



Office and Postal address:
C/- Waiora Clinic
Level 2
435 Malvern Road
South Yarra VIC 3141

Tel: (03) 9076 4713
Email: jsfaf@alfred.org.au
Website: <http://www.ispaf.org/>

Monthly Support Group Meeting

7.30 pm Tuesday 11 July 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

Jenifer Lee **“The Law and You-**

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Jenifer has extensive experience in Elder Law and Community Education including Wills, Powers of Attorney and End of life Medical Decision Making.

She is happy to answer questions as long as they are not personal. If you have questions of a general nature, please send them to me and I will forward them to Jenifer ahead of the meeting or bring them on the night.

Please note that specific personal issues cannot be discussed.

All welcome, no need to book Light supper available from 7.15 pm

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

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

Mind Australia – Respite Calendar and Carer Support Groups

For opportunities to enjoy respites – some one day, but others in 4 days of luxury, see:

<http://www.carersouth.org.au/assets/Friday-EXTRA-June-2017/Mind-Bayside-RESPITE-Calendar-2017-final-PRESS.pdf>

Tandem - Carer Support & Referral Service

Tandem is funding the appointment of a Mental Health Carer Support & Referral Service. In the last few weeks, Robbert Roos has commenced at Tandem and will be providing an Advocacy service. Through the Carer Advocate, Tandem will be able to offer carers and families the support of a 1:1 skilled advocate, and provide accurate up-to-date information, compassionate support, and timely referral. Don't miss out: Phone 8803 5501 or Email: robbert.roos@tandemcarers.org.au

Stonnington Carers Forum – Thursday 13 July 10 am to noon.

The City of Stonnington are holding a carers forum with the focus 'It's OK to care for yourself when you're caring for somebody else'.

Carers will be provided with the skills of self-compassion to use in everyday life, recognising that there are times when carers feel vulnerable. A range of community services will also be available on the day to provide information.

Where: Banquet Hall, Malvern Town Hall, 125 High Street, Malvern

Registration is essential: Please call 8290 3224 or Email: ageanddiversity@stonnington.vic.gov.au

VMIAC AGM Photography Competition – Call for entries!

VMIAC is holding its Annual General Meeting on November 1, 2017 during the 'Our People Our Voice Conference 2017' at the Northcote Town Hall. They are looking for a photograph to print on the cover of their AGM report and would like to offer one of their members a \$400 prize for the best photograph entered by you. VMIAC will also offer two \$50 Coles cards for the two runners up. The photograph must be an original JPEG and must be emailed to conference@vmiac.org.au no later than July 31st 2017.

Wellways - Caring for Carers arranged by Carers for Carers

This is a group for carers and family members of someone experiencing mental health or other psychosocial/physical disabilities. The group offers social and emotional support, tips and knowledge, allows the opportunity to share information and ideas, develop coping strategies and make friendships in a supportive and caring environment:

Restore Enjoy a coffee and share experiences and knowledge in a safe and understanding environment with other carers.

When: 1st Friday of each month, 10am-12noon Where: Various locations Cost: \$2 per session

Recreation Experience activities for fun, fitness and friendship. This could include enjoying a movie together, a relaxing game of golf, a morning of pampering or a shopping expedition. You decide.

When: 3rd Friday of each month, ½ day morning or afternoon

What: Various activities determined by the group Cost: \$2 per session rejuvenate A real break, an opportunity to rejuvenate your mind, body and soul. A time and space to be yourself, catch your breath, relax and recover with the company and support of other carers. This is a great opportunity to build lasting friendships.

When: August & November What: Overnight stay at a location determined by the group Cost: \$10

For further information on any of these groups, please contact Wellways intake on (03) 9784 6800

**FOR YOUR DIARY **

Tuesday August 8	The Honourable Emma Kealy, MP, Shadow Minister for Mental Health, Shadow Minister for Senior Victorians, Shadow Minister for Consumer Affairs.
Tuesday September 12	Michael McGartland, Principal Clinical. Psychologist, Community Programmes, Alfred Psychiatry
October Carers Week	Carers Week Event- Film Afternoon
Tuesday October 10	AGM, Prof. Jayashri Kulkarni, Dir, Monash Alfred Psychiatry Research Centre (MAPrc)
Tuesday November 14	Associate Prof Simon Stafrace, Director, Alfred Psychiatric Services - the service, current changes and plans for future improvement.
Tuesday December 12	End of Year Dinner -venue tba.,