

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.



PENINSULA VOICE

Celebrating a decade of community involvement!

This year marks a significant milestone for Peninsula Voice which celebrates 10 years of dedicated community involvement and progress. It's hard to believe how far we have come together, and it is appropriate to reflect on our shared achievements and the spirit that has brought us closer as a community.

A Journey of Unity and Growth

Ten years ago, a group of forward thinking and committed individuals from four local churches got together to explore the opportunity to engage with the Peninsula community in meaningful dialogue concerning significant and painful social issues.

The foundation on which they chose to build Peninsula Voice was based on three pillars namely: **Conversation, Learning & Engagement.**

The vehicle considered most appropriate to fulfil the charter was to run community forums focused on social justice issues...which included Gambling Addiction/Family Violence/Homelessness/Youth

Mental Health/Refugees/Illicit Drug Use/Recovery From Trauma/ Loneliness/Climate Change...amongst many others.

To date Peninsula Voice has run 28 separate community forums. These have involved partnerships with over 150 community groups.

A series of successful book launches were also prominent and gave voice to authors such as Hugh McKay, Abdi Aden, Najaf Mazari, Les Twentymen, Tim Costello, and Rosie Batty.

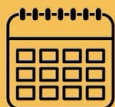
Over the past decade, our community has blossomed through the collective efforts of countless individuals... too many to list here, who actively volunteered their time to support the Peninsula Voice committee. We thank you.

As the year winds towards an end, we reflect upon the many issues which seem to be front and centre of our world these days. Sadly, a lot of it is negative, however there is also light and that comes in the form of people who give of their precious time to volunteer.

Since Covid, there has been a drop-off in the number of active volunteers in many community groups. It has been a slow burn to get the numbers back and Peninsula Voice would like to encourage our readers to seek opportunities to do some volunteering during 2025. There are so many positive spin-offs for those willing to actively contribute to the community.

Join Us for a Celebration!

PENINSULA VOICE IS TURNING 10!



**12:30pm
SUNDAY
1 DEC 2024**

**LOCATION:
ROTARY LONG
TABLE @
MORNINGTON
PARK**



Please join us to celebrate this milestone at our family BBQ.

Every one of you has helped make Peninsula Voice stronger, and our community richer since we started in 2014.

BYO BBQ Lunch and Drinks

All are welcome so please invite anyone else who shared the journey



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We invite you to a special 10th anniversary gathering on Sunday December 1st at Mornington Park. There will be a BBQ so please join us from 12.30pm for food, fun, and fellowship as we honour the last ten years and set our sights on the future.

Thank you for being an essential part of our community. Here's to many more years of working together to create a place we're proud to call home!

Energy Takers Energy Givers

Focusing on the past
 Inconsistent sleep
 Mess and clutter
 Sedentary time
 Social media
 Overworking
 Dehydration
 Screen time
 Resentment
 Negativity
 Junk food
 The news
 Alcohol
 Stress
 Fear

Music
 Nature
 Resting
 Sunlight
 Positivity
 Gratitude
 Hydration
 Meditation
 Movement
 Breathwork
 Community
 Decluttering
 Consistent sleep
 Eating whole foods
 Learning something new



HEALTH

Is Australia's media ageist?
 How older Australians and their issues are reported on by the media fuels ageism, says the Australian Human Rights Commission.

Photo of the month



A Peace Rose in the first flourish of Spring

Much appreciated!

Donations needed
 We are in need of re set mobile phones and chargers for our clients. Please drop to 320 Main Street Mornington.



**MORNINGTON
 COMMUNITY
 SUPPORT
 CENTRE**



U3A turns 40

University of the Third Age (U3A) is a place to make friends, keep your mind and body active, and enjoy your time as you age.

As U3A marks 40 years, join in the fun at an event near you during the Seniors Festival.

[Learn more here](#)



Challenging Ageism in Our Community: A Call for Change

Ageism, or discrimination based on a person's age, is an issue that affects countless individuals in our community, often in ways we fail to recognise.

Unlike other forms of prejudice, ageism is subtle and insidious, creeping into everyday interactions, workplace practices, and social expectations. It affects both the young and the old, but older adults bear the brunt of its harm, especially in a society that tends to value youth, speed, and innovation over experience, wisdom, and patience.

In our workplaces, older employees are often overlooked for promotions, seen as less adaptable to new technology, or even pushed into early retirement. This not only limits their financial independence but also diminishes the wealth of experience and knowledge they can continue to offer.

Ageism isn't just a professional problem—it's a social one. We see it in the way older adults are depicted in the media, often as frail, dependent, or out of touch. We also see it in the way they are treated in everyday life: ignored, dismissed, or spoken to in patronising tones. This sends a message that once you reach a certain age, your value diminishes.

But age should never define our worth. Older adults have rich stories, skills, and wisdom that come from years of life experience. Many continue to contribute to their communities as mentors, volunteers, and leaders. Similarly, younger people bring fresh perspectives, energy, and innovative ideas that enrich our collective experience.

So, how do we combat ageism in our community?

First, we must be conscious of our own biases. Whether at work, at home, or in public spaces, let's strive to treat everyone with the dignity and respect they deserve, regardless of their age. Second, we need to advocate for policies that promote intergenerational collaboration. This can mean supporting mentorship programs that pair older and younger people together or encouraging businesses to adopt age-friendly hiring practices. Finally, let's start conversations about aging that focus on the positive aspects, such as resilience, adaptability, and lifelong learning.

By challenging ageism, we create a community where people of all ages feel valued and included. Age is just a number—but the respect and opportunity we give each other should be ageless.

Let's work together to make that vision a reality.



Alzheimer's Awareness – Understanding the Impact

Alzheimer's disease continues to be a significant health concern in Australia. Below are some key facts to increase your awareness:

- **Prevalence:**
Around **500,000 Australians** live with dementia, with Alzheimer's disease being the most common form, accounting for 50-70% of all dementia cases.
- **Age Factor:**
The risk of Alzheimer's increases with age. About **1 in 10 people** aged 65 and older have dementia, and this rises to 3 in 10 for those over 85.
- **Impact on Families:**
Roughly **1.6 million Australians** are involved in caring for someone with dementia, facing emotional and psychological challenges.
- **Economic Cost:**
Dementia care in Australia costs an estimated **\$15 billion annually**, including healthcare, residential care, and informal caregiving.
- **Public Awareness and Education:**
Advocacy for greater awareness and understanding of dementia and Alzheimer's is ongoing, with many organizations providing support and education for caregivers.
- **Research and Support:**
Australian researchers are making strides toward better treatments and potential cures, focusing on prevention and management strategies.
- **Cultural Impact:**
Dementia affects various communities, including **Indigenous Australians**, who may have unique needs and experiences.
- **Government Initiatives:**
The Australian government has funded national strategies to improve dementia care and support, including research and public education.

Cheap Option for Mobile Phone

If you already have a phone you're happy with, you can get all the data you need for a bargain by going with a **SIM-only plan**, and there are options for all types of users.

If you're after the latest and greatest phone on the market, you're either going to have to shell out at least \$1,000 to buy the phone outright or enter into a lengthy contract with a telco.

But what if you don't need a new phone? As much as the phone makers hate to admit it, buying the new model each year only nets you incremental improvements at best.

If you have a phone you're happy to keep using, you can save on the cost of a new one and sign up to a SIM-only plan to get a stack of data for as little as \$12 per month.

Whether you're just checking emails and occasionally surfing the web or streaming 4K video to your phone 24/7, there's a SIM-only plan that suits your needs.

Check with your mobile phone supplier regarding the option of SIM only plans.

Small Second Dwellings Forum: Housing Options for Elders

Join the Peninsula Advisory Committee for Elders (PACE) and guest speakers to hear about options for providing extra accommodation on your property to support a relative, friend or other elderly person.

Where: Mornington Library

When: Saturday 23 November, 10.30am-12.30pm

[Learn more here](#)



Icon Cancer Centre to provide radiation therapy at The Bays' new Cancer Care Centre

We recently announced that we are partnering with leading cancer care provider, Icon, to bring radiation therapy services to the Mornington Peninsula, enabling local patients to access end-to-end cancer services in one location.

Located in our new Cancer Care Centre, which is almost complete, Icon's new radiation therapy service is due to open later this year.

Thank you to all of you who already have donated towards this project. We still require community support to achieve the fit-out of Stage One of the building, so if you haven't already, please [donate to our Cancer Care Centre today](#).

Read more about our partnership with Icon





**There is no power for
change greater than a
community discovering
what it cares about.**

– Margaret J. Wheatley

Cover photo by Pat Whelen on Unsplash

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