



OTWAY HEALTH & COMMUNITY SERVICES

12/08/10

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.
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 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.

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. Please direct enquiries to Maria Szybiak. **Applications close: Monday 23rd August 2010**

WALKING IS THE FIRST STEP

But there is more you can do to stay independent.

The new Seniors Independent Living Course (SILCs) will give you the skills information and strength to keep you living the life that you choose.

A new course is starting Tuesday 31st August for 15 wks 10am to 11.30 am at the Senior Citizens Centre. For more information call Otway Health on 5237 8500



URGENT! VOLUNTEERS NEEDED

Desperately seeking support drivers to collect and deliver clients to the SILCs and Active Balance Classes. Volunteers also needed to help support participants with this very worthwhile program aimed at helping people to remain independent.

BUSHWALKING—MON 16TH AUGUST

Gellibrand – Beech Forest 17-18 km Easy-Mod 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.

WHAT'S ON AT MARRAR WOORN! Check out full details on events page at www.otwayhealth.com.au

Film Noir - "Pickup on South Street"

Movie & discussion of this classic 1953 movie. Bring Nibbles/drinks to share. Free of charge.

When: Thursday 12 August 7.30 - 9.30pm

Where: Marrar Woorn

Cheesemaking Course

Learn how to make Romano cheese.

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

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

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

Living Energetically

This workshop is a fun & informative introductory day that explores the energetic nature of our lives. The day is designed to develop your awareness & allows you to experience & practice ways to harness & meaningfully direct your energy. Learn how to: * Experience increased energy levels & vitality. * Achieve more clarity & inspired focus. * Enjoy improved health & wellness. * Create positive, effective connections with others. This day will awaken you to how powerful you really are. I invite you to enjoy the day and to live an energetic life. Facilitator - Karen Wilson **Cost:** \$75
When: Sun 29 Aug 9 - 5pm **Where:** Marrar Woorn



Monday Yoga at Marrar Woorn will not be available from 16th August to the 8th November inclusive