## THE COMMITTEE FOR



P.O Box 168, Lorne 3232. info@committeeforlorne.org.au www.cfl.org.au \$0438 843 258 If you would like to receive this page each week via email, please contact us at info@committeforlorne.org.au

# **LORNE COMMUNITY HOSPITAL** Shape our future and build a healthy active community.

Lorne Community Hospital's Annual Appeal aims to raise much needed funds for areas and priorities that we cannot raise fund in other ways. It is important for us to provide services that assist people to remain healthy and when required, to provide rehabilitation to get people back to their optimum health levels.

This year, we are seeking your support so that we can extend our gymnasium and therefore extend the preventative and rehabilitation services we offer our community. The plan will enlarge the gymnasium floor space by 70%. This could allow the area to be opened up as a community gym and to increase health care services currently offered to the community.

Lorne Community Hospital CEO, Kate Gillan said, "by redeveloping our current gym space, we hope to increase social connections through regular contact with staff and other community members and decrease incidences of chronic ill health through targeted classes and programs."

Currently 13 exercise classes are offered each week with 10 of these undertaken in the gym. The increased space would allow for other types of classes and would also allow us to welcome more people into the classes and allow staff, such as our physiotherapists and exercise physiologist, to present seminars and workshops.

The extension will allow our physiotherapists to have a greater impact on their existing clients, and to extend their services to new clients through group programs and individual assessments, which is currently not possible given the size of the existing space.

Providing a community gym to the residents of the Lorne community and surrounds demonstrates a commitment to the physical and mental health of ageing rural communities and contributes to retaining the vibrancy of a multi-generational rural community.

"We are committed to providing great care for our community. Our focus on providing locally accessible, whole of life health care enables us to provide quality care that is individualised and centred on the person," said Ms Gillan.

For many decades the Lorne Community Hospital has directly responded to the contemporary needs of its coastal communities and your donation to this 2019 appeal will help us to continue to be there for you.

To donate you can either;

Visit our website on www.

#### lornecommunityhopsital .com.au

and click on the donate button. Contact our reception staff on 5289 4300

All donations over \$2 are tax deductible and will be spent at the Lorne

## LORNE WARD EVENTS CALENDAR

#### MAY

- 18 Great Ocean Road Running Festival, Running, music, wellness, adventure.
- 22 Community Volunteers BBQ, Everyone welcome for free BBQ and barefoot bowls 4-7pm at Lorne Bowls Club. RSVP for catering purposes info.lorne@swarh.vic.gov.au or 5289 4300
- 25 Lorne vs Irrewarra-Beeac football and netball, at Stribling Reserve, juniors matches from 8.45am, seniors at 2pm

#### JUNE

- Committee for Lorne
  Luncheon, Lorne View Room,
  12pm for 12.30pm
- 8 Lorne Foreshore Market, 10am – 4pm

Community Hospital.

If you have any queries, please contact Katy Kennedy, Fundraising Coordinator on

kkennedy.lorne@swarh.vic.gov.au or 5289-4386.



### **COMMITTEE** FOR LORNE

A big weekend coming up in what is otherwise a quieter month on the annual calendar with the staging of the 2019 Great Ocean Road Running Festival over both Saturday and Sunday. The weekend long celebration consists of running, music and wellness hosted in the towns of Lorne and Apollo Bay. Whether you want to entertain the family at the kite festival or relax at a yoga session by the beach followed by an afternoon of live music – the festival has it all. Go to www. greatoceanroadrunfest.com.au to check out all the weekend's activities.

A fantastic achievement for the team at our local Lorne P-12 College who were recognised by the Victorian Curriculum and Assessment Authority (VCAA) in receiving the VCAA Chair's Award. The Lorne team were praised for their

A word from the Chairman

commitment to developing meaningful and practical projects in collaboration with the local community and beyond. Their hands-on approach to learning is an integral part of the VCAL program, and over the years the school's Victorian Certificate of Applied Learning (VCAL) team has involved students in many community projects -well done to all involved.

Lifelong Lorne resident and longtime Lorne School Assistant Principal Geoff Couper also registered a great achievement last weekend, but not on the educational front. On the 11th Hole at the Lorne Country Club Geoff managed to "ace" the challenging par three to register the first hole in one in competition since 2011. Geoff's name will be added to the honor board that is proudly displayed in the Club house with the late Mark Trickey being the last person to achieve the feat. I have been pressed to include

"memories from our past" on a number of occasions so you will begin the see the occasional "Remember when!" appear. This week I thought it was appropriate to mention the hole in one of the late "Rusty" Norton also on the same hole as Geoff's recent achievement. Only difference was that he was hitting off the 12th hole when he managed to "ace" the 11th. Needless to say, there is no mention on the Club hole in one board for the achievement.

An interesting report from Propertyology surfaced recently which revealed that the Surf Coast is now Australia's fourth-most expensive place to buy a home, surging ahead of Melbourne and just two places behind Sydney. According to the report the median cost of housing on the Surf Coast is now \$835,000, behind only Kiama (\$910,000), Sydney (\$950,000) and Byron Bay (\$987,500). Melbourne is seventh on the list with a median of \$775,000 and Geelong in at number twenty four with a median of \$531,000.

Don't forget to register for our next Committee for Lorne community lunch scheduled for Friday the 7th of June (prior to the Queens Birthday long weekend) from 12 noon at the View at the Lorne Hotel. It's certain to be one of our most popular lunch events so please reserve your spot with an RSVP to nicole@ greatoceanroadrealestate.com.au.

#### lan Stewart

Chairman - Committee for Lorne