

THE COMMITTEE FOR LORNE

P.O Box 168, Lorne 3232. info@committeeforlorne.org.au www.cfl.org.au ☎ 0438 843 258

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What's happening at the Lorne Community Hospital in 2018?

From virtual walking tours, new programs and activities, exciting collaboration projects plus our annual fundraising events, the Hospital is continually striving to provide the best possible healthcare for our community.

Grand Tour around Europe

The word has been out and about, rumours are rife down the nursing home hallway, Chinese whispers have been rustling in the curtains, talk is free flowing but detail is scarce. So, you're going to hear it here first, we are off to Europe! Well no, not really. However, Europe is coming to us! The staff has been busy plotting and planning a virtual 'Grand Tour around Europe'. Over a 10-month period, residents in our aged care facility will experience a taste of each country with experiences that involve food, cultural activities, music and more. In addition, with the help of staff and community groups, the residents will 'walk' their way across Europe aiming to reach a goal of a total of 1 million steps per month for all participants. Lorne Community Hospital has recently implemented a Montessori philosophy of care that took over 12 months to embed. The inspiration for the 'Grand Tour' stems from the wonderful outcomes of this project. We are looking for groups or individuals who would like to contribute to the cultural activities or to counting their steps in order the help our residents reach their goal. For further information, please email: grandtourofeurope.lorne@swarh.vic.gov.au

Health and Wellness Coaching Program

We are excited to announce that we received funding to join with Colac Area Health and Otway Health, to develop a new service to our clients who have a



chronic illness. Clients in the Lorne area who have been diagnosed with asthma, cardiovascular disease (including high blood pressure), diabetes and chronic lung disease are all eligible. The aim of our project is to coach our clients to healthier lives, through realistic goal setting with our health coaches and exercise programs.

Drug and Alcohol Service in Lorne

Better Care Victoria has provided a grant to Lorne Community Hospital, in partnership with Otway Health and Windara Drug and Alcohol recovery service. The aim of the project is to increase the capability of our health service to support consumers misusing alcohol and other drugs through education and increased telehealth capacity. We also have the wonderful news of having been a finalist in the VicHealth Awards 2017 in the category of "Preventing harm from Alcohol" announced on the 5th December 2017.

Collaboration Projects

Over the past few months, LCH has employed an Exercise Physiologist who specialises in group exercise activities and a Social Worker who has been working within the Lorne Medical Centre and our local schools. This has been

made possible by the collaboration of projects and joint funding with Otway Health.

Building on recent successes with shared resourcing such as CEO, social work, and projects between Otway Health and Lorne Community Hospital, has prompted the Boards of Management to explore further opportunities to strengthen our existing relationship and futureproof your services.

Belonging to isolated coastal villages on a busy tourist route with extreme seasonal population shifts, Lorne and Apollo Bay communities face similar challenges relating to accessibility and range of services available, and sustainability of highly qualified staff.

It is important for the community to be involved to help shape their health service. An opportunity to do so will be provided in the coming months.

Murray to Moyne

Our annual Murray to Moyne Lorne Spinners cycle relay is on again Sat 7 & Sun 8 April 2018. This year, we are raising funds for rehabilitation equipment to encourage physical activity in our community. So if you would like to be part of the team – riders, volunteers and support crew, contact Karyn Hogg on 5289 4383.



COMMUNITY PROFILE

LIZ AND MARK LANDY

Liz and Mark met in a pub next to St Vincent's hospital. Not so surprising really since they were both working in the hospital, Liz as a medical secretary and Mark as a surgeon.

At school in Melbourne, Mark's dream was to become a pilot. This he achieved but for his day job, studied medicine and became a surgeon as well. He owns his own plane and has flown family and friends to most parts of Australia.

Liz thought about doing something literary, maybe even a writer when she left school, but took a secretarial path instead.

The Landys enjoy travel and have done so widely. After they were married they lived in Salisbury, UK, for two years while Mark worked at the hospital. Liz said she absolutely adored that; it was such a beautiful place.

After working for two years in Melbourne on their return, Mark decided to escape the "rat race" and moved to Mt Gambier in 1981. Leaving many friends behind, Lorne became a convenient half way place to catch up for holidays. In 1989, with another family, they bought an old weatherboard house which they enjoyed for years. Ten years ago they demolished that and each family built their own holiday house on the site.

After 22 years in Mt Gambier and being one of the only two surgeons in town, Mark decided to take a less demanding job and moved the family to Albury. Although Mark is still working, they use the Lorne house for major holidays; in between, their three children are happy to share it. Lorne time is spent catching up with old friends and playing golf at the Country Club. Flying and rowing are his other interests. Liz lists travel, golf and reading as her favourite things to do.

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LORNE WARD EVENTS CALENDAR

February

- 3 **Victorian Surf Life Saving Masters Championships** at Lorne Beach
- 4 **Victorian Surf Life Saving Senior Carnival** at Lorne Beach
- 17 **Lorne Castle and Candle Competition** at St George River

March

- 4 **Clean Up Australia Day**
9am - 11am Register LAAC - 9am

A word from the *Chairman*

What an enormous Australia Day public holiday we all experienced here in Lorne last weekend with visitor numbers through the roof and traders reporting the weekend as bigger than Pier 2 Pub as the mercury hovered in the high thirty's most of the break. Our local beach was at its popular best and ice cream sales must have hit new heights as Mountjoy Parade was shoulder to shoulder through most of the weekend break.

In what traditionally signals the last of the January School holidays, those that left Lorne for the new school year ahead would not be disappointed with what summer has delivered. Some will be heading back to school this week for the last time whilst for others it will be the nervous first time, and even more so for the anxious Mums and Dads that see their young ones take the big step alone.

While for others like myself school days are over, our youngest daughter is now

interstate at University and son living and studying in Melbourne, and a "big gap" in our household as only my wife and I remain. Strange the turnaround in such a short space of time that, all of a sudden, the evening meal is just for two, there are evening spaces on the couch, the fridge always seems full and the house is super tidy – but it takes some adjusting and I know that many will share the same vibe.

It's an exciting time as life takes another turn and requires adjustments on many levels to ensure that family bonds grow even stronger as the configuration of one's household changes. I am sure that many have varying strategies that have been proven through time while others like me, will trial many, some which will fail while others will succeed, but one thing is certain – life is different and there will be change! Leading a busy life reinforces the need to plan and structure time around family, health, life and work and community

interests - and it's not easy.

My first major change was to commit to every Wednesday evening being set aside in my diary as "date night". A night that, without compromise, has been entered into my annual planner as an evening where my wife and I will enjoy an evening out enjoying each other's company in an environment that we choose. Probably not a "ground breaker" but it's my first step and if your circumstances are similar would love to know the changes that work for you!

A super effort recently by the Lorne Surf Club Surf Boat crews last weekend at two of Australia's biggest surf carnivals at Manly and Freshwater Beach respectively. In the open men's event, the Lorne crew came second while our open women finished third – congratulations to all!

Ian Stewart

Chairman - Committee for Lorne

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