



OTWAY HEALTH & COMMUNITY SERVICES

2/09/10

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
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www.otwayhealth.com.au



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.

MARK THESE ON YOUR CALENDAR!

After 2 highly successful events last year, the Otway Ladies Night & Mini-field of Women are on again!

The Ladies Night will take place on Friday 22nd and the Mini-field of Women on Saturday 23rd October. Both events are designed to bring the community together to celebrate, reflect and support others. We're looking for anyone who'd like to be involved in organising these fantastic events in the following roles:

- Blowing up balloons
- Baking pink cupcakes
- Being part of the Mini-field ceremony
- Being an extra pair of hands on the day (Sat 23rd Oct)



If you'd like to know more or would love to lend a hand, contact Kat at Otway Health on 5237 8500.

BREAST SCREEN VICTORIA MAMMOGRAM BUS TRIP TO GEELONG

Breast Cancer is the most common cancer diagnosed in Australian women. Breast cancer can be debilitating and is the second most common cause of death from cancer in Australian women. The good news is that with early detection, outcomes for women with breast cancer are greatly improved. Along with regular self examination, mammograms are the best way to detect breast cancer. To support the women of Apollo Bay to attend a FREE mammogram provided by Breast Screen Victoria in Geelong, we will be running a bus. Appointments are available to women over 40yo. Seats and appointments are limited, confirmation and payment for the bus is required by Monday 4th October so please book early on 52 37 8500. For more information contact Michelle Cox at Otway Health or go to: www.breastscreen.org.au

Date: Monday 18th October

Departure: 8am sharp Return: approx 3.30pm

Cost: \$12.00 (Bus only - Mammogram is free)

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.

Tuesdays 10am to 11.30 am at the Senior Citizens Centre. Bookings at 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.

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.

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

AN INVITATION TO ALL CARERS

You are invited to a Free Lunch with Ruth Dwinger, David Hooker (Alzheimers Australia Vic) and Cynthia Rossack (Barwon Health Carer Respite & Carelink Services).

This will be an opportunity to catch up with some others in a similar situation and hear some information about the services offered by Alzheimers Australia and Barwon Health Carer Respite & Carelink Services.

RSVP 22nd Sept to David and Ruth 5229 6979 or Cynthia 5260 3501. Let us know of any special dietary requirements

When: Wednesday 29th September at 1pm

Where: Krambruk Room, Apollo Bay Hotel

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



Swimming at Lavers Hill

Not long now folks and we will run the Tuesday pool run again. Watch this space!

Film Noir - "Sunset Boulevard" (1950)

William Holden and Gloria Swanson

When: Thursday 9th September 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



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