



Peninsula Voice Inc. – News

November 2019

Welcome to the fourth edition of the bi-monthly PV News. Publication of the News will continue in 2020, based on the positive feedback received from readers to date.

It is our pleasure to share relevant community news and articles as part of the PV commitment to offer **Learning, Conversation and Engagement**.

We wish all our readers compliments of the season and a happy and safe 2020.

Peninsula Voice Committee – November 2019

Editorial

...a time to Reflect!

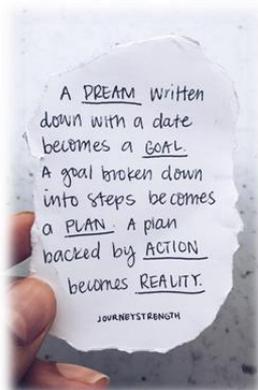
The festive season beckons. How many days to Christmas?

Commercial advertising goes into overdrive this month, as sellers chase buyers in a frenzy of retail activity.

Interesting isn't it that retail sales are a key barometer of whether we are living in a 'successful' economy, underpinned by pursuing relentless growth as a measure for a healthy country!

It is important that our economy (indeed the Global economy) is bouncing along in a positive way, but there are underlying issues that no government or institution seems to want to factor in....and that is the state of our physical and mental health as a community/country.

Disappointing that this measure isn't included in any of the metrics to illustrate the 'wellness' of the nation.



It is often left to Not-for-Profit organisations and volunteers to steer us through the rigours in our lives. Without these organisations and the people associated with them we would simply sink when the momentum of life wears us down.

With the end of the year approaching it is a good time to reflect on the past twelve months and to consider what the coming 12 months should look like both personally and professionally...perhaps some goal-setting might be in order as part of the process?

Peninsula Voice has reflected on 2019 and considered whether, as a totally voluntary group, we have delivered on our commitment to highlight and share relevant and topical community issues? Feedback suggests we have, which will in turn power us forward to raise the bar even higher in 2020.

Your ongoing support will ensure another successful year.

Connecting Communities Forum – 31 October 2019

A very successful evening was held at the Peninsula Community Theatre, which drew an audience of over 200 people.

The speakers included the Rev. Tim Costello, Dr Michelle Lim from Swinburne University and Bec Lee from Beyond Blue. All speakers agreed that loneliness and isolation is a concerning and growing community issue.

Tim Costello noted that Hope is a better motivator than fear. He is concerned that communities are turning inwards, which is particularly unhealthy. Tim said the low level of the Newstart Allowance is an example of sections of the community being made scapegoats, which in his opinion could lead to division and ultimately conflict within society.

Michelle Lim presented statistics from her recent research, which clearly illustrated the demographics and the growing reality of loneliness and isolation in the community. Michelle's research has formed the basis for the development of action plans within government and institutions for new programs designed to alleviate the stresses associated with loneliness in the community.

Bec Lee spoke about how the community can open conversations with those afflicted by loneliness and isolation. She explained the relationship between loneliness and poor mental health. Bec is buoyed by the fact that there is now more talk/action undertaken by organisations and community to combat the issues associated with loneliness and isolation.

The evening also included a number of Community Groups, who exhibited their activities and shared opportunities for volunteering.

With a population on the Mornington Peninsula where over 30% of people are aged 60 and over, there is an added urgency to address loneliness and isolation.

Council are developing a new Positive Ageing Policy using extensive community consultation www.mornpen.vic.gov.au/positive_ageing



An Evening with Tim Costello

Guests enjoyed a very interesting evening recently at St Macartan's Primary school when, in conjunction with Farrells Bookstore, Tim Costello launched his Memoir to an enthusiastic audience.

Tim shared background to his upbringing and how he has become a champion for social justice and global poverty.

The event was an interview session hosted by PV's Ellen Davis-Meehan, which highlighted some of Tim's work and his continuing commitment to the power of faith and its capacity to sustain us in the face of the world's big issues.



Tim Costello with the Peninsula Voice Committee and Ellen Davis-Meehan, Interlocutor for the evening.

Peninsula Voice Snippets

All Abilities Day at Civic Reserve – 4 December in Mornington

Celebrating International Day of People with Disability

Come & try Table Tennis, Golf, Gymnastics, Basketball, Footy, Art, Frisbee, Cricket, Tennis and Dance.

FREE BBQ & Show Bag All Ages & Abilities welcome

Civic Reserve Recreation Centre, 350 Dunns Rd, Mornington

Bookings essential by Wednesday 27th of November – Phone 5975 0133 or [visit](#)

Neighbour Day – The Facts

Relationships Australia commissioned two research projects to investigate the opinion of people of who participated in a Neighbour Day event.

The first report found that participation in a Neighbour Day event creates new relationships, renews old relationships and depends existing relationships.

The second report showed that people who took some form of neighbourly act experienced a greater sense of belonging and satisfaction with their community and perceived their neighbourhood more positively.

The research highlights the benefits associated with neighbour Day and showed the positive impact that such social participation has on the wellbeing of Australian communities.

You can find the results of these reports [here](#).

Presentation Family Centre



Mornington Community House – Connect with your community – 4 December 2019

Free BBQ & Entertainment

When: 12 - 2pm; Where: 11 Albert St, Mornington

Learn about the wide range of employment and community programs and supports available to you. There is something for everyone, including people with health conditions, illness, injury or disability.

More info: morningtoncommunityhouse@mornpen.vic.gov.au or 5975 4772

Mind Carer Helpline 1300 554 660

The relatives and friends of people living with mental ill-health can be helpful partners in both their care and recovery.

Of course, carers have their own needs, including information to support them in their caring role and about maintaining their own health and wellbeing.

If you are caring for someone with a mental illness and need support, call our Carer Helpline on 1300 554 660.

[Learn more 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



PV Thought Provoker...



"THE GREATNESS
OF A COMMUNITY
IS MOST
ACCURATELY
MEASURED BY THE
COMPASSIONATE
ACTIONS OF ITS
MEMBERS."

CORETTA SCOTT KING

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