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| **ISFAF MONTHLY MEETING 7.30 PM TUESDAY 12 OCTOBER 2021**  **S**  **GUEST SPEAKER: FIONA WHITECROSS,**  **­­**  **Operations Manager Inpatient Services AMAH.**  **TOPIC: WORKING TOWARDS EQUALLY WELL.**  **AMAH OVERVIEW OF THEIR INITIATIVES AIMING TO SUPPORT BETTER PHYSICAL HEALTH OUTCOMES.**  **VENUE: Regrettably ZOOM only… NOTE THE NEW ACCESS DETAILS**  Join the Zoom meeting from a warm, comfortable spot at home, with some healthy nibbles  A pen and some paper might also be handy to jot down notes.  You can also join via internet or phone line (even land line)  A chat session will commence at 7.15 pm, so please join early as the meeting will start at 7.30 pm.  - **To join the meeting online:** - click on the link below:  <https://us02web.zoom.us/j/83035685743?pwd=aHcwREFUVW5DRm1heHZRMUpncEc2UT09>  Meeting ID: 830 3568 5743 Passcode: ISFAF  **Or join via telephone (even land line)**  Dial: 03 7018 2005 or 07 3185 3730 or 08 6119 3900 or 02 8015 6011  - Meeting ID: 830 3568 5743 and Passcode: 873287  If you are having trouble, please phone: Eleni on 0412 018 722 or Judi on 0425 723 746  **PTO**  **ISFAF DATES TO DIARIZE**  **KEEP MONDAY 29 NOVEMBER 2021 FREE FOR AN END OF LOCKDOWN DAY OUTING**  We are planning a lovely outing for the day, but it depends on Dan Andrews and vaccination numbers,  so please keep your eyes on our web site for further information. <http://ispaf.org/>  **In the meantime, make sure you are vaccinated to ensure you can join us.**  **BEACH WALK ‘N CHAT** **ON THE 1ST & 3RD THURSDAY OF EACH MONTH THROUGHOUT COVID AND BEYOND.**  During restrictions, we walk in pairs, starting at 1.30 pm from Northpoint Café Brighton Beach (end of North Rd) and continue to chat from 2.45 pm in the café, or outside when ‘café life’ is not permitted. If you can’t join at 1.30 pm, please feel free to join us at 2.45. Family members, including canines are very welcome  .  20212 Walk n Chat dates to diarize:  Thursdays: October 7 and 21 November 4 and 20 December 2 and 20  **NEW DATE: : RESPITE IN BALNARRING COMMENCES FRIDAY 18 FEBRUARY 2021**  **Based on previous bookings, we are fully booked.. If you wish to join, please email me asap**  **as additional places will be allotted strictly in order of application.**  **Email:** [**judi.burstyner@gmail.com**](mailto:judi.burstyner@gmail.com) **or Ph: 0425 723 746**  If you paid the deposit previously and you do not wish to attend at the above dates,  please email Eleni [elenikontos@icloud.com](mailto:elenikontos@icloud.com) and include your bank details for refund :  **Cost: Booking Fee: $10 pensioners / $30 non-pensioners (donation to ISF AF)**  **Plus, on arrival: $10 pensioners / $30 non-pensioners (donation to ISFAF)**  The retreat is highly subsidized, including partial contribution towards food and activities. Participants will be free to ‘do their own thing ‘and/or to join the group whenever they wish. A special visit to artist Di Crawford’s private studio <https://www.dicrawfordartist.com.au/>, in-house daily Tai Chi, exploration of this lovely area, walks and shared meals both inhouse and at local venue(s) are planned, with other activities to be discussed among participants the week prior to the retreat.  **ISFAF MONTHLY MEETINGS. ARE HELD ON THE 2nd TUESDAY OF EACH MONTH.**  Hopefully October 2021 is to be our last meeting to be held exclusively via Zoom and our November meeting will be a ‘hybrid’ meeting providing the opportunity to meet Dr Sudeep Saraf, Programme Director, AMAH at 549 St. Kilda Rd and with Zoom only for members who cannot attend in person.  **7.30 pm, 9 November……..Dr Sudeep Saraf, Programme Director, AMAH**  **6.30 pm, 14 December ……End of Year Dinner: …venue tba**    ISFAF office is not yet attended but please don’t hesitate to contact us by phoning  Eleni on 0412 018 722 or Judi on 0425 723 746if you have difficulty in accessing any meetings or would like information or just need to chat to someone  **.**  **We all need to work together.**  Individuals who don’t have internet won’t have received this flier. They are likely to be the folk who have suffered the greatest isolation, so if you know someone who does not have internet,  please contact them, and/or let Eleni or Judi have their details if you would like ISFAF to contact them.  Many individuals are unaware that they can participate in Zoom meetings without internet.  Please spread the message because those without internet are often the most lonely in our community.  And finally – the same old message – please keep an eye on our website: <http://ispaf.org/>  ISFAF committee is planning fun things for us to share. If you have suggestions for venue / ideas for events please let Eleni or Judi know asap. |