



PENINSULA VOICE

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.



As a prelude to the forthcoming Peninsula Voice forum entitled ***Navigating Grief and Loss*** it is timely to set the scene.

Understanding Grief & Loss: A Shared Journey

Grief is a deeply personal experience, yet it's something that connects us all. Whether it's the loss of a loved one, a cherished relationship, a pet, or even a significant life change, the journey through grief can feel overwhelming. But it's important to remember that grief, though painful, is also a natural and necessary part of life.

Grief does not follow a set timeline, nor does it have a "right" way to be experienced. Each person's reaction to loss is unique, shaped by their personal history, the relationship they shared with what was lost, and how they cope. The emotions may ebb and flow—sometimes with intense sorrow, sometimes with moments of peace or even joy. There may be anger, guilt, confusion, or relief. All these feelings are valid.

While grief doesn't follow a linear path, many have found it helpful to understand the general stages of grief, as outlined by eminent psychologist Elisabeth Kübler-Ross. These stages are:

Denial, Anger, Bargaining, Depression, Acceptance

Finding Support

During times of loss, support from family, friends, and community can be crucial.

Self-Care During Grief

It's important to take care of yourself. Grief can be physically and emotionally exhausting, so make sure you're allowing yourself time to rest, eat well, and seek moments of peace. It's okay to take breaks from the grieving process—healing comes at your own pace.

If you're currently experiencing loss, remember that grief is not a process to be rushed or judged. It's a personal journey that can teach us resilience, strength, and, ultimately love.

Join us to share with a panel of experts how to deal with issues associated with all forms of grief and loss. The forum will feature presentations ranging from a panel of experts including lived experience.

The Peninsula Voice public forum 'Navigating Grief & Loss' will take place on April 2nd at the Peninsula Community Theatre in Wilsons Rd commencing at 6.30pm. Book now!

FREE COMMUNITY FORUM



PENINSULA VOICE
Learning • Conversation • Engagement

Navigating Grief and Loss

Discover new insights and practical tools to navigate grief and loss.

For you and those you care about.

Featuring:



Dr Rob Gordon
Community Grief
After Disasters



Chantelle Ross
Grief Support Groups



Lisa Corduff
Lived Experience



Ros Lewis
Trauma Psychotherapist



Cam McAdam
Mt Eliza Clergyman

WED APRIL 2ND - 6PM

Sign up for free : bit.ly/3FdrK1i

Location: Peninsula Community Theatre (PCT)
Cnr Nepean Hwy & Wilsons Rd, Mornington



Faith, Hope, and Charity: Pillars of Our Community

In the hustle and bustle of our daily lives, it is easy to overlook the foundational values that bind us together as a community. Faith, hope and charity are not just abstract concepts; they are the very essence of what makes our community strong and resilient

Peninsula Voice is built on 3 pillars being, Conversation, Learning & Engagement.

There is a synergy between these pillars when overlaid on Faith, Hope & Charity.

It gives a purpose to our work and empowers our volunteers to reach-out and identify community issues which need attention and action. We do this through public forums.

Faith is the cornerstone of our lives, guiding us through times of uncertainty and adversity. It is the belief in something greater than ourselves, a trust in the goodness of others, and the confidence that we are never alone. Faith fosters unity, bringing people together in shared values and common goals.

Hope is the light that shines in the darkest times. It is the optimism that fuels our dreams and aspirations, and the resilience that keeps us moving forward. In our community, hope is seen in the eyes of our children, in the tireless work of our volunteers, and in the collective efforts to improve our surroundings. Hope drives us to innovate, to care for one another, and to believe in a better future.

Charity is the expression of love and kindness through action. It is the selfless giving of our time, resources, and energy to help those in need. Charity strengthens our community by addressing the needs of the less fortunate, fostering a sense of solidarity, and nurturing a culture of generosity.

As we reflect on these virtues, let us recommit ourselves to embodying faith, hope, and charity in our daily lives. Let us support one another in times of need, celebrate each other's successes, and work together to build a community where everyone feels valued and cared for.

Together, with faith, hope, and charity as our guiding principles, we can achieve extraordinary things for our precious community.



One Positive Action

Give Yourself Permission to Rest:

We're so good at pushing through exhaustion, convincing ourselves there's always one more thing to check off the list before we can stop. Rest becomes something we have to earn, and even when we take it, there's this nagging guilt, like we should be doing more. But here's the truth: rest isn't a reward, and it's definitely not a waste of time. It's the thing that keeps you going.

If you're tired, let yourself stop. Not just physically, but mentally too. Close your laptop without justifying it. Put your phone down without feeling bad. Lie down, stare at the ceiling, take a nap, sit in silence, whatever your version of rest looks like, give yourself full permission to take it. The world won't fall apart because you paused.

The more you allow yourself to rest without guilt, the better you get at recognising when you actually need it. And when you stop running yourself into the ground, you start showing up better for everything else. Your focus improves, your patience stretches, your energy lasts longer. Rest isn't some indulgence, it's fuel. Take what you need.



Media release:

Safer Internet Day calls for kindness as cyberbullying reports surge over 450% in five years

Children starting out in secondary school account for more than a third of all cyberbullying reports to eSafety, which have surged by more than 450 per cent in the past five years, new data reveals. The figures have been released as the world marks Safer Internet Day (February 11, 2025). **Read more**

AI - Something to Consider

As we kick off another year, a year that will bring more mind-blowing AI content - let's remember this:

AI is artificial; we are real.

Let's embrace the challenges, the failures, and the messiness of life. Let's live it fully - and bring those experiences into our work to create meaning and value that no AI can match.

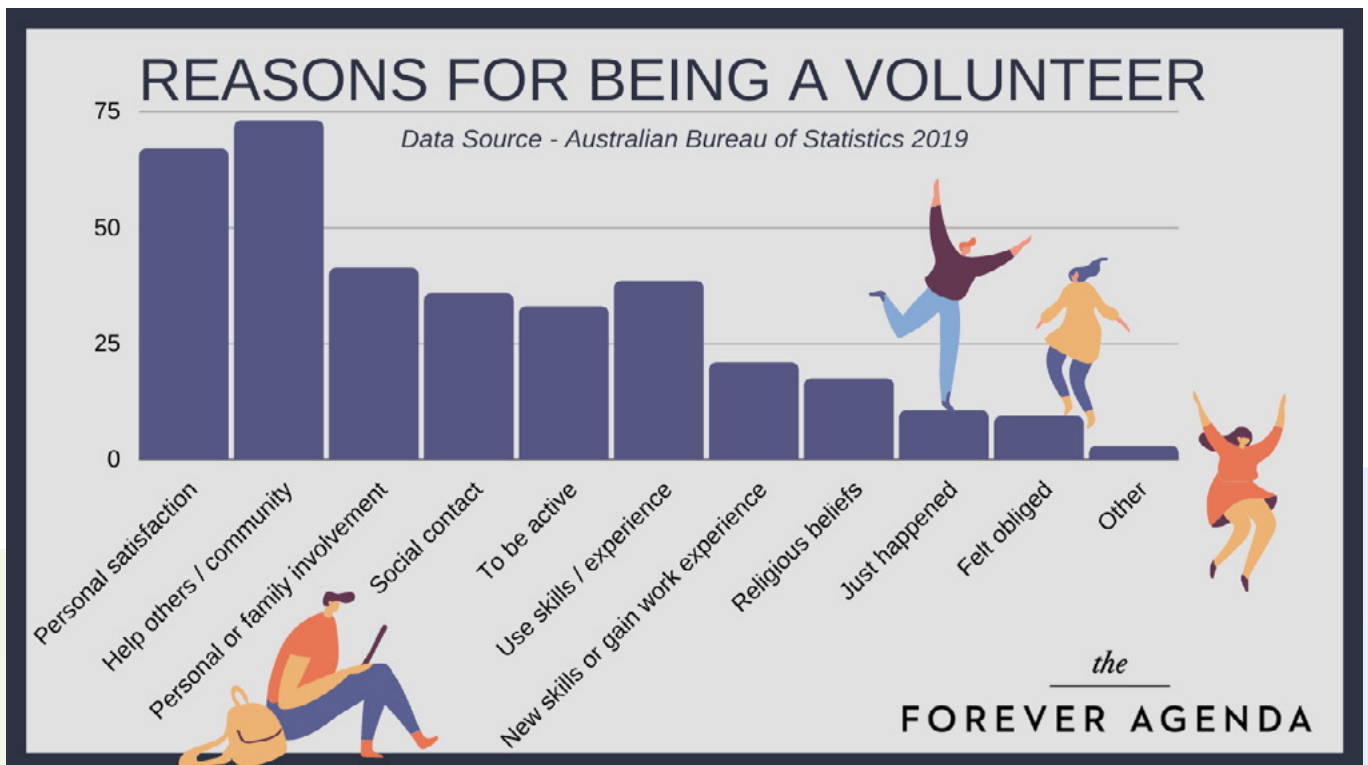
TAKEAWAYS

- Try something new.
- Suggest bold, innovative ideas.
- Form deeper, more meaningful collaborations.
- Turn failures into learning moments.
- Celebrate success - yours and others.
- Be present in the world.

Walk in more sunrises. Seek inspiration outside your daily environment. Share these experiences with others - they enrich not just your life, but your perspective everywhere.

Because it's the living - the courage to face uncertainty, the joy of connecting, the resilience to adapt - that will always set us apart.

We are not just workers in a knowledge economy; we are humans in a lived-experience economy. **AI can't replace that!**





Why We All Need a Good Hug Right Now

Hugging can help improve mood and reduce anxiety and stress levels.

Surprised? Well, studies have shown that hugging stimulates the release of oxytocin, a hormone associated with feelings of happiness and bonding. Experts suggest that regular hugs can help combat the feelings of loneliness and isolation.

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Surprised? Studies have shown that hugging stimulates the release of oxytocin, a hormone associated with feelings of happiness and bonding. Hugging has shown that it can:

- **lower blood pressure**
- **reduce anxiety and depression**
- **and even improve our immune system**

With so many positive effects, it's no wonder why hugs are often referred to as "miracle medicine."

Touch plays a crucial role in human connection and emotional well-being.

It is through touch that we communicate warmth, love, and support to one another. Whether it's holding hands, giving a pat on the back, or embracing in a hug, touch has the ability to convey emotions that words often fail to express.

It strengthens our relationships, builds trust, and deepens our connection with others. In fact, studies have shown that regular touch can reduce stress, increase feelings of happiness, and even boost our immune system.

In times of distress or sadness, a simple hug can convey more than words ever could.

So...go on and give someone you care for a great big hug. You will both feel better as a result!

Mornington Peninsula Health and Social Data



SNAPSHOT

Health and wellbeing priorities

Increasing active living



16.7%

of residents sit for 8hrs or more on a typical weekday
(Victorian State Government 2023)



39.6%

of residents did at least 150 minutes of moderate to vigorous physical activity every week, greater than the Victorian average of 35.1%
(Victorian State Government 2023)

Preventing all forms of violence



2,138

family violence incidents recorded from March 2023 – March 2024, a 7.2% increase from the previous year
(Crime Statistics Agency 2024)



74%

of affected family members were women
(Crime Statistics Agency 2024)

Improving sexual and reproductive health



12.25

Chlamydia affects 12.25 women and 8.76 men per 10,000 individuals
(Women's Health Atlas 2022)



2.61

per 1000 women are living with endometriosis
(Women's Health Atlas 2022)

Increasing healthy eating and food security



41.5%

of residents meet daily fruit consumption guidelines and 4.9% meet daily vegetable consumption guidelines
(Victorian State Government 2020)



5.3%

of residents experienced food insecurity, reporting they ran out of food and couldn't afford to buy more
(Victorian State Government 2023)

Reducing harm from alcohol and drug use



1,321

In 2021, there was 1,321 alcohol-related hospital admissions
(Turning Point 2024)



23.1%

of residents are at increased risk of alcohol-related harm
(Victorian State Government 2023)

Reducing harm from tobacco and e-cigarette use



12.9%

of residents are daily smokers
(Victorian State Government 2023)



3.1%

of residents are daily e-cigarette users
(Victorian State Government 2023)

Improving wellbeing

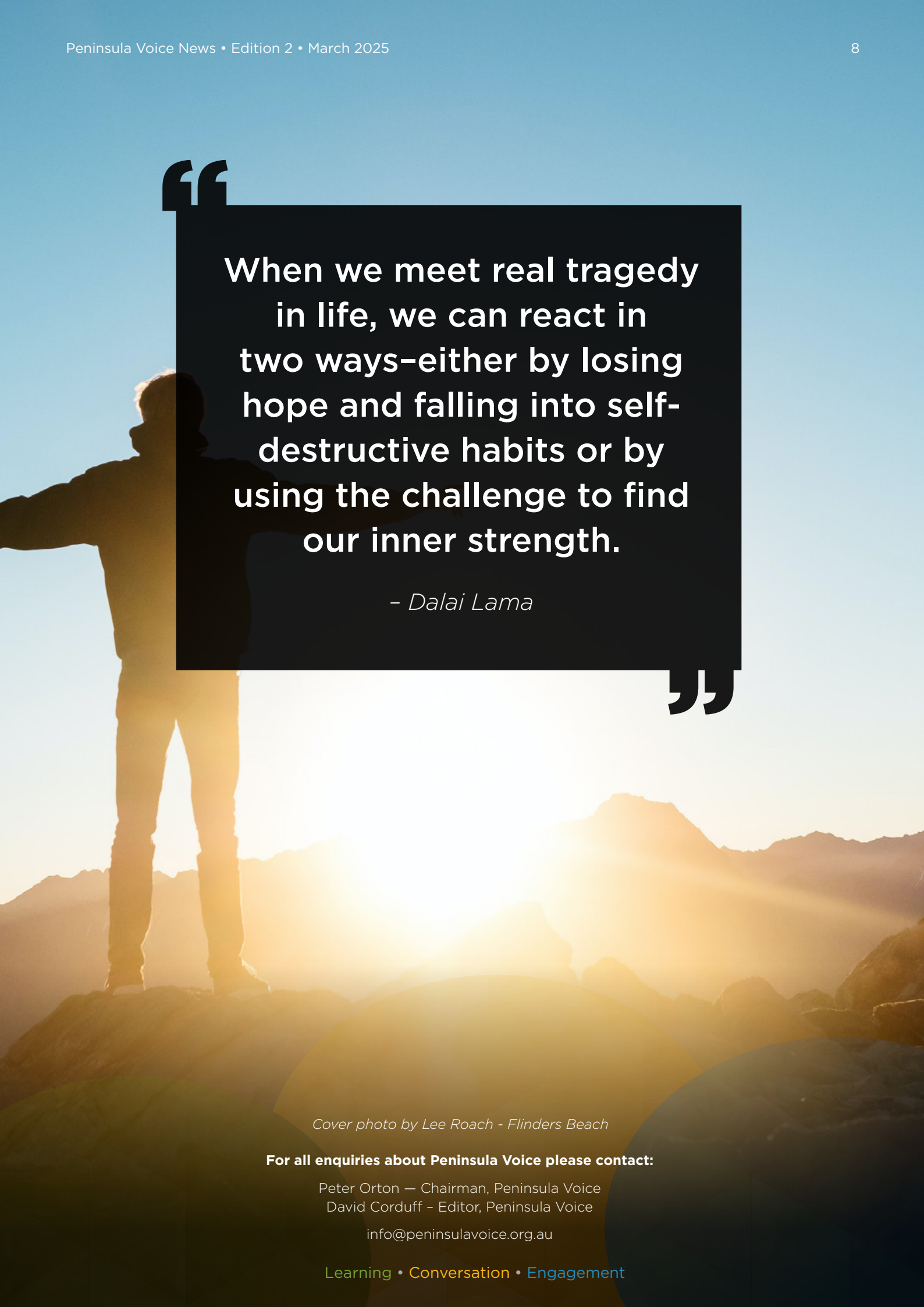
25%

of young people identify as a person with a mental health condition
(Mission Australia 2023)

16.8%

of residents sought professional assistance for a mental health problem in the past year
(Victorian State Government 2023)





“
When we meet real tragedy
in life, we can react in
two ways—either by losing
hope and falling into self-
destructive habits or by
using the challenge to find
our inner strength.
”

– Dalai Lama

Cover photo by Lee Roach - Flinders Beach

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