



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

11/02/10

HEALTH PROMOTION

"Health Promotion activities help people increase their knowledge about matters concerning their health, and build connections in the community. Community members are invited to share their thoughts on a range of matters at our monthly meetings."

Kat Cust, Health Promotion Officer

The next Health Promotion Network meeting is on **Tuesday 16th February at 5.30pm** at Marrar Woon, in Pengilly Avenue, everyone is welcome. Call Kat for details 5237 8500



IT'S NEVER TOO LATE TO CHANGE - GET FIT, KEEP WELL & ENJOY LIFE

The Life: diabetes prevention program will be running in Apollo Bay very soon. This is a 6 session program that is free to eligible participants. Many of us are at risk of such conditions 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. Dates announced in February. Contact Mich Cox on 5237 8500.



NEWS FROM CHILDCARE

Important news for your diaries: Our Child Care Centre will be closed from 29th March - 19th April (the Easter holidays and week 1 of Term 2).

*"We have exciting plans to refurbish the Shell Room, foyer, kitchen, office, laundry and staff room. We intend to open a **new baby's room** which will mean we then have **specific rooms** for babies, toddlers and pre schoolers. We appreciate the closure may cause some problems for families and are looking for some suitable alternatives to enable us to provide care during this period."* (Linda West)

Please contact Marie Sinclair on 5237 8560 for more information.



ARE YOU DESPERATE FOR OUT OF SCHOOL HOURS CARE?

Our Children's Centre is able to offer a few places in the Seahorse Room to children up to 12 years old. If you think you may need to use this service please call Marie Sinclair for details - **5237 8560**

NEIGHBOURHOOD HOUSE NEWS A NEW FACE IN FORREST

We are delighted to welcome **Gillian Brew** to Otway Health.

Gill is the new Co-ordinator at Forrest Neighbourhood House.



COURSES AT MARRAR WOORN

"In case you missed out on last week's course guide, here are just a few of the courses we have starting next week. Pop in to pick up your own guide, and get your name down quickly as places are filling fast."

Karen Washfold **5237 8590**

- **Learn to Dance**
- **Intro to Tarot**
- **Hip Hop for Boys (6-9 years)**
- **Computers for the Terrified**
- **Build Your Own Webpage**
- **Intro to Digital Photography**
- **Responsible Serving of Alcohol**

LEARN HOW TO MASSAGE YOUR BABY

New classes starting soon. Call Tanja 5237 8500

BE CAREFUL WHAT YOU SIGN FOR

A Queensland company called Seniors Plus has been cold-calling elderly people asking about healthcare needs and arranging home visits. They are quite persistent in getting people to agree to home visits and sign contracts for expensive equipment. Some community members have contacted us because they have made appointments and are now concerned. If this sounds like you, don't worry, tell your Care Worker or call our HACC Coordinator Anna Beamish and we can help sort it out - 5237 8500.

EMPLOYMENT OPPORTUNITIES

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.

Further details and position descriptions are available on our website.

DO YOU HAVE A LITTLE TIME TO SPARE?

We are urgently seeking volunteers to join our wonderful team who deliver delicious hot meals from our hospital kitchen.

Can you spare just an hour and a half, once a month? You will meet some great people, have all the support you need for the task and be clearly shown what you will need to do and where you have to go.

**Please contact Karen Washfold for details on becoming an Otway Health Delivered Meals volunteer
5237 8500**



STOP PRESS!

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