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Chair: Judi Burstyner M: 0425 723 746
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September 2023.

2023 DATES TO DIARIZE

Dear All,

October is to be a very busy month in our calendar, with many events to diarize. Starting this week, commencing with Tuesday 2 October, our Walks n Chats will be on the first and third Tuesday of the month, not Thursdays as previously. Good weather is forecast so hopefully we will enjoy a beach walk together. Please phone 0425 723 746 for further details on the day before each walk or by 10 am on the day of the walk. With the reconstruction of Northpoint Café, we may meet, coffee and walk in different locations than previously.

On World Mental Health Day (WMHD) – 10 October we have two separate events: a 'free lunch' which ISFAF committee and members are hosting to thank AMAH staff for their patience and dedication to helping our loved ones. WMHD coincides with our Monthly Meeting, making it a very busy day for us. Acceptances by staff of Alfred Mental and Addiction Health (AMAH) are coming in for the 'Free Lunch' hosted by ISFAF for carers and staff. The lunch is a wonderful opportunity to meet and chat with staff. We appreciate members contributing via a plate, but there is no obligation to do so. Assist committee, by RSVP'ing to isfaf@alfred.org.au, as many staff have already done.

For our October monthly meeting on WMHD (10 October), we are extremely fortunate that Jacqui Gibson, Commissioner for Carers at the newly formed Mental Health and Wellbeing Commission (MHWBC) has agreed to be our guest speaker. Jacqui is keen to learn from us what the MHWBC can do to improve the lives of carers and to learn of our wishes and expectations. If you have specific questions or areas that you would like Jacqui to address, please email me at judi.burstyner@gmail.com by Thursday 5 October to enable me to pass your thoughts on to Jacqui.

On Sunday 15 October, we celebrate the start of Carers Week, with our annual Film and Lunch to be held at Como Palace Cinema followed by lunch across the road at Blossom Thai. Bookings are coming in rapidly. I hate to keep repeating that for each event, numbers are limited, but it is true. To secure your place, please book according to the instructions on the next page of this newsletter.

Tuesday 3 October. Walks 'n' Chats

Note change of day from Thursdays to **Tuesdays**
Meeting place for 3rd Oct Wild Gypsea 63A Ormond Esplanade Elwood. On the day prior to the walk or by 10 am on the day of the walk, please phone 0425 723 746 for final details. Family (incl. canines) are very welcome. Remember the sunscreen. Walks are planned for: **Tues:** (not Thurs as previously) Oct. 3 & 17, Nov: 7 (Cup Day) & 21, Dec: 7 & 19

Tuesday 10 October..World Mental Health Day

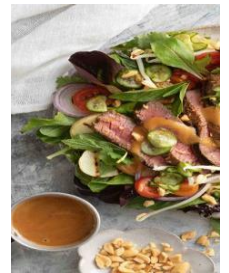
at 549 St Kilda Rd Melbourne,

ample free parking available at night, but expensive, difficult to find during the day. Tram stop at the door.

12.30 pm – 2.30 pm 'Lunch' to thank Staff of AMAH

ISFAF committee and members are hosting this lunch, to thank staff of Alfred Mental and Addiction Health for their patience and dedication in looking after our Loved Ones.

Members are welcome to bring a plate, but shouldn't feel obliged to do so. However, members are asked to help with set-up and clean up. There will be plenty of food IF you RSVP to isfaf@alfred.org.au by Fri 6 Oct.



7.30pm ISFAF Monthly Meeting

Speaker: Jacqui Gibson, Commissioner, Carers Mental Health and Wellbeing Commission

Topic: The Newly Established MHWBC: - and asking your views on what we can do for you.

The new MHWBC <https://www.mhwc.vic.gov.au/> is an independent statutory authority that holds government to account for the performance, quality and safety of Victoria's mental health and wellbeing system

ISFAF has held workshops on 'what we need' from AMAH. However, the WMHD Meeting differs in that the commission is the newly formed, overarching state body, with Jacqui as Commissioner for Carers. We are very privileged to have the opportunity to hear from her about what is happening at the MHWBC, how the commission works and to have direct input. This is an important opportunity not to be missed.

Celebrating Carers Week

Sunday 15 October: Film and Lunch

Please turn over for full details

CARERS WEEK FILM & LUNCH: SUNDAY 15 OCTOBER Palace Como Cinema, cnr Toorak Rd, Chapel St. SY

The film has been seen and approved by a member who found it to be extremely enjoyable and lots of fun. After all - who could resist Kenneth Branagh playing Inspector Poirot in a brain teaser gloriously filmed in Venice? - esp. when it gained accolades on rottentomatoes.com



Cost of the movie and \$40 lunch at Blossom Thai, is included in the donation shown below. Blossom Thai is across the road from the cinema. Lunch will immediately follow the film. Exact details regarding meeting (? 9.45 -10.15 am) will be advised to individuals who have booked.



Bookings close 5 pm Wednesday October 11 (ie - the day after World Mental Health day)

Numbers are limited.... first in best dressed.

TO BOOK:

1. Showing your name with the deposit, please deposit your donation by Wed. 11 Oct.

\$12 for pensioners, \$24 for non-pensioners.

To: ISFAF Community Account,
BSB 033169 A/c number: 258307

2. Send confirmation to isfaf@alfred.org.au.

In your confirmation, please include:

- Name and phone number of each individual attending (pref. mobile ph no.)
- Any special dietary needs / allergies of each individual in your booking.

If you have any questions, please phone m: 0425 723 746 or email: judi.burstyner@gmail.com

On Thursday 12 October, confirmation of booking and exact meeting time will be emailed to individuals who have booked

GENERAL INFORMATION

Nowhere else to go

Our member, Tony has alerted us to the following report commissioned by Australia's College for Emergency Medicine and prepared via Victoria University. It examines why Australia's mental health system is failing the people presenting to the emergency department in mental health crisis, and the urgent reforms needed. Tony has

kindly provided our library with copies available at meetings, or you can download / read via:

<https://acem.org.au/nowhere-else-to-go>

Mental Health and Wellness (MHW)

Family Led Carer Centres, Connect, Hubs and Locals

Our 2023 Winter Newsletter contained information about Family Led Carer Centres (FLCC) and Mental Health and Wellness Hubs (MWH) which were being established as part of the implementation of the Victorian Royal Commission into Mental Health. At the time, each of these were said to be free of charge and available without GP referral to individuals needing support irrespective of their residential location – ie, unlike hospitals the hubs were said not to be 'catchment based' such that an individual could phone or walk in at any FLCC or MWH anywhere in Victoria. As the name at the time implied, FLCCs were specifically for carers, whereas the MWHs were for anyone asking for mental health assistance.

Because the FLCCs were specifically only for carers, I was thrilled by the announcement that Tandem has been awarded the Statewide Support and Coordination Service for the Family and Carer Led Centres. However, I am somewhat confused because the FLCCs have since been renamed to Mental Health and Wellbeing Connect Centres. This puzzles me as, to the best of my knowledge, they remain centres offering support specifically only to carers of individuals with mental health challenges. On page 3 of this newsletter is a message received on Sep 22 from Shamus Goble, Manager of the SE Connect Centre, for which a drop-in site at has been operating for about a month.

Because the 'hubs' originally established as a place anyone from any location could contact for mental health support, I became confused when I received information about the opening of a Mental Health Hub in Monash Medical Centre <https://www.premier.vic.gov.au/dedicated-Emergency-Mental-Health-Hub-Opens-At-Monash-Premier-of-Victoria>. Being part of the medical centre, this hub serves the hospital's catchment, as do similar hospital related hubs at Geelong (Barwon Health), Sunshine (Western Health), St. Vincents, Royal Melbourne and the Frankston hub planned to open in 2025 to make up the six hubs planned for Victoria.

In an attempt to reduce confusion, I am going to refer to the above six newer hubs as the 'new style hubs' to differentiate them from 'the old style Mental Health and Wellbeing Hubs' which opened in October 2021 to support Victorians through the challenges of the COVID-19 pandemic.

The 2023-24 Victorian State Budget committed funding to continue 19 (old style) Hubs for another year, while Mental Health and Wellbeing Locals (Local Services) are being progressively rolled out across Victoria.

Regional Hubs will continue supporting Victorians in Ballarat, Bendigo, Cowes, Horsham, Mildura, Narre Warren, Shepparton, Warrnambool and Wonthaggi.

In the Melbourne metro region, 'old style' Hubs will continue to provide support in Abbotsford, Boronia, Box Hill, Cheltenham, Coburg North, Craigieburn, Footscray, Greensborough, St Kilda and Werribee.

From July 2023, Local Services are replacing the 'old style' Hubs in five regional areas: Benalla, Wangaratta, Mansfield and Wodonga (the Benalla-Wangaratta-Mansfield Local opened in 2022); Geelong (the Greater Geelong-Queenscliff Local opened in 2022). Additionally, the Traralgon Hub has already been replaced by the Latrobe Local, which opened in 2022.

In the Melbourne metro region, five 'old style' Hubs are being replaced by Local Services: Frankston (the Frankston Local opened in 2022), Sunshine, Kensington, Melbourne and Melton (the Brimbank and Whittlesea Locals opened in 2022). A new Local Service is also set to open in Melton from December 2023.

The existing Hubs in Abbotsford, St Kilda and Footscray continue to support individuals.

Call Partners In Wellbeing to discuss options including telehealth support (phone 1300 375 330).

Both 'old style' Hubs and Local Services are an easy entry point to the mental health system, providing free support without the need for a GP referral. 'Old style' hubs are available to all Victorians experiencing psychological distress or mental ill health, complementing clinical interventions and treatment. Local Services offer integrated mental health and wellbeing treatment and supports, including clinical treatment, to adults and older adults 26 years and over, including those with co-occurring substance or addiction, and their family, carers and supporters.

Further information is available on the Better Health Channel website: [Mental Health and Wellbeing Hubs - Better Health Channel](#) and [Mental Health and Wellbeing Local - Better Health Channel](#)

In summary:

- The centres which were initially referred to as Mental Health Hubs, have been renamed as Mental Health and Wellbeing Locals (even though they are not catchment based or only for individuals 'local' to the area in which the Local is located, but are available to any individual who seeks mental health support, irrespective of their residence. [Mental Health and Wellbeing Local - Better Health Channel](#)

and

- The six new Mental Health Hubs ARE catchment based because they are associated with hospitals and seem to be focussed on acute / AOD mental health care,

and

- The FLCCs - ie centres referred to by a name that clearly indicates that the centres are for carers – have now been formally launched according to a new name Mental Health Wellbeing Connect (which does not mention carers). Nevertheless, if you are looking for information about these centres, the internet is replete with websites which still refer to them by their previous name – ie FLCCs.

No doubt in the near future, some of the mental health budget will be utilized to redesign the many websites which were designed (using the mental health budget) to describe the centres by their previous and distinct name of FLCCs (and possibly also redesign the websites for any 'old style' hubs that remain.

I have carefully checked the above information, which is current at 27 September. However please do not hold me accountable for anything into October or beyond.

In the meantime, I am reminded of 2022 when six of Victoria's Public Health Networks (PHNs) funded by the Australian Government, set up a state-wide mental health service called 'Head to **Help**' to support Victorians facing mental health challenges during the pandemic. Shortly after establishment, the 'Heads' also had a name change - 'to an (apparently) more positive sounding' 'Head to **Health**'.

<https://www.headtohealth.gov.au/>

Ph:1800 595 212 - 8.30 am –5 pm.

These Heads will now transition into Locals. [Head to Health services | Head to Health](#)

Legal resources to support community sector

Justice Connect Homeless Law has launched the [Workers' Resource Hub](#), a library of resources for frontline workers who support people experiencing or at risk of homelessness across Victoria.

Practical guides, factsheets, and templates are available to assist in identifying and supporting clients with legal needs related to:

- Housing & tenancy
- Fines & infringements
- Consumer debt
- Criminal law & intervention orders

The hub also contains referral information for Justice Connect and other specialised services that can help people experiencing or at risk of homelessness in Victoria.

LOCAL INFORMATION

Received on 22 Sep. from Shamus Goble, Manager of the SE Mental Health Wellbeing Connect Centre (ie formerly our local FLCC):

The South East Metro Family and Carer Led Centre is a program of Better Health Network (comprising Star Health, Connect Health & Community and Central Bayside Community Health Services) in partnership with [Berry Street](#) and [VACCA Org.](#)

The South East Metro Family and Carer Led Centre will provide focused support to families, carers and supporters of people experiencing mental health and/or substance use challenges; a key recommendation of the Royal Commission into Victoria's Mental Health System.

- The new Centre will be codesigned by those with lived or living experience as families or carers of people experiencing mental health difficulties so they can relate, understand, and assist people with their issues.
- There are currently more than 60,000 Victorians providing mental health care to loved ones, often going unpaid and without support.
- The Centre will be accessible to people across the South East Metro region.
- The Centre is co-designed and led by people with lived/living experience of being a family member or carer.
- Limited drop-in sessions will commence on 07/08/2023.
- Full services are expected to commence later in 2023.

Come and drop-in

Drop-in days provide family members, carers, friends and supporters with access to information, peer support, and the opportunity to relax and take a break.

No referral or appointment is needed, you can just drop in when it suits you.

South Melbourne

Where: South Melbourne BHN – Tom Hills Room

Address: 341 Coventry Street South Melbourne

When: Monday, Thursday & Friday (9.30am to 4.30pm)

BHN is pleased to continue to offer ongoing phone support on **9066 1500**. Phone support is confidential and will be offered by peer staff who have a lived experience of caring for someone living with a mental illness. For more information please contact: carerscentre@starhealth.org.au

ITEMS OF INTEREST

Being Gen Vape

Vic Health and the Behaviour Change Collaborative have joined forces on a major research project to [explore teen vaping](#) across Australia. [New vaping research partnership with VicHealth | The Behaviour Change Collaborative \(thebcc.org.au\)](#)

This research aims to build upon the existing [Being Gen Vape](#) research and will dive deep into the motivations and behaviours that drive teenagers to vape.

CARER / FAMILY RESPITE

Apple Tree Haven provides short-term planned respite for families, carers and supporters in Ballarat. The accommodation sleeps six people and includes linen, bedding, towels, cooking utensils, tea and coffee. A small utilities fee is charged per night, and if you are experiencing financial hardship, payment options are available.

To make a booking or enquire, contact the Ballarat office on **(03) 5337 8999** or [CatholicCare Victoria - Home](#)

Apple Tree Haven

Respite Accommodation

Supporting carers of people with mental health issues and their families to have a break.



I look forward to seeing you all many times throughout October. Please do not hesitate to contact me if you have questions, but please send RSVPs, confirmations of bookings to isfaf@alfred.org.au directly to assist Eleni to respond,

Judi (M: 0425 723 746, E; judi.burstyner@gmail.com)

A man in rural Arkansas is brought before a judge for his preliminary hearing.

"What is the charge, counsel?" The judge asks.

"Bigotry, your honor," the prosecutor replies. "This man has three wives."

"You idiot," the judge says. "That isn't bigotry, it's trigonometry."

A woman was found guilty in traffic court and when asked for her occupation she said she was a school teacher. The judge rose from the bench. "Madam, I have waited years for a schoolteacher to appear before this court."

He smiled with delight. "Now sit down at that table and write, 'I will not run a red light' five hundred times."

Mom: Son, when the bus driver asks you how old you are, tell him that you're 6, not 7. We'll save ten cents.

Driver: How old are you, son?

Child: I'm six, sir.

Driver: And, when will you be seven?

Child: When I get off this bus.