

Health survey

Results of our health survey are in, with 12% of islanders submitting a response. Briefly:

- Many people expect to engage in weekly 'health habits' of yoga, gym & organic food.
- Aged care help & transport to & from the island are pressing concerns.
- Health services most likely to be used are in order GP consultation, physical therapy/rehab, occupational therapy, blood tests, specialist consultation and wound management.
- The need for individual counselling services for mental health is also fairly common.

These findings will be fed through a planning session on 27th October to assess which health services can be provided on the island in near and longer term. Fingers are crossed for council approval of Rec Club room as a doctor consulting room which would enable a doctor to visit regularly. More news in November.

Melbourne cup luncheon

Bookings are building for our Melbourne Cup Luncheon at the Oasis. Funds raised go toward a defibrillator which is now mounted outside the Curlew Café for anyone to access at any time. We're making it fun – a complimentary gift and drink at the door; a fashion parade (by Gail Webb, with items able to be purchased at a discount afterward); an entertaining MC (Peter Webb) and of course sweeps, raffles and participatory jockey racing. A smorgasboard lunch and dessert is provided, with further drinks available at the bar (no BYO).

To help the luncheon go off with a bang we would appreciate helpers for

- Donations for raffle – we're currently have \$100 Westfields voucher as 1st prize
- Selling raffle tickets
- Sourcing and setting up decent TV or screen for showing the race
- Helpers for the participatory jockey race
- Helpers for cleaning & tidying up afterwards



Defibrillator in cabinet outside Curlew Cafe

For tickets or offers of help please call Jane Beatty on **0419 744 962**. Thank you!