



## 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)



### \*\*\*JOINT ANNOUNCEMENT\*\*\*

#### Otway Health and Lorne Community Hospital Plan to Strengthen Relationship

Building on recent successes with shared resourcing between Otway Health and Lorne Community Hospital such as CEO, Social Work, and joint projects, the two Boards will further meet to explore opportunities to continue the strengthening of our existing relationship and futureproof your services. We are examining how we can:

- better exchange expertise and knowledge,
- share equipment, and
- attract, retain and train our staff to meet the evolving health needs of the Lorne, Apollo Bay and broader communities.

It is important for the community to be involved to help shape their health service. An opportunity to do so will be provided in the coming months.

#### Discover our Commonwealth Home Support Program (CHSP)

Did you know that Otway Health offers a number of subsidised support services for eligible persons including Delivered Meals, Respite Care, Domestic Assistance and Personal Care? If you or someone you know is in need of support, please contact our Reception Team to learn more and to seek access.

#### Coaching For Health Program

Do you suffer from a chronic health condition such as diabetes, asthma, heart conditions or emphysema? Enrol now to join our Coaching for Health Program and improve your quality of life. This program is free of charge and you will work one-on-one with Community Health Nurse, Loren Jenkins. Phone Reception to book.

#### Food Trails Group - Starts Thursday 1 February

This year's Food Trails Group has a focus on food - growing, cooking and sharing meals together. Join this friendly group and build your knowledge and awareness of where to access local, seasonal produce by visiting local farms, cafes and businesses, and enjoy some great social time. To join this group, please contact Social Support Coordinator, Pollyanna Day on (03) 5237 8500 or email [pday@swarh.vic.gov.au](mailto:pday@swarh.vic.gov.au)  
Limited spaces available.

### VISITING AND SUPPORT SERVICES

#### Physiotherapy

Every Monday and Tuesday with new Physiotherapist, Jewel. Please note that if you cancel your appointment with less than 24 hours notice you will be charged the full appointment fee.

#### Australian Hearing

Friday 2 February.

To make an appointment phone (03) 5233 9100.

#### Exercise Programs Recommence Monday 5 February

Get fit and improve your health and well-being by joining our weekly exercise programs.

#### Healthy Balance

A balance class designed to improve both strength and balance. Stay afterwards for a cuppa and B.Y.O lunch

When: Every Tuesday 11.30am – 1.00pm.

Cost: \$10 per session including a cuppa.

#### Strength For Life

Keep your muscles and bones strong in this program designed to increase strength, agility and keep you fit on your feet.

When: Every Monday and Wednesday  
11.30am – 12.30pm

Cost: \$10 per session.

All classes are held at Apollo Bay Senior Citizens Centre, Whelan street, Apollo Bay.

If you have not previously attended, please book a physiotherapy assessment prior to commencement.  
Call our Reception Team on (03) 5237 8500.

#### Friend In Hand Volunteer Program

Lend a helping hand by volunteering to provide gentle hand washing and hand massage to members of the community who use Otway Health's services. Weekly or fortnightly spots are available and each session lasts for one hour. Training is provided and commences on Tuesday 6 February for a period of 3 weeks.

For details and to volunteer, please contact Volunteer Coordinator, Meloney Howell on (03) 5237 8500.

#### 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)