



## OTWAY HEALTH NEWS

In the event of an emergency please call 000.

**Our Urgent Care Unit operates 24 hours per day / 7 days per week.**

**Location: 75 McLachlan Street, Apollo Bay**

For more information and to book health and community services please phone

Otway Health Reception: (03) 5237 8500 or email [info@otwayhealth.org.au](mailto:info@otwayhealth.org.au)

### New Locum GP Arrives to Support the Team

\*\*\*

Otway Health occasionally uses Locum General Practitioners to support the Medical Centre and Urgent Care Unit. A Locum GP is someone who provides their services short term to support the team by covering Doctors leave or to increase the number of Doctors during a busy period, or to add another Doctor to the team until a permanent Doctor commences. Utilising Locum GPs ensures the community has access to essential health services 24 hours per day, 7 days per week.

**We welcome Dr Aysha Rasul, Locum GP from 17 September 2018 to 31 January 2019.**

Dr Rasul has many years of working in rural services that are very similar to Otway Health. She is providing services to the Medical Centre in hours as well as joining the team who provide 24/7 support to the Urgent Care Unit after hours.

### New Exercise Class Schedule Starts in October!

\*\*\*

#### Strength For Life:

Every Monday and Wednesday  
11.30am – 12.30pm

NO CLASS Mon 8, Wed 10 and Wed 24 Oct.

\*\*\*

#### Healthy Balance

Every Tuesday 11.30am - 12.30pm  
with the option to stay afterwards until  
1.00pm for a cuppa and BYO lunch.

NO CLASS Tues 9 Oct

\*\*\*

**All classes held at the Community Centre  
in Whelan Street.**

Please note that an initial assessment by a physiotherapist is required before participating in these classes. Please phone Otway Health to arrange your assessment on (03) 5237 8500.

### Apollo Bay Medical Centre GP Availability

\*\*\*

**Dr Denise Ruth** - Tuesdays, Wednesdays, Thursdays

**Dr Dave Mullen** - Wednesdays

**Dr Aysha Rasul** - Monday to Friday

**Dr Josh Bye** - some Mondays

**To make an appointment phone (03) 5237 8595.**

### VISITING AND SUPPORT SERVICES

\*\*\*

#### Physiotherapy

Monday 8 October and Tuesday 9 October  
To make an appointment phone: 5237 8500.

#### Exercise Physiologist, Campbell Craig

Monday 8 October  
To make an appointment phone: 5237 8500.

#### Australian Hearing

Wednesday 10 October  
To make an appointment phone: 5233 9100.

#### Podiatry

Friday 12 October  
To make an appointment phone: 5237 8500.

### Did you know that there are a range of Government subsidised services available to assist people to live at home longer?

We can help you access these services, assess your eligibility and help find the answers to any questions you may have.

**Please call us on (03) 5237 8500  
or email us at [otwayhealth@swarh.vic.gov.au](mailto:otwayhealth@swarh.vic.gov.au)  
for more information.**

### Help us make a Winter Wonderland for our residents this Christmas!

As a part of Otway Health's Montessori approach to aged care we encourage our residents to celebrate all occasions that are special to them.

This Christmas, our theme is 'Winter Wonderland' and we are now seeking donations of new silver and blue tinsel and clear fairy lights to put up as decoration.

If you can help, please leave your donation at the Nurses Station with your name and a list of donated contents by 25 November. For your support, you will be entered into our Christmas Raffle - to be drawn on 19 December at the Residents Christmas Party.

**Thank you for your support!**

### STAY CONNECTED WITH OTWAY HEALTH

\*\*\*

#### Otway Health Community Advisory Committee

Email: [CAC.OH@swarh.vic.gov.au](mailto:CAC.OH@swarh.vic.gov.au)

#### Otway Health Board

Email: [otwayboard@swarh.vic.gov.au](mailto:otwayboard@swarh.vic.gov.au)

#### Otway Health Website & Social Media

[www.otwayhealth.org.au](http://www.otwayhealth.org.au) / @otwayhealthcomms