



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 Easter fades into memory, we stand on the cusp of the year ahead, making plans and reflecting about the remainder of the year.

Recent news of stabbings at Westfield in Sydney, followed by a teenager stabbing a cleric in the same city drive us towards conversations about our community health and with it, our mental health.

Following the successful Peninsula Voice Climate Change forum in February we have commenced the planning process for the next forum which will feature mental health at its core. The tentative timing for this event is early October.

As we stride through the hustle and bustle of our daily lives, it's easy to overlook an essential aspect of our well-being: mental health. Just like physical health, mental health plays a pivotal role in our overall quality of life. In recognition of this, the next Peninsula Voice forum will emphasise the importance of mental health and well-being.

Understanding Mental Health: Mental health encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act, influencing how we handle stress, relate to others, and make choices. Just as we care for our bodies through exercise and nutrition, nurturing our mental health is crucial for leading fulfilling lives.

Breaking Stigma: One of the most significant barriers to seeking support for mental health concerns is stigma. Peninsula Voice is committed to breaking down these barriers and fostering an environment of understanding and compassion. Mental health challenges can affect anyone, regardless of age, gender or background. By openly discussing mental health, we can create a supportive community where seeking help is encouraged and celebrated.

Support Resources: There are numerous resources available for those seeking support for their mental health. These include counselling services, support groups, helplines and online resources. Whether you, or someone else you know, is struggling with stress, anxiety, depression, or any other mental health issue, reaching out for support is a courageous and vital step toward healing.

Community Support: If you need a listening ear, a friendly face, or guidance in finding the right resources, know that you're not alone. We should all look out for one another, offering kindness, empathy, and support whenever it's needed.

Self-Care Practices: In addition to seeking professional support, practicing self-care is essential for maintaining good mental health. This can include activities such as exercise, mindfulness, hobbies, spending time with loved ones, and getting adequate rest. Remember to prioritise your well-being and carve out time for activities that bring you joy and relaxation.

Get Involved: Whether it's participating in mental health awareness events, sharing your own experiences to inspire others, or simply being there for a friend in need, every contribution makes a difference.

Together Towards Wellness: Peninsula Voice seeks to use its commitment to **Learning, Conversation & Engagement** to underpin community initiatives where mental health is valued, supported and prioritised. Fostering an environment of openness, acceptance and support, can help cultivate a brighter, healthier future for ourselves and for generations to come. More news on the forthcoming forum in future editions of the newsletter.

If you or someone you know is in crisis or needs immediate support, please don't hesitate to reach out to emergency services or a mental health helpline:

Lifeline - 13 11 14

Beyond Blue - 1300 22 4636

Remember, taking care of your mental health is not a luxury; it's a necessity. Let us continue to support one another on this journey toward well-being.



Climate change is both physically and mentally stressful!

[Startling research by the Climate Council and Beyond Blue](#) reports four out of five people in Australia (80 per cent) personally experienced some form of natural disaster between 2019 and 2022, including heatwaves, flooding and bushfires.

Unfortunately, but not surprisingly, one in two of these people (51 per cent) said their mental health had been negatively impacted as a result.

This is why there is an urgent need for our governments to acknowledge that climate change is not just a physical threat, but also a [mental health threat](#).

In the short term, mental health impacts associated with natural disasters can include extreme stress, financial strain, grief and dealing with displacement. For many people and communities, there are also longer-term mental health impacts of dealing with experiences of trauma and loss.

Our mental health system needs to be ready to respond as these disasters become more and more frequent.

While mental health support is reaching a portion of the population following climate-related disasters, many who need it most still miss out. In the [Climate Council and Beyond Blue's research](#), a third of people said they received enough mental health support following a disaster, while another third said they did not receive enough – with people in rural areas more likely to say they did not receive adequate support.

By increasing the baseline capacity of our mental health system we will come closer to having the capacity to respond to immediate demand in these times of crises. However, as [Mental Health Australia continually advocates](#), we need long-term investment and reform to ensure Australia's mental health system can meet these needs and beyond.

For those in need, mental help support can be accessed by clicking on the link below which takes you straight to the Mental Health Australia website:

<https://mhaustralia.org/need-help>

Article courtesy of Carolyn Nikoloski – CEO Mental Health Australia

What is mental wellbeing?

Mental wellbeing is a state where we view ourselves and our lives positively.

- It's a personal and subjective experience that can involve meaningful connection with others, having a sense of purpose and experiencing feelings of optimism.
- Our mental wellbeing goes up and down and is influenced by the way we adapt to the challenges we face. It's impacted by our environment, life experiences, cultural background and behaviors.
- Everyone has a level of mental wellbeing and we can improve it by taking action, even when we experience a mental health condition.



How about switching to a Dumbphone?

Dumbphones make up only a tiny portion of Australia's mobile phone market, but dumbphones (also known as feature phones) are being adopted by people looking to cut down on their screen time, find focus or even save some money.

Smartphones allow us to do a lot of creative and personal tasks, but for some they are linked to everything from social media and gaming addiction to expensive data bills, reduced attention spans and even loneliness.

A [2019 study](#) found problem mobile phone use in Australia had increased since 2005, with more people feeling lost without their devices or experiencing problems such as a loss of sleep.

The study found women and those aged 18 to 24 exhibited the most problematic mobile phone use, but older age groups also saw an increase in such issues.

It means that for some Australians, their mobile phone use has become such an issue that they've turned back the clock to a simpler time, when old-school 'flip' and 'brick' phones ruled the market.

While there is growing interest in dumbphones among millennials and gen X in the United States due to "a digital detox trend in 2022 and 2023", they haven't made a true comeback in Australia.

Feature phones appeal to seniors as they are easy to use, more durable with longer battery life and cost-effective for everyday basic use.

Dumbphone sales are on the decline globally, but dedicated dumbphone companies have also entered the market. Firms like Punkt and Light make phones with intentionally limited functionality – Light even says its devices are "designed to be used as little as possible".

Price is also a factor for some Australians amid the current cost-of-living crisis.

Dumb phones are ideal for people who choose to stay away from social media and who wish to be more awake to the world around them.

An added bonus is that they are significantly cheaper than smartphones and won't break the bank if purchased to check them out.

Call for Volunteers – Mornington Community & Support Centre

MCSC are seeking volunteers to process/assist with applications for No Interest Loans (NIL's) for their clients.

See link below for more information about the NILs program. Full training will be offered, and you will be fully supported with the process and procedure.

No Interest Loans

The Centre also requires WDP (Work and Development Permit) volunteers.

The WDP scheme provides vulnerable and disadvantaged people with a non-financial option to address their fine debt.

A WDP allows an eligible person to work off their fine debt by participating at the centre in a volunteer capacity.

The Volunteer opportunity would entail meeting with clients and onboarding, logging hours, monitoring progress with full training and support.

See link below for more info about the WDP program:

The work and Development Permit

The above programs are in high demand at the centre. However, the capacity due to funding and people power is limited.

Both programs add significant value to the clients at the Mornington Community & Support Centre and can provide solutions to hard times they may be experiencing.

If you think you'd like to assist with any of the above volunteer opportunities, please reach out with any questions or queries. Contact details below:

Louise Cranwell
HR + Communications Coordinator
03 5975 1644



Topping out the Cancer Care Centre

As you may have seen, a lot of progress has now been made on the construction of the Bays Hospital new Cancer Care Centre, with the second-floor slab and bunker wall concrete poured last week.

[Find out more about our Cancer Care Centre progress](#)



with heritage and luxury. A survey conducted with 1200 Australians revealed that cask wine and flat plastic wine bottles were the most preferred formats after traditional glass bottles.

The survey also highlighted that package format significantly influences people's choices, with price ranking second. What is your preference?

Photo of the month



A tranquil scene in Loch - Victoria

Something a little different... flat plastic wine bottles!

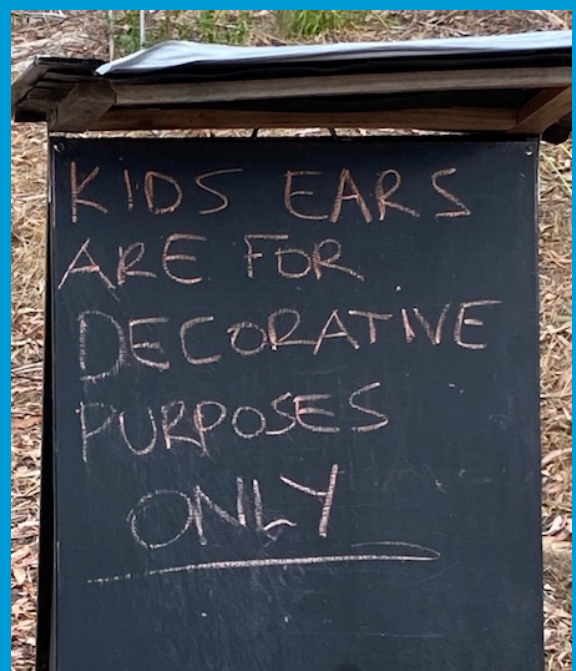
The wine industry is seeking to effectively progress towards an eco-friendly future and researchers say there is a need to reshape the wine-consuming public's perception of quality wine in alternative packaging.

The study asks consumers, would you indulge in Chardonnay from a plastic bottle or savour your favourite Barossa Valley Shiraz from a can?

Conventional glass wine bottles emerge as the wine industry's primary source of carbon emissions, with a single bottle's production generating 1.25kg of carbon dioxide. In total, the production and transport of glass wine bottles constitute over two-thirds of the wine industry's overall carbon output.

Despite being up to 51 per cent more carbon-efficient than glass, Australian consumers exhibit resistance towards these environmentally friendly options, perceiving them as cheaper and lower in quality compared to the traditional glass bottles associated

A sandwich board spotted outside a child-minding centre



Mornington Peninsula Women's Shelter Community Forum

Women's homelessness and domestic violence are reaching crisis levels on the Mornington Peninsula. Join us at a special community forum where you can learn how Women's Community Shelters (WCS) is working at a grassroots level to find a solution. Together with the local community, we plan to open a new shelter, 'created for the community, by the community.'

The forum is an opportunity to find out more and get involved. Whether it's becoming a board member, assisting in the property search, donating time, resources or skills, or joining the fundraising effort - there are numerous ways for you to contribute and help support more women and children at risk.

Hear from our expert speakers as they shed light on the urgent need for a new crisis shelter and the positive impacts it can have on the local community.



Annabelle Daniel OAM,
WCS CEO, Chair DVNSW &
Member of Coercive Control
Taskforce



Peter Hunt AM,
WCS Founder and
Board Member



Cr. Sarah Race,
Mornington Peninsula
Shire Council



Lisa Holt, Principal,
Rosebud Secondary
College



Tracy Meyer, Detective
Senior Sergeant,
Somerville Family Violence
Investigation Unit

WE NEED HELP WITH

- Finding a property
- Shelter set up and operational costs
- Board Members
- Fundraising
- Developing community and corporate partnerships
- Lobbying Government

Join Us

Wednesday
8th MAY

7.00pm - 9.00 pm



Rosebud Secondary College (Auditorium)
245 Eastbourne Road Rosebud VIC

Decision is the spark that ignites action. Until a decision is made, nothing happens... Decision is the courageous facing of issues, knowing that if they are not faced, problems will remain forever unanswered..

- Wilferd A. Peterson

For all enquiries about Peninsula Voice please contact:

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