

# Healthy Towns Lake Cathie

## Community Overview and Action Plan



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towns**  
NORTH COAST

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An Australian Government Initiative

# Lake Cathie Community Overview

Healthy Towns, a program funded by North Coast Primary Health Network (NCPHN), is partnering with the Lake Cathie community to design and implement local solutions to improve wellbeing. We started by asking residents about life in their town, local priorities and health and wellbeing needs...

## Community Demographics<sup>1</sup>

	Lake Cathie	Port Macquarie	NSW
Median Age	50	48	38
Aboriginal & 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

**328** 

people participated in the Lake Cathie Community Survey<sup>2</sup>

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

## Top 10 Issues<sup>2</sup>

Ageing issues	68.1%
Cost of living	50.8%
Diet and exercise	49.5%
Transport	40.5%
Mental health issues	35.9%
Housing affordability	35.2%
Recreational opportunities	34.6%
Drug and alcohol misuse	25.9%
Cancer	21.3%
Social isolation	19.9%

## What people think about the community of Lake Cathie<sup>2</sup>

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

## Access to Services<sup>2</sup> found it easy...

<b>81.9%</b>	To access a GP
<b>56.8%</b>	To access education and training
<b>67.3%</b>	To access childcare

## found it difficult...

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

## Health and Wellbeing Priorities<sup>2,3</sup>

Community members' key priorities for improving health and wellbeing included:

- Lake Cathie Community Hub and Community Garden
- Gym with heated pool facilities
- Upgrade sporting fields to include basketball and cricket facilities
- Community information board
- Men's Shed and Women's Shed
- Connected footpaths and cycling tracks
- Improved public transport
- Library
- Lake Cathie parkrun
- Mental health training for community members
- Lake Cathie Senior Citizens group



# Lake Cathie Community Action Plan

Based on the outcome of our consultations, NCPHN worked with communities to identify a range of projects for implementation. NCPHN is funding or supporting the following initiatives in Lake Cathie in 2019.

Key Action / Initiative	Contact Information
 <p><b>Lake Cathie Community Hub</b> Establishment of a community hub in Lake Cathie. The hub will offer a range of community programs and link community members to health and wellbeing services.</p>	<p>Port Macquarie Neighbourhood Centre Phone: (02) 6583 8044 Email: pmncinfo@midcoast.com.au</p>
 <p><b>Community Noticeboard</b> Community maintained information board to be located at Woolworths Plaza.</p>	<p>C2Hills Consultancy Phone: (02) 6585 4344</p>
 <p><b>Youth Mental Health Resources</b> Funding of mental health resources for young people at pre-schools and primary school.</p>	<p>North Coast Primary Health Network Sarah Robin Phone: (02) 6618 5400 Email: srobin@ncphn.org.au</p>
 <p><b>First Responders Trauma Training</b> Trauma training for first responders to medical emergencies.</p>	<p>Rural Fire Service Hastings Email: RFSAhastings@gmail.com</p>
 <p><b>Training and Rehabilitation Equipment</b> Training and rehabilitation equipment at Lake Cathie Medical Complex. Community access to gym and group training classes.</p>	<p>Lake Cathie Medical Complex Phone: (02) 6584 8899</p>
 <p><b>Kitchen Garden &amp; Wellbeing Space</b> Kitchen garden and wellbeing space at Lake Cathie Primary School.</p>	<p>Lake Cathie Primary School Phone: (02) 6584 8060</p>
 <p><b>Lake Cathie Community Garden</b> Develop and maintain a community garden in Lake Cathie.</p>	<p>Port Macquarie Neighbourhood Centre Phone: (02) 6583 8044 Email: pmncinfo@midcoast.com.au</p>
 <p><b>Intergenerational Outdoor Gym</b> Installation and activation of outdoor gym equipment at Lake Cathie Foreshore.</p>	<p>Port Macquarie Hastings Council Phone: (02) 6581 8111</p>
 <p><b>Accessible Timetable and Transport Information</b> Accessible transport information to be displayed around Lake Cathie.</p>	<p>Port Macquarie Hastings Council Phone: (02) 6581 8111</p>

# About Healthy Towns

Healthy Towns works in partnership with North Coast communities to design local initiatives that improve health and wellbeing. Lake Cathie is one of six towns participating in the program in 2018 and 2019. The program goals are to:

- Build individual and community connections
- Strengthen service integration and coordination
- Identify and address service gaps

## Program Steps

### 01 Connect

#### January – June 2018

In the first stage we asked Lake Cathie residents to tell us about life in their town and to identify local priorities to help improve health and wellbeing. During this phase we conducted 30 face-to-face consultations and surveyed 328 community members.

### 02 Co-design

#### June 2018 – June 2019

In the next phase, we brought together 140 participants including community members, NCPHN and service providers for Action Planning Workshops. Working groups were formed to design solutions to meet local needs. NCPHN selected a range of initiatives to implement.

### 03 Implement

#### June 2019 – June 2021

From June 2019, Healthy Towns funded initiatives will be implemented in Lake Cathie. We have also coordinated community events including a health and wellbeing day and Senior's Week activities as part of program implementation.

### 04 Evaluate

#### June 2019 – June 2021

All Healthy Towns initiatives will be evaluated to ensure we made a positive difference in the community and to inform future activities.

[www.ncphn.org.au/healthy-towns](http://www.ncphn.org.au/healthy-towns)



Health  
Mid North Coast  
Local Health District



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.

<sup>1</sup> 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> <sup>2</sup> Healthy Towns Lake Cathie Community Survey April 2018 <sup>3</sup> Community consultation interviews January - May 2018