



Keep in touch

This newsletter is produced by Marrar Woorn Neighbourhood House with Otway Health and delivered by our amazing volunteers. Content has been driven by community input and suggestions. Many people don't have an internet connection so this is a chance to connect without face to face contact and to combat feelings of isolation or loneliness.

Please email Anna on anna.creasey@gorh.vic.gov.au or phone 0417 741 249 if you have any ideas for further newsletters, we'd love your input.



Great Ocean Road Health is always open and continues to provide home and aged care support as well as Urgent Care 24/7.

If you would like to speak to anyone from the Community Services Team please call the Otway Health campus on **(03) 5237 8500** or email Reception.OH@gorh.vic.gov.au

Important contacts

*Legal advice:

For concerns regarding **employment, tenancy or domestic violence** for example call Barwon Community Legal Service. They can provide free legal advice over the phone. Call **1300 430 599** or email bcls@barwoncls.org.au

*Financial Advice:

For concerns about your **financial situation** please call Rhonda Mahoney at Colac Area Health for free financial advice. To make a phone appointment call on **0429 329 555** or **5232 5183** or email rmahoney@cah.vic.gov.au

*Social worker:

Our social worker is available for a free phone consultation on Monday, Tuesday and Wednesday for Centrelink advice, welfare and parenting issues. Call Great Ocean Road Health reception on **5237 8500**.

*Social Contact:

If you would like a weekly catch up phone call, or would like help installing a program onto your phone so you can video call family members, please contact Mel at Meloney.Howell@gorh.vic.gov.au or **0418 984 629** to organise a call.

*Counselling Psychologist:

Dr Tanya Harkness is available for phone appointments for anyone who needs help managing their anxiety though this time. **Telehealth appointments for mental health services can currently be bulk billed.** Call **0419 002 661** or tkharkness@bigpond.com

Exquisite Isolation

An online community game of Exquisite Corpse

Exquisite Corpse is an art game where participants play by taking turns drawing sections of a body on a sheet of paper, folded to hide each individual contribution. The first player adds a head—then, without knowing what that head looks like, the next artist adds a torso, and so on. The Apollo Bay art community are currently playing this online and here is an example of their work. To join in email:

finglesin@gmail.com



'But I was such a good boy' by Rachel, Pat and Gareth

Exercise Snacking with Louise

How is each exercise performed? During each exercise bout, spend 1 minute performing each exercise. Rest if your legs become unduly sore during the exercises.

Take 1 minute between each exercise to rest.

Or simply repeat up to 10 repetitions at your comfortable pace.

When practicing the exercises should not be too demanding. Please work at your own pace, have a stable chair or kitchen bench to work with and hold on to support yourself if required for balance.

I will send out a new exercise next time to add to your routine.

Yours in health,

Louise. 😊

Grocery Delivery Service

Are you 70 years and over and a permanent resident living in Apollo Bay, Skenes Creek or Marengo?

Great Ocean Road Health can arrange for your weekly shop to be delivered to your doorstep. Delivery will be at no extra cost to you and of course, groceries are subject to availability.

Register with Great Ocean Road Health on **5237 8500** and ask for our grocery delivery service, or email

Reception.OH@gorh.vic.gov.au

Exercise 3: Marching (Chair)

Execution:

- Stand with good posture, feet shoulder width apart. Use a chair or counter to balance yourself
- Lift one knee up as high as you can, then relax it back down. Now lift the other knee up as high as you can, then relax it back down
- Maintain good posture and keep your hips level
- If you can manage, march for one minute



Lift knee up high



Alternate legs

Apollo Bay Veggie Planting Guide from Jodie Lawson at Green Acre Market Garden

Following on from our planting guide on garlic in our previous newsletter: Broad beans can be planted in early spring, but you get bushier plants and more generous yields from an autumn-planted crop. They are best direct sown, unless you have bush rats, in which case start them in trays indoors and transplant when they have a couple of sets of leaves. The plants get enormous so give each one 20-30cm of space in the row. They have a rapid growth spurt in late winter so make sure to give them some support – they will blow over in a strong wind. I grow a crimson-flowered heirloom variety which is both beautiful and delicious. The seeds were recovered from Norfolk Island, where they were first planted by convicts in 1788.

Still need to use the Marrar Woorn Wi-Fi? It's still on and can be used from the benches outside:

Network: OtwayPublicInternet **Password:** Otway@3233

♥♥♥♥♥♥♥♥♥♥ **A Paper Cup of Tea by Annabel Tellis** ♥♥♥♥♥♥♥♥♥♥

This newsletter has been positively charged with love from your friends, neighbours and community family at Marrar Worn Neighbourhood House. How much do we miss seeing your beautiful faces around the Bay? We knew we were in it for the long haul and we have done so well as a town to stay safe and supportive. There's definitely a twinkle of light at the end of the tunnel and we are all looking forward to normal gatherings where chit-chat and laughter ensue (and which none of us will ever take for granted again.)

Many of us have been self-congratulating daily for being born into the Apollo Bay area or having moved here. We quickly realised that being placed under restrictions in a pretty seaside town was not so hard after all. Being able to see the sea is a luxury afforded to us all and the dramatic night skies and sunlit mornings have been completely stunning. Getting into nature for a walk has given lots of us the opportunity to really appreciate our environment and we are all fully aware of the reasons why people from all over the world want to visit us here. Living under restrictions has been made a lot more liveable thanks to the amount of take-away eateries and essential services that have been able to stay open for us. Thanks definitely go to Sally and Jane for keeping the bakery open; it's so reassuring to go into that central fragrant space and know that all is as perfect as it always was. At the other end of town, we have a buzz of activity around the new Little Crumb bakery too. Kristie and Agung's oven had a baptism of fire on the day the world went into lockdown and has been churning out French Patisserie and take-away Balinese curry to feed a whole town ever since.

At times we have felt as if we are living through a month of Sundays, but the resilience and generosity of our community has really buoyed everyone along. Caterina Morrison and friends are organising a food donation service out of the Youth Hall for those in need called 'Project Feed Me Apollo Bay' which will expand according to the needs of our community members. It's early days but will be a real treasure in our town (donation boxes are at Foodworks).

At the Neighbourhood House, we can't wait to see all your faces in 3D again here or on the coffee circuit, at the beach, down the street, in the RSL, in the choir, in the lolly shop, on the radio (!), in the newsagents, at the gym, in church, at Otway Health, at the Youth Club, doing pilates, at the deli counter, down the pub...etc to infinity, with love x



Easy Level Sudoku

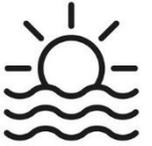
				6	8	4	1	
							6	
			4					7
		4			2			
5				9			3	
3			5			9		6
8					9		5	
9	5			7		3		8
		7			1		4	

Expert Level Sudoku

				5		7		
								1
				9	3		8	
							2	4
6		8			5	3		
		9		6		5		
9			7	2	4			
		6						3
	1		6				7	



Guided relaxation



Provided by Louise Fairney

This can be a helpful tool to use to help support a better night's sleep and to alleviate stress and anxiety, which may be of use to you during these uncertain times. You could take turns and have another member of the family read it out slowly and gently to you.

Find a comfortable position either lying down or sitting in a comfortable chair. Rest your arms by your side, fingers gently curled and not touching anything. Close your eyes and bring your awareness to your breath as it's travelling in and out through your nose.... Take a few deep breaths and allow your body to soften and let go of tension on each exhalation.

(Pause x 5 seconds)

Taking 5 breaths now inhaling through the nose and exhaling through pursed lips, gently trying to lengthen your inhalation.... Keep your inhale at a count of 3 or 4 and aim to lengthen the exhalation to twice the length of your inhalation.... There should be no strain felt in the breath.... Smooth out any pauses or bumps in the breath.

(Pause x 5 seconds)

Soften around the jaw..... smooth the forehead.....let the eyes soften.... allow the legs to be heavy.

(Pause)

In your mind's eye, see yourself walking along the beach..... Feel the warmth of the sun on your back....Feel the gentle breeze on your skin....Feel the sand underfoot and the cool water gently lapping at your feet.... See the blue of the sea and the sky and the way the sun glistens on the water....Notice the waves as they are gently rolling in and rolling out.

(Pause)

Watch the seagulls as they fly overhead and dive swoop gracefully to the water....Feeling the sand underfoot and between your toes as you walk along the sand. Support with every step.

(Pause)

Watch the waves as they follow one after the other.... rolling in and rolling out....bring your awareness to your breath as it's gently travelling in and out through your nose....there's a pause in between the inhalation and the exhalation....rest in that pause....

(Pause)

Liken your breath to the waves that low onto the shore and back out to sea....feel your breath gently rolling through your body, gently expanding your body as you inhale and gently softening and you exhale.

(Pause)

Bring to mind a positive affirmation that you have for yourself in this moment....a short and simple statement....it may be a desire for health or wholeness or something that you would like to grow in your life....keep it short and simple....state each affirmation with conviction and gratitude.....

(I have one for you if you are needing some inspiration: *'I flow through life with ease and peace.'*)

Repeat either your affirmation or my suggestion three times in your mind's eye now.

(Pause)

Allow that intention to take a deep seat inside like a seed waiting to germinate.

(Pause)

Now let's resume our walk along the beach....feeling the warmth of the sun on your back....the gentle breeze on your skin....and the call of the birds as you turn for home....notice the contact that the back of your body has in contact with the place where you are either sitting or lying down....feel the air on your skin....invite a few deeper breaths now as you gently begin to wriggle fingers and toes....gently now stretching and moving as you feel and when you feel ready, gently open your eyes and return to life.
