



PENINSULA VOICE
Learning • Conversation • Engagement

News

**Welcome to the
Peninsula Voice
Newsletter.**

Learning • Conversation • Engagement

Peninsula Voice works to help build a more resilient community on the Mornington Peninsula. We shine a light on the issues that impact us, bring together experts to share evidence, knowledge and lived experiences, and we support conversations that promote positive, community-led solutions.



Welcome to the first Peninsula Voice Newsletter for 2026.

The holiday season seems forever ago as the year gathers momentum.

Current global unrest is causing anxiety for many.

How do we collectively cope with what is happening in our world?

Hope is a quiet strength that lives in ordinary moments and can help us negotiate uncertainty.

Hope doesn't always arrive with grand announcements; more often, it shows up in steady, faithful acts of care.

In every generation, communities have faced uncertainty. Yet time and again, people have chosen to believe in something better—and to build it together. Leaders like Martin Luther King Jr. reminded us that hope is not passive wishing; it is an active commitment to justice, kindness, and shared purpose. As Helen Keller wrote, "Optimism is the faith that leads to achievement." These words endure because they reflect a truth we see right here at home: when we move forward together, even small steps matter.



Hope grows when we check in on one another. It strengthens when we volunteer, attend local events, support neighbourhood initiatives, and make room at the table for new voices. It deepens when we listen—truly listen—to stories that are different from our own. In doing so, we create a community where everyone feels seen and valued.

This year let's look for the signs of **hope** around us. They are present in blooming gardens, in shared meals, in classrooms and community centres, and in every act of generosity—no matter how small. And when the days feel heavy, let's remember that **hope** is not something we wait for; it is something we practice.

Together, we can continue to shape a community defined not by its challenges, but by its compassion, resilience, and belief in brighter days ahead.



SAVE THE DATE!

Forthcoming Peninsula Voice Forum

Join us on **Thursday May 21st** for a public forum entitled:

Moving A Head - Youth Mental Wellness.

The evening will feature a panel of experts sharing their knowledge in and around the issues affecting the mental well-being of our youth.

It's a challenging and topical issue and PV are keen to facilitate an evening where attendees will receive practical tools to help our youth navigate the ups/downs of life today.

**FURTHER DETAILS WILL BE SHARED
IN THE COMING MONTHS**

Adolescents



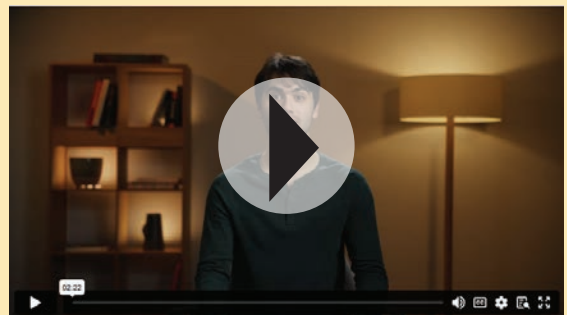
MEDIA RELEASE

Media release: [School holidays no longer provide mental health protection for Victorian adolescents \(VIC\)](#). New research by Monash University has found that school holidays, which previously provided a protective buffer against suicidal and self-harm behaviours in adolescents, no longer have this effect in the post-pandemic era.



Want To Have Better Conversations About Screens? Watch: Scrollsafe For Parents

Watch via Orygen



Personalised 1:1 Technology Support

Do you need some help with your phone, tablet or laptop? Get free personalised one-to-one technology help.

When: 10am Tuesdays (weekly)

Where: Mornington Library

[Book Now](#)



Volunteering: A Gift For You

In the latest '*Voices of Volunteering*' blog, Matt Romania reflects on the purpose behind volunteering and its role as the ultimate gift that gives back.

[Read More -->](#)



Boxes for Hope

The Good Box is an Australian charity and social enterprise dedicated to helping people experiencing homelessness receive vital resources with dignity.

They are on a mission to abolish misconceptions surrounding homelessness to prevent isolation and increase communication. They provide beautifully packaged boxes to those experiencing homelessness. These boxes are filled with quality, essential items such as food and hygiene products to help those experiencing homelessness get through some tough times. Through donating to The Good Box, you can help someone in need and brighten their day with dignity!

<https://thegoodbox.com.au>



Make March an Action Month

- see daily activity hints below.

March Wellness Bingo

<p>DO A 5-MINUTE STRETCH BEFORE BED</p> 	<p>STEP OUTSIDE FOR FRESH AIR</p> 	<p>WRITE DOWN ONE WORRY, THEN LET IT GO</p> 	<p>SEND A KIND MESSAGE TO SOMEONE</p> 	<p>TAKE A MINI DANCE BREAK</p> 
<p>TRY SOMETHING NEW JUST FOR FUN</p> 	<p>MAKE YOUR ROOM CALMER FOR SLEEP</p> 	<p>FOCUS ON ONE TASK FOR 10 MINUTES</p> 	<p>LIGHT A CANDLE</p> 	<p>TAKE A WALK WITHOUT HEADPHONES</p> 
<p>CHARGE YOUR PHONE OUTSIDE YOUR BEDROOM</p> 	<p>BUY YOURSELF A SMALL TREAT</p> 		<p>TRY A NEW BALANCE SLEEP SOUND</p> 	<p>SAY NO TO ONE UNNECESSARY OBLIGATION</p> 
<p>DO A BRAIN DUMP BEFORE BED</p> 	<p>TRY A 3-MINUTE BREATHING RESET</p> 	<p>EAT A SNACK MINDFULLY</p> 	<p>TAKE A WARM SHOWER</p> 	<p>GO TO BED 15 MINUTES EARLIER</p> 
<p>READ 10 PAGES OF A BOOK</p> 	<p>DO SOMETHING CREATIVE WITH NO GOAL</p> 	<p>LEARN A RANDOM FACT AND SHARE IT</p> 	<p>UNCLENCH YOUR JAW</p> 	<p>STEP AWAY FROM SCREENS FOR 5 MINUTES</p> 



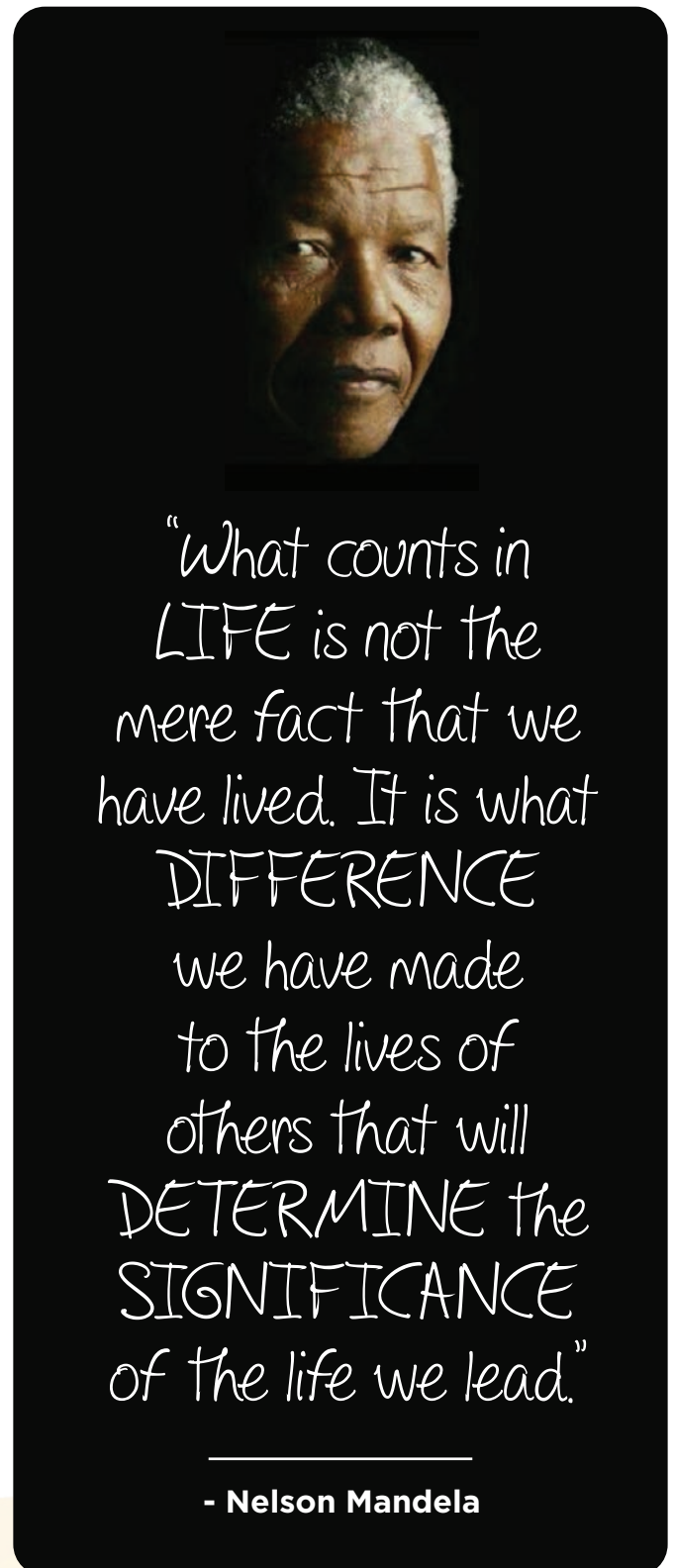
Enough for Now

There is a habit many people carry without fully realising it. You look at yourself and immediately scan for what needs fixing. You think about the weight you want to lose, the habit you should break, the way you wish you handled something better, and improvement becomes the lens through which you see yourself.

Growth is not a bad thing. Wanting to evolve is healthy, but when every reflection turns into a performance review, you never actually get to rest inside who you already are. You live life as a project instead of a person. That pressure erodes your confidence, and you start believing that peace is something you earn after you get everything right.

Here is a different approach: For one day, suspend the criticism. Notice when you begin mentally editing yourself and choose not to follow the thought. You do not have to argue with it, just let it pass. Instead of asking, "What needs to change?" ask, "What is already working?"

Today, when you catch yourself nitpicking, pause and name one thing about yourself that is enough as it is. Let that be true for now. The growth can wait.



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