



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.

Location: 75 McLachlan Street, Apollo Bay

For more information and to book health and community services please phone

Otway Health Reception: (03) 5237 8500 or email info@otwayhealth.org.au

APOLLO BAY medical centre

Opening Hours

Mon—Fri: 8:45am to 5:45pm Sat: 9am to 12pm

GP TEAM

Dr Denise Ruth: Tue, Wed & Thu

Dr David Mullen: Fridays from 15th March

Dr Genevieve Mount: Mon & Fri

Dr Leighton Delmenico: Mon—Thu, alternate Saturdays

Dr Alan Jardine: Tue—Fri, alternate Saturdays

Dr David Russell: Mon, Tue & Fri

Dr Jessica Russell: Mon, Wed, Thu & Fri

To make an appointment please call 5237 8595 or book online – apollobaymedicalcentre.net.au or via the [HotDoc](#) app.

Introducing Dr Alan Jardine

Born in Scotland, Dr Alan Jardine completed his medical training in the UK where he worked for three years before relocating to Melbourne in 2016.

Dr Jardine has a large amount of Emergency Medicine experience, working as an Emergency Medicine Registrar in Melbourne followed by a variety of locations across Victoria, NSW and Queensland. This experience played a large role in his decision to pursue a career as a Rural GP. Dr Jardine is a keen sportsman, he enjoys playing tennis, soccer, rugby union and golf. He also enjoys the great outdoors.

Saturday Clinics at Apollo Bay Medical Centre

The re-introduction of Saturday clinics over summer has been very well supported by the community. By popular demand, Apollo Bay Medical Centre will continue to provide these clinics permanently commencing in February. This Saturday we have Dr Alan Jardine and Dr Denise Ruth in clinic from 9am—12pm.

Book on-line or by phoning 5237 8595.

The Otway Health Check

Tune-in to our first Podcast of the year and hear CEO Kate Gillan speak about how our health services are growing in 2019 to meet the needs of our community in Apollo Bay and surrounds. Find the show via our website; www.otwayhealth.org.au/podcast-improved-healthcare-for-apollo-bay-in-2019/

ALLIED HEALTH SERVICES

Physiotherapy

Monday 18, Tuesday 19 February

Podiatry, Matthew Payton

Friday 8 February

To make an appointment please call: 5237 8500

Australian Hearing

Tuesday 19 February

To make an appointment please call: 5233 9100

ABOUT PHYSIOTHERAPY

Physiotherapy can help put you back in action by carefully treating your painful joints and muscles and showing you how to manage your condition. People of all ages can benefit including children, elderly, athletes, neurological or cardio thoracic complaints and clients recovering from surgery.

Treatments may include;

- Joint mobilisation or manipulation
- Soft tissue massage
- Stretches
- Supervised exercises
- Home exercise program

Find out more via our website;

www.otwayhealth.org.au/services/physiotherapy/

Expression of Interest Community Advisory Committee

Otway Health is seeking expressions of interest to join our Community Advisory Committee (CAC). The purpose of the Community Member role on the CAC is to advocate and represent the views of the Apollo Bay and catchment area community on ways to improve, increase and enhance the service delivery of Otway Health.

To apply please contact Georgina on glharrison@swarh.vic.gov.au.

Applications close 5pm on March 1 2019.

STAY CONNECTED WITH OTWAY HEALTH

Otway Health Community Advisory Committee

Email: CAC.OH@swarh.vic.gov.au

Otway Health Board

Email: otwayboard@swarh.vic.gov.au