



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

YOU TALKED. WE LISTENED.

Tea Talk Outcomes Explained 24/7 URGENT CARE - TELEHEALTH UPDATE

Since Monday 14th August we have been piloting Telehealth services in partnership with Barwon Health as part of our 24/7 Urgent Care model. Telehealth uses video technology to link directly with emergency physicians at Barwon Health, to assist our nursing and clinical staff in the treatment of patients that present to the Otway Health Urgent Care Unit. As of Friday 6th October, this service has been used 30 times to assist and treat an array of acute presentations – including head and neck injuries, wounds, urinary tract infections, dog bites, chest pain and irregular heart rate. Telehealth is proving to be useful; we encourage feedback from users of the service as we continue to shape this service moving forward.

Keeping you informed,
Nick Salkeld and Kate Gillan

OTWAY HEALTH - ANNUAL BOARD VACANCIES

Are you passionate about giving back to the community? Does being involved in a vibrant organisation that is committed to our local community interest you? Do you have inspiring ideas you would like to share?

Then becoming a member of the Otway Health Board might be just the ticket. Our Health Service is vital to the community in our catchment area and the Board must accurately reflect that community. Board Directors don't necessarily have to be 'professional' people; however they must exercise a commitment to the community. Otway Health needs people on its Board with a wealth of different skills and knowledge that can be utilised. The Board is responsible for the Governance of Otway Health and vacant positions are effective from 1 July 2018. Appointments will be made by the Governor in Council following a recommendation by the Minister for Health. The Board of Otway Health will submit names of applicants to the Minister for consideration. All positions on the Otway Health Board are held in a voluntary capacity. Further information can be obtained from the Board Secretariat, Anna Creasey acreasey@swarh.vic.gov.au, or 5237 8500.

For more information visit
health.vic.gov.au/governance

**Interested persons are encouraged to apply.
Applications open on Saturday 7 October 2017 and
close midnight Monday 6 November 2017.**

UPCOMING VISITING SERVICES

Physiotherapy

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

Dietician

Wednesday 18 October

Australian Hearing

Wednesday 18 October
FREE Hearing Check for Seniors Month

Legal Services

Friday 20 October

Choice Podiatry

Tuesday 24 and Wednesday 25 October

Federal Government Changes Coming Soon My Aged Care UPDATE

The Federal Government is making changes to the way appointments can be made for eligible older persons who access community nursing and allied health services. With these changes comes a review of service fees which we will communicate to clients individually and to the wider community as we become aware of them. The My Aged Care phone line and website will play an integral part of accessing these services. We will continue to keep you informed.

SPORTING CLUBS / SPECIAL INTEREST GROUPS

Promote your healthy club and reduce harm.

Otway Health is offering FREE health information sessions for local clubs and groups to help educate and promote healthy club culture and reduce harm from the use of alcohol and drugs. For more information and to book your club's session, contact Community Health Nurse, Loren Jenkins.

STAY CONNECTED WITH OTWAY HEALTH

We warmly welcome your comments, suggestions and feedback.

Community Advisory Committee

Email: cac.otwayhealth@swarh.vic.gov.au

Otway Health Board

Email: otwayboard@swarh.vic.gov.au

Connect online - anywhere, anytime.

Otway Health Website

www.otwayhealth.org.au

Otway Health Facebook Page

facebook.com/otwayhealthcomms

For more information and to book courses please phone:
Jodii Anderson, Marrar Woon Neighbourhood House Coordinator
(03) 5237 8500 or email info@otwayhealth.org.au | Visit the Facebook Page!

Interested in running a course? Arrange to have a coffee with Jodii today!

PREPARE FOR ON AIR COURSE
Introducing our first round of local broadcasters!



Students Holly, Fern and Denise (pictured), along with Jackobi have just completed a four week Prepare For On Air course with Bob Knowles at 3ABR. All enjoyed the experience and are looking forward to airing their programs on 3ABR in the coming weeks. To enrol for the next course, register your interest with Jodii.

**EVERYBODY
KNOWS
SOMEBODY**



Let's continue to build resilience in our small community.

Let's gather strategies for dealing with mental health issues - for ourself, our family, especially our children or our neighbours.

What: Mental Health Forum with Guest Speakers.
When: Tuesday 10 October from 6pm - 8.30pm
Where: Lorne Senior Citizens Centre
Dinner: Light meal & tea and coffee provided
Cost: Free

For further information, please contact Karyn Hogg on 5289 4383.

Supported by:



UPCOMING COURSES - TERM 4

ART LAB

Learn how to draw in perspective, transfer to canvas, mix and take a painting from start to finish.

Dates: Wednesdays, 11 October - 13 December
Time: Evenings, 6.30pm - 8.30pm
Cost: \$100

AFTER SCHOOL ART CLASS

Make a piece of art each week to take home.
For ages 7-12 years.

Dates: Wednesdays, 11 October - 29 November
Time: Afternoons, 3.30pm - 4.30pm
Cost: \$10 per session

OKI DO YOGA

Stretch into the new term with Oki Do Yoga. Playful, not so earnest style of yoga - beginners welcome.

Dates: Mondays, 9 October - 11 December
Time: Evenings, 6.00pm - 7.15pm
Cost: \$96
Location: Apollo Bay Community Hall

IREST YOGA NIDRA

Enable your body to experience complete relaxation in this deep, restorative meditation practice. Come along for your weekly dose of bliss with Gabby and leave totally refreshed.

Dates: Mondays, 16 October - 27 November
Time: Evenings, 5.30pm - 6.15pm
Cost: \$10 per session

FIRST AID TRAINING

Apply First Aid is the minimum requirement for workplace first aid compliance. The First Aid unit of competency provides you with the skills and knowledge required to provide first aid response, life support, management of casualties and others until emergency services arrive. CPR renewal is available during the morning session of this course.

Date: Monday 30 October
Time: 9.00am - 5.00pm
Cost: \$165

AFRICAN DRUMS WORKSHOP

Express your interest in this exciting, rhythmic w/shop.

MARRAR WOORN RADIO SHOW ON 3ABR
First Tuesday of every month 11.00am - 12.00pm

Hear the latest news, courses and events at Marrar Woon from Neighbourhood House Coordinator, Jodii Anderson - plus guests.

Listen live or download the podcast and listen later on:
www.apollobayradio.podbean.com

OTWAY HEALTH RESIDENTS CATCH FOOTY FEVER!



The residents of Otway Health were all fired up on Grand Final day, dressed in their footy colours and ready to see who would take home the flag! All were excited to see Richmond's long anticipated win. Malachy (pictured) came out on top as the winner of our annual footy tipping competition and received a trophy for his efforts. Well done mate!