



Waiora Clinic, Level 2, 435 Malvern Road
South Yarra, Victoria 3141

Telephone: 9076 4713 Email: isfaf@alfred.org.au
Website: ispaf.org
Convenor: Judi Burstyner M: 0425 723 746

October 2016

I greatly appreciate your support and confidence in re-electing me as convenor for yet another year. Hopefully I will not let you down. If you have feedback/suggestions I would be delighted to hear from you. For me this is a large learning experience and your ideas are always welcome. My learning curve has been a challenging one and it continues. It would have been, and still is, impossible for ISFAF to function without its wonderful committee. Without the support of committee members I could not have continued in this role. Not wishing to name anyone in particular because every member has been of great help, I want to thank Penny whose wide ranging knowledge and skill is truly awesome.

We are grateful that all committee members are continuing in their roles and also welcome Anne Finch whose knowledge and experience via her role at Tandem will be invaluable and Linda Bader who is a new and very keen member.

In between newsletters I collect items of interest in the hope that when I come to prepare the newsletter, it will be easy for me to insert interesting, relevant material. Each time, I've been horrified at the interesting, useful opportunities that those of you who do not receive emails have missed out on because they have elapsed.

We especially thank Dr Stafrace for his attendance at our AGM, for his interesting talk, his immeasurable patience in answering questions – and then after over an hour of QnA, for staying till the wee hours. He always follows up on issue raised at meetings, for which many of us are very grateful.

ISFAF NOVEMBER MONTHLY MEETING
7.30 PM Tuesday 8 November 2016
Betty Day Centre - 67 Argyle Street, St Kilda

Hon Martin Foley, Member for Albert Park
Minister for Housing, Disability and Ageing,
Minister for Mental Health,
Minister for Equality,
Minister for Creative Industries

We are indeed fortunate to have the Minister for Disability and for housing to be our local member. Minister Foley has a deep understanding and appreciation of mental health issues. Most ISFAF members have little if any opportunity to meet the minister whose portfolio lies so close to our hearts. Our November meeting provides the perfect opportunity to do so. Minister Foley plans to talk only for a short time, but has agreed to a QnA session. So despite the many pressures on carers, this is an opportunity which may provide answers. Though our membership touches nearly 300 extended families, it is understandable that only about 12% to 15% come to meetings, preferring to address their solidarity to carer issues in other ways, nevertheless, do not waste this opportunity.

CARERS' WEEK STARTS TODAY.

Don't forget to look on Carers Vic website for the many events planned for carers' Week.

NATIONAL CARERS WEEK 16 - 22 OCTOBER 2016

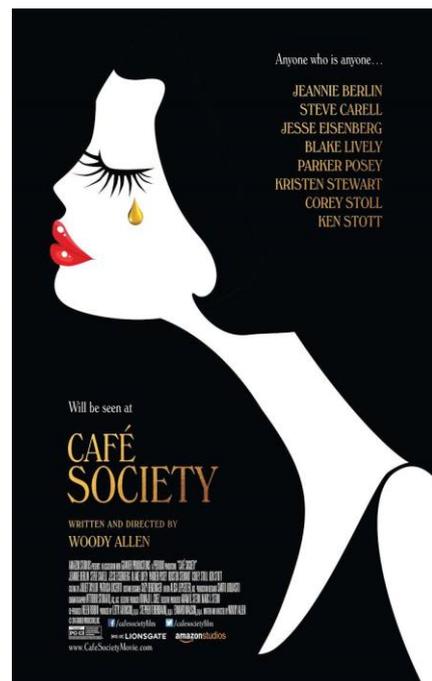
Keep looking on the website for more information and events as they are loaded.

<http://www.carersaustralia.com.au/events/carers-week-2015/carers-week-2015/>

ISFAF CARERS WEEK FILM AFTERNOON

SATURDAY 22 OCTOBER 2016 – COMO CINEMA

Cnr Chapel Street & Toorak Road, South Yarra



1.15 pm for lunch prior to film
Film will commence between 2 & 2.30pm (tba)
Cost (including lunch): Non-waged \$7 Waged: \$12

Bookings essential by 4 pm Monday 17 October

Advise name, phone number and number of tickets

Phone 9076 4713

Please leave message - phone is attended part-time

Thanks to Carers Vic for their generous support

For information or emergencies:

Email: isfaf@alfred.org.au or contact

Judi: judi.burstyner@gmail.com or M: 0425 723 746

DINING GROUP

THURSDAY 3 NOVEMBER 2016

6.30 pm La Porchetta,

93 Toorak Rd South Yarra
Bookings Essential by 4 pm Monday October 31
(ie book before Cup Day)

Please book by phoning 9076 4713 (leave message) or
emailing jsfaf@alfred.org.au

Our Dining Group functions have all been resounding successes. It's a joy to watch consumers, carers, friends and family members of all generations enjoying themselves together. Ages have ranged from 10 years old to 96 years young.

Last year's dinner at La Porchetts was a resounding success. We were able to have a quiet private area at the back. Food was delicious, conversation and company extremely pleasant. Everyone pays for themselves, but prices are modest and quality has been reliable and good.

NDIS Quarterly Report for April-June 2016.

If you are bored with life and have many hours to spend, I heartily recommend the NDIS Quarterly Report for April-June 2016. This, the last report for the three year trial period lists up-to-date statistics on NDIS participants, plans and average costs of support. [Psychosocial disability remains the third most common primary disability for NDIS participants in Victoria, with 'daily living' and 'independence' identified as their most common support needs.](#) The NDIA is currently reviewing how people with psychosocial disability access the Scheme, developing strategies to better deliver supports to participants with psychosocial disability and devising an efficient pricing model for psychosocial disability supports. <https://www.ndis.gov.au/about-us/information-publications-and-reports/quarterly-reports.html>

Investment to unlock workforce innovation for NDIS participants and providers

The Coalition Government has announced a \$5 million fund to identify innovative ways of building and managing the National Disability Insurance Scheme workforce. The new Innovative Workforce Fund (IWF) will be run by peak body National Disability Services (NDS), with \$1 million allocated towards researching and developing different workforce models that can be applied to the disability sector, and the remaining \$4 million available for innovative workforce related projects over the next two years. -----

WATCH THIS SPACE!!! COALITION PROMISED TO INVEST \$192 M TO STRENGTHEN MENTAL HEALTH IN AUSTRALIA

<https://www.liberal.org.au/coalitions-policy-strengthen-mental-health-care-australia>

Arts Access is an organization which often provides very good opportunities to individuals with a disability and their carers to attend performances at vastly reduced rates.

See website for further details.
<http://www.artsaccess.com.au>

Suicide Prevention Awareness Network EAST (SPANeast)

<http://www.spaneast.org.au/> is a passionate committee of people whose personal experiences have motivated them to increase community awareness of suicide in a way that is uplifting, inclusive and resourceful



<http://www.recoverycollege.org.au/courses/cheltenham-campus>

Some examples of the many useful courses run by Mind:

Mindful self-compassion - October 19, 2016

Mindful self-compassion is the practice of repeatedly evoking good will toward ourselves especially when we're suffering, It can be learned by anyone.

Food and mood - October 21, 2016

Food can affect our mood and mental wellbeing. This course will help you to identify foods that nourish your body and soul. We will develop an understanding about nutrition, good health and energy, and explore how we can best achieve optimal health and wellbeing. The course will help you develop more awareness of why, when and what you eat, and how to change your habits, manage your cravings and add nutrients that can support more positive daily moods.

- **November 3, 2016 - Recovery narratives**
 - **November 8, 2016 - Employment recovery in action**
 - **November 28, 2016 - What is Recovery?**
-and many more – look on MIND website

TANDEM

SEPARATE NDIS FORUMS FOR CARERS AND CONSUMERS

<http://www.vic.gov.au/ndis/getting-ready/north-east-melbourne.htmlf>

Psychopaedia – (<http://tandemcarers.us5.list-manage.com/track/click?u=f41b29b2b5acfa2b488cea7ef&id=9ba5af3bda&e=272ad454ac>)TM is an online publication devoted to psychology. It aims to make this immense field - the discoveries, the disorders, treatments, as well as insights into the human mind and behaviour – accessible to all.

BORDERLINE PERSONALITY DISORDER COMMUNITY CARERS' GROUP:

6.45pm–9pm, third Tuesday of the month
Tom Hills Room, Inner South Community Health Centre,
341 Coventry Street, South Melbourne.
RSVP: bpdcommunityvic@gmail.com

**UNI OF TASMANIA: FREE ONLINE COURSE –
PATIENTS' RIGHTS**

<http://www.utas.edu.au/health/study/patients-rights>

The University of Tasmania is running a free online community outreach unit. The Patients' Rights course aims to develop knowledge of the Australian healthcare system, focussing on the legal and ethical aspects of patient rights, including access, participation, respect, privacy, and safety. Explore aspects of patient rights and apply these to healthcare situations in a practical way.

The Patients' Rights course is specifically designed to provide skills to better navigate interactions with the healthcare system. Phone: Nathan Savage on 03 6226 8526.

**VICTORIAN MENTAL ILLNESS AWARENESS COUNCIL
(VMIAC,)**

- the peak Victorian non-government organization for individuals with experience of mental health/ emotional issues> VMIAC engages in numerous helpful activities such as mutual self-help and support groups, advocacy, education, training and provides guidance in many areas. For example, they have prepared an 'Easy Guide to completion of your Advance Statement' which is available on their website

[:http://www.vmiac.org.au/pub/mha/vmiac_guide_to_advance_statement.pdf](http://www.vmiac.org.au/pub/mha/vmiac_guide_to_advance_statement.pdf)

as well as a template for an Advance Statement at:

http://www.vmiac.org.au/pub/mha/advance_statement_template.pdf

An Advance Statement is a formal statement of an individual's treatment preferences for when they may be unwell, may not be able to think clearly and may be finding it difficult to effectively communicate their wishes to a treating team. It provides an overall understanding of the individual and what is important to them.

***Seminars with John Watkins
SOUL'S PERILOUS JOURNEY***

John's inspiring talk to us in April 2016 has been discussed a great deal among our members. Those who didn't attend and those who were stimulated by his talk may be interested in gaining more knowledge from his experience. He is a mental health counsellor, educator, and independent researcher. His publications include Living With Schizophrenia; Hearing Voices: A Common Human Experience; Healing Schizophrenia: Using Medication Wisely; and Unshrinking Psychosis: Understanding and Healing the Wounded Soul.

These seminars are based on findings of a lifetime's research and reflection that will form the basis of a forthcoming book, *The Soul's Perilous Journey*. The seminars are suitable for anyone with a genuine, open-minded interest in the topics and issues alluded to above.

Day 1: Sat 12 Nov: 9.30 am –5 pm

Paradise Lost

From primal consciousness to scientific materialism: an overview of major cultural, scientific, psychological, and philosophical influences on the evolution of the modern Western mindset and worldview.

Personal and social costs of living in a world disenchanted and desacralized.

Day 2: Sat 19 Nov: 9.30 am –5 pm

Re-enchanting the World

What we can learn from the venerable wisdom traditions of humankind – ancient and modern, Eastern and Western – that will help us recover a sense of the sacred dimension of our existence and reconnect with life's higher meaning and purpose.

Limited places. Prompt registration recommended!

Venue: Kensington Town Hall

Full price: One day \$180 Both days \$300

Unwaged /F/T student: One day \$90 Both days \$160

johnwatkins@iprimus.com.au or (03) 9376 3957 (BH)

SANE - Useful Videos, On-line Forums, Practical Guides and Fact Sheets with a wealth of information

Much of the focus has been on men's health during this year's Mental Health Week. Nevertheless, the videos on the website of Sane has some very useful videos for both consumers and carers and of interest to both men and women:

<https://www.sane.org/>

A VITAL PHONE NUMBER TO KEEP HANDY

**Alfred Health Carer Services – 'Help available 24/7'
via phone line - 1800 052 222**

'We can give you information and help you to coordinate the services you might need. This will vary according to your situation.

We provide friendly advice. People are not always aware of what is in place to assist them. We can help you get started. Just having a chat with us can be helpful.

Caring may mean you can't work and your income is affected, or you may find the cost of equipment or medications expensive. You may be eligible for some financial support from the government. We can help you to understand and perhaps apply for these.'

Some respite opportunities may attract funding or brokered support from our service.

'If you need urgent respite, if you are ill or something unexpected occurs, or if you feel you can't manage, call us'

The website: <http://carersouth.org.au/> provides access at the bottom of the screen to links for specific areas of caring :

- Older persons / person with dementia,
- Persons with intellectual or physical disability,
- Persons with mental illness,
- A young person caring for a parent or sibling,
- Culturally diverse or needing translation

FEEDBACK

Feedback of any sort is appreciated. Ideas for improvement (ie negative feedback!) is equally welcomed as positive feedback because it will be considered and is likely to help to improve ISFAF for all of us.

Regarding feedback relating to Alfred Health, an earlier newsletter specified where feedback should be targeted for each of the various departments. Please note that issues affecting carers are taken seriously. Together with Violeta, ISFAF is fortunate to have quarterly meetings with Dr Stafrace, Director of Psychiatry and Fran Fisher, Head of Psychiatric Nursing and monthly meetings with Heads of Nursing for the two outpatients clinics- ie for St Kilda Road Clinic and for Waiora. If you have matters you wish ISFAF to raise at any of these, please contact me personally. Discretion and strict professional privacy rules will apply.

TWO INTERESTING COMMERCIAL OFFERS I CAME ACROSS VIA CARERS VIC 'VOICE'

Carers Australia Partner with the National Home Doctor Services

Carers Australia has partnered with 13SICK, National Home Doctor Service, Australia's largest network of after hours, home visiting doctors.

During October, 13SICK is offering carers and care-recipients, their family and friends who receive support from and are engaged with Carers Australia, complementary After Hours Plus membership by applying via this [link: https://homedoctor.com.au/after-hours-plus/pre-register](https://homedoctor.com.au/after-hours-plus/pre-register)

AMCAL offers 10% discount to carers making on-line orders till 31 December 2016

**Use code: CA16VC at checkout
See AMCAL website for Terms and Conditions**

[Click to order with your discount.](#)

http://www.amcal.com.au/?cm_mmc=carers- -na- -external- -10pc

LOCAL COUNCILS, LIBRARIES AND FUN ACTIVITIES

At Carnegie Library last week I attended an outstanding 2 hour course on using Iphones and I pads to take photos and how to store the images. I think sometimes we get so involved in our immediate issues that we forget about the fun things. Doing fun things, makes the routine enjoyable and the routine becomes less of a grind. Jo, the lady who ran the course was an excellent educator with encyclopaedic knowledge and the patience of Job. I know there is another course coming up, so if anyone is interested, I suggest they look on the City of Glen Eira webpage for libraries.

When time allowed (ie before I became convenor!!) I've also made use of MeetUps. These are great ways to learn and to extend your comfort zone into areas of interest that you may not be able to access via your own social network.

MeetUps are not single groups, but simply groups of individuals who get together to share common interests. Via MeetUp I learned that I will never – never, ever contemplate cross country skiing again. However I did return covered with such an artistic array of multi-coloured bruises that if Jackson Pollock could have put them onto canvas, he'd have made zillions. Via MeetUp I did several sessions learning about photography from yet another admirably patient and wonderful educator with vast knowledge – David Gilliver. I've tried to co-ordinate 'camping with best mate (my dog Molly)' group, but not yet succeeded.

It's Carers' Week – time to think of yourselves and to enjoy some time out. I know it's hard and virtually impossible for some, but many of us go through with tunnel vision, doing the daily, weekly grind without ever thinking out of the box. Carers' Week is the time to do just that. Just Do It.

I'm just recovering from the joys of the repeated company of the younger set – undoubtedly joyful, but also accompanied by burn-out and fatigue. ..which might explain why this newsletter is so late in going out.

Keep your eye on our website: <http://ispaf.org/> for changes. Judith does a marvellous, time consuming and difficult job in keeping it up-to-date.

Please don't hesitate to phone or email us with questions or feedback. I look forward to catching up with you at each of the following events:

SUMMARY OF 2016 DATES FOR YOUR DIARY

22 October – Carers' Week Saturday Film Afternoon

Palace Como Theatre
Lunch at 1.15 pm, movie at approximately 2 pm
Woody Allen's new film 'Café Society'
Cost including lunch:
\$7 Pensioners \$12 Wage earners

3 November – Dining Group

6.30 pm La Porchetta South Yarra

8 November – Monthly Meeting -

**Hon Martin Foley, Member for Albert Park
Minister for Housing, Disability and Ageing,
Minister for Mental Health,
Minister for Equality,
Minister for Creative Industries.**

13 December – Annual Christmas Dinner

6.30 pm Almazett, Balaclava Rd, Caulfield

I look forward to seeing you at all of the above interesting and varied events.

**Warm Regards,
Judi Burstyner, Convenor**