



September 2018

We thank Maggie Toko, Indigo Daya and Marie Piu for having prepared important material to take to our policy makers (ie politicians) to help them understand the issues which face individuals within the mental health arena. The presentations by these three wonderful ladies at our last meeting were inspiring. It is vital that all members, their family members and friends utilize the work and preparation of the campaigns. Details of Tandem's campaign and the important petition which we all should sign are at: <http://www.tandemcarers.org.au/>

VMIAC's election platform can be found at:

<https://www.vmiac.org.au/election-18/>

Please make a special effort to attend our September and October meetings so that politicians see that we have numbers – votes are vital to them.

I have started to compile a list of services that are no longer available to us and/or our loved ones. This is an important way of showing politicians how we have been sidelined and forgotten – [10.5](#)

ISFAF DATES TO REMEMBER

MONTHLY SUPPORT GROUP MEETINGS 2018

Generally held at 7.30pm on the 2nd Tuesday of the month in

Multipurpose Room, Betty Day Centre, 67 Argyle St, St Kilda

(easiest access is via Bath St car park, off Inkerman St)

No need to book, no charge, but a small donation is appreciated. Light supper from 7.15 pm

7.30 pm Tuesday 11 September

GUEST SPEAKER: SAM HIBBINS, MLA
Member for Prahran (Greens)

7.30 pm Tuesday 9 October

GUEST SPEAKER: DAVID SOUTHWICK, MLA
Member for Caulfield (Liberal)
... possibly with 2nd speaker tba.

7.30 pm Tuesday 13 November

GUEST SPEAKER: ASSOC. PROF. SIMON STAFRACE,
Programme Director,
Alfred Mental and Addiction Health (AMAH),
(formerly known as Alfred Psychiatry)

6.30 pm Tuesday 11 December

End-of Year Dinner – Venue tba
(Subsidized event)

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

Telephone: 9076 4713

Email: isfaf@alfred.org

Website: ispaf.org

Convenor: Judi Burstyn M: 0425 723 746

OTHER ISFAF EVENTS PLANNED FOR 2018

Bookings are essential to all these events.

Please phone 9076 4713 or email: isfaf@alfred.org.au,
and advise which events you wish to attend.

Join us on Saturday 13 October
to celebrate Mental Health Month:

The Hope Song – A play by Janet Brown

<https://www.courthouse.org.au/ticket/thehopesong/>

In this honest and moving new play, souls are bared by seven actors who take us on a journey that attests to the enduring power of hope and offers fascinating insights into the people whose portraits make up The Hope Song. The play has returned because it was so well received and comes highly recommended by one of our members who saw it earlier this year at La Mama in Carlton.

The Courthouse Theatre is near Geelong Station.

We plan to take the train departing from Southern Cross Station at 10.30 am, enjoy a picnic lunch together and see 'Song of Hope' at 2.30 pm.

Buy your own train ticket, bring your lunch but the theatre tickets are fully funded.

We thank Alfred Health Carer Services for fully funding our theatre tickets.

Join us at Como Cinema Sunday October 21
at approx. 10.00 am to celebrate Carers Week

Film: 'Ladies in Black' at the Como South Yarra, followed by lunch at LaPorchetta South Yarra.

A slight twist on previous film afternoons – This year it's a film morning, food to follow with unlimited time to chat.

Cost: Film: \$5 with Pension Card or \$10

Lunch at LaPorchetta: \$5 with Pension Card or \$10

Exact time of film to be advised.

2018 Carers Victoria Election Platform Survey

The next Victorian state election will be held on Saturday 24 November 2018. Carers Victoria is developing a State election platform and would welcome your input. As the state-wide organisation representing and providing support for carers across Victoria, Carers Victoria wants to hear from as many carers as possible about what you want from the Victorian Government in the 2018 election.

<https://mailchi.mp/12f7c032cbff/carers-holiday-grants-459937?e=f9ae0a966f>

Monash Health - Mental Health Week Art Competition

This Art Competition is open to any consumer, patient, client and their families/Carers and staff of Monash Health, Mental Health Program and Aged Persons Mental Health Program, Drug & Alcohol Services, and Dual Disability. **Artwork must be received by Friday 28 September 2018 at 12 Garside Street, Dandenong.**
<http://www.carersouth.org.au/assets/Friday-EXTRA-June-July-2018/MH-Art-Competition-Poster-2018.pdf>

ResetLife – a new Victorian-first alcohol and drug treatment service for South Eastern Melbourne

Residents in South Eastern Melbourne will have access to a new free Alcohol and Other Drug (AOD) treatment program from August this year. Called ResetLife, it's the first of its kind in Victoria to help tackle harm caused by alcohol and drug use. The program for adults involves 16 weeks of intensive treatment, followed by 36 weeks of continuing care. The highly-structured format includes individual and group sessions for clients and family members. ResetLife will start in Frankston and be delivered by Peninsula Health. It will be implemented in other parts of South Eastern Melbourne over the next 12 months.

Consumers, family, friends as well as health professionals, can call SEMPHN's Intake number (Ph: 1300 331 981) between 9am-5pm weekdays for information and to be referred to the program.

FREE Family Relationship Support for Carers (FRSC)

This is a statewide service providing counselling, mediation and future planning support for families caring for someone with a disability (including mental illness). For more information, contact Ph: 1300 303 346 or Email: frsc@each.com.au
<http://www.carersouth.org.au/assets/Friday-EXTRA-June-July-2018/EACH-FRSC-Brochure-2017-Web-240517.pdf>

ALFRED HEALTH CARER SERVICES FREE WORKSHOPS Carers get frustrated too

Caring for a family member or friend can be demanding and tiring, causing frustration at times. It is common and normal to feel this way. This workshop will explore why we feel these emotions, what we can learn from it and how to safely manage and use them to motivate us to make positive changes.

6 September - Frankston Ph: 9212 3000
https://gallery.mailchimp.com/c655042b2ee60919c4939e2cf/files/e1577280-6039-4295-bd06-0dc50bf6454e/AHCS_Carers_Get_Frustrated_Too_Frankston.pdf

25 October – Brighton East Ph: 9212 3000
https://gallery.mailchimp.com/c655042b2ee60919c4939e2cf/files/77e02d24-9508-4438-a824-211219c204c9/AHCS_Carers_Get_Frustrated_Too_Brighton_East.pdf

Self-care through Tai Chi and Mindfulness

November – Caulfield A series of three workshops commencing on Thursday 8 November in Caulfield to explore how the gentle movements of Tai Chi and the practice of mindfulness can sustain you in your caring role. Ph: 9212 3000

https://gallery.mailchimp.com/c655042b2ee60919c4939e2cf/files/68f777a0-a355-47d2-9641-d2c22bebd1ea/Tai_Chi_for_self_care_Caulfield_November_2018.pdf

September -Chelsea The three day Tai Chi and Mindfulness programme is also being run in Chelsea on **Thursdays 11, 18 25** Ph: 9212 3000

<http://carersouth.org.au/assets/News-and-events/Tai-Chi-for-self-care-Chelsea-September-2018.pdf/>

Dealing with Carer Stress

November - Berwick

Caring for a family member or friend can be tiring and demanding. You may feel overwhelmed and stressed at times. Join in for a series of three workshops commencing on Thursday 22 November in Berwick to assist with these feelings and to provide carers with practical tools and tips so you can care for yourself while caring for another. Ph: 9076 6150

https://gallery.mailchimp.com/c655042b2ee60919c4939e2cf/files/d8a6270a-0fb2-420c-97f1-bf04ae4822c6/Dealing_with_carer_stress_Berwick_November_and_December.pdf

Getting ready for the NDIS

These sessions will help carers better understand the NDIS, how to prepare to transition to the NDIS and build confidence within the new disability system. See details, including RSVP, for the following sessions:

18 September: in Frankston Ph: 8781 3400
<http://www.carersouth.org.au/assets/Disability/20180918-NDIS-information-session-Frankston.pdf>

20 September in Caulfield Ph: 8781 3400
<http://www.carersouth.org.au/assets/Disability/20180920-NDIS-information-session-Caulfield.pdf>

25 September in Caulfield Ph: 8781 3400
<http://www.carersouth.org.au/assets/Disability/20180925-NDIS-information-session-Dandenong.pdf>

Updated resources from Alfred Health Carer Services (AHCS) <https://www.carersouth.org.au>

AHCS has recently updated and printed information brochures showing available support and links for carers who live in the Southern region and care for someone with mental illness.

“Support for carers of people experiencing mental health issues”

<http://www.carersouth.org.au/assets/Friday-EXTRA-June-July-2018/AHCS-MH-Matrix-WEB.pdf>

“Mental Health Carer and Family Support Groups”
<http://www.carersouth.org.au/assets/Friday-EXTRA-June-July-2018/AHCS-MH-CSG-WEB.pdf>

**Resource: Coming Home with Bipolar:
Information for Families & Carers**

This resource offers information to families about bipolar disorder and available treatments, as well as advice on how to support a loved one living with bipolar while also practicing self-care. It particularly emphasises the importance of open communication in families affected by the condition.

<http://www.bipolaraustralia.org.au/resources/coming-home-with-bipolar/>

Bipolar Carers Support Groups

<http://bipolarlife.org.au/our-support-groups/>

Close family and friends (bipolar carers or caregivers) can be a primary source of support for a person with bipolar disorder. At monthly meetings in many locations, discussions focus on how caregivers can take care of themselves, how to deal with bipolar disorder symptoms and the personal impact it has.

Please note new Bipolar Support Group in South Yarra,
<http://bipolarlife.org.au/south-yarra-bp/>

When: 2nd Wednesday of each month, 7 p.m.

Where: Community Baptist Church 12 Surrey Rd, SY

For information: Ph: 9504 0033

Mental Health Education – Wellways

Building a Future 12 x 3hr sessions in Frankston

https://gallery.mailchimp.com/c655042b2ee60919c4939e2cf/files/ad3eae9d-d59a-4723-89ed-c15fb9b83243/Wellways_Flyer_Building_a_Future_18091_1_V1.pdf or phone 03 9784 6800

Attendees will gain knowledge and skills relating to mental health and recovery and have the opportunity to connect with other families, friends and carers of someone experiencing mental health issues in a supportive learning environment.

Australia's Mental and Physical Health Tracker

<https://www.vu.edu.au/sites/default/files/australias-mental-and-physical-health-tracker-report-card.pdf>

Australia's Mental and Physical Health Tracker is the first Australian study to quantify the risks of physical health conditions contributing to a wide range of mental health issues including anxiety and depression. Released by Professor Allan Fels AO of the Australian Health Policy Collaboration Advisory Board member on 7 August, the latest national report card reveals the strong links between chronic physical ill health and mental ill health. The national report card should be read in conjunction with the background paper that provides context and extends the data summarised in the report card.

The background paper is available at:
<https://www.vu.edu.au/sites/default/files/australias-mental-and-physical-health-tracker-background-paper.pdf>

For another look at caring for physical and mental health -

**September 3: Free Lecture: University of Melbourne
Designing Care for People with Mixed Mental; - Physical
Multimorbidity.**

https://www.eventbrite.com.au/e/great-minds-lecture-by-prof-jane-gunn-tickets-48015265953?utm_source=MSPS+Newsletter&utm_campaign=5a58d417c7-EMAIL_CAMPAIGN_2018_04_09_COPY_01&utm_medium=email&utm_term=0_a1f8c85a4a-5a58d417c7-96937313

Prof Jane Gunn discusses an Integrated Mental Health Team to optimise person centred mental health care that enhances both physical and mental well-being.

Email: enquiry-psych@unimelb.edu.au

The above lecture is one of many excellent, free, easily accessible talks across at UniMelb. such as a recent talk was 'Putting People First: A Personalized Approach to Mental Health'.

The very short, fascinating video on Music and Neuroplasticity is well worth a few minutes of your time:

http://www.abc.net.au/classic/classic-drive/science-week-interview-sarah-wilson-music-and-neuroplasticity/10129458?utm_source=MSPS+Newsletter&utm_campaign=5a58d417c7-EMAIL_CAMPAIGN_2018_04_09_COPY_01&utm_medium=email&utm_term=0_a1f8c85a4a-5a58d417c7-96937313

For talks via School of Psychology and to join their mailing list see:

<https://mail.google.com/mail/u/0/?ui=2&ik=a8be2b6018&view=lg&permmsgid=msg-f:1609547679285167409&pli=1#>

**8th Annual National Borderline Personality
Disorder Conference 2018 Brisbane 10-11 Sept.**

<https://icebergmail.icebergevents.com.au/v/75785/1005268/email.html?k=Sbveza-8MsC3s-nJVakgw2HjsZl3q8Ah72NMMidBmk>

The conference theme is **Research Resources Respect: Connection Building** and aims to highlight the many contributions of those with lived experience of BPD, their families and carers and of everyone involved in improving treatment, care and support for people with BPD to help people to achieve a meaningful life. It provides a unique opportunity for clinicians, practitioners, consumers, carers and family members from across Australia to meet, collaborate, share experiences and learn.

ERMHA <https://www.ermha.org/>

was established by passionate carers to assist with the needs of carers (and thereby consumers also). Their range of services includes respite, vocational support, housing, NDIS help and residential support.

Ermha FREE Self-care evenings for carers and the person you support at Ermha in Dandenong

“Self-care is a deliberate choice to gift yourself with people, places, things, events, and opportunities that recharge your personal battery and promote whole health—body, mind, and spirit.” (Laurie Buchanan, PhD) Come along and join Ermha for an opportunity (from 5.30 – 7 p.m.) to leave your cares and worries at the door, while you enjoy time with others to relax and share new skills. Finger food and yoga mats provided. RSVP to d.hall@ermha.org or Ph: 9706 7388.

https://gallery.mailchimp.com/c655042b2ee60919c4939e2cf/files/9f12826b-9b09-4c30-bd1c-154d375d92c7/Ermha_Self_Care_Flyer.01.pdf

NDIS sessions and support

Casey, Cardinia and Greater Dandenong

Uniting is offering NDIS information sessions for carers living in the City of Casey, City of Greater Dandenong and the Shire of Cardinia as the NDIS will commence in those areas in September 2018. Ph: 9239 2500

Dandenong:

<http://www.carersouth.org.au/assets/Friday-EXTRA-June-July-2018/lifeAssist-DandenongNeighbourhoodHouse-NDIS-Sessions.pdf>

Springvale:

https://gallery.mailchimp.com/c655042b2ee60919c4939e2cf/files/16cb9930-465d-4d81-941e-d6c5bb3b0ab3/Uniting_Revised_Springvale_NDIS_Sessions.pdf

2nd Annual NDIS & Mental Health Conference

31 October to 1 November 2018

Melbourne Convention & Exhibition Centre

‘MH Policy, Practice and Reform – Getting it Right in a Time of Change’

<https://www.eventbrite.com.au/e/2nd-annual-national-ndis-mental-health-conference-tickets-46311821906?aff=ebdsbdestsearch>

NDIA released Mental Health Access Snapshots

The snapshots provide specific, detailed information to people with psychosocial disability, their supporters, and service providers. They aim to assist people to understand the requirements of the NDIS access process in relation to psychosocial disability, and demystify the access process. The snapshots are as follows:

1 – General information about how the NDIS can support your mental health:

<http://www.carersouth.org.au/assets/Friday-EXTRA-June->

[July-2018/NDIS-MH-Access-Snapshot-1-General-Information.pdf](http://www.carersouth.org.au/assets/Friday-EXTRA-June-July-2018/NDIS-MH-Access-Snapshot-1-General-Information.pdf)

2 – Impairment and Mental Health in the NDIS:

<http://www.carersouth.org.au/assets/Friday-EXTRA-June-July-2018/NDIS-MH-Access-Snapshot-2-Impairment.pdf>

3 – Recovery and the NDIS:

<http://www.carersouth.org.au/assets/Friday-EXTRA-June-July-2018/NDIS-MH-Access-Snapshot-3-Recovery.pdf>

4 – Functional capacity and mental health issues:

<http://www.carersouth.org.au/assets/Friday-EXTRA-June-July-2018/NDIS-MH-Access-Snapshot-4-Functional-Capacity.pdf>

5 – NDIS and other services supporting your mental health:

<http://www.carersouth.org.au/assets/Friday-EXTRA-June-July-2018/NDIS-MH-Access-Snapshot-5-NDIS-and-Other-Services.pdf>

NDIS Contact Email

Do you have questions, complaints or need to clarify inaccuracies with any information provided through the NDIS/NDIA? Email: viceast@ndis.gov.au

Service Updates and Newsletters

‘SANE Express – August

Includes: #YouCan’tAskThat; Have you used the SANE Forums?; Australian Mental Health Prize; New discussion paper on mental illness and suicide prevention

<https://saneaustralia.cmail19.com/t/ViewEmail/t/6CD915CEA06ED811/86384D96B2804AD0C5EC08CADFFC107B>

Fixing NDIS National Conference 3-4 Sept. Melbourne.

People with disabilities, families, friends, support organisations, community groups, services, policy makers and elected representatives are invited to contribute to this people-driven process to ensure NDIS delivers on the promise to *Revolutionise Disability Services*.

<http://www.civilsociety.org.au/NDISConference.htm>

Mental Health Australia: CEO Updates:

Frank Quinlan (CEO) is “Speaking frankly”...

Ending homelessness together, all 25M of us

<https://mhaustralia.org/civicrm/mailling/view?reset=1&id=953>

Mental Health Victoria News

Includes: ABC story shines a light on MHCSS workforce; Introduction to Trauma Informed Care; Suicide Prevention Program (HOPE) expands to 6 more hospitals

<https://mailchi.mp/mhvic/mhvnews170718-3191849?e=25ba25a1a2>

World Mental Health Day Partnerships

10 October...”Do you see what I see?”

Run by Mental Health Australia, the website has much information, links to very interesting blogs and a promise wall. <https://1010.org.au/>

Encouraging direct conversations about suicide.

#YouCanTalk

Suicide is the leading cause of death for Australians aged between 15 and 44. About 200 Australians attempt suicide every day and of those, on average, eight will die.¹ die. **beyondblue** is working on reducing the tragic suicide toll by informing people at risk of suicide or who have attempted to take their life with support options, and providing practical advice for people worried about someone they think might be suicidal on how to help

<https://www.beyondblue.org.au/the-facts/suicide-prevention>

#YouCanTalk is a joint national campaign aimed at giving people the confidence to respond to friends and family when they need help and guide them to the right support services. Find out more at:

<https://www.lifeinmindaustralia.com.au/youcantalk>

Caring Fairly - a national advocacy and awareness-raising campaign re the rights of mental health carers.

Mind Australia is leading Caring Fairly which will focus on improving and realising the economic, social and cultural rights of mental health carers. The campaign is supported by a nationwide coalition of organisations that support mental health carers, including Mental Health Carers Australia, peak bodies, and other major national non-government organisations. This three-year campaign will be launched in Winter 2018 and **Mind Australia is keen to hear from carers who would like to contribute their experiences and views.**

<https://www.mindaustralia.org.au/caring-fairly>

Courses at Mind Discovery College

These courses offer an invaluable range of information and wellbeing sessions at a range of locations, including Glen Eira, Abbotsford, Bentleigh and Dandenong:

<https://www.mindaustralia.org.au/mind-recovery-college>

In conclusion,

As you will have seen in the Community Program Newsletter which Judith circulated recently, Alfred Psychiatry has been renamed Alfred Mental and Addiction Health (AMAH). The AMAH newsletter contained a wealth of useful information including a description of new services offered by Star Health, most of which are readily available, for example Mental Health Integrated Care Co-ordination, Accessible Psychological Intervention, Towards Home (self-contained, purpose built residential units in Chadstone and Doveton), Acceptance and Commitment Group Therapy for Psychosis and Sacred Heart Mission's Journey to Social Inclusion (J2SI) which assists with housing for the homeless, AMAH's free Fitness Group at the PCYC Gym.

I apologize to those of you who find this letter to be repetitive of much that you have come across in other reading, especially items that we circulate. I am away with Ruby, my 12 year old granddaughter trying earnestly to complete this newsletter in time for you to enrol and attend the events mentioned in it. When I told her that we have nearly 100 individuals receiving this newsletter by post she looked at me aghast, asking why we didn't have a website to avoid the financial and environmental burden of mailed hard copies, not to mention the large workload – Edwina and Judith proof read, print and prepare the envelopes and hard copies for mailing. It never takes me less than about 20 hours to source, collate and check internet links and provide phone contacts where possible in preparing the newsletter. I told her that we do have a website which Judith keeps up-to-date and that in any event we had circulated most of the material by email, but about 100 folk still needed hard copy as most of them didn't have internet access /computers and computer knowledge. To her this was unimaginable...as it is to most people today. My mother, who died last year, aged 97, managed to check her emails daily. Most of us can get to a local library, where computers and introductory computer courses abound and library staff can often help with glitches. My 75 year old friend Barb retired recently and from no knowledge of computers now corresponds via her Ipad. It's hard to take the first step, though frustrations and challenges abound, the rewards are innumerable.

Finally, I can't stress highly enough the importance of showing up in maximum numbers at our meetings with politicians on 11 September and 9 October. Not only do these meetings provide your opportunity to address your questions directly to members of parliament but we must show solidarity in numbers for them to take us seriously. Please attend each meeting with as many friends and family members as possible.

It happens each month that by the time I finish writing the newsletter, some events pass and I should add new ones. I find it impossible to beat this cycle. I apologize for any typos, but in order that this newsletter reaches individuals in plenty of time, I am emailing it before Judith proof-reads.

ISFAF provides an opportunity for you to convey feedback directly to Programme Director Dr Stafrace and Heads of Waiora and St Kilda Rd Anthony Kennedy and Ian Oliver. Please contact me if you have either positive or negative feedback which you wish me to pass on. It will be dealt with totally confidentially.

Please diarize the ISFAF dates shown on page one. Committee has planned lots of fun events as well as important monthly support meetings. We thank Alfred Health Carer Services and Carers Vic for funding some of the events and look forward to sharing them with you,

Warm Regards,

Please turn over

I want to learn to live in the moment... just not this moment. Some other moment. Like a moment on the beach.

