



OTWAY HEALTH & COMMUNITY SERVICES

19/08/10

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

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**

AFTER SCHOOL CARE NOW AVAILABLE!

At Apollo Bay Children's Centre for 12 years and under. Full cost is \$15 per session, which will reduce if you qualify for childcare rebate. Students will be collected from the school office by our staff and walked down to the centre in time for afternoon tea. Enrolment & collection authorisation must be completed prior to pickup. Call Marie on 5237 8560.

LIVE THE LIFE YOU LOVE - FOR LONGER

You can take simple steps to stay independent :

1. Keep active and strong
2. Learn skills to stay healthy
3. Make your home safer
4. Understand who is available to support you to stay independent



A new Senior Independent Living Course is starting Tuesday 31st August for 15 wks 10am to 11.30 am at the Senior Citizens Centre. For more information call 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 during this very worthwhile program

CHEAP RENTAL AVAILABLE

Are you over 65 and eligible for Public Housing?

A Unit at Sea Mist Villas in Murray Sq, Murray St is vacant. The 1BR Units are easily accessible, set in a warm & welcoming environment & surrounded by pretty gardens. Asset criteria apply - applicants must be 65+, in receipt of Centrelink Age or Disability Support, or a DVA Pension. For more info & an application form, call 5237 8500

FREE TAX RETURNS!

Colac Area Health offers free tax returns done by a financial adviser to people with an income of \$40,000 or less! Available at Otway Health fortnightly.

Appointments can be made by calling 5237 8500.

DIABETES PREVENTION PROGRAM

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

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

Geelong for the Day

Departing Marrar Woorn at 9am and returning around 5pm. Will stop in Forrest if Requested.

When: Monday 6 September 9am - 5pm

Cost: \$12 Bus only

Yoga with Teresa at Forrest Hall

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

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

Film Noir - "The Big Sleep" (1946)

Classic Bogart and Bacall directed by Howard Hawkes

When: Thursday 26 August 7.30pm

Cost: Free. BYO nibbles and wine. All Welcome!



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