



# 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,  
Holdern Vale, Kennett River, Lavers Hill, Separation Creek,  
Skenes Creek and Wye River  
[www.otwayhealth.com.au](http://www.otwayhealth.com.au)

14/01/10



## NEW YEAR - NEW RESOLUTIONS

**The Life: Diabetes Prevention Program will be running in Apollo Bay soon. Many of us are at risk from conditions such as diabetes and heart disease.**

**This is a great opportunity to make some long term changes that will really make a difference.**

The program aims to help participants increase physical activity and improve their nutrition in order to lose weight and live a healthy and active life. Many locals have already enrolled in this 6 session program (that is free to eligible participants). Dates will be announced in February.

Interested? **Call Michelle Cox on 5237 8500.**

## **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**

## **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)

## **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 Executive Assistant Kim Bazell - **call 5237 8500** or email: [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

## **EMPLOYMENT OPPORTUNITIES**

**We are very fortunate in having a wonderful team of volunteers. The Second Sails Opportunity Shop is staffed by a dedicated group of hard working people who sort and sell a wide range of pre loved clothes and household goods. It would be difficult to operate our delivered meals program without our willing drivers who turn up, whatever the weather, to transport meals to elderly people in the community. Volunteer drivers ensure people without transport are able to access programs and do their shopping. Community members regularly visit residents in our Aged Care Unit ... our volunteers are terrific, and we like to look after them. Our Co-ordinator has recently relocated, so we are looking for a new person to take on this important role.**

### **VOLUNTEER CO-ORDINATOR 12 HOURS PER WEEK**

We are seeking a dedicated person to recruit, retain and support volunteers involved in a range of Otway Health programs. The selected candidate will show great integrity and be able to create a supportive learning environment for all volunteers, as well as build the profile of volunteering and its value in the community. Call Maria Szybiak for more information.

### **PUBLIC RELATIONS & FUNDRAISING OFFICER THREE DAYS PER WEEK**

**A fantastic opportunity exists for a person with experience in PR and fundraising.**

Duties include:

- Preparing written and electronic materials (brochures, Annual Report, website etc);
- Advertising (employment; services etc);
- In-house communications;
- Liaising with community groups and promoting services and community participation;
- Seeking opportunities to raise funds through events and grant submissions.

Call CEO Linda West for more information.

**Applications for both positions close 29th January. Further details and position descriptions are available on our website.**

## **GOODBYE AND THANKYOU - DESIREE COHEN**

*"On behalf of everyone at Otway Health I would like to thank Desiree for her dedication and commitment to this organisation. Desiree has performed a number of roles, most recently President of the Board and Volunteer Co-ordinator. We value her professionalism and enthusiasm, and we will miss her. Tim Cohen has also been a wonderful member of the local community, and we acknowledge and appreciate the enormous contribution both have made to our community. We wish Desiree and Tim a safe move and much happiness in the future."* Linda West



**\*STOP PRESS!**

**CHILD CARE CLOSED AUSTRALIA DAY 26th JANUARY  
'EYE CARE TO YOU' 26th FEBRUARY - CALL 5237 8500 FOR AN APPOINTMENT**

**\*STOP PRESS!**