



**PENINSULA VOICE**  
Learning • Conversation • Engagement

## Peninsula Voice Inc. – News

**Edition 3, 2020**

Welcome to Edition 3 of the 2020 Peninsula Voice newsletter series.

Some things have changed for all of us since the previous edition of the newsletter. Whilst there has recently been an easing of restrictions, we must remain very vigilant to ensure we don't experience a 'second wave' of the COVID-19 Virus.

Any change can create some confusion or uncertainty, so to clarify what still needs to be done we are again summarising:

### *Ten ways to reduce your risk of coronavirus*

1. **Distance** yourself from others  
– approx. 1.5m away.
2. **Stay** at home unless it is absolutely necessary.
3. **Wash** your hands often with soap and water for at least 20 seconds.
4. **Cover** your coughs and sneezes with your elbow or a tissue.
5. **Avoid** touching your eyes, nose and mouth.
6. **Buy** alcohol-based hand sanitiser with >60% alcohol.
7. **Clean** and disinfect used surfaces and objects frequently.
8. **Phone** your doctor or the hotline (1800 675 398) if you need medical attention.
9. **Continue** health habits: exercise, drink water, get plenty of sleep.
10. **Wearing** a face mask isn't necessary if you're well.



## **Editorial - Keep(ing) It Simple**

We live in a complex world.

It has become even more complex in recent times with the ghostly presence of Covid-19.

New rules/regulations and fears of contacting the virus from an unknown source add immensely to the complexity and heightens anxiety for all of us on an ongoing basis.

There is no precedent for Covid-19 in our lifetime, so everyone is fundamentally playing it by ear.

Paradoxically, despite the negative overtones we live with daily, there have been and are wonderful examples of the community being galvanised into positive action. For example, the Mornington Community and Information Centre deliver 110 food packs every week to needy families, which are distributed solely through the contribution of volunteers and donations of food from the Second Bite organisation and others. Further information is available in the story on page 5.

Each week there are anecdotes shared on social media about an initiative somewhere in the community, which is making life easier for many folk.

Street drinks and a chat have become commonplace, where neighbours get to know each other and share in vibrant conversation. People are energised to know that how they feel in isolation is pretty much how others also feel.

We are exercising more by walking, cycling and generally being out in the fresh air and in the garden. Home chores, which have been left undone for an age are resurrected and completed, leading to much personal satisfaction.

People nod, wink and say hello as they pass each other at a 'social distance' whilst exercising.

The first responders and nursing/medical staff have risen magnificently to the challenge, for which we all must be eternally grateful.

Underpinning all the good things that are happening in the community during this strange period in our history, is that joy and satisfaction are not coming through having wealth, status or possessions... its very much driven by the simple things... a hello from a stranger, the sharing of common feelings.

Perhaps for once the tyranny of distance from the rest of the world has worked in Australia's favour? Through prudent management, the authorities have managed to date to prevent Covid-19 spreading, as has been sadly witnessed in Europe and the USA.

The reality of Covid-19 and our collective response to it has highlighted and exposed some things that over time have been buried in the complexities of our world.

### **It is the simple things that are making a difference now!**

The emergence of folk willing to volunteer, the concern for our neighbours...the little things people are doing to make others feel cared for.

The pace of life has slowed down appreciably. We are witnessing the value of not being caught-up in the swirling vortex of life, as was the case for many of us before the arrival of the virus.

Life is as complex as we let it become. We have a choice...to peel away the non-essentials in our lives and to focus on what humankind does best which is Sharing and Caring for our fellow citizens.

If we can learn to tread gently on the earth and focus on the simple things...the rewards will come. Nature will return to balance...the Covid-19 virus will have contributed in a positive way that no one could have possibly foreseen.

## Coronavirus Mental wellbeing Support Service – provided by Beyond Blue

The screenshot shows the Beyond Blue website. At the top left is the Beyond Blue logo. To the right is a search bar and contact information: 1300 22 4636, Chat online, Email us, Online forums, Register, and Login. Below this is a navigation menu with links: Get support, Personal best, The facts, Who does it affect?, Get involved, Healthy places, Media, and Make a donation. The main content area features a large blue banner with the text "Looking after your mental health during the coronavirus outbreak". Below the banner is a carousel of smaller images and text boxes, including "Coronavirus and mental health", "Not Alone", "There are ways to manage anxiety.", "#YouCanTalk", "Beyond the emergency", and "don't 'take it offline'".

### Useful links and resources

Below you will find a list of key resources, supports and information:

- Web page: [Coronavirus Mental Wellbeing Support Service](#)
- Online forums: [coping during the coronavirus outbreak](#)
- Health care workers: [protecting your mental health and wellbeing](#)
- Young people: [supporting children and young people](#).

**Coronavirus has proved that  
everything around us is so  
temporary.**

Things our lives revolved around - work,  
gym, malls, movies, society have all gone for a  
toss as we are learning to live without them.

It has taught us that in the end, it's your  
own home and family that keeps  
you safe.

## Coronavirus testing

The Victorian Government has announced 100,000+ Victorians will be tested for Coronavirus over the coming weeks as part of a major testing blitz across the State, to better understand how the virus is spreading in the community and set us up for the potential easing of restrictions. Testing is free if done through a public health facility or GP offering bulk billing.

If you have any symptoms, however mild, you should seek advice and be tested. For further advice call the 24-hour Coronavirus hotline **1800 675 398**, your general practitioner or use the State Government's [online self-assessment tool](#).

### Peninsula Testing Clinics

**Rosebud Hospital:** A Coronavirus Screening Clinic is now open at Rosebud Hospital. The clinic, located in Eleanora House at the front of the Rosebud Hospital site, is open daily 10am-6pm.

**Frankston Hospital:** Continues to screen people for Covid-19 at our clinic at Frankston Hospital.

**Atticus Health Medical Clinic Hastings:** COVID-19 testing at the clinic carpark. Tests are by appointment only.

**Rosebud Skin Cancer Centre:** COVID-19 testing at the clinic. Tests are by appointment only.

To find out why are Victorians being encouraged to get tested and whether you should get tested, click on the link: [Learn more](#)

---

## Care packages for those in need

As part of our 'Caring for our Community' initiative, Mornington Peninsula Shire in partnership with local Community Support Centres, is offering care packages for our most vulnerable and isolated community members who are impacted by the Coronavirus pandemic on the Peninsula.

Care packages will be sent to eligible households through contactless delivery. Care packages will include non-perishable food and essential hygiene items.

### **You are eligible to receive a care package if you:**

- are being impacted by Covid-19 due to self-isolation
- are considered 'at risk' of getting COVID-19
- have no support locally to access supplies
- are experiencing significant hardship due the current situation.

### **How do I register to receive care packages?**

To register to receive a care package from Mornington Peninsula Shire phone 1300 850 600.

If you are deaf or have a hearing or speech impairment contact the Shire through the National Relay Service: [communications.gov.au](http://communications.gov.au)

## The Mornington Community Information and Support Centre



The Centre has continued to provide its Emergency Relief, Fresh Food and Needle and Syringe programs throughout the current crisis. However, rather than having people come to the Centre, it is doing phone interviews and delivering food parcels to people's homes. Some of the Peninsula Voice Committee are involved as delivery drivers.

With fresh food provided by SecondBite and Oz Harvest, the Centre has been making deliveries to about 110 homes each week. Further, it has been able to provide ready cooked meals from Volpino Restaurant in Mt Martha, The Winey Cow, Toorak College and hopefully soon from Manhattan Restaurant and the RACV.



**A volunteer's car loaded with food to deliver.**

The Centre has also been receiving regular deliveries of non-perishable items from SecondBite which have been delivered to homes to supplement the fresh food deliveries. The packages include non-perishable food and essential hygiene items and you can register to receive one by phoning the Shire on 1300 850 600.

If you, or anyone you know, is doing it tough in general or as a result of the COVID-19 pandemic and who may not know about their services, please invite them to call on 59751644.

## Peninsula Voice Snippets

### Web Site

Your Peninsula Voice Committee have been busy during this period of lockdown. We cannot bring you public events as in the past, until restrictions are lifted...however we are in the process of creating a professionally developed web site.

We look forward to launching the website, hopefully to coincide with the next edition of the newsletter.



## Readers Survey

All Friends of Peninsula Voice who on our database will have recently received a survey form, requesting feedback on a number of relevant items including whether the recipient wishes to remain on the database and to keep receiving information from Peninsula Voice?

We encourage all readers to respond to what is a short but important survey. Peninsula Voice is a voluntary organisation and we are very keen and committed to bring to the community, events and information which is relevant, newsworthy and educational.

If you missed the email with the survey link, please do not hesitate to email us at [peninsulavoicemmittee@gmail.com](mailto:peninsulavoicemmittee@gmail.com) and we can send you the link.

### *A Good news story - Captain Tom Moore*



A 99-year-old war veteran in England has walked 100 laps of his garden to raise £36m and counting for the NHS.

Captain Tom Moore originally aimed to raise just £1,000 for NHS Charities Together by completing laps of his garden before his 100th birthday.

But he has smashed his target after nearly 800,000 people made donations to his fundraising page.

As he finished the challenge earlier, he said: "I feel fine, I hope you're all feeling fine too." Capt Tom told the BBC the total amount raised so far was "an absolutely fantastic sum of money". "I never dreamt I would be involved in such an occasion as this," he said at the end of his final lap. "The sun will shine on you again and the clouds will go away"

**What a legend!**

## State Library of Victoria – Memory Bank – The Collective Isolation Project



We thought some of our readers may be interested in a wonderful project that the State Library of Victoria is currently working on. This project is part of a bigger program called **Memory Bank**. Memory Bank is a long-term collecting project that invites everyone and anyone to share their everyday observations of pivotal moments in time.

Extraordinary moments, and ordinary ones too, can easily be lost in the day's blur or forgotten in a week's time.

So, each week the State Library of Victoria are going to invite you, our citizen collectors, to undertake a specific task or respond to a prompt.

Your contributions of the mundane, the ephemeral and the magical will cement this moment and bring it to life for those who come after us.

**Current project about life in isolation:** Currently the Library are calling on all Victorians to join them as they inaugurate the Memory Bank to archive what everyday life in Victoria is *actually like now*, during this time of collective isolation.

Daily life is different for each of us during this period of restrictions and physical isolation, and we're intensely curious about what this moment looks like for you.

**Tell them, what do you care about right now? What's capturing your attention?**

[More information](#)

### Healthy Relationships & Social Connection

Healthy relationships and maintaining social connection are so important. Keep an eye out for our new television community service announcements on SBS and ABC, featuring Neighbour Day Ambassadors Natalie Ahmat and Costa Georgiadis.

We recommend that people make themselves aware of the public health authorities' advice and only do whatever neighbourly actions that are safe to do. Visit <https://www.health.gov.au/> to stay up to date and informed, so that you can keep your neighbourhood healthy.

## Time to remember...!

She looked so small and frail as she stood at the counter.

A lady with undoubted style...judging by her dress and jewellery.

Whilst waiting behind her in a queue at a local shop, I noted the lady struggle with making herself understood to the young retail assistant. English was obviously not her first language. She became conscious of the build-up of people awaiting service behind her and wistfully moved-on, exasperated that she hadn't been able to satisfy her requirements.

A little later she could be seen elsewhere in the shopping mall, moving slowly with her walking aid.

Stopping for a coffee, she made eye contact and I responded by commenting on the weather. This ice-breaker presented the opportunity to open a conversation.

She revealed that she was a widow (originally from Poland). She and her husband had come to Australia following WW11, to make a new life. They had a son who now lived overseas with his young family. Her husband had died some years ago and she missed him terribly.

Next day was Anzac Day. She revealed that torrents of memories washed all over her every year on this day. Whilst her English wasn't good, her emotions spoke louder than mere words.

She revealed that she made a point of attending the morning service every year at the Mornington War Memorial, out of respect for the contribution made by her husband during WW11, as a member of the Polish Resistance movement. Whilst Anzac Day tends to focus on the war dead at Gallipoli, we seem to sometimes overlook that there have been many other theatres of war over the years, with a lot of people sacrificing their lives for the 'cause'.

She had been a ballerina in her native country and her husband a musician in an orchestra. It seemed their lifelong partnership was meant to be. Though married, they were simultaneously also great friends she said!

Story after story oozed from her still fertile brain. The opportunity to share some dialogue with a stranger transcended her lack of good English. She had a way of making herself understood nevertheless.

Listening to her, it was obvious that she was very lonely. It seemed churlish to put an end to this conversation. There was time to listen and to absorb the history of a life well lived.

This lady was warm and honest, but stoic to boot. Not for her any easy life options. She was from a generation who did it tough and she had no expectations that this would change for her anytime soon.

It was time to leave.

This lovely lady was generous with her appreciation for an ear to listen and seemed genuinely buoyed by the opportunity. The feeling was mutual.

Seeing her gently shuffle away, it became noticeable that there was a lightness about her that wasn't visible when she was trying to make herself understood to the retail assistant, a little earlier.



How easy it was to listen to this wonderful elderly lady, as she shared her thoughts and memories. Her day was better as a consequence...as was mine.

The Mornington Peninsula is alive with elderly folk who have had wonderful lives and stories to tell...but are there enough ears to listen?

It is a cathartic experience for both storyteller and listener, when time is shared in a spirit of genuine interest.

Pondering this impromptu meeting later, it was obvious that we can often pre-judge someone, purely from a visual perspective. Like peeling away the layers of an onion...there is often so much of interest lying close to the surface. We just need to have an open mind to allow the stories/experiences to flow.

Do lend an ear to those senior citizens who have contributed so much to what we have today...it can be very much a win/win experience...lest we forget!

**David Corduff**

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



“I found it is the small everyday deeds of ordinary folk that keep the darkness at bay - small acts of kindness and love.”

***The Hobbit - J.R.R Tolkien***

**For all enquiries about Peninsula Voice please contact:**

**Peter Orton**

**Chairman, Peninsula Voice**

**[peninsulavoicemmittee@gmail.com](mailto:peninsulavoicemmittee@gmail.com)**