



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

COMMUNITY LUNCH

Prior to the next Otway Health Community Advisory Committee meeting, we invite you to a community lunch.

Monday 3 December, 12.30pm in Marrar Woon Neighbourhood House

Please join our CEO, Kate Gillan and Otway Health Board Members to catch-up on news from our AGM and share some Christmas treats.

The committee meeting will commence at 1.30pm, you are welcome to stay & take-part in this discussion.

RSVP: Reception on 5237 8500 for catering purposes & any dietary requirements.

VISITING AND SUPPORT SERVICES

Physiotherapy

Monday 3 and Tuesday 4 December

Exercise Physiologist, Campbell Craig

Monday 3 December

Podiatry

Friday 7 December

To make an appointment phone: 5237 8500

SATURDAY CLINICS

Saturday clinics at the Apollo Bay Medical Centre have been welcomed by the community and are booking well. We will continue to provide as many Saturday clinics over summer as we are able.

The next Saturday clinic is 1 December

10am – 1pm with Dr Aysha

Upcoming clinic dates include;

8th & 15th December 10am—1pm

Book in by calling 5237 8595

**Further dates will continue to be announced via Facebook and the News Sheet*

In-Home Services

Otway Health are registered to provide Government subsidised services designed to help you maintain independence and remain living at home.

Otway Health employ local, police-checked and appropriately trained staff who can assist with tasks such as; wound care, medication prompting, housework, showering or grooming assistance, escorted shopping, minor maintenance, delivered meals, exercise classes, physiotherapy, occupational therapy, assistance with meal preparation, respite in the home, access to one-on-one outings, group outings, activities and volunteer transport to appointments.

Men's & Ladies' Lunch 2018

Combined Last Lunch: Friday 30th Nov

Men's & Ladies' Lunch 2019

Combined First Lunch: Friday 25th Jan

TeleHealth Regional Roadshow

Are you tired of travelling to your specialist appointments in Geelong or Melbourne?

Come along and find out how you can connect to your hospital appointments using video technology in the comfort of your own home or with the support of the Apollo Bay Medical Centre.

Monday 3rd December 10.30am—12pm

Activities Room, 75 McLachlan St, Apollo Bay

RSVP: Reception on 5237 8500 or email reception.OH@swarh.vic.gov.au.

{{{ Thank You }}}

Otway Health had the privilege of having Aneka, a certified clinical musician, share her incredible harp music and storytelling with our residence and staff last week.

We are very grateful to have received this beautiful performance and would like to say a massive thank you to Aneka for offering her creative service. You brought relaxation, therapy and healing to us all!

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