



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.



Hope Springs Eternal

Holding on to Hope

Hope is a quiet strength. It doesn't shout, and it doesn't demand attention. Instead, it sits patiently beside us, reminding us that no matter how heavy life may feel, there is always the possibility of a gentler tomorrow.

For many in our community, recent times have not been easy. Challenges—whether they come through illness, loss, financial strain, or the simple weight of uncertainty—touch each of us differently. These struggles are real, and they deserve to be acknowledged. Yet alongside them, there is also the quiet resilience of hope. It may come in small moments: a smile from a passer-by, a neighbour's helping hand, the comfort of shared laughter, or the knowledge that seasons always turn.

Hope does not pretend that difficulties vanish overnight. Rather, it gives us the courage to take the next step, even when the road ahead is not clear. It is the belief that light will return, even after the darkest night.

In many ways, hope is not only personal but communal. It grows when we support one another, when we remind each other that no one is truly alone. Every act of kindness—no matter how small—becomes a seed of hope, and when planted across a community, those seeds can flourish into something far greater than we could achieve alone.

As we look forward, let us carry hope with us as both a guide and a companion. It may not always feel strong, but even a flicker of hope can steady us through life's storms. Let it remind us that renewal, healing, and joy remain possible, and that together, as a community, we can hold one another up until brighter days arrive.

Hope, after all, is not simply wishful thinking. It is the quiet conviction that the story is not finished, and that better chapters still await us.



One Positive Action

Five Minute Call

Life moves fast, and in the rush of work, routines, and responsibilities, it's easy to let connections slip through the cracks.

You think, *I'll call them when I have more time*, and before you know it, weeks have gone by. That person who's been floating around in your thoughts lately? Maybe it's your college roommate, a former colleague, or that cousin you always promise yourself you'll catch up with "soon." We've all got someone like that.

A Five-Minute Call is exactly what it sounds like: pick up the phone and reach out to someone you've been meaning to connect with. Let them know upfront that you only have a few minutes but wanted to hear their voice. We've made connection way more complicated than it needs to be. We tell ourselves we need the perfect amount of time or something significant to share before we can make that call, but some of the most meaningful conversations happen in those spontaneous, unplanned moments.

The benefits are mutual. You'll brighten their day, and you'll walk away feeling more grounded and connected yourself. When's the last time an unexpected call from a friend didn't put a smile on your face? Even a quick check-in has the power to dissolve loneliness, strengthen bonds, and reduce stress. It breaks the cycle of waiting for the "perfect time" to connect; a time that rarely comes. By giving just five minutes, you prove that relationships don't need perfection; they need presence.

Today, choose one person you've been meaning to call and just do it. If they don't answer, leave a cheerful voicemail letting them know you were thinking of them. If they do answer, keep it simple: tell them you've been thinking about them, ask how they're doing, and let the conversation flow naturally. Five minutes is all it takes to turn intention into connection and you'll both feel better for it.

Orange Sky

Orange Sky supports people experiencing homelessness or hardship through access to free laundry and shower services, as well the opportunity for regular connection. They provide a supportive, welcoming and inclusive space for anyone experiencing loneliness or disconnection from the community, with a focus on improving hygiene, health and quality of life.

Here at MCSC we have the opportunity to provide Orange Sky services to our MCSC clients. To commence this program we will require 8 volunteers to help run the program each session from 10.30am - 12.30pm one day a week.

Please reach out to Louise for more information if you think this is something you would like to be involved in.

Email Louise here.





Doorways

How often do we set our sights on some future moment, believing that when we reach it, we'll have "arrived"? That promotion, that relationship milestone, that achievement—we imagine them as finish lines.

Yet life consistently reveals a new path.

An education opens access to applying knowledge in new contexts. A new job serves as a threshold to new responsibilities. A relationship becomes an entrance to a deeper understanding of yourself and others.

Even death—the most final-seeming threshold—is viewed in many wisdom traditions not as an ultimate destination but as a passage to something beyond.

When we embrace this "doorway" mindset, everything shifts...

We hold achievements more lightly, seeing them as passages rather than endpoints.

We measure success not by destinations reached, but by doorways bravely entered.

What door are you preparing to walk through next? True wisdom lies in recognising each achievement as simply the next beautiful doorway on our journey.

AI - Friend or Foe?

As flagged in a previous newsletter, we will focus on AI as a topic which will feature regularly on these pages. There is an increasing level of publicity and in some cases misinformation regarding AI. The reality is that it is with us and we need to understand how to separate fact from fiction.

Safety in the age of AI involves a broad range of concerns, from the technical security of AI systems and the protection of sensitive data to the ethical implications of algorithmic bias, job displacement, and the potential for AI to generate harmful or misleading content. Mitigating these risks requires a multi-faceted approach including developing technical safeguards like explainable AI and robust testing, establishing clear ethical frameworks and human oversight, implementing robust data governance, and fostering collaboration through regulatory frameworks and responsible AI adoption strategies.

Staying safe today means continual education, healthy scepticism, and diligent privacy habits. Tech-savvy thieves will keep innovating, but you can protect yourself by "trusting but verifying" -- and empowering yourself with knowledge from trusted sources.





Try table tennis

Looking for a new way to stay active and meet new people? For over 100 years, Victorians of all ages have been enjoying table tennis. As Table Tennis Victoria celebrates a century, learn more about the benefits of table tennis and how to get involved near you.

Learn more [here](#)



Mid-Year Health Check

Now's a great time to review if you're due for regular check-ups, or book those appointments you've been putting off. Also think about reviewing any health insurance extras you may have.

From dental and skin check-ups to blood tests, regular health check-ups can identify any early signs of health issues. Finding problems early means that your chances for effective treatment are increased.

[Find a nearby GP, dentist, specialist and more.](#)

How to Help a Neighbour (Without Making It Weird)

We've all been there – you see a neighbour who could use a hand, but you're not sure what to say or do.

The good news? Small, specific gestures can make all the difference. From doubling dinner to taking out the bins, neighbourly care is easier than you think.

Read our latest blog from [Very Neighbourly Organisation Gather My Crew](#) for practical, friendly ways to offer help without the awkwardness.

Find out more [here](#).

“Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another.”

Photo of the month



*Courtesy of Rob Carlton, Mornington
ULURU at its best*

“
A true community is not just about being geographically close to someone or part of the same social web network, it’s about feeling connected and responsible for what happens.
”

– *Yehuda Berg*



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Cove photo by Luisa Denu on Unsplash