



## Peninsula Voice Inc. – News

May 2019

The Committee of Peninsula Voice is pleased to present a new bi-monthly newsletter designed to share information and to inform readers of the activity of the group and the community.

We hope you enjoy the foregoing and your contribution is always welcomed for the publication.

We hope you enjoy our first edition,

**The Peninsula Voice Committee – May 2019**

### Editorial

#### Loneliness

The issue of loneliness in our community has become a growing and major public health challenge!

Loneliness is commonly understood as an emotional response to the perceived mismatch between the personal contact a person wants and the amount they have.

It is proving to be more than just part of the human condition.

New research shows that it is a very serious public health problem for both young people and the elderly...and it's a global problem.

The evidence of loneliness globally is startling and Australia is by no means shielded from it. For example, in the UK the share of one-person households has doubled since the '60's to be 31% of the population. In the US, the number of people with no close friends has tripled over a similar time frame.

Loneliness is most prevalent in 2 groups...young people aged 15-25 and older individuals aged 75 and above.

Research conducted by Vic Health in 2005 revealed that 1 in 8 young people aged between 16-25 reported a very high intensity of loneliness.

Individual loneliness occurs when a person is missing someone special, such as a partner or a close friend with whom they have had a close emotional bond.

Social loneliness refers to the absence of a network made up of a wide group of friends, neighbours and colleagues.

The quality of those social connections is important. Relationships need to be reciprocal and involve sharing a sense of happiness, satisfaction and self worth.

**The most effective way to reduce loneliness is to make people feel connected to their community.**

Peninsula Voice is very aware of the issues associated with loneliness in our community. Extensive discussions have taken place within the group and also with the Shire and other

relevant parties, to explore the most effective way we can contribute to raising a conversation in our local community about the issues associated with loneliness.

A forum is planned to address loneliness, which will also include homelessness, addiction and mental health, each of which is closely connected to being lonely. Eminent speakers will be selected to create a program of relevant information to help our community to cope better with this major and growing trend.

The forum will seek to educate/inform the community concerning loneliness with the aim of highlighting ways we can all become part of the solution and also how we can safeguard ourselves from falling into deep loneliness, perhaps unwittingly. Watch this space in the bi-monthly Peninsula Voice News for further information.

## **Peninsula Voice Snippets**

### **Thank-you to a couple of legends!**

The Committee recently hosted a 'legends' dinner to honour two stalwarts of the group who have decided to retire from 'active service'.

We will miss the contributions from the wise and caring Allan Avery and Paul Girolami. Both have had a significant impact on the activities of Peninsula Voice since its inception.



The 'Legends' Dinner

### **Farrells Win Award**

Congratulations to Farrells Bookstore who have been awarded 'The 2019 Regional Bookstore of the Year' a national honour as voted by 'Australian Publishers'. A great achievement for Kate Horton and her excellent staff!

Peninsula Voice has enjoyed a close association with Farrell's over the years. We have successfully combined our resources to run book launches featuring writers of significance, such as social commentator Hugh McKay, who participated in the launch of his latest book last October at St Macartan's Primary school.

### Peninsula Voice Web Site

The Committee want to update and relaunch our web site. We are keen to hear from interested parties who could lend their expertise to create and manage an active site.

### Watoto Children's Choir



Australia welcome back the renowned Watoto Children's Choir. They are travelling country-wide on their tour, sharing the wonderful sounds of their native country Uganda, with audiences large and small over the next 6 months.

The choir, comprising 18-20 members, have travelled extensively since 1994, as ambassadors of hope for Africa's orphaned and vulnerable.

***The group are being chaperoned by our own Peter & Roberta Orton and will be performing at the Peninsula City Church on July 21<sup>st</sup> @ 6pm. An event not to be missed!***

### Coffee Time

Have you shared a coffee at Homeground Café yet?

Homeground is a social enterprise café serving uncommon coffee, supporting young people and creating community, partnering with Common Folk coffee roasters and café.

Location: 22 Robertson Drive, Mornington.

[www.homegroundcoffeeco.com.au](http://www.homegroundcoffeeco.com.au)



PV Committee Members (L-R) Gab Gordon, David Corduff, Malcolm Daff, Scott Gordon (inset), Stuart Davis-Meehan, Peter Orton, Sarah Hansen  
Absent: Roberta Orton

***PV Thought Provoker...***

