



Peninsula Voice Inc. – News

Edition 1, 2020

Welcome to the fifth 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**.

Peninsula Voice Committee – January 2020

Editorial ...a time to Reflect!

The word **Resilience** resonates with a strength that entirely describes what it stands for! **Resilience** is defined as “the capacity to recover from difficulties” or “an ability to recover from, or adjust easily to misfortune or changes”.

There are those who are seemingly born with an inherent ability to be resilient under all sorts of circumstances. Most of us however have to learn how to be resilient, which in itself can be quite a challenge.

Why is **resilience** such an important personal trait to nurture?

There is no better example of people demonstrating **resilience** than has been witnessed with the recent bushfires. Each night on the TV news we saw the devastation caused by the awful fires along the east coast. We were also privy to seeing our fellow countrymen defiant and resilient in the face of disaster. Many of these folks probably didn't know they were **resilient**, until struck by the shocking fires. It was truly inspiring to witness.

Without resilience, the challenges being faced by those affected by the fires, either directly or indirectly, would be even harder to cope with.

As we enter a new decade, society is faced with increasing challenges from climate change, through to social media and cyber bullying. The speed of change in our community is such that just keeping pace becomes a road too far for some. This is where **resilience** comes to the fore. It is essential to have an awareness of those in our community who may not be coping with the stresses they face.

Underpinning this is the reality that we all need to focus on learning how to become more personally **resilient**...which indeed is a topic in itself!

Peninsula Voice would like to wish each and every reader of the News a **healthy, safe and resilient** 2020.

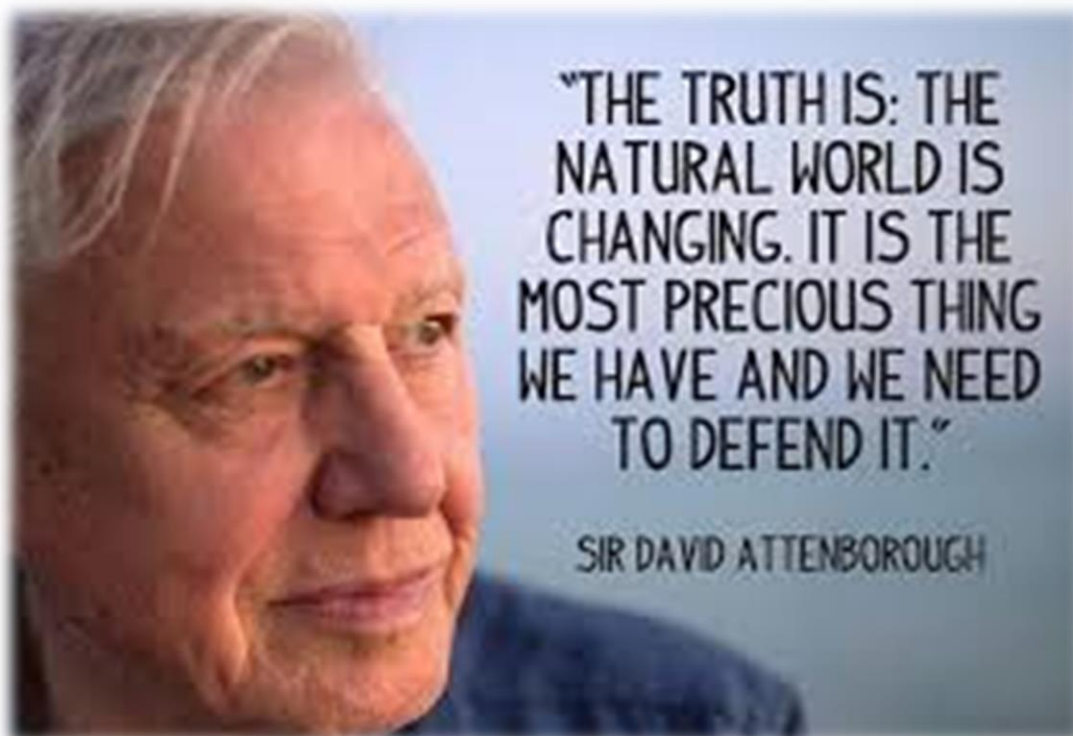
“Pencilled in” events for 2020

Peninsula Voice will be presenting a series of events during 2020, which will reflect our commitment to bringing to the community conversations with eminent speakers.

We are considering running a forum in the first half of the year on Gambling and its affects on our community. We have been approached by a number of organisations who are interested in partnering with us in leading this important discussion.

Continuing our conversations with esteemed writer, Hugh Mackay, we will also be holding a Book Launch for his latest writings entitled “The Inner Self” on Friday 8 May 2020. Further details will be provided in due course.

We are always interested to know the topics our community want to talk about. If you have any thoughts please do not hesitate to contact us.



Peninsula Voice Snippets

Wheelchair Accessible Beach Fun - Mills Beach and Mt Martha

Until April 2020, these Lifesaving Clubs have matting and beach wheelchairs for loan during patrol hours on patrol days. Pt Leo Surf Life Saving Club also has a Sandcruiser beach wheelchair for free hire.

To book the Sandcruiser call Andrew on 0407 332 264, email admin@pointleoslsc.com.au or contact the Point Leo Foreshore Office on (03) 5989 8333. Learn more [here](#).

Supported work for young people with mental illness.

Participants can access a variety of supports including job coaching, assistance navigating community support services and Centrelink systems, targeted education and/or employment opportunities, and on-the-job support for as long as needed. Learn more [here](#).

Depression, anxiety, and peer victimisation during the transition from childhood to adolescence

Read this research to find out [more](#). **Six Simple Ways to Rest the Mind**

Life can be stressful. Having a few extra coping strategies can help ease that stress and bring a feeling of control back to both body and mind.

Learn more [here](#)

“I feel guilty doing something for myself”

“I don’t have anyone to help me”. “I just don’t have the time”

Does this sound like you? Remember to Care for Yourself. Getting caught in the day-to-day routine is very common. It is vital to your mental well-being and health to be aware of the ill effects of caregiver stress. Learn how [here](#).

Presentation Family Centre - Balnarring

PRESENTATION FAMILY CENTRE

**TAKE A LITTLE TIME
OUT FOR YOU AT PFC**

Call 59831819 or email
presfamilyholidays@bigpond.com

To book your next stay at Balnarring Beach

We love to see you.

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...



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