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 10 SEPTEMBER 2024

GUEST SPEAKER: ALICE RYAN, AMAH PHYSICAL HEALTH PORTFOLIO

TOPIC: THE IMPORTANCE OF PHYSICAL HEALTH IN MENTAL HEALTH & THE OPPORTUNITIES OFFERED BY AMAH

Individuals with mental health issues have been reported to die 25 years earlier than the general community. Much of this can be attributed to poor systemic and physical health. The AMAH Physical Health Portfolio, led by Alice, received Outstanding Team Effort award in recognition of its achievements in physical and mental health at the Equally Well Forum May 2024. Come to learn of innovations, improvements and other assistance that is available to help your Loved Ones to live fuller, healthier and longer life.

No need to book for our monthly meeting. It's free and includes a small light supper provided by our committee from 7.05 pm. 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

WEDNESDAY 18 SEPTEMBER:

10.15AM TOUR OF OLD TREASURY BUILDING FOLLOWED BY LUNCH AT PARLIAMENT HOUSE

Bookings close at noon Thurs 12 September. This deadline is essential for the parliamentary kitchen.

TO BOOK:

1. deposit donation ($15 / $30) to Westpac ISFAF Community One A/C BSB 033-169 A/c No: 258307,
2. make sure your booking shows your name and the names of others in your booking
3. email judi.burstyner@gmail.com _Please make sure that your email shows:
   I. proof of booking and
   II. Your menu choices for each of two courses. The menu is attached. Gluten free and vegetarian dishes are marked. Please ignore the prices – these are what ISFAF will pay, but your total cost for two courses including

the tour of Old Treasury Building is $15 / $30. Drinks, including tea and coffee can be ordered on the day. These are at additional cost which you will need to settle on the day.

III. the names of those for whom you have booked and each of the two courses they have chosen.

Confirmatory email will be sent by 5 pm Saturday 14 September. If you do not receive the confirmatory email but have paid, email judi.burstyner@gmail.com urgently and by 5 pm Sunday 15 September.

If you have questions regarding the bookings, please do not hesitate to contact Judi directly on mobile 0425 723 746 or judi.burstyner@gmail.com

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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!) This means that we plan to walk this coming Tuesday.

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: September 17, 24 , October 1, 15, 22, November 5, 19.

ADVANCE NOTICE: DATES TO DIARIZE

Tuesday 10 October. World Mental Health Day - 12.30 pm – 2.30pm 'Free Lunch' with Staff of AMAH

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.

ISFAF is hosting this lunch. You are welcome to bring a plate, but please don't feel obliged to do so. There will be plenty of food **IF** you RSVP to isfaf@alfred.org.au by Thursday 5 October

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Sunday 26 October Carers Week Cinema followed by Lunch details tba.

Sunday 24 November 1.45pm 'Dahlin! It's the Jeanne Little Show'

Shirley Burke Theatre, 64 Parkers Road, Parkdale 3 minute walk from Parkdale Station, plenty of parking. **https://www.kingstonarts.com.au/Whats-On/all-events/dahlin-its-the-jeanne-little-show**

Starring Caroline Ferguson Written and directed by Kieran Carroll, https://kierancarroll.com/

Kieren, son of our beloved member Frank is a prestigious playwright with many international and local productions to his credit:

After the show we sill share subsidized refreshments nearby, and, if the weather invites us, a stroll on the nearby beach.

2ND TUESDAY OF THE MONTH – ISFAF MONTHLY MEETINGS – (7pm for 7.30pm)

Tuesday 8 October Guest Speaker: Robbert Roos, Victorian Legal Aid,

Tuesday 12 November: Guest Speaker: Associate Professor Simon Stafrace, Programme Director, AMAH

Tuesday 10 December: End of Year Dinner 6.30 pm Tacco and Tosca Middle Park

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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.

We are grateful to Alfred Mental and Addiction Health for their continued generous support, including funding functions and providing us with a lovely office, office facilities and venue for our meetings.

Please keep an eye on our website,
which is kept up-to-date by one of our founding members, our wonderful Judith Rafferty

https://ispaf.org/