

In the event of an emergency please call 000
24/7 On-call After Hours Service PH: 5237 8500

Location: 75 McLachlan Street, Apollo Bay

Apollo Bay Medical Centre Ph: 5237 8595 | Email: apollobaymedicalcentre@gorh.vic.gov.au

Otway Health Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

Meals on Wheel Volunteer Drivers Needed

Meals on Wheels, along with other Home and Community Care services, aim to assist the elderly and those with disabilities to remain living independently for as long as possible.

People may not be able to cook for themselves for a variety of reasons. Sometimes the service is received for a short time, but in most cases the meals are provided on an on-going basis.

Volunteers are crucial to the operation of our Meals on Wheels program. Volunteers arrive at 11.45am, work in pairs, ready to collect hot meals from the kitchen and deliver them to clients within the community. Volunteer are not just delivering a meal it's also an informal social visit. Volunteers provide social support and can contribute to delivering quality care by reporting any client concerns.

Meals on wheel volunteers also benefit from the Program:

- * Being part of a team whose sole focus is to enhance and sustain people's quality of life
- * Interaction and socialisation with other volunteers
- * Being connected into your local community
- * Knowing that you're contribution is making a real difference

If you are interested in becoming a meals on wheels volunteer please call Meloney Howell Volunteer Coordinator on 52378500

Single Charter of Aged Care Rights

The Charter of Aged Care Rights is a document to support consumers to understand their rights and the responsibilities of care providers.

Providers must:

- Give consumers a copy of the new Charter signed by the provider
- Assist the consumer to understand the Charter
- Ensure that the consumer or their authorised person has been given a reasonable opportunity to sign a copy of the Charter to acknowledge they have received the Charter, had assistance to understand it and understand their rights.

Consumers are not required to sign the Charter and can commence, and/or continue to receive care and services, even if they choose not to sign the Charter.

The Otway Health Check on Apollo Bay Radio

We'd love you to listen to our **latest podcast on 3ABR Find the show via our website:** www.greatoceanroadhealth.com.au or on the podcast 

Apollo Bay Medical Centre

We are open:

Monday to Friday

8:45am - 5:45pm

Saturdays from 9am - 12pm **03 5237 8595**

Or download the Hot Doc app to make appointments at any time www.hotdoc.com.au

The Medical Centre will be closed Saturday 31 August, we apologise for any inconvenience.

24/7 on-call service through **Urgent Care 5237 8500**

Exercise Classes

Please note, there will be no Strength for Life classes on the following dates:

Monday 19 August, Wednesday 21 August, Monday 9 September and Wednesday 11 September

Community Care Client Survey

Great Ocean Road Health are currently conducting a survey of Community Care clients to ensure our services are meeting community needs and expectations and to improve our service provision for clients.

Surveys will be hand delivered by the Community Care team as well as mailed out to homes, please feel free to ask a family member, friend or staff member to help you complete the survey if needed.

The surveys need to be returned by 25 August, you can send them in using the included reply paid envelope or hand them back to a Community Care team member. Thank you for your help in making sure our service is the best it can be.

Second Sails Auxiliary

Second Sails is undergoing a facelift on their shop fittings and will be closed from Monday 26 August to Friday 30 August, the shop will reopen on Saturday 31 August and we invite everyone to come and check out our new look store and find a bargain! Thank you for your patience, we look forward to seeing you in store.

Stay connected with Otway Health

Otway Health Community Advisory Committee

Email: community@gorh.vic.gov.au

Great Ocean Road Health Board

Email: enquiries@gorh.vic.gov.au

Website & Social Media www.greatoceanroadhealth.com.au

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