



**Peninsula Voice Inc. – News**

**September 2019**

Welcome to the third 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 – September 2019**

#### **Editorial ; Care for Carers**

More than 700,000 Victorians are personal **Carers** for a family member, or a friend who is older with care needs who may have a mental illness or a physical disability or other chronic condition.

Defining the word **Carer** can be difficult because it means different things to different people. Carers can be paid or unpaid, professional or lay Carers.

Some family and friends may not consider that they are Carers, because they see themselves as simply playing their part as a supportive partner, father, sister, daughter or friend.

Carers play an important role in our society, creating many social and economic benefits for themselves, the people they care for and the whole community.

There are a wide range of services and organisations that support the health, wellbeing and independence of people in the community. However it is critical that Carers take due care of their own wellbeing...something that can be difficult for some people to do.

Organisations such as **Carers Victoria** are there to offer support for Carers in a meaningful and ongoing way, thus reducing the stress for those selfless people who seek to care for others in times of need.

Let us not forget the tremendous work being done in our community by the legion of Carers who are unpaid and make such a profound difference to so many lives.

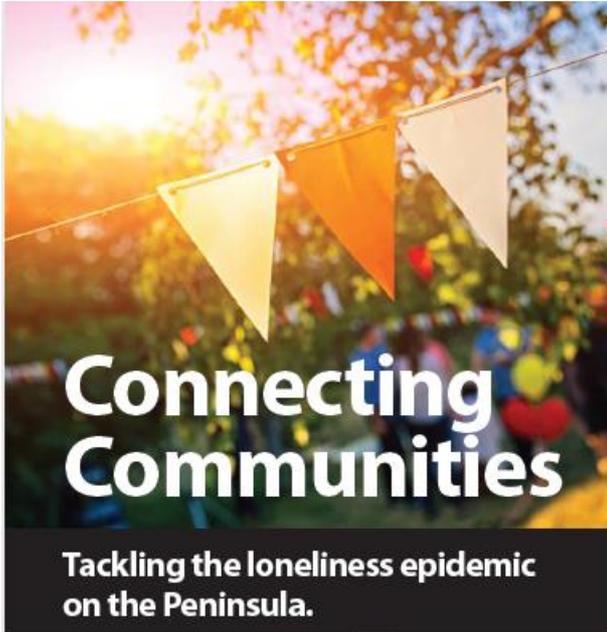
National Carers Week runs from October 13 to 19. Make a point of checking-in to the Carers Week web site [www.carersweek.com.au](http://www.carersweek.com.au)



## Connecting Communities

In the July edition of the Peninsula Voice News, the editorial focused on the issue of loneliness in our community. Research tells us that at least 25% of Australians report feeling lonely each week. It is a global issue and extensive research continues to uncover the causes and develop strategies to reduce what has become social epidemic.

In response to this major issue, Peninsula Voice will be hosting a **forum on October 31<sup>st</sup> entitled Connecting Communities**. The forum will feature eminent speakers who will share their knowledge of the issues surrounding loneliness/isolation in our community, which is often caused by social disconnection. A key component of loneliness is being disconnected from family, friends and the community.



**Connecting Communities**  
Tackling the loneliness epidemic on the Peninsula.

**25% of Australians report feeling lonely each week.**

This forum is aimed at highlighting the issue of loneliness and isolation and providing real life community-based responses.

**Thursday 31 October 2019, 6.30pm for a 7.00pm start. Supper served at 8.45pm**

**Peninsula Community Theatre, Wilsons Rd, Mornington**

**This is a free community event.**

To ensure sufficient catering please book your free ticket via link to [www.trybooking.com](http://www.trybooking.com)

Find us on facebook. Peninsula Voice

Presented by Peninsula Voice and supported by Mornington Peninsula Shire

**Book Here.**

8.27 x 11.69 in



**Free public forum  
All welcome**

**THE SPEAKERS:**



**Dr Michelle Lim**  
Chair of the Australian Coalition to End Loneliness Scientific Advisory Committee



**Rebecca Lee**  
Senior Advisor, Beyond Blue



**Tim Costello**  
A Leading Voice on Social Justice

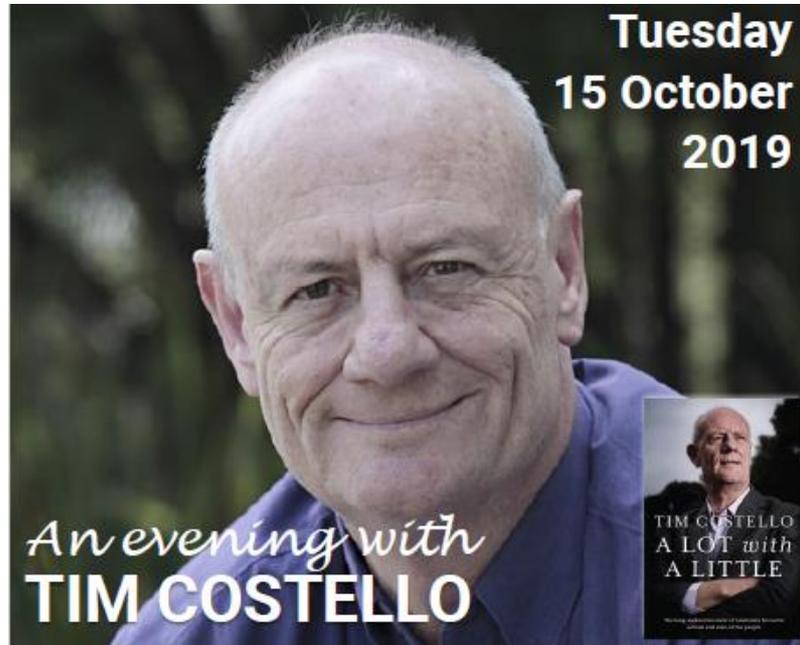


To secure your booking go to: <https://www.trybooking.com/book/event?eid=550967&>

In the lead-up to our Connecting Communities event, we are partnering with Farrell's Bookshop for 'An evening with Tim Costello'.

This event will be on Tuesday 15 October 2019 at St Macartan's Primary School

For bookings: [www.trybooking.com/BECTG](http://www.trybooking.com/BECTG)



**Tuesday  
15 October  
2019**

*An evening with*  
**TIM COSTELLO**

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 new memoir is more than a simple life story, it 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.

Join us to hear Tim in conversation about the people and experiences that have shaped him into a socially active fighter for the world's most challenging issues.

Supper will be provided after the presentation.

Books will be available for purchase and signing on the night.

**6.45pm arrival for a 7pm start**

St Macartan's Parish Primary School  
97 Bungower Rd  
Mornington

Tickets \$5.00  
Ticket proceeds divided between Peninsula Voice, who will use the funds to offset the costs of community events, and World Vision Australia

Book online at:  
[www.trybooking.com/BECTG](http://www.trybooking.com/BECTG)  
Or visit Farrells Bookshop:  
143 Main Street Mornington  
5975 5034

All enquires to Farrells Bookshop  
on 5975 5034 or [events@farrells.com.au](mailto:events@farrells.com.au)




**WE NEED YOU!**

**Be our new  
Community  
Connector**

Neighbourhood Connect is seeking community minded Australians to create friendly welcoming neighbourhoods.

Let's create happier, safer and more connected communities together.

Contact us to be involved at  
[hello@neighbourhoodconnect.org.au](mailto:hello@neighbourhoodconnect.org.au)  
More at [www.neighbourhoodconnect.org.au](http://www.neighbourhoodconnect.org.au)



Representatives from Neighbourhood Connect will be speaking at the Connecting Communities event – if you are interested in being a community connector maybe go and have a chat to them after the forum

## Peninsula Voice Snippets

5km 10km

WALK FOR MENTAL HEALTH

SUNDAY 20<sup>th</sup> OCT 2019

LOCATION: Albert Park Lake, Melbourne  
TIME: 10am - 12:30pm

REGISTER ONLINE <https://www.trybooking.com/BCOUL>

WWW.MHFA.ORG.AU

T-shirts, Caps, MHFA logo pins, water bottles and fresh fruit will be provided

**Get family and friends together and enter the Walk for Mental Health around Albert Park Lake on Sunday 20<sup>th</sup> of October.**

MORNINGTON Running festival

Beyond Blue #RUNTHEPEN

22 SEPTEMBER 2019

HALF MARATHON, 10KM, 5KM AND 1KM KIDS DASH

[www.morningtonrunningfestival.com](http://www.morningtonrunningfestival.com)

Join with family and Friends and take part in the forthcoming **Mornington Running Festival** – proudly supported by Beyond Blue

### **MEDIA RELEASE**

**The Hon Greg Hunt MP, Minister for Health**

#### Building a Mentally and Physically Healthy Australia

Delivering the world's best mental health system – stigma-free and focused on prevention, starting with children under 12 – is the major focus of the Australian Government's Long Term National Health Plan.

[Read more here >>](#)

## **Community Mental Health First Aid Training - 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](#)

### **informed healthcare decisions MEDIA RELEASE THURSDAY 30 MAY 2019**

A new push to encourage Australians to be more proactive in the management of their own healthcare is underway with the launch of a new resource by the NPS MedicineWise Choosing Wisely Australia initiative and the Consumers Health Forum of Australia (CHF).

The *Conversation Starter Kit*, being launched today at the 2019 Choosing Wisely Australia National Meeting in Melbourne, has been designed as a new resource for individuals and organisations promoting better health outcomes for consumers.

It includes an introductory guide, short presentation and a new video encouraging consumers to ask their healthcare providers questions about the tests, treatments and procedures recommended to them.

**‘Through Choosing Wisely Australia’** we are encouraging people to think about the questions they should be asking about their healthcare, to engage in conversations about what care is truly needed – what is helpful and what is not.

“The right choice should be based on the best available evidence and discussions between consumers and their health professionals.”

“Having good conversations about healthcare options is critical to shared decision making between healthcare providers and consumers.”

See the [Conversation Starter Kit](#) Watch the new [It's OK to ask questions](#) video

### **Find out if its anxiety talking - Beyond Blue**

Anxiety is more than just feeling stressed or worried. Anxiety is when these anxious feelings don't go away – when they're ongoing and happen without any particular reason or cause. Everyone feels anxious from time to time, but for someone experiencing anxiety, these feelings aren't easily controlled.

The next phase of the campaign ‘Find out if it's anxiety talking’ is about encouraging you to reflect if your thoughts and feelings may be a sign of an anxiety condition.

Look out for more information on TV, search, radio, outdoor advertising, social media and the [Beyond Blue website](#). [Find out more >>](#)

## **Mental Health Education and Support for Carers**

**Wellways Building a Future Snapshot** is a 2-session mental health education and support program for families, friends and carers of someone experiencing mental health issues. Attendees will gain knowledge and skills relating to mental health and recovery, and have the opportunity to connect with others in a supportive learning environment. The program is led by peers – trained people who have their own lived experience as a family member, friend or carer.

[Learn more here](#)

### **Wellways My Recovery Snapshot – 20 September in Frankston**

Wellways My Recovery Snapshot is a peer education and support program for people experiencing mental health issues. Attendees will learn about mental health and recovery, explore ways to improve social and emotional wellbeing and have the opportunity to connect with others in a supportive learning environment.

[See the flyer for details](#)

### **Call for national leadership: Work on plan to end homelessness must start this year**

National housing and homelessness campaign Everybody's Home, has this week called for work to begin by the end of the year on a bipartisan national action plan to end homelessness in Australia by 2030. The appeal comes as analysis by Homelessness Australia shows investment in social housing will have fallen by \$96 million in real terms by next year.

[Read more here >>](#)

### **National Press Club Mental Health Forum: How to Fix Australia's Crisis**

National Press Club saw Beyond Blue CEO Georgie Harman, Director of ConNetica John Mendoza & Head of ANU's Mental Health Research Centre Luis Salvador-Carulla discuss How To Fix Australia's Mental Health Crisis. It was an engaging and passionate discussion, with the consensus firmly landing on the need for the mental health system as a whole to be reformed, including by addressing the social determinants of health and much more. Each speaker presented detailed and cohesive suggestions for making this happen.

The entire forum [can be watched here >>](#)

### **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)

## **Seniors Festival - Mornington Peninsula**

### **Welcome to the Mornington Peninsula's celebration of the 2019 Victorian Seniors Festival - Get Into It!**

The festival experience is all about getting out and about in your local community and beyond.

Join in the celebrations right across the Peninsula this October with free or low-cost activities and events specially designed for older Victorians, their families and friends. Be part of the 2019 Victorian Seniors Festival celebrations right here in your own beautiful backyard.

Some of the events happening across the Peninsula include:

- Camp Manyung Get Active Expo
- Hastings U3A Arts & Craft Show
- Bollywood Seniors Club event
- Top End Wedding Friday Flicks at Our Library
- Spring propagation workshops
- Be Connected cyber safety classes, and
- Lots of delicious high teas

Grab a program of events from your local Shire office, library, leisure centre and many other locations across the Peninsula, or download a program.

Best wishes for a wonderful Seniors Festival.

**Download:** [2019 Seniors Festival Program of Events\(PDF, 32MB\)](#)

**Download:** [2019 Seniors Festival Program of Events \(Text Version\)\(DOCX, 54KB\)](#)

**Free public transport for Victorian Seniors Card holders from 6 - 13 October 2019.**

To find out about events happening in the rest of Victoria visit the [Victorian Seniors Festival](#) page of the Seniors Online website.

[mornpen.vic.gov.au/seniorsfestival](http://mornpen.vic.gov.au/seniorsfestival).



Peninsula Voice Committee member and Beyond Blue Speaker David Corduff met recently with Julia Gillard, Chair, Beyond Blue in advance of World Mental Health Day on October 10<sup>th</sup>.

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

The  
smallest  
act of  
kindness  
is  
worth more  
than the  
grandest  
intention.