



## 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.**

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)

### Coffee time for our residents at Chris's Beacon Point!



Last week we took some of our ladies up to Chris's Beacon Point Restaurant for a morning coffee. We were greeted with open arms and a lovely smile. It was a great opportunity to sit back, relax and take in the stunning views over a coffee and a chat.

Our residents and staff wish to extend a huge thank you to Chris, Penny and the lovely staff at Chris's for having them, and for providing complimentary coffee and a beautiful place to enjoy some good social time.

### Residential Care Volunteers Wanted

As part of our Residential Care Program, Otway Health is seeking volunteers to participate in our pet therapy and music activities. If you have a friendly pet or are gifted in the art of music, we'd love to hear from you! Contact our Reception Team to register your interest.

### Save the date! Colac Otway Shire Council 50 Plus and Access Equity and Inclusion Plans Session Wednesday 8 March, 10.00am - 2.30pm Marrar Woon Neighbourhood House

This session will allow you to have input into developing key actions for these plans. Lunch is provided.  
RSVP to Peter Macdonald on (03) 5232 9424 or email [peter.macdonald@colacotway.vic.gov.au](mailto:peter.macdonald@colacotway.vic.gov.au)

### Second Sails Summer Hours

Throughout January, Second Sails Opportunity Shop will be open from 10.00am to 3.00pm every Sunday.

This is in addition to normal trading hours of  
Monday to Friday 9.30am to 4.00pm, and  
Saturdays 9.30am to 3.00pm.

Second Sails welcomes all donations. If you have any large or bulky items to donate, please kindly get in touch with the lovely team at Second Sails by phoning (03) 5237 1240 during trading hours to ensure that there is space to accommodate your donated goods.

### 2018 VISITING / SUPPORT SERVICES

#### Physiotherapy

Every Monday and Thursday until Monday 22 January. From Monday 22 January, physiotherapy appointments will occur every Monday and Tuesday with new Physiotherapist, Jewel.

Please note that if you cancel your physiotherapy appointment with less than 24 hours notice you will be charged the full appointment fee.

#### Legal Services

Friday 19 January.

#### Australian Hearing

Friday 19 January.

To make an appointment phone (03) 5233 9100.

#### Dietitian

Wednesday 31 January.

### Changes to Physiotherapy Fees

From 15 January, 2018 Otway Health will be increasing fees for all physiotherapy services. In our commitment to providing you with quality healthcare and support, a recent review of our fee structure has determined this increase. Due to the personalisation of each client's service, we request that you contact Otway Health Reception for a breakdown of new fees as they apply to you. If you have any questions please get in touch.

### Marrar Woon Neighbourhood House Office Hours

The Marrar Woon Office will be unstaffed until Tuesday 23 January, 2018. All room bookings during this period will need to access the building key via the main Reception or Nurses Station at Otway Health.

### Marrar Woon Community Consultation Session Tuesday 30 January, 1.00pm – 3.00pm, MW Room 4

As part of our planning process we are wanting to hear from our local community on what services, programs and activities you would like to see run in your Neighbourhood House. Be apart of the process by coming along to the session. If you're unable to attend, please email your ideas and suggestions to Jodii Anderson - [jaanderson@swarh.vic.gov.au](mailto:jaanderson@swarh.vic.gov.au)

### STAY CONNECTED WITH 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](https://www.facebook.com/otwayhealthcomms)