



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

Do you suffer from a chronic condition such as diabetes, asthma, cardiovascular disease or musculoskeletal concerns?

Book an appointment with Community Health Nurse, Loren Jenkins to undertake a FREE health assessment, which could put you on the path to achieving a healthier, more balanced life.

Call our Reception Team on 5237 8500 to book.

To learn more about Health Coaching, download our free podcast via our website:

otwayhealth.org.au/latest-news/podcasts/

Listen live on 3ABR fortnightly, Tues from 11am.

Book in now for our Skin Clinic!

A Skin Clinic will be available at our Medical Centre **on Thursday 25 and Friday 26 October** with Dr Katrina White, as well as a **General Practice session on Saturday 27 October from 9.00am - 12.45pm.**

As the warmer months approach it's important to protect your skin, so have it checked and safeguard yourself from skin related issues.

To book an appointment phone (03) 5237 8595.

Listen to the latest Otway Health Check Podcast for Women's Health

Featuring the team from Apollo Bay Medical Centre and Otway Health discussing all things to do with Women's Health.

**otwayhealth.org.au/latest-news/podcasts
apollobaymedicalcentre.org.au**

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 22 October and Tuesday 23 October

To make an appointment phone: 5237 8500.

Exercise Physiologist, Campbell Craig

Monday 22 October

To make an appointment phone: 5237 8500.

Podiatry

Friday 26 October

To make an appointment phone: 5237 8500.

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!

Did you know that Otway Health can assist you with navigating Home Care Packages and In-Home Support Services?

Let us take the mystery out of exploring, registering, and determining eligibility for these services.

We can help you or someone you know.

Please call us on 5237 8500 or email us at otwayhealth@swarh.vic.gov.au for more info.

STAY CONNECTED WITH OTWAY HEALTH

Otway Health Community Advisory Committee

Email: CAC.OH@swarh.vic.gov.au

Otway Health Board

Email: otwayboard@swarh.vic.gov.au

Otway Health Website & Social Media

www.otwayhealth.org.au / [@otwayhealthcomms](https://www.facebook.com/otwayhealthcomms)