Mailing address: Inner South Family and Friends (ISFAF)
C/- Alfred Mental and Addiction Health,
PO Box 315, Prahran 3181, Vic Aust

Office address: 4th Floor, Spotless Building,
549 St Kilda Road, Melbourne 3004
Telephone: (03) 9076 4784
Email: isfaf@alfred.org.au
Website: http://www.ispaf.org

Chair: Judi Burstyner, M: 0425 723 746
judi.burstyner@gmail.com

ISFAF MONTHLY MEETING 7 pm for 7.30 pm TUESDAY 12 November 2024

GUEST SPEAKERS: ASSOC. PROF. SIMON STAFRACE, PROGRAMME DIRECTOR, ALFRED MENTAL AND ADDICTION HEALTH (AMAH)

TOPIC: CONTINUING IMPLEMENTATION OF THE ROYAL COMMISSION INTO MENTAL HEALTH, GROWTH OF AMAH SERVICES AND WHAT IT MEANS FOR YOU

All Carers, family and friends of individuals are welcome to attend , as are all members of Staff ('Team AMAH'). A light supper provided by our committee is served from 7.05 pm, enabling mingling among individuals sharing similar challenging journeys. No need to book for our monthly meetings. They are free. However, a small contribution is always extremely welcome.

VENUE: 4TH Floor, 549 St Kilda Road, Melbourne - a little to the city side of Wesley College, 549 is easily recognizable by white umbrellas in the forecourt. Lots of free parking in the centre lanes of St Kilda Road, with many trams stopping at the door. If you are having trouble with transport, seek further information or just need a chat, about ISFAF and/or issues faced by carers please phone: Judi M: 0425 723 746 or Eleni M: 0412 018 722

Please come early to chat and to enjoy delicious snacks which will be available from 7.05 pm
For security, we are required to pay a concierge at the door of the building. Latecomers may not be able to enter

Sunday 24 November (subsidized) Lunch and Theatre

11.30 am: Parkers Café 79 Parkers Rd Parkdale (110m from station, free street parking nearby)

DAHLIN! IT'S THE JEANNE LITTLE SHOW… ……Shirley Burke Theatre, 64 Parkers Rd Parkdale

Dahlin! It's the Jeanne Little Show moves seamlessly between story and song. Jeanne's humble beginnings, her years in London, successful marriage the many famous people she met along the way and her attempts to be both mother and TV star are all delightfully covered. With a fantastic batch of hit songs from many eras. Shirley Bassey, Marlene Dietrich, Anne Murray, Lulu, the stories are wrapped in warmth and Jeanne's own brand of zany, irrepressible humour

WRITTEN AND DIRECTED BY KIERAN CARROLL Kieren, son of our beloved member Frank is a prestigious playwright with many international and local productions to his credit: https://kierancarroll.com/ **Starring Caroline Ferguson**

Booking Details: Booking includes the theatre and your choice of upto $25 from the menu of Parkers Café on the day. There is no need to make your menu choice ahead but you must arrive 11.30 am sharp to enable the kitchen to have meals ready in time for you to enjoy the food before the show. The menu is available at: https://parkerscafe.com.au/menu-2
There will be an 'honesty jar' for choices above $25.

The theatre is small, already heavily booked. Bookings are definitely limited. Book asap. to ensure your seat.

To Book

1. Deposit donation $18 pensioners, $30 non-pensioners to:
   Westpac ISFAF Community One Account BSB 033-169 A/c No: 258307, https://parkerscafe.com.au/menu-2
2. Make sure your deposit shows your name,
3. Email (not text) judi.burstyner@gmail.com with:

PTO

*proof of booking,
*names of all the individuals in your booking,

There is no need to select your menu choice ahead. You will need to be on time and choose on the day from the menu. ISFAF will pay for your choice upto $25 per person. If you choose items costing more than $25, there will be an 'honesty jar' for you to pay the extra. Bring appropriate cash as we will not provide change. (… large notes are always welcome!). The menu is shown at: https://parkerscafe.com.au/menu-2

4. expect a confirmation via email on Wednesday 20 November. If you don't receive a confirmation by 8 pm please email judi.burstyner@gmail.com urgently.

Bookings will close when sold out or by 5 pm Tuesday 19 November, whichever occurs first. Seating IS limited.

We are very grateful to Alfred Mental and Addiction Health for their financial support, making this and other heavily subsidized ISFAF events possible.

ELWOOD BEACH WALK 'N CHAT ON THE 1ST, 3RD AND FIFTH (WHERE APPLICABLE) TUESDAY OF THE MONTH

PLEASE NOTE that by demand – it has been decided that Walk n Chats are so enjoyable that we will include the fifth Tuesday of the month (when there is one!) Family members, including canines are very welcome.
Walkers generally meet at 1pm, with non-walkers joining us at 2.15pm for a drink provided by ISFAF.
Please book on the day prior to walk or by 10am on the day of the walk: Ph: Alexis 0423 939 949
Meeting place will be advised when you book. Bookings essential - times and starting points may vary,

Some 2024 Tuesday Walk 'n Chat dates to diarize: November 19; December 3 and 17

ADVANCE NOTICE: END OF YEAR DINNER – PLEASE DIARIZE

6.30 pm Tuesday 10 December:

Tacco and Tosca Middle Park, where last year's EOY dinner was voted to be 'the best ever'. Penny and chef have organized a mouth watering menu.

Booking details will be available shortly.

If you need help with transport or have other questions, Please do not hesitate to contact Judi email judi.burstyner@gmail.com or Ph 0425 723 746.

ADVANCE NOTICE:

ISFAF OFFICE IS MOVING FROM 549 ST KILDA RD TO 607 ST KILDA ROAD.

MEETINGS IN 2025 WILL BE HELD AT 607 ST KILDA ROAD.

WE ARE GRATEFUL TO ALFRED MENTAL AND ADDICTION HEALTH FOR THEIR CONTINUED GENEROUS SUPPORT, INCLUDING PROVIDING US WITH A LOVELY OFFICE, OFFICE FACILITIES AND VENUE FOR OUR MEETINGS.

Please keep an eye on our website, **https://ispaf.org/**
which is kept up-to-date by one of our founding members, our wonderful Judith R