

# Lake Cathie

## Community Profile

healthy  
towns  
NORTH COAST

### Current Population<sup>1</sup>

Port Macquarie-  
Hastings  
78,539

NSW  
7,480,228

Lake Cathie  
3,494<sup>a</sup>

## Demographics

**Lake Cathie** is a coastal town in the Port Macquarie-Hastings Local Government Area. Traditionally a fishing village, today the main employing industries are construction, healthcare and social assistance. Lake Cathie is a popular holiday destination with beautiful beaches and the second largest estuarine lagoon in NSW. The traditional custodians of Lake Cathie area are the Birpai people.

	Lake Cathie	Port Macquarie	NSW
Median Age	50	48	38
Aboriginal and Torres Strait Islander people as % of population	3.6%	4.0%	2.9%
Population 0 – 14 years	17.0%	16.7%	18.5%
Population 65 years and older	28.4%	27.7%	16.2%
Median gross weekly household income	\$1,034	\$1,042	\$1,486
Population 15 & over - Year 12 highest education level attained	10.0%	10.7%	15.3%
Working population in full time employment	50.5%	52.5%	49.2%
Total households in rental housing stress*	10.3%	12.0%	12.9%

\* Rental stress: Households paying 30% or more of household income on rent

## Community assets

- Beaches
- Lake Cathie Foreshore
- Walking tracks
- Community Hall
- Progress Association
- Lions Club
- Lake Cathie Bowling Club
- Social Golfers and Fishing Club
- Church Groups
- Junior Football
- Junior Cricket
- Tennis Club

## Top 5 best things about living in Lake Cathie<sup>2</sup>

1	Lifestyle	80.2%
2	Natural environment	75.6%
3	Friendly people	75.0%
4	Shops and cafes	28.0%
5	Services and facilities	18.3%

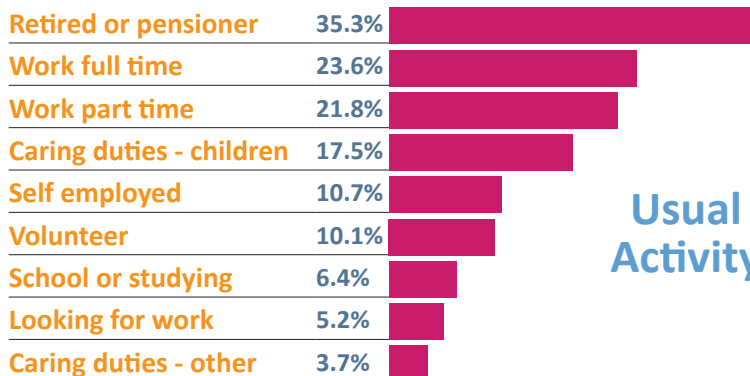
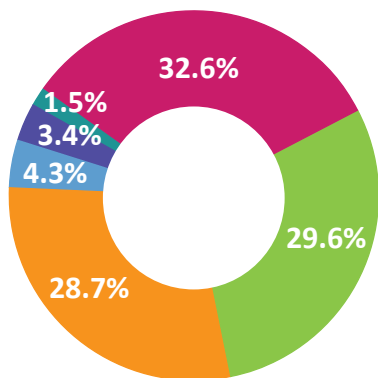
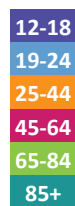
## Community events

- Australia Day Tinny Race
- Fishing Club Charity Auction
- Bare Foot Bowls Friday Nights @ Lake Cathie Bowling Club
- Christmas Carols by the Lake

# Healthy Towns Lake Cathie Community Survey

## Who were our respondents?<sup>2</sup>

### Age (years)



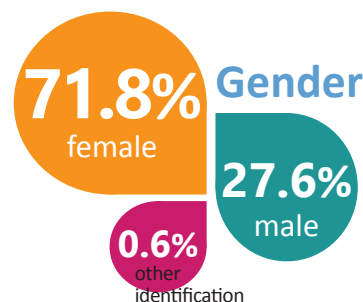
**328**

people participated in the Lake Cathie Community Survey



**3.0%**

of survey respondents were of Aboriginal or Torres Strait Islander descent



## Health and wellbeing in Lake Cathie

### Top 10 Issues

<b>1</b>	Ageing issues	68.1%
<b>2</b>	Cost of living	50.8%
<b>3</b>	Diet and exercise	49.5%
<b>4</b>	Transport	40.5%
<b>5</b>	Mental health issues	35.9%

<b>6</b>	Housing affordability	35.2%
<b>7</b>	Recreational opportunities	34.6%
<b>8</b>	Drug and alcohol misuse	25.9%
<b>9</b>	Cancer	21.3%
<b>10</b>	Social isolation	19.9%

On a scale of 1 to 10

**84.0%**

survey respondents rated their overall life satisfaction above **7**

**79.9%**

survey respondents rated their health above **7**

## What people say about living in Lake Cathie

### Survey respondents

<b>85.3%</b>	Really feel like they're part of this community
<b>60.1%</b>	Often participate in community activities
<b>92.4%</b>	Can get help from their friends, family and neighbours when needed
<b>65.7%</b>	Can access community and support groups that meet their needs
<b>76.5%</b>	Can get involved in local decision-making processes if they want to
<b>90.4%</b>	Haven't experienced racism or discrimination in this town

# What people think about the community of Lake Cathie

## Survey respondents

93.0%	Feel proud to live in this community
88.1%	Think the community copes pretty well when faced with challenges
51.0%	Agree the town has good facilities like shops, childcare, schools and libraries
53.7%	Agree there is easy access to sports, recreational and leisure facilities
84.0%	Agree people here get involved in local issues and activities
97.1%	Agree this community is a safe place to live
87.1%	Agree all groups in this community are treated with respect
87.7%	Disagree that racism is a problem in our community
54.0%	Agree living costs are affordable here, e.g. food, petrol, housing

## Community ideas to improve health and wellbeing <sup>2,3</sup>

- Lake Cathie Neighbourhood Centre and Community Garden
- Pedestrian crossing on Ocean Drive in front of shopping centre
- Gym with heated pool facilities
- Increased sporting fields to include basketball and cricket upgrades
- Community information board
- Library (mobile)
- Men's Shed and Women's Shed
- Connected footpaths and cycling tracks
- Skate park
- Improve public transport particularly to facilitate children's access to school



## Access to services<sup>2</sup>

### found it easy...

81.9%	To access a GP
56.8%	To access education and training
67.3%	To access childcare

### found it difficult...

60.1%	To access a specialist doctor
57.0%	To access allied health (e.g. psychologist, speech therapist)
58.3%	To access alcohol and other drugs services
50.7%	To access aged care services
65.5%	To access mental health services

## Services in Lake Cathie

Service	Number
Aboriginal Medical Service	0
Ambulance	0
Centrelink agent	0
Community Health Centre	0
Dental	2
Fire Brigade (Rural)	1
General Practice	1
Hospital*	0
Mental Health Service	0
Neighbourhood Centre	0
Pharmacy	2
Physiotherapy	2

Service	Number
Podiatry	2
Police Station	0
Psychology	2
Radiology	0
Residential aged care	0

\* Distance to Port Macquarie Base Hospital: 20km

### Educational institutions

Lake Cathie Public School
Cowarra Park Preschool & Long Day Care
Lake Cathie Children's Cottage

Transport	Frequency/Availability
Bus	<ul style="list-style-type: none"> <li>• 3 return school trips</li> <li>• 12 return services to Port Macquarie via Kendall and Laurieton</li> </ul>
Health Transport	Hastings Macleay Community Transport provide subsidised transport for people over 65, Aboriginal people 50 and over, people on Disability or Home Care Packages



## What else is happening in Lake Cathie?

- Lake Cathie Foreshore Master Plan (2018) will upgrade foreshore facilities including a new all-abilities fenced playground, picnic areas, new cycle / footpaths, parking facilities, toilet blocks, and a skate and recreation park. (<https://haveyoursay.pmhc.nsw.gov.au/lakecathie>)
- The Lake Cathie Village Master Plan 2010 includes upgrading Ocean Drive, implementing the Foreshore Master Plan and completing the revetment wall along Illaroo Road. (<http://www.lakecathiepa.com/index.php/village-master-plan>)
- Lake Cathie Medical Centre is expanding to include a gym and hydrotherapy pool that are open to the community
- The Port Macquarie-Hastings Council Recreation Plan 2017 - 2025 includes development of a Lake Cathie Bonny Hills Sports Complex and Lake Cathie Skate Park. (<http://www.pmhc.nsw.gov.au/Facilities-Recreation/Outdoor-Spaces/Playgrounds-Parks-Reserves/Recreation-Action-Plan-2017-2025>)
- Realising the community's vision for a skate park is the 100 year anniversary project of the Lake Cathie Lions Club.

### References:

- 1 Australian Bureau of Statistics, 2016. Census of Population and Housing: QuickStats, [Online] Available at <http://www.abs.gov.au/websitedbs/D3310114.nsf/Home/Census?OpenDocument&ref=topBar>
- 2 Healthy Towns Lake Cathie Community Survey April 2018
- 3 Community Consultation interviews November 2017 - June 2018

### Notes:

- a Population of the State Suburb (SSC) of Lake Cathie not including other areas that may also be serviced by Lake Cathie.

The Healthy Towns program is delivered by North Coast Primary Health Network in partnership with Mid North Coast Local Health District. The program is supported by funding from the Australian Government.