



Office and Postal address:

**C/- Waiora Clinic
Level 2
435 Malvern Road
South Yarra VIC 3141**

Tel: (03) 9076 4713

Email: isfaf@alfred.org.au

Website: <http://www.ispaf.org/>

Monthly Support Group Meeting

7.30 pm Tuesday 9 May 2017

MultiPurpose Room, Betty Day Centre, 67 Argyle Street, St Kilda

access via carpark at end of Bath St (off Inkerman St)
or via southern end of path from Argyle St

Hayley Peckham

- mental health nurse, neuroscientist, freelance trainer and consultant with lived experience of complex trauma

-

Neuroplasticity

Our brains are shaped by our lived experiences.
Thus we can consciously work to alter our brain and the way it works.

All welcome, no charge, no need to book

Light supper available 7.15 pm onwards

No need to RSVP but please come early, especially if coming for the first time

If having trouble finding the Betty Day Centre please call Judi on 0425 723 746

No charge, but a gold coin donation towards supper is always appreciated

DINING GROUP 12.30 pm Sunday 25 June 2017.

MILANO'S BISTRO TAVERN

4 The Esplanade Brighton, near corner South Road

Milano's is a lovely venue overlooking the sea and gorgeous at lunch.

**Last year's lunch was an overwhelming success
so we are returning to the same venue.**

Don't miss out – book well ahead

To book: email isfaf@alfred.org.au or leave a message on phone 9076 4713

Bookings are essential and must be made by noon Thursday 22 June

CARER CARD – Lots of Benefits - Who is Eligible? <http://carercard.vic.gov.au/carers/>

To be eligible for a Carer Card you must be a resident of Victoria and either:

- the primary carer of a person with a disability, severe medical condition or mental illness, or someone who is frail aged or in need of palliative care
- a foster, kinship or respite carer.

You can confirm your eligibility by:

- providing your Centrelink Customer Reference Number (CRN) or your Department of Health & Human Services Vendor Number if you receive a carer payment or allowance
- having a medical professional verify your eligibility.

Professional carers that receive a wage for providing care are not eligible.

And don't forget

ONE DOLLAR CINEMA TICKETS FOR CARERS offered by Carers Victoria and Hoyts Cinemas

This offer is available through Carers Victoria for carers who are members – membership is free!

The Hoyts Carers offer gives an adult movie ticket for the price of one dollar (maximum of one ticket per day) to carer members of Carers Victoria. This offer is valid until December 2017. To receive a \$1 Hoyts Cinema ticket, carers must:

- Be a current carer
- Present their Carers Victoria membership card when purchasing their ticket, and
- Be accompanied by the person they care for (this person will still need to pay their relevant price of entry).

See here for more details <http://www.carersvictoria.org.au/hoyts-deal>