



## Peninsula Voice Inc. – News

July 2019

Welcome to the second edition of the bi-monthly PV News from Peninsula Voice.

Following positive feedback for the first newsletter, we trust you will enjoy the foregoing and, as always, we welcome contributions and feedback from readers.

### Peninsula Voice Committee – July 2019

## Editorial

### Homelessness

In our first newsletter in May, we highlighted the issue of Loneliness within our community. In October, we will be running a forum focused on Loneliness, entitled **Connecting Communities** (see reference later in this newsletter regarding the date/speakers).

There is however another serious and growing issue within our community and that is Homelessness. We will be addressing this topic in more depth early next year. In the meantime, there are worrying statistics illustrating that homelessness is very prevalent and growing in Victoria, the Peninsula and Nationally, despite concerted and ongoing efforts by many organisations to minimise the social effects of not having a home.

The latest information from the Australian Bureau of Statistics paints a grim picture: In Victoria there are 25,000 homeless people (41.9 people for every 10,000) – this is up 11% since 2011 (Source: 2016 Census data – the latest available information).

A visit to central Melbourne can offer a confronting illustration of those who are homeless, as they straddle the streets seeking help. However, they are sadly only the tip of the iceberg, accounting for 7% of people who are homeless.

The other 93% reside in:

Improvised dwellings such as tents etc. (7%)

Supported accommodation (18%)

Temporary 'other' households (15%)

Boarding houses (15%)

Other temporary lodgings (1%)

Severely overcrowded dwellings (44%)

Data indicates homelessness is increasing across Frankston and Mornington Peninsula region. New data showing increases in homelessness across the Mornington Peninsula and Frankston, is reflected by the skyrocketing demand for support, say welfare groups.

Figures released by the Australian Bureau of Statistics show that the number of homeless people — from 2011 to 2016 — in Frankston City rose from 465 to 546 and on the Mornington Peninsula Shire from 272 to 298.

Salvation Army homelessness and support services (Peninsula) manager Loretta Buckley said spiraling costs for both rentals and utilities were putting people under huge pressure.

“It’s super tough out there. The increasing utility bills are impacting on people,” she said.

“It’s harder to get people into a rooming house. People are not moving on as much as they did in the past.

“Three or four years ago you could find a vacancy in a rooming house, but now it’s getting harder.”

Frankston Homeless Support Services president Mark Whitby said he was not surprised by the ABS data.

Southern Peninsula Community Support and Information Centre program co-ordinator Robyn Coughlin said she believed the real number of homeless people in the region was significantly higher than the figures in the ABS data.



Ms Coughlin said one in five people seeking help at her service was experiencing homelessness.

She said “while many different factors contributed to homelessness, key aspects included rising living costs and lack of real increases in government benefits. Increasing numbers of homeless people were using a shower and laundry service run at Rosebud foreshore”.

The ABS data also revealed:

- THE RATE of homelessness across Australia had increased 4.6 per cent over the last five years;
- YOUNGER and older Australians were emerging as groups experiencing increasing homelessness in Australia;
- ONE QUARTER of all people experiencing homelessness in 2016 were aged between 20 and 30 years.

There are many charitable organisations active in the homelessness space who are doing sterling work helping those in need both in Melbourne and on the Peninsula. The escalating homelessness figures suggest that they are having ongoing difficulty meeting the needs of those less fortunate in our community.

Peninsula Voice seeks to bring to public attention serious community-related issues such as homelessness. We are focused on creating an environment via meetings/seminars/newsletters to publicise and to act as a conduit for positive community-led awareness and action, to redress the imbalances so apparent in our society today.

## Peninsula Voice Snippets

**SAVE THE DATE: 31 October 2019**

### **Connecting Communities – working towards a more connected community!**

Peninsula Voice is pleased to announce that we will be running our next community event at the **Peninsula Community Theatre on October 31<sup>st</sup>**. Themed around ‘connected communities’, the event is aimed at raising a conversation about how we can become a more inclusive and supportive community. The event will feature eminent speakers who will share their knowledge on this subject. Local organisations will also be featured, providing a practical insight into how we are already working towards being a connected community.

**Dr Michelle Lim of Swinburne University**, has completed a major study on Loneliness in Australia and will be a keynote speaker on the night. She is an authority on the subject and brings a wealth of knowledge and understanding about this topical subject.

**Dr Melanie Cheng** is a GP who has a deep interest in Loneliness and how it is affecting many people for many different reasons and from many walks of life. Dr Cheng recently wrote a newspaper article in which she highlighted her surprise that many of her patients were lonely, in addition to experiencing other ailments. She believes ‘isolation’ needs to be worked on at a community level. Melanie will join Michelle Lim as a keynote speaker on the night.

### **Padua College Video Initiative**

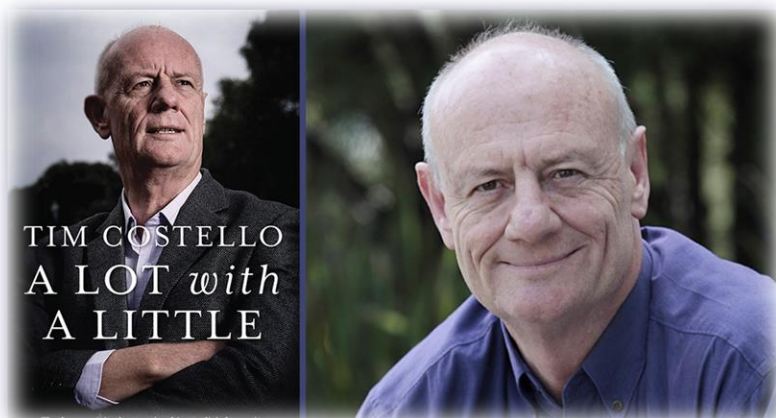
As a key part of the ‘Connecting Communities’ Seminar, Padua College Students will create 10–12 min. videos featuring the activities of various organisations within our Peninsula community. The videos will not only showcase students’ level of competence with this medium, but also illustrate the work of some wonderful community organisations within our Shire. The videos will be included in the **Connecting Communities Event on the 31<sup>st</sup> October**.

To date, the students have filmed the Mornington Botanical Rose Garden, the L2P program and the Information Centre High Tea.

They are also hoping to include the Men’s Shed, Mornington Civic Bowls and The Corner.

**SAVE THE DATE: Tuesday 15th October 2019**

### **Tim Costello Book Launch**



In the lead up to our community event on Thursday 31st October, Peninsula Voice will be joining forces with Farrell’s Bookshop to share a conversation with Tim Costello about his life, his work

and his belief in the value of community. This event will be held at **St Macartan's School Hall** on **Tuesday 15th October 2019 at 6.45pm.**

Tim Costello is one of Australia's leading voices on social justice and global poverty, and has been instrumental in ensuring these issues are placed on the national and international agenda. His book is called '**A lot with a Little**'. In this evocative memoir, Tim Costello explores the people and experiences that have shaped him into a socially active fighter for the world's most challenging issues. Tracing each defining stage of his life with stark insight and honesty, Tim untangles his ongoing struggle to align his self-perceptions with his choices and what his life represents.

More than a simple life story, this is a book about individual and community, public and private, spiritual and material, equality and liberty – and, most of all, about faith and its power to sustain in the face of the world's big issues. Challenging and thought provoking no matter what your beliefs, this is a book to savour and re-read.,

### **The Housing Hub**

The Housing Hub is a new way for people with disabilities to find suitable housing. The Housing Hub advertises vacancies for apartments and houses that are owned by housing providers. It also has a library of useful information about housing options and planning your move.

There are currently 168 properties listed in Victoria!  
Visit the [website](#) to search now

### **Community Mental Health First Aid Training**

27 July & 3 August, Rosebud

22 & 29 October, Mornington

Mornington Peninsula Shire is providing free mental health first aid training to anyone working, volunteering with or caring for young people on the Mornington Peninsula. The training is a two-day course and both days must be attended to receive a certificate of completion.

[See the flyer for details](#)



*Together There's Life*

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The annual '**Sleep in your Car**' event is being held on the weekend that leads into Homelessness Week. This year it is on **Saturday 3rd August/Sunday 4th August.**

Both a fundraiser and an awareness event, it is accessible to the whole community. There will be an education hub, a children's zone, a coffee van and a variety of food will be available plus live entertainment and speakers on the main stage. There will also be an interactive space '**Walk without Home**' which will help people understand the process or walk of a homeless person or a person at risk of homelessness.

Of course the more people we have sleeping out the better. The event is pivotal in raising vital funds for the work that Fusion does on the Mornington Peninsula.

More Information is available [HERE](#)

## The #Pinkbox Dignity Vending Machine

The **Mornington Community Information and Support** Centre is very pleased to advise that it has installed a #pinkbox at its Centre at 320 Main St Mornington.

The #Pinkbox Dignity Vending Machine, an initiative of Share the Dignity and sponsored by local company Brazilian Butterfly, dispenses FREE packs of 6 tampons and 2 pads on demand. We believe that access to pads and tampons is a right, not a privilege, and that no woman should ever have to choose between eating and living with dignity. No girl should ever miss a day of education because she can't afford sanitary items.

Together with Share The Dignity we are passionate about empowering women and girls to live a lifetime of dignity and safety. Each machine is programmed with a delivery delay of 10 minutes, to ensure that no packs are wasted. The machine is located in the women's toilet in the front of the Centre.



## 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)





# Presentation Family Centre



**It is very important to be able to provide rest and recreation to families and carers in need of a short holiday and to support community.**

**Presentation Family Centre** is a holiday destination best known as a place of peace, tranquility and relaxation. Catering for up to 50 guests and located on the beautiful Mornington Peninsula near Balnarring Beach, the focus is to provide a comfortable, enjoyable and memorable stay for all guests, from a variety of backgrounds and experiences.

There are six fully self-contained homes located on a communal 4 acre site.

- House **one** has four bedrooms and sleeps 10 people with one queen
- House **two** has three bedrooms and sleeps 7 people with one queen
- House **three** has four bedrooms with disable bathroom and sleeps 9 people with one queen
- House **four** has three bedrooms and sleeps 10 people with one queen
- House **five** has three bedroom and sleeps 8 people with one queen
- House **six** has three bedrooms and sleeps 6 people with one queen.
- All homes have microwaves, dishwashers, TV's, fridges and all the other normal comforts expected in a home away from home. There is also a communal playground for young children, as well as a playing space for games. Each home has a BBQ and a small patio to sit outside and enjoy the sounds of the birds or the horses in the neighbouring paddocks.

The houses are a 5 minute walk to the pristine Balnarring Beach and a 10 minute walk to the shops and a supermarket. Public transport is limited, therefore a cab or a car is best when staying at the centre.

There is also a large community Centre known as Nanospace@Balnarring Beach, which is available for guest and community hire. This is perfect for workshops or retreats and can be booked as part of a package with a group booking or separately for community use. The Community Centre has a large kitchen, accessible toilet and a view towards another 40 acres of natural bush land, which can be accessed by agreement.

**Presentation Family Centre** is here for you. PFC cares about creating an environment which both is calm and peaceful. The accommodation is positioned within a residential area, therefore naturally, parties and loud activities are not acceptable. However, ample space is provided for family gatherings, educational retreats, small school camps and individual time-out for those who need it.

**122 Balnarring Beach Road, Balnarring, Victoria. PH: 03 5983 1819**  
**Book by visiting [www.presentationfamilycentre.org.au](http://www.presentationfamilycentre.org.au)**

**Make empathy great again! Love your Neighbour!**  
**Empathy and Sympathy...there is a difference!**

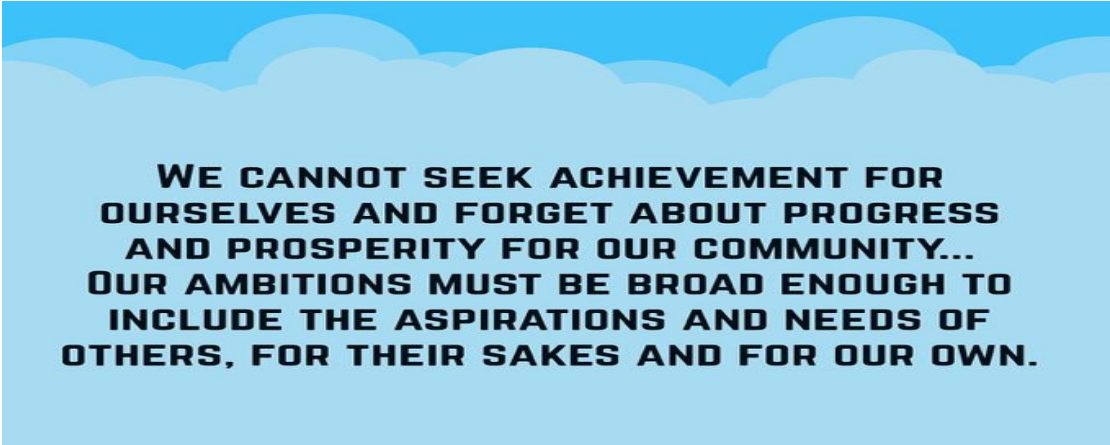
Have you ever considered the difference between empathy and sympathy? Whilst sympathy is feeling pity or sorrow for somebody's misfortune, empathy requires us to go a step further and try to imagine what it is like to stand in their shoes. Empathy requires an attitude of genuine respect and to put our judgements and opinions on hold. Yet empathy is required if we are to truly love and honour others as equals. When we are brave enough to practice empathy, we learn about other people's lived experiences and we may be surprised at the similarities we share with them. Often the most personal experiences are the most universal.

**How do we practice empathy? Listen in order to hear, instead of listening in order to respond.**

Respectfully extend a hand of love and understanding to those who are different to us, those who are on the outer. Empathy is the first and most powerful step in taking up this invitation. We are challenged to consider those who are different to us, even those whom we consider as enemies, and learn about their experiences: their hurts, hopes, dreams and inherent value. As we practice empathy, we will be changed to reflect more and more on a society built on justice and love.

For a short video about empathy versus sympathy, [we recommend this 3min clip.](#)

*PV Thought Provoker...*



**WE CANNOT SEEK ACHIEVEMENT FOR  
OURSELVES AND FORGET ABOUT PROGRESS  
AND PROSPERITY FOR OUR COMMUNITY...  
OUR AMBITIONS MUST BE BROAD ENOUGH TO  
INCLUDE THE ASPIRATIONS AND NEEDS OF  
OTHERS, FOR THEIR SAKES AND FOR OUR OWN.**