annual Bruce Woodcock

Memorial Lecture
May 7th 6 - 8.30pm
ANZ Pavilion, Arts Centre
Topic: Recovery

See: <http://www.mifellowship.org/news/woodcock-lecture-recovery>

**Prahran Mission's
Annual Winter Breakfast Launch
Tuesday 19 May 2015 at
Prahran Town Hall 255 Chapel St
Tickets \$60
7.00am for 7.30am start
RSVP by 13 May on 9692 9500 or
admin@prahranmission.org.au**

This excellent program in its 24th year provided 5,000 free hot breakfasts in 2014 to those experiencing homelessness, living with a mental illness, poverty and social disadvantage. Keynote speaker at this year's launch is the Hon. Martin Foley MP, Minister for Mental Health.

**Tandem Mental Health
Free Carer Forum at the
Darebin Arts Centre
Cnr. Bell & St Georges Road, Preston
Tuesday 19 May - 9.00am - 4.30pm
Discussion will be broad ranging on
topics of interest central to carers
Let us know if you are interested
in going so that we can pool
transport.**

Bouverie Centre - Open Dialogue

A number of us attended the Bouverie Clinic to hear more about 'Open Dialogue' a methodology practised for the last 30 years in North West Finland and attracting attention worldwide for its effectiveness. Its basic principles are:

1. IMMEDIATE HELP
2. A SOCIAL NETWORK PERSPECTIVE
3. FLEXIBILITY AND MOBILITY
4. RESPONSIBILITY
5. PSYCHOLOGICAL CONTINUITY
6. TOLERANCE OF UNCERTAINTY
7. DIALOGISM

As the words 'Open Dialogue' suggest, there is less emphasis on confidentiality, lesser reliance on medication and a greater involvement of family and community networks in an effort to unravel underlying psychological factors which might be influencing the distress. Its principles have attraction for families and carers who often feel shut out of the conversation, and perhaps blamed, where the mental health of their loved ones is concerned. There is a natural fit between Open Dialogue and the Bouverie Centre's family therapy approach.

The Bouverie Clinic has other sessions planned:

2 days: 18 - 19 April 9.30-5pm Cost \$50

Fostering Realistic Hope - for those supporting a family member with Borderline Personality Disorder

1 July 9.30 - 12.00pm - free

The Nominated Person: One Year On

9 September 9.30-12.00pm - free

Capturing Lived Experiences: Voices of Families Experiencing Mental Illness

13 October - full day - free to carers and consumers
Mini Conference: Fractured Families: Finding Paths to Healing

As these sessions are free, or nearly so, they are very popular and so **Booking is absolutely essential** on www.bouverie.org.au/training/pd or 9385 5100
The Bouverie is at 8 Gardiner Street, Brunswick so let us know if you are going so that we can car pool.

Carers Victoria

This is the peak body for all Carers - of the elderly, those with disability and not just carers of people with mental health issues (for which Tandem is the peak organisation).

Carers Victoria is involved in advocacy but is also funded to provide educational resources and counselling. Attached to this newsletter is a list of two hour educational sessions which are provided at their headquarters - Level 1, 37 Albert Street, Footscray - but they can also be delivered directly at a support group meeting. Let us know if any are of particular interest.

Individual free confidential professional counselling can be arranged by calling **1800 242 636** See their website for more detail: www.carersvictoria.org.au

I can vouch from personal experience....now ten years in the past thank goodness...that this can be enormously helpful when things are really tough!

Other Community Resources

Don't forget that local councils as well as organisations such as Inner South Community Health provide an array of low cost and free activities to help one maintain one's health. We keep the brochures in our office, take them to our meetings and try hard to circulate the information. However, if you want to keep fully abreast of the range of options as they become available here are some contact detail:

City of Port Phillip - for *Live and Learn Course Guide* call **9209 6777** or email assist@portphillip.vic.gov.au

City of Stonnington - *Free Physical Activity Classes in the Parks* - Active Living Program - call **8290 1224** or visit www.stonnington.vic.gov.au/sport. The next term commences on 13 April and will include Yoga, Tai Chi, Chi Gong and 'Mums & Bubs Fitness'.

City of Glen Eira - for activities call **9571 7644** or email CommunityInfo@gleneira.vic.gov.au

Inner South Community Health Service - provides a guide, *'It's Happening'*, describing a broad range of services available to residents, workers or students in South Melbourne, Port Melbourne, Garden City, Albert Park, Middle Park, Prahran, Windsor, South Yarra, Toorak, part of Armadale, St Kilda, St Kilda West and part of Balaclava. The current guide is for January - June 2015. To obtain a copy call **9525 1300** or visit their website: www.ischs.org.au

This newsletter is packed with dates - please make a note of those which interest you and **don't forget to book** as, like the Bruce Woodcock Lecture, many activities fill up quickly.

Penny Lewisohn