



# OTWAY HEALTH & COMMUNITY SERVICES

26/08/10

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

## **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

## **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.



## **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.

## **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.*

**A financial counsellor can also:-** Help you work out budget & payment strategies; Negotiate with Creditors; Inform about government services or benefits; Information about your legal rights; Show you ways to recover fines & costs or o'come legal action to repossess your assets; Refer you to other organizations that can help. Appointments can be made by calling 5237 8500.



## **BUSHWALKING—MONDAY SEPTEMBER 20**

**Gellibrand – Beech Forest 17-18 km Easy-Moderate** 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.**

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

### **Swimming at Lavers Hill**

**When:** Tuesdays 9.15am from Ramsden St Carpark, return at 1.15pm after lunch at Lavers Hill cafe. Will run only if weather permits.  
**Cost:** \$5 for bus only



### **Geelong for the Day**

Departing Marrar Woorn at 9am and returning around 5pm. Will stop in Forrest if Requested.  
**When:** Mon 6 September 9am - 5pm  
**Cost:** \$12 Bus only

### **Film Noir - "The Big Sleep" (1946)**

Classic Bogart and Bacall directed by Howard Hawks  
**When:** Thursday 26 August 7.30pm  
**Cost:** Free. BYO nibbles and wine. All Welcome!



### **Visiting the Past - The Legend of King Arthur**

A guided search through history to find the truth. Cliff Barley was educated at Worcester and Oxford and has taught history and literature for past 62 years  
**When:** Tuesdays from 7th September 1.30 - 3pm  
**Where:** Forrest Hall  
**Cost:** \$2 per session



### **Yoga with Teresa at Forrest Hall**

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

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