



## OTWAY HEALTH & COMMUNITY SERVICES

5/08/10

Serving our communities in Apollo Bay, Beech Forest,  
Forrest, Glenaire, Hordern Vale, Kennett River, Lavers Hill,  
Separation Creek, Skenes Creek and Wye River

McLachlan Street,  
Apollo Bay 5237 8500  
e:otwayhealth@swarh.vic.gov.au  
www.otwayhealth.com.au

### EMPLOYMENT @ OTWAY HEALTH

We are currently looking for an experienced Cook for minimum 6 shifts per fortnight (must be available some weekends). Excellent base pay, Salary packaging, penalty rates, & remote area housing financial benefits available.

Please call 52 378 500 for a position description, or download from [www.otwayhealth.com.au](http://www.otwayhealth.com.au).

**Closing date is 13th August**

### ASSOCIATE NURSE UNIT MANAGER

*Full time/Part time role. Hours as rostered  
Salary packaging and remote area housing financial  
benefits available*

A position is currently available for a Registered Nurse Div 1 to work in our clinical division. For further information please contact Doris Hamilton on 52 378 500 or visit our website [www.otwayhealth.com.au](http://www.otwayhealth.com.au) for a position description. **Closing date is 20th August**

### AFTER HOURS CO ORDINATOR

*Otway Health in Apollo Bay is seeking a suitably  
qualified & experienced Registered Nurse Grade 5 for  
the position of After Hours Coordinator part time.*

Hours are negotiable. A position description can be obtained from by phoning (03) 5237 8500 or from our website [www.otwayhealth.com.au](http://www.otwayhealth.com.au).

Please direct your enquiries to Doris Hamilton,  
Manager Clinical Care on (03) 5237 8500

**Closing date is 20th August**

### LAVERS HILL NEIGHBOURH'D HOUSE CO-ORD

*10 Hours a Week*

*We are seeking a vibrant, energetic & well organised  
person to co-ordinate social, educational &  
recreational activities for the community of Lavers Hill.*

You will be well supported and directed by the Advisory Committee of local Lavers Hill Community Members. This is a 12 month contract, with extension possible dependent on funding. A position description can be obtained from by phoning (03) 5237 8500 or from our website [www.otwayhealth.com.au](http://www.otwayhealth.com.au). Please direct enquiries to Maria Szybiak. **Applications close: Monday 23<sup>rd</sup> August 2010**

### MATERNITY SERVICES & PARENT SUPPORT

These programs provide practical support and assistance before and after the birth of your child, including:

- Antenatal classes prior to the birth of your child,
- Family meals - two family meals for the whole family on your return home after the birth
- Home care – washing, cleaning, ironing
- Lactation consultant to help with advice on breastfeeding
- Postnatal midwife visits – one or two home visits as required

**For information call Otway Health on 5237 8500**

### BUSHWALKING—MON 16TH AUGUST

**Gellibrand – Beech Forest 17-18 km E-M** This walk is gentle across paddocks & ferny gullies. Finish with refreshments on The Ridge Café's panoramic terrace.

Leader: Llewellyn Johns ph 5237-1001 for more info.

**\$8 Book Otway Health 5237-8500 Bus departs 9am.**

### DIABETES PREVENTION PROGRAM

*Our local diabetes educator, physiotherapist and dietician are running a FREE diabetes prevention program commencing Tuesday 24th August 6 - 8pm.*

If you are over 40, overweight & under active you are probably at high risk of developing diabetes & problems such as heart disease & stroke. This 6 session program will help you reduce your risk or perhaps even make it disappear! The program aims to help you improve your nutrition & activity and to lose weight. It is based on sound evidence & has been proven to make a HUGE difference to many people's lives all over the world.

*For more information or to enrol in this FREE course contact Michelle Cox on 5237 8574.*

### SECOND SAILS AGM

*On Tuesday 21st July, Second Sails had their AGM at Otway Health. Nadia, the committee, and volunteers of Second Sails has again done a wonderful job of providing a 2nd hand outlet in Apollo Bay & raising considerable funds so that we can continue to provide health services to you. A big THANK YOU to all involved. It is an amazing effort!!*



### WHAT'S ON AT MARRAR WOORN! *Check out full details on events page at [www.otwayhealth.com.au](http://www.otwayhealth.com.au)*

#### Draught Busting Workshop

**When:** Tuesday 10 August 2 - 3pm **Cost:** \$5

**Where:** Marrar Woorn

#### Film Noir - "Pickup on South Street"

Movie & discussion of this classic 1953 movie. Bring nibbles to share, glass of wine provided. Free of charge.

**When:** Thursday 12 August 7.30 - 9.30pm

**Where:** Marrar Woorn

#### Cheesemaking Course

Learn how to make Romano cheese. For this course to proceed, we need more people to book in.

**Commencing:** Wednesday 25 August

**Time:** 9.30am to 3.30pm **Cost:** \$130

**Venue:** Bowling Club

#### Yoga with Teresa at Forrest Hall

**When:** Thursdays from 6.30pm **Cost:** \$8 conc/\$10

#### How to Use a Chainsaw

This 2 day course with Certificate of Attainment

**When:** Thurs/Fri 12&13 August **Where:** Marrar Woorn

**Cost:** \$180

#### Safe Working in a Confined Space

Nationally recognised Statement of Attainment

**When:** Sat/Sun 7&8 August **Where:** Marrar Woorn

**Cost:** \$60 (incl \$5 for materials)

#### Tai Chi for Back Pain (instructional video) 3 weeks

**When:** from Thurs 29 July **Where:** Forrest Hall **Cost:** \$2

#### Responsible Serving of Alcohol

Accredited Course facilitated by Gordon TAFE

**When:** Mon 23 August Session 1 : 10am - 1.30pm

Session 2 : 6pm - 9.30pm **Where:** Marrar Woorn **Cost:** \$85

#### Eco Eating Film & Workshop

Come along and be part of the solution in an evening of inspiring information including a screening of "The Power of Community". Free of charge.

**When:** Wed 18 August 7pm – 9:30pm

**Where:** Marrar Woorn

**Monday Yoga at Marrar Woorn will not be available from 16th August to the 8th November inclusive as Lilly is taking a much deserved break.**