



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

28/01/10



BOUNCE INTO 2010 WITH OTWAY HEALTH!

The long summer holidays are nearly over, and it's time to get back into routine - but it doesn't have to be 'same old same old' - 2010 is a new year, and a new decade. Make time for yourself, make use of our services, and live life to the full!

The 2010 Otway Health Service Directory will be out soon, listing all the services we provide, from Maternal Health to Residential Aged Care, and everything in between. The **Course Guide** will also be ready shortly, outlining some exciting new courses to be held over the next few months. Call 5237 8500 for copies of both guides. The Otway Health dvd is a good introduction to our services; if you haven't seen it already, call in and collect a free copy - you'll know most of the people in it!

We are always trying to **improve our services** - we **welcome and value feedback** from the community. Let us know what we are doing well and what you think we could do better.

NEWS FROM CHILDCARE

Good luck to all the children who are moving on to kinder and school; it has been wonderful having you and we wish you all the best as you take that next big step. The children have had great fun and opportunities at Child Care, learning to share, to play together, and developing friendships that will last a lifetime. We will help them prepare for the important transition to school in 2010 through the Government's new 'Positive Start to School' program. Our children will join the children from kinder in visiting their new school. We will work with parents, ensuring the children know what to expect on their first day at school, chat about uniforms, read stories about starting school and generally help them to prepare for this exciting day.



All the children visit **Apollo Bay Library** every Wednesday. The 0-3 year olds choose picture books and we read these to them during the week. All children are encouraged to have their own library cards and borrow books. We are hoping to establish a Parents' Library in Childcare very soon. If you have some helpful books you would like to donate, we would love to hear from you.

NEED HELP BUDGETING?

On **Thursday 4th February Financial Counsellor Rhonda Mahoney** will be available to help with any financial concerns or problems. This service is free. Call Chris to book your appointment **5237 8500**



HEALTHY NEW YOU!

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." (Mich Cox, Community Health Nurse) 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**. Dates will be announced in February.

Interested? Call Michelle Cox on 5237 8500.



Is walking enough to keep you independent?



*"Walking is a great form of exercise, particularly in our beautiful surroundings. But it's not enough by itself to stay strong and healthy. We tend to do less as we get older, meaning that we use our muscles less and lose strength. Being weaker is **not** a normal part of ageing, and can be easily be prevented."*

(Kat Cust, Health Promotion Officer)

Otway Health runs strength classes specifically for people over 50 that **build strength safely**, ensuring that you do not get injured. These classes include **SILCS** - a new class that is great for those who are new to exercise. SILCs has the added bonus of a yummy afternoon tea! More advanced classes are also available. **Sounds good? Call Kat on 5237 8500.**

EMPLOYMENT OPPORTUNITIES

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.

STOP PRESS!

'EYE CARE TO YOU' 26th FEBRUARY - CALL 5237 8500 FOR AN APPOINTMENT