



## OTWAY HEALTH & COMMUNITY SERVICES

McLachlan Street, Apollo Bay 5237 8500 e:otwayhealth@swarh.vic.gov.au  
Serving our communities in Apollo Bay, Beech Forest, Forrest, Glenaire,  
Hordern Vale, Kennett River, Lavers Hill, Separation Creek,  
Skenes Creek and Wye River  
[www.otwayhealth.com.au](http://www.otwayhealth.com.au)

7/01/10

### INTO THE NEXT DECADE WITH OTWAY HEALTH!

**If you are a summer visitor to our region, we welcome you to the Otways, and are pleased to introduce some of our services.**

Otway Health & Community Services is a Multi Purpose Service, providing a range of flexible aged, health and community care services designed to best suit the needs of the community. The population of Apollo Bay and the surrounding district increases from around **3,000 to 20,000** or more in peak holiday times. This means that while we continue to provide our usual services, we must also respond to the health needs and emergencies of a much larger visitor population. We enjoy this challenge, meeting the extra demands for services with a dedicated team.

Important services visitors may require:

**Emergency Medical Care - in the event of an emergency, always call 000 for an ambulance.**

We provide a 24 hour emergency service through a partnership with Gemini Medical Services.

**If you are coming into the Emergency Care Unit (ECU):** access is via the entrance off McLachlan St.

**Triage:** A triage nurse is responsible for determining the clinical urgency of patients presenting in ECU.

Patients assessed as needing emergency care receive medical assistance from Doctors from the Apollo Bay General Practice and Otway Health Nurses. People with conditions assessed as non-urgent are given a red card, entitling them to a priority appointment at the Apollo Bay General Practice at 40 Pascoe Street (or in the hospital ECU on weekends).

#### Physiotherapy

Our physiotherapy service operates most weekdays, and referrals are not necessary. Call **5237 8500**.

#### Home and Community Care (HACC)

Are you on holiday with older family members? Otway Health's HACC programs can provide short term services for visitors to the region with delivered meals; assistance with shopping and transport; personal care; respite. This means that loved ones can confidently take a break with family and friends, assured of friendly, professional support.

#### Marrar Woorn Neighbourhood House (NHH)

Our friendly and welcoming NHH in Pengilly Street is open from 9am - 5pm each day. Residents and visitors are invited to meet, share a cuppa and take advantage of free internet access.

#### Centrelink

Our Centrelink Office is open 9am - 4.30pm. You can lodge forms, contact Centrelink by phone, access job networks, work on resume building and file job applications.

#### Child Care

We offer occasional child care for children aged 3 - 5 years in our professionally staffed, bright and welcoming Children's Centre.

**Call Chris on 5237 8500 for more information about any of our services.**

### COURSES AND CLASSES IN 2010

#### INFANT MASSAGE - NEW COURSE STARTING THURSDAY 21ST JAN

*"Massage provides a wonderful opportunity to improve your baby's sleep, to relieve stress and colic and to strengthen immune system function. And it improves bonding between carer and baby."* Learn how to massage your baby under the professional guidance of Tanja Brunner, our qualified infant massage instructor. 4 week program, 10.30 - 11.30am  
\$45.00 for 4 sessions ((\$30.00 concession)

#### MARRAR WOORN NEIGHBOURHOOD HOUSE Marra Woorn is a part of the Eco living project, and courses in 2010 will focus on sustainability.

##### Upcoming courses include:

No Dig Gardening  
Grow Your Own Food - organically  
Setting up a worm farm - workshop  
Remember, this is **your** neighbourhood house, so if there are any courses you would like to see, call Karen on 5237 8590 to discuss ideas and suggestions.

#### SENIORS INDEPENDENT LIVING COURSE (SILCs)

This exciting new class starts in February and aims to keep people independent by giving them tips, tricks and support to stay healthy, active and independent. Strength building and balance improving exercises will be followed by a yummy morning tea and practical info session. Participants will learn how to manage their health or the health of family or friends.  
Call Kat - 5237 8500 for more details

#### LIFE: DIABETES PREVENTION PROGRAM

This free six session program will be running soon, helping you increase physical activity, improve nutrition, lose weight and live a healthy, active life!  
Watch this space - call Mich Cox 5237 8500

#### WOULD YOU LIKE TO BE INVOLVED?

##### The Board of Otway Health has five vacancies.

The Board is responsible for the Governance, Risk Management and Strategic Directions of the Multi Purpose Service. Board members do not participate in day-to-day management. The vacant positions are voluntary and effective from 1 July 2010.

If you are interested in contributing to the development and governance of your local health service please obtain an information package from Kim Bazell, the Executive Assistant. Call Kim on (03) 5237 8500 or email her at: [otwayhealth@swarh.vic.gov.au](mailto:otwayhealth@swarh.vic.gov.au).

**Interested persons are encouraged to apply by 5pm on Friday 22nd January 2010.**

**Late applications will not be accepted.**

Or contact Phillip Britton ([pjbritton@yahoo.com](mailto:pjbritton@yahoo.com)), the Selection Panel Chairperson, to discuss any questions you may have regarding the role of a Board member.  
Phone: 5237 7316 Mobile: 0428 597 238