



## 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)

### **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.

### **NEW 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. Limited spaces available.

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)

### **Thank You To Our New Pet Therapy Volunteers!**

It has been wonderful to hear from members of our community (and their furry friends!) who have offered to volunteer their time to support our Residential Care Program in Pet Therapy. Thank you and welcome! Otway Health is always seeking volunteers to participate in programs such as pet therapy and music activities as part of our Residential Care Program. 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 or visit our website to register your interest - [otwayhealth.org.au/volunteers](http://otwayhealth.org.au/volunteers)

### **Reception Closure - Australia Day**

Otway Health Reception will be closed on Friday 26 January due to the Australia Day Public Holiday. Urgent Care will still remain open during this time.

### **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.

### **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.

#### **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.

### **Listen To Our Latest 3ABR Podcast!**

Nurse Practitioners, Brad Pickering and Dr Jane O'Connell join Bob Knowles for an update on the new model of Urgent Care at Otway Health and dispense some timely health advice for the holiday season about water safety and surviving the heat.

Download: <https://www.otwayhealth.org.au/podcasts/>

### **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 [marrarwooncoordinator@swarh.vic.gov.au](mailto:marrarwooncoordinator@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)