

THRIVABILITY MATTERS

Newsletter and updates



Hello,

Happy March! This month, in our mini-article, we explore various aspects of community health and holistic well-being. Our spotlight highlights Sustainable Development Goal (SDG) 3: Good Health and Well-being, alongside sustainability metrics and the entity model. Join us in prioritising health and sustainability for a brighter future!

Today's fictional tale sheds light on the issues. The [technical jargon](#) surrounding things like the SDGs can be a bit overwhelming. But through this story, we're bringing it down to earth, so you can get what SDG3 is all about.

Give Me A Break



In her beautiful home, Saphine calmly fits her prosthetic legs. She then opens her lease renewal. Rent increased from \$400 a week to \$500. Her heart sinks.

On RealRentals.au, prices are over \$700 a week for everything. She writes down an address.

At the inspection of the damaged house, an elderly lady sarcastically remarks, "All hail the housing boom."

Back on RealRentals.au, there's a room for \$250 a week.

Standing before the mouldy room, dread gnaws at Saphine. Bob, the lease owner, smiles. "Happy?"

At her house, she holds a garage sale. A thug haggles, "Five dollars for the fridge?"

Saphine walks past Bob into the room, shutting the door. A tear wells in her eye.

Months later, at night she coughs, sick from the mould. Talking grabs her attention. Bob's brother, Jack, says, "Nice place, Bro. Any spare rooms?"

Each night they talk, but then Jack starts scratching at her wall. The next day, coughing more, Saphine addresses Bob, "Tell Jack to stop scratching my wall."

Bob reluctantly hands her an eviction letter. "Fourteen days."

At the doctor's, the doctor checks her cough. Saphine says, "Seven days to find a new place."

The doctor hands her a pamphlet about the Disabled Housing Centre. "My prescription. A ticket to good health and well-being. I vouch for these guys. They recently helped my daughter."

March Focus - SDG 3: Good Health and Well-being, alongside sustainability metrics and the entity model.

Embark on a transformative journey this March as we delve into the realm of Sustainable Development Goal 3: **Good Health and Well-being**. Discover how sustainability metrics and the entity model intersect with our pursuit of a healthier world. Join us in unravelling the intricacies of well-being and sustainability for a brighter future.

Achieving SDG3 is an intersection of personal and societal

Advancing SDG 3 involves integrating key frameworks, for instance, sustainability metrics and the entity model. Sustainability metrics are measurements used to evaluate how well businesses and activities protect the environment, support communities, and manage resources for future generations. It's quantifiable data of things like finite resources or context-based metrics. It measures what matters most. The entity model emphasises examining each entity—individual, community, or ecosystem—with sustainable operational boundaries, represented by the ceiling and floor limits.

Regarding good health and well-being, we can look at the metrics that can measure the social state of an individual, or society as a whole, to check if they are in an ethically acceptable range to be sustainable. But we hope that we can get measurements in the thrivable range.

THRIVER'S VOICE



Before COVID, rental prices were fairly acceptable. Housing prices have jumped about 50% since 2020. Therefore, rent prices can now jump by as much as 20% a year. Some entertain [shared accommodation](#) to offset the inflated rent prices. This can be dramatically stressful on boarders and lodgers who aren't covered by the Residential Tenancies Act. They only have rights under both common law and the Australian Consumer Law. The following is an example of the issues that boarders and lodgers face.

A THRIVE volunteer has been dealing with [tertiary homelessness](#) (people living in accommodation that is below the minimum community standard of a small self-contained flat). She has moved over 20 times in 20 years.

Circumstances forced her to move 3 times in the last year, once while dealing with a broken arm because of extreme bullying. Most recently, she moved with a painful condition affecting her shoulder joint. This is on top of her other disabilities. Over 50, clean, sober, kind, honest, asexual, without a criminal record. Yet people stereotype homeless people like her all the time.

I have autistic burnout due to sensory overwhelm. The trigger? A fire alarm battery that my landlady refused to change.

I asked, "Could you please change the fire alarm battery? I have autism and it's overwhelming."

Her response was to kick me out.

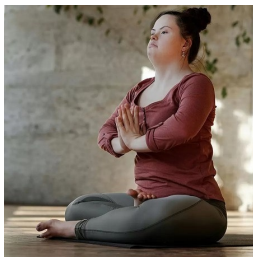
I tend to get bullied everywhere I live. Without a fixed tenure, I have no rights, just responsibilities. The law in Western Australia does not protect lodgers. If you stand up for your rights, you're evicted.

Homeless people are vulnerable and more so when disabled. In this system, many landlords are interested in exploitation. Lodgers are often preferred to be slaves who pay rent. Without laws to protect lodgers, we are placed in a dangerous position.

I now live in a small unit with 5 other women who aren't neurosensitive, in a big block of noisy flats. Beyond burned out, with inadequate support. Shutdowns and meltdowns are daily. Trying to explain things to the other women, asking for help, begging for my needs to be met, doesn't work. They refuse to be understanding and prefer to treat me as a problem.

There isn't enough social housing. The government is reluctant to take action even though they talk PR to seem like they care. Many services are maxed out with multiple-year waiting lists. Some people who don't understand suggest outrageous solutions to get rid of the problem such as encouraging these vulnerable people to end their lives.

How is it that in a country such as Australia, they still have systems that cause so much suffering, where turning houses into investments for people to get rich is more important than homeless people who are twice as likely to [commit suicide](#)? Although developed countries may seem to have it all, there are still serious problems that they never want to see exposed. But there are still organisations willing to give these people a voice.



What Do Multicapital, Meditation and Mental Health Have in Common?

When considering capital, do you only think about money? Well actually, human beings bring social, constructed, intellectual, and natural riches to the world. But that requires good mental health. Sometimes we may need literal grounding to function. Could meditation be the key?

[Read More →](#)



Technology Is Transforming Healthcare for Good

Technological advancements in healthcare are revolutionising how we approach wellness, with innovations like virtual reality training boosting surgeon performance by 230%, while wearable devices offer real-time tracking of vital health data like heart rate and stress levels. The future of healthcare is here but how will it reshape our well-being?

[Read More →](#)



Is Abundance for All Too Much to Ask For?

Human rights treaties are integral to 90% of the UNs sustainable development goals. You might surmise that this challenge is that there is not enough to go around for the global population. But many don't realise how "sustainably sourced food" and "healthy ecosystems" are two cornerstones to ensure thriving for all.

[Read More →](#)

EXCITING UPCOMING EVENT

WEBINAR

SDG 13
Climate Action

TUESDAY
16 APRIL 2024
6:00-7:30 PM
AEST (UTC+10)

REGISTER NOW



LIVE
WEBINAR





"Menstruation? You can sleep outside!"

That's how shocking some of the revelations were this month.

In the lead-up to the April webinar, we are honoured to be able to present to you the amazing details of the March webinar.

The THRIVE Project's March 2024 webinar featured three passionate speakers, Ute Arndt, Jessica Halim and Nidhi Sharma, who opened our eyes to some powerful truths about the world in the way of Good Health and well-being.

Ute Arndt on "**Breaking the Silence! How Education Can Break the Poverty Cycle and Foster Female Health**":

Ute Arndt's presentation focuses on education's transformative power, challenging social norms regarding menstruation. In Uganda, girls are often forced into marriage upon their first period, leading to early pregnancies at ages as young as 12 or 13. In Nepal and India, menstruation is often considered unclean, resulting in women being banned from their homes during their periods, sometimes leading to fatal consequences. In some Islamic communities, menstruating women are prohibited from praying, while in Indonesia, menstruating girls can be barred from attending school. Shockingly, in Southern Italy, there's a belief that if a menstruating woman touches a tomato plant, it will cause the tomatoes to rot.

Moreover, political correctness poses challenges, such as in the UK, where some educational institutions forbid showing blood on menstrual pads. In some cultures, young girls are chastised for cleaning their intimate areas. Ute emphasises the importance of education in addressing these taboos, promoting hygiene, and empowering women. Raising awareness is crucial in normalising discussions about women's periods and bodily fluids, including discharge and urine, during pregnancy.

Jessica Halim on "**Community Solutions on How to Create Less Waste In Our Daily Lives and How to Avoid Plastics**":

Jessica Halim discusses practical solutions to minimise waste and avoid plastics, particularly in Indonesia. She emphasises alternatives to plastic products, eco-friendly living practices like rooftop gardens, and the importance of education and collaboration in promoting sustainability. She mentions the indiscriminate discarding of plastic waste and highlights her family's efforts to live sustainably, including using banana leaves instead of plastic.

Nidhi Sharma on "**Know Your Body to Live a Fulfilling Life**":

Nidhi Sharma's presentation explores the impact of education on women's health trajectories, emphasising the importance of understanding body dynamics over time. She addresses misconceptions about weight gain which is actually a symptom, hormonal fluctuations, and menstrual irregularities, advocating for proactive health management. She reveals the prevalence of many women being deficient in essential nutrients and the detrimental effects of sedentary lifestyles.

Q&A Session Highlights:

In the Q&A session, shocking revelations include media and corporate manipulation perpetuating narratives of female "uncleanliness" to sell products, wasteful practices like oversized menstrual products, and inadequate attention to menstruation education. Jessica discusses the complexity of creating sustainable products, while Nidhi identifies motivational attrition as a significant obstacle to health efforts. The discussions underscore the importance of education, collaboration, and individual action in addressing societal and health challenges.

If the topics covered in the webinar left you intrigued and motivated, we urge you to mark your calendars for our upcoming session centred on Sustainable Development Goal 13 (SDG13) - Climate Action. SDG13 is dedicated to mitigating climate change impacts and fostering adaptation strategies for a more resilient world. Join us as we explore the innovative approaches and values-based solutions driving progress towards a healthier planet and a more sustainable future.

Register today for the next webinar:

Register today for the next webinar.

Tuesday, 16 April 2024
6:00PM (UTC + 10)

SDG13: Climate Action

Register Today and Save the Date!

WHAT'S NEXT?

Looking ahead to April, we turn our focus to **SDG13: Climate Action**, emphasising the urgent need for mitigation and adaptation strategies. Climate-related sustainability metrics gauge progress towards this goal, ensuring we address environmental challenges effectively. It's about taking proactive steps to combat climate change and safeguard our planet for future generations.

Join us next month as we advocate for climate action and work towards a more sustainable future. Thank you for your ongoing support in our mission to create positive change.

YOUR FEEDBACK MATTERS

Your feedback is invaluable to us as we strive to enhance your experience. We're dedicated to delivering top-notch service and your satisfaction is our priority. Please take a moment to share your thoughts with us. Whether it's a suggestion, comment, or critique, we welcome your input.

Together, we can ensure that we meet and exceed your expectations. Thank you for helping us improve and for being part of our journey towards excellence.

Until then, keep on thriving.

THRIVE Project is an independent research and advocacy group providing the latest information from the natural and social sciences on the means to achieve a sustainable society and thrivable future.

THRIVE aims to exhibit the most effective pathways to a sustainable planet. We want to instil the concept of "thrivability" (beyond sustainability) in human communities. We arm individuals and organisations with the knowledge they need to make sustainable changes in the pursuit of prosperity for all. THRIVE uses a contrasting background to draw attention to this content.

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