

THE COMMITTEE FOR LORNE

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LORNE WARD EVENTS CALENDAR

APRIL

- 6 Lorne Beach Parkrun**, Launch at 8am at Lorne Surf Life Saving Club. A free weekly timed 5km walk/jog/run.
- 13 Lorne vs Apollo Bay**, First home game of the season at Stribling Reserve.
- 14 Model Boat Regatta**. Run by Lorne Men's Shed. 10am till 2pm at Swingbridge.
- 19 Good Friday Soirée**. Hosted by Lorne Football & Netball Club. From 6.30pm at the View, Lorne Hotel.
- 20 Lorne Kinder Easter Market**, Located on the Lorne Foreshore 9am – 4pm.
- 20 Lorne Dolphin V Birregurra**, Grand Final rematch. The Mark Trickey Memorial Cup at Stribling Reserve. This is the blockbuster game of the season.

Aged Care Sensory Garden



OFFICIALLY OPEN

Lorne Community Hospital's aged care sensory garden, aimed at helping improve quality of life for those living with dementia, is now officially open.

The garden was designed by Humanscape Consulting for people living with dementia, seniors and community groups, to have access to a safe, secure and tranquil outdoor space. The design brief was about user experience, enticing residents into the courtyard. Pivotal to the design development is evidence-based understanding that 'connection with nature and gardens nourishes the senses and improves overall emotional and physical wellbeing'.

Originally when the Hospital was rebuilt in 2006, the garden did not receive a great deal of attention. After 12 years, it was time for a refresh and to design it purposefully to become an extension of the facility. There was a whole of community approach to design, detail and construction. The Community Liaison Committee provided a community perspective, a working party provided input and the Men's Shed restored the owl sculpture.

"I love sitting outside to listen to the

birds and read a book in the sun. I hope to get involved in maintaining the veggie patch and eating the produce" said LCH Aged Care Resident Sue Agar.

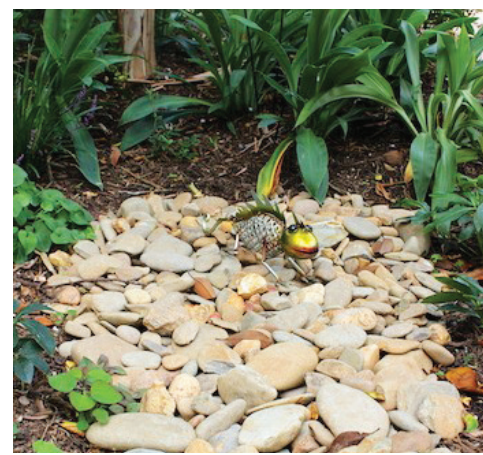
CEO Kate Gillan thanked the many supporters who were present, gratefully acknowledging contributions from the local community, with special mention for the generous funding received from the Lorne Op Shop. "The Lorne Op Shop are wonderful supporters for our work, especially when there are projects that contribute to the care of our elders in this community. Their support makes the impossible, possible".

"Sensory gardens like this one provide therapeutic activities for those living with dementia, to maximise retained cognitive and physical abilities and lessen the confusion and agitation often associated with the condition. Highlights of our garden include the electric pergola and pavilion, fascination area, bird garden, conversation court and the fragrant garden. And a lemon tree, no garden is complete without one".

"Research indicated physical as well as visual access to nature had many health benefits for the aged including recovering from illness quicker, reducing

stress, lowering blood pressure, assisting with better sleep patterns and aiding the natural absorption of vitamin D which is important for maintaining strong bones. Activities encourage use of motor skills like walking and bending, reduces stress levels and promotes relaxation. There are also many mental health benefits such as increased abilities in decision-making, self-control and increased confidence and self-esteem".

"This has a flow on effect for caregivers also, as the improved condition of their loved one reduces the worry and stress for them also" said Ms Gillan.



COMMITTEE FOR LORNE

In what can be seen as a refreshing change, and a first, last week I received a call Bob Osburn, the Senior Community Engagement Officer – Great Ocean Road for VicRoads. Bob rang to discuss their plans for an electronic message sign on the eastern approach into Lorne. The proposed sign would be identical to the one located outside of Foodworks, an LED sign which enables VicRoads to focus the illumination on motorists as they approach.

Other signs are in the process of being commissioned at Port Campbell, Skenes Creek, Mount Duneed and Bellbrae and one has already been installed on the Anglesea Road once you leave the Princess Highway. The six signs are designed to display travel time advice and emergency warnings for

Great Ocean Road travellers.

Bob and his team are looking to come to Lorne to meet with Committee for Lorne (CFL) representatives to understand local views on where best to position the east-bound sign. This is a great initiative from VicRoads to arrange what will be the first "community consult" in Lorne with regards to signage. Whilst VicRoad's agenda is about location of this sign, the collective view of CFL members is that we need to go further and look at an overall signage plan for Lorne, of which VicRoads are an integral part. We have to start somewhere, and I believe the door is now open to commence these discussions.

Signage, whether it be the visual impact or the message, has been very big issue

for the Lorne, other coastal towns and the Great Ocean Road over recent years. The problems have been highlighted in emergency situations and planned closures around special events. Hopefully, this great initiative from Bob and his team will provide the opportunity to facilitate the broader discussion that is required – stay tuned.

This weekend the Lorne Dolphins open their account for the start of the 2019 Colac and District Football League season when our netballers and footballers travel to play the Western Eagles on their home turf, albeit a pretty hard home turf. Up until last Sunday preparations were underway to shift the game back to Stribling Reserve given the magnificent condition of our local playing surface, but all that changed when mother

nature delivered 40mm of rain on the Irrewillipe Recreation Reserve with officials now deeming the ground as playable.

The local defending premiers are looking forward to a big year ahead with the return of a number of our talented juniors returning after playing in higher leagues. Great to see Jack Hollmer returning to Lorne as Senior Coach and bring with him a wealth of experience and football knowledge that he gathered with distinguished stints with Geelong in the VFL and Port Fairy in the Hamden League. Good luck to all those running out to represent the Dolphins!

Ian Stewart
Chairman - Committee for Lorne

A word from the Chairman