



## Peninsula Voice Inc. – News

Edition 2, 2020

Welcome to Edition 2 of the 2020 Peninsula Voice newsletter series.

We live in unusual times and believe as an organisation, Peninsula Voice has a part to play in maintaining community contact during this period of lock-downs.

In our first newsletter of the year we talked about Resilience. Never has there been a more important time for all of us to demonstrate this trait.

As always, we welcome feedback and we are committed to offering the Community **Learning, Conversation & Engagement**.

Key points to remind ourselves are.

1. *Kindness & compassion are contagious*
2. *Keep your distance but don't be distant*
3. *Focus on the things that keep you well.*
4. *Remember why you do what you do*

### **Peninsula Voice Committee – 2020**

## **Editorial: Out of Adversity can come Advantage**

The world is in crises. At the time of writing, Australia has yet to experience the peaking of COVID-19 in our country. The changes to our lifestyles are coming thick and fast and we live in a world of unknowns. There is no precedent to call upon to deal with this pandemic.

Already we have seen wonderful community initiatives being developed, as people seek to make the best of very unique circumstances.

Sadly, we have seen on TV people behaving poorly, as they grapple with each other to secure a pack of toilet rolls or anything else deemed 'essential' by these individuals.

This behaviour is difficult to fathom in a country renowned for its traditions of mateship and helping the person next door. Witness for example the outpouring of sympathy and help for those afflicted by the recent bushfires. The Australian spirit was very present in every sense of the word.

Perhaps we are witnessing the realities of what fear does to some folk? Fortunately, most people are trying to abide by the ever-changing rules being set by Governments.

There are tremendous acts of neighbourliness occurring everywhere. For example, in one street in Mornington where there are very elderly people living alone, locals have dropped leaflets into letterboxes in the street, asking these folks to make contact should they need anything, ie. doing the shopping, offering transport to doctors etc. A true example of community spirit at work.

Each day we wake up to news that things are not good and trying to understand what the key messages are can be confusing. However, we are all in this together and provided we act responsibly, we should be able to stay well for however long this virus lasts.

There will be many learnings from what we are all experiencing during this heightened period of stress.

We are starting to question whether we should develop long-term strategies to become more self-sufficient as a nation and to possibly minimise our reliance on third party powers to fund our wellbeing.

We have come to understand that the Covid-19 does not discriminate. Rich or poor, employed or unemployed, male or female...none of this matters when the virus strikes.

So where to from here? What lessons will have been learned when the virus becomes just a horrible memory?

No doubt we will see that being a caring, sharing community does make a fundamental difference to people's lives. We will see that there are many ways, other than using technology, to entertain ourselves and perhaps to learn some new life skills.

Hopefully one of the key lessons we will learn is that we should not take anything for granted...particularly our own lives. Life is a very fickle thing and each of us has a responsibility to live it in the most meaningful way.

Should that materialise...we will see great advantage coming from great adversity.

## **Peninsula Voice Events**



THE GAMBLING FORUM SCHEDULED FOR APRIL 22<sup>ND</sup> AT THE PENINSULA COMMUNITY THEATRE HAS BEEN POSTPONED UNTIL WE ARE ADVISED THAT THE CORONAVIRUS HAS PASSED AND THAT CROWD SIZE RESTRICTIONS HAVE BEEN LIFTED BY THE AUTHORITIES.

## Future Events

### Pencil in your diaries – Hugh Mackay Book Launch, ‘The Inner Self’ – Thursday 3 September 2020

*‘The Inner Self’ is a book about the ways we hide from  
the truth about ourselves  
– both as individuals and as human beings –  
and the psychological freedom we enjoy when  
we encounter our authentic inner self.*

## Peninsula Voice Snippets

We normally like to bring you news of various ‘events’ taking place on the Peninsula, which we judge to be relevant to our readership...however this information has been severely limited by the Government decision to ban meetings etc. We look forward to publicising interesting new/events in our next edition of the Peninsula Voice News.

In the meantime, we have researched some ideas, which may appeal and assist to fill the gaps created by our restricted social lives.

### What to do to keep busy when socially isolating

- Maintain a daily routine
- Exercise – yoga, dancing, fitness training
- Cooking – Get creative in the kitchen, learn new recipes
- Play games, board games, card games make up your own
- Get crafty – painting, drawing
- Clean the house
- Connect with others – phone, chat, video chat
- Read books
- Write letters
- Do puzzles or brain-teasers
- And if you have the means, popping a book of puzzles or brain-teasers in with the groceries might be welcome.

Here are a few other ideas to keep boredom at bay - and how to stay connected.

- [Virtual museum tours](#)
- [Free audiobooks](#)
- [Read this interesting article by The Guardian about what others have done to stay connected overseas.](#)

## Talking to children about natural disasters, traumatic events or worries about the future

With recent news and media coverage at COVID-19, following on from a difficult bushfire season, it is normal for children and adults to feel overwhelmed and stressed during this time.

This short video introduces ways for parents and carers to manage media coverage or traumatic events and talk to their children about their worries and fears.

[WATCH VIDEO HERE](#)

### What can you control? (an extract shared from the Uniting Church Mission)

"I've been thinking a lot about the utter sense of helplessness many of us are experiencing right now. Every part of life seems to be up for grabs, with the ground shifting under our feet with almost every passing hour".

"In the midst of all that, I've been encouraged by this simple idea":

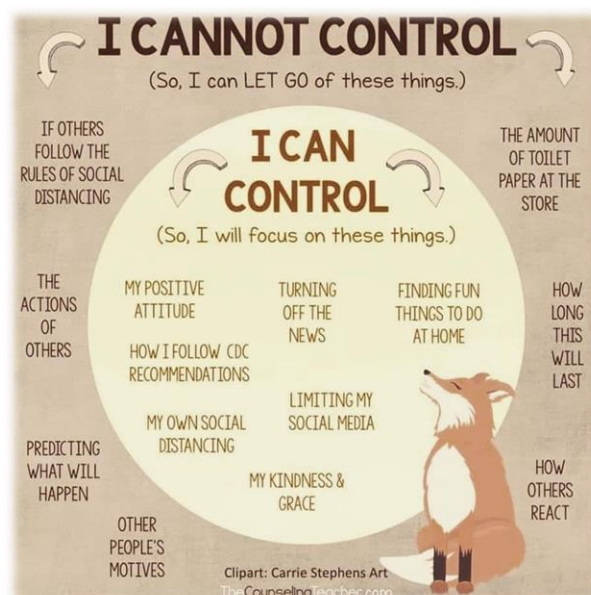
"When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is."

Our thoughts, emotions, habits and actions toward others - these are the only things over which we have control. Actually, this is often true - our illusion of control is simply that, an illusion. Right now, though, it's a truth that feels more real than ever! And these things go to the heart of our identity. Who are we, what do we value?

### COVID-19 – Frequently Asked Questions

The Australian Government Department of Health has a very useful website, should you have any questions about COVID-19

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-frequently-asked-questions>





**Morningson Peninsula Council Update: The following information was distributed throughout the Peninsula last Friday:**

**Calling for volunteers to assist during this pandemic**

We are working intensely with local organisations and resident groups to help lead the community response to challenges faced by the Coronavirus pandemic. We need to support each other as a community so we can get through this together.

**Volunteers will play an important role for relief and recovery - we need to know you are there and willing when required. If you are keen to help, please [register your interest to volunteer](#).**

We are aiming to support people wanting to volunteer (while maintaining safe social distancing practices), so support can be rapidly deployed across the Peninsula to ensure essential services continue and the most vulnerable in our community are taken care of.

We are currently working on a [Caring for our Community initiative](#) to address the immediate issue of ensuring vulnerable residents are looked after by making care packages available and delivered through our material aid organisations. Shire staff will be redeployed from non-essential services and community volunteers are being asked to register, should they wish to volunteer.

We will also coordinate requests from other essential services in need of volunteers to ensure all local residents get the services and care they need over the coming weeks.



## **Looking after your mental health during the coronavirus outbreak**

**Beyond Blue recognises and understands the feelings of anxiety, distress and concern many people may be experiencing in relation to the coronavirus (COVID-19) outbreak.**

### **Beyond Blue's new COVID-19 Mental Health Support Service**

Beyond Blue is working around the clock to build a dedicated COVID-19 Mental Health Support Service. This is in response to the growing demand for mental health support as a result of the coronavirus outbreak.

This new service will be funded by the Australian Government.

The service will offer free counselling by mental health professionals for all people in Australia 24/7, both online and over the phone. It will also provide free and easily accessible information and advice around coping with COVID-19, isolation and connection, workplace and financial hardship, and how best to support the mental health of loved ones. The service will be continually updated with new information, and enhanced with other tools and supports, over the coming weeks and months.

### **Beyond Blue offers the following wellbeing advice:**

#### **Try to maintain perspective**

While it is reasonable for people to be concerned about the outbreak of coronavirus, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

#### **Find a healthy balance in relation to media coverage**

Being exposed to large volumes of negative information can heighten feelings of anxiety. While it's important to stay informed, you may find it useful to limit your media intake if it is upsetting you or your family.

#### **Access good quality information**

It's important to get accurate information from credible sources such as those listed below. This will also help you maintain perspective and feel more in control.

- [Australian Government coronavirus \(COVID-19\) health alert](#)
- [Health Direct – Coronavirus \(COVID-19\)](#): Health Direct have also developed a COVID-19 Symptom Checker - an online, self-guided tool to help people find out if they need to seek medical help. You can access this tool by clicking on the button below.

## PV Thought Provoker...

### A Prayer for a Pandemic

May we who are merely inconvenienced  
remember those whose lives are at stake.

May we who have no risk factors  
remember those who are most vulnerable.

May we who have the luxury of working from home  
remember those who must choose between  
preserving their health or making their rent.

May we who have the flexibility  
to care for our own children  
when their schools close  
remember those who have no options.

May we who have to cancel our trips  
remember those who have no safe place to go.

May we who are losing our margin money  
in the tumult of the economic market  
remember those who have no margin at all.

May we who settle in for a quarantine at home  
remember those who have no home.

As fear grips our country,  
let us choose love.

During this time when we cannot physically  
wrap our arms around each other,  
let us yet find ways to be the loving embrace of God  
to our neighbours.

Amen.

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