



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.



## Spreading Positivity

**In a world where challenges can often overshadow our daily lives, it's important to highlight and celebrate the positivity that flourishes within our community. Positivity is a powerful force that uplifts, inspires, and brings us together. There are many ways to enhance and recognise positivity.**

Positivity often starts with simple acts of kindness and generosity. Think about the neighbour who greets you with a smile, or the group that organises charity activities for those in need. These gestures, small as they may seem, can have a profound impact.

A positive community is a supportive one. Programs and initiatives that provide help to those facing hardships, such as food banks, support groups and free clinics, exemplify our collective commitment to each other's well-being.

Our community is brimming with creativity and innovation. Celebrating and supporting creative initiatives not only enriches our cultural landscape but also inspires us to explore passions and think outside the box.

Positivity is also about celebrating diversity. Our community has a rich culture, and many backgrounds. By acknowledging and appreciating these differences, we create an inclusive environment where everyone feels welcome and respected.

Positivity is vital for our community. Let us continue to nurture and spread positivity, ensuring that it remains the bright light guiding our community forward though life's challenges...together. **We need each other.**

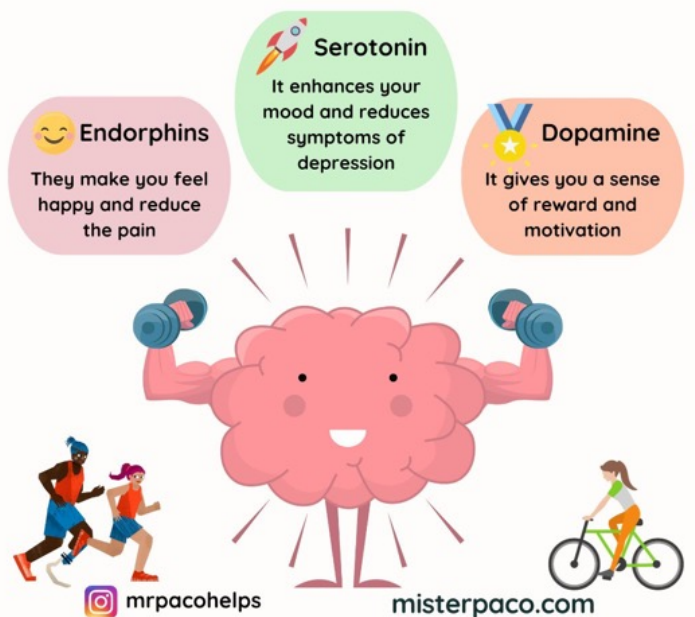
## Forthcoming Peninsula Voice Forum

**Peninsula Voice will feature mental health as the core for our next forum.**

Keep October 10th 2024 free for this event which will be held at the Peninsula Community Theatre.

Further details will be published when the program is finalised.

## What happens in our brain when we exercise?





## What Parents Worry About - ReachOut

‘What parents worry about: carer concerns for youth mental health and wellbeing’ is a new report by Youth Mental Health organisation, [ReachOut](#).

Parents and carers play a critical role in supporting the wellbeing of young people as they navigate adolescence and, in many cases, mental health challenges.

This report highlights the concerns that parents and carers have for the young people they care for, how parents and carers are currently seeking advice, and the support they need to feel equipped to assist their young people through these challenging times.

[Read the Report >>](#)

## Well worth a listen!

This TED Talk on YouTube is by Ben Smith who is the CEO of the Mornington Support Centre in Main Street. He explains how our society’s emphasis on independence has led to social isolation, loneliness and disengagement. This stress on independence discourages people from seeking help or exposing vulnerability. In turn it mitigates against building trust and emotional closeness. A memorable quote from the video - “Standing alone is the quickest way of falling over”. Watch the 12-minute video [here](#).

“The two most important days in your life are the day you are born and the day you find out why.”

- Mark Twain



DO YOU NEED HELP WITH IT?



Bring your hand held devices such as Laptops, ipads, phones, problem with emails...

TUESDAYS + THURSDAYS  
11AM - 1PM  
THE MEETING ROOM CAFE

## IT Help

Need help with setting up emails on your phone or laptop, got a IT question you need answered?

Pop into the Meeting Room Café at 320 Main Street Mornington and chat to our volunteer IT specialist.



## Placemaking = Share Belonging

*“What’s your favourite place?”*

*What is it about that place that you enjoy?*

*Imagine if the places where we lived and worked were green, walkable, affordable, and regenerative.*

*Imagine if they made it easy for us to gather, shop, have fun, eat together, and be around people different from us. With this mindset, we could fundamentally change our communities, and collectively, have a positive impact on the health of our planet.*

*The major challenges of our time — climate change and resilience, physical and mental health, equity and inclusion — are global in scale. But the most effective and enduring solutions can often be found at the local level – in our public spaces, on our streets and within our neighbourhoods.”*

For more information about creating thriving local communities and environments, read the full article “Creating the future we want: the placemaking approach” by [Town Team Movement](#) and [Conservation Volunteers Australia](#).”

Read the full article [here](#).



## 3G Phones to bite the dust... soon!

All 3G mobile networks will cease operating in Australia later this year and, when they do, many phones designed specifically for seniors will no longer work.

You’ve probably seen TV commercials extolling the virtues of the super-fast 5G telecommunications networks. Faster downloads, clearer phone calls, videos without buffering. It’s all very fancy and high-tech.

The 5G network has been gradually rolled out over the past few years, and now reaches nearly all Australians, with total 5G coverage expected to reach 95 per cent of the population by 2025.

But with this expansion has come the winding-down of the much older (and slower) 3G network, leaving just the 4G and 5G networks. The last 3G network towers are scheduled to be shut down by Telstra in June this year.

For most of us, the loss of 3G will be barely noticeable, as most of today’s phones and electronics are fully compatible with both the 4G and 5G networks.

But for many older Australians, the shutdown will mean their smartphones, many of which are configured for the 3G and even 2G networks, will cease to operate.

If this is your phone, or the phone of an older relative, it means it’s time for an upgrade. Thankfully, there are plenty of 4G- and 5G-capable seniors phones on the market – and Aussie companies lead the way when it comes to their design and manufacturing.



## Friend of Peninsula Voice – Hugh McKay AO

### Why We Thrive on Connection

***“If we dare to dream of a better world...then there is only one way to make it happen. If enough of us live as if it’s that kind of society; that’s the kind of society it will become!”***

Neighbours Every Day (NED) Ambassador Hugh Mackay AO is one of Australia’s best known social researchers and the author of twenty-three books – fifteen in the fields of social psychology and ethics, and nine novels. In this excerpt from his NED guest blog, Hugh challenges us to dream of a better world.

*“42,000 years ago, a cataclysmic climatic event wiped out four of the five species of humans that had been roaming Earth for the previous 2-300,000 years.*

*Why was homo sapiens the only one to survive?*

*According to a group of British and German archaeologists, it was because we were the only species to have formed ourselves into mutually supportive communities and made ourselves emotionally vulnerable to each other. Archaeologists now talk of “survival of the kindest”.*

*In other words, we became – and are – a social species; hopeless in isolation; at our worst when we’re being individualistic; utterly dependent on families, neighbourhoods, friendship circles – groups and communities of all kinds – to nurture and sustain us*

*and to give us that all-important sense of belonging that is so fundamental to our mental and emotional health...*

*If we dare to dream of a better world – a better society – a better neighbourhood – a place where people are kinder, more compassionate, more tolerant, more inclusive, more respectful, less cynical, less violent, then there’s only one way to make it happen. If enough of us live as if it’s that kind of society, that’s the kind of society it will become.”*

Read the full blog [here](#).

**By Hugh Mackay AO**

### Photo of the month



*Aurora Australis – (taken locally by Jacques Menage)*

# HELP US CREATE CHANGE AND ESTABLISH A NEW MORNINGTON PENINSULA WOMEN'S SHELTER FOR AT RISK WOMEN AND CHILDREN

## A NATIONAL CRISIS

Women's homelessness, often a consequence of domestic and family violence, is a pressing national crisis in Australia. Each night, 58,000 women find themselves without a safe place to call home, highlighting the critical importance of addressing the interconnected issues of domestic violence and homelessness.

WCS, in partnership with the Mornington Peninsula council, local community and local steering committee, is mobilising its unique social franchise model of shelter establishment to open a new crisis shelter for women and their children.

## TOGETHER WE CAN SUPPORT MORE WOMEN AND CHILDREN

Over the past 12 years, WCS has opened 11 crisis shelters and over 65 transitional properties offering support to over 1300 women and children in crisis, and provided nearly 60,000 safe bed nights to the sector each year.

This support encompasses vital funding, project management, intellectual property guidance, and governance expertise.

But we need to do more.

## WHY IT MATTERS

WCS has changed the paradigm on women's homelessness and domestic and family violence (DFV) in NSW and we want to do the same in Victoria.

Working with the Mornington Peninsula Council and local communities, the first WCS Victorian Shelter will pave the way for nationwide expansion to support the 1000's of women and children needing safety and support across Australia each night.

## CALL TO ACTION

We invite you to work with us to combat women's homelessness and help break the cycle of domestic and family violence.

By working together, we can establish a new Mornington Peninsula Women's Shelter within the next 18 months.

We can't do it without you, so please get in touch today.

SCAN  
HERE!



To Donate

For more information on how you can get involved, or to support the Mornington Peninsula Women's Shelter, please scan the QR code.



## THE CHALLENGE

- Insufficient government-funded crisis shelters for women and children on the Mornington Peninsula.
- Improving NGO support for homelessness prevention compared to the urgent need.
- Mornington Peninsula's housing costs now exceed the median price in Melbourne.
- Pandemic-induced population growth and short-stay tourism worsen homelessness.
- Rough sleeper rates on the Peninsula are almost three times the national average, estimated at 20%.

## THE SOLUTION

A new Mornington Peninsula Women's Shelter will:

- Provide crisis accommodation for up to 70 clients within the first year, including 30 women and 4 children, totaling over 3400 bed nights.
- Collaborate with community partners to repurpose underutilised properties into transitional homes for women.
- Implement WCS's prevention program in two local high schools, educating and connecting 300 students with the shelter.
- Develop a blueprint for expanding WCS's services across Victoria to support more women and children in need.

[womenscommunityshelters.org.au](http://womenscommunityshelters.org.au)



**Happiness is not the  
absence of problems it's the  
ability to deal with them.**

*Cover photo by Pat Whelen on Unsplash*

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