

**24/7 On-call After Hours Service — Otway Health Ph: 5237 8500**

**Location: 75 McLachlan Street, Apollo Bay**

Apollo Bay Medical Centre Ph: 5237 8595 | Email: [apollobaymedicalcentre@gorh.vic.gov.au](mailto:apollobaymedicalcentre@gorh.vic.gov.au)

Otway Health Reception Ph: 5237 8500 | Email: [enquiries@gorh.vic.gov.au](mailto:enquiries@gorh.vic.gov.au)

### Message from our CEO

As I was screened this morning at Urgent Care at Apollo Bay, the sunrise over the Bay was incredible, I am so grateful to be here on the Great Ocean Road and at Great Ocean Road Health at this time. The drive from Apollo Bay to Lorne and Lorne to Apollo Bay is magnificent, whatever time of day and however slow, there is always something beautiful to reflect on.

Great Ocean Road Health is one on the 1<sup>st</sup> of July, this is something to celebrate! What a year it has been, a cyber-attack, a new CEO and now a pandemic- the good news is we have made it and we are definitely stronger and better together, so let's celebrate and look forward to our very bright future.

### DHHS Mental Health Resources

There is some tips from the DHHS to ensure your mental wellbeing during these time.

In terms of your physical health, the most important thing you can do is maintain basic hygiene, particularly frequently washing your hands with soap or using hand sanitiser. For your mental wellbeing, there are a number of things you can do:

- Maintain a healthy diet, exercise and sleep regime.
- Talk to loved ones about worries and concerns.
- Engage in hobbies and enjoyable activities.
- Be prepared – ensure you have enough food, supplies and medication on hand. Ask for help collecting these items where possible.
- Avoid or reduce your use of alcohol and tobacco.

You may feel stressed listening to the news, so make sure you receive information through trusted and credible sources, rather than social media. Make sure one of those sources is specific to your state. This will help you feel more in control. If you can't access the internet, get a friend or family member to read to you or show you the most up-to-date information from credible sources.

### Second Sails

The team at Second Sails would like to remind everyone that they are unable to accept donations at this time. They hope to be able to accept donations again in the near future and will let everyone know but in the meantime please refrain from dropping items off outside. Thank you.

### COVID-19 Testing

Apollo Bay is now listed on the DHHS website as an official testing site.

We have been providing the same service since March, where COVID-19 swabs are undertaken by appointment only at our urgent care unit.

Anyone with symptoms, however mild, we encourage you to book a screening test at Otway Health (Apollo Bay) on 5237 8500. Bookings by appointment only.

### Apollo Bay Medical Centre

The Apollo Bay Medical Centre is delighted to announce that Dr Rob Roebuck will be returning to the practice from July 6th to July 30th.

The Apollo Bay Medical Centre would also like to remind members of our community that we still have a stock of Flu Vaccines for those over 65 years old, under 6 years old or those suffering with a chronic medical condition. If you would like to make an appointment please call and speak to one of the friendly members of our team on 5237 8595.

### We Are Hiring...

Great Ocean Road Health is currently seeking a suitable candidate for the role of Board Secretary. The Board Secretary, under the guidance of the Chief Executive Officer and the Board Chair, will be responsible for facilitating the organisation's corporate governance processes and holding primary responsibility for ensuring that Board processes are run efficiently and effectively.

Proven experience as a Board Secretary or in a similar governance role and knowledge and understanding of the role and responsibilities of Committees and Organisational Boards is essential.

For further information please contact

GORH CEO, Sandy Chamberlin  
[sandy.chamberlin@gorh.vic.gov.au](mailto:sandy.chamberlin@gorh.vic.gov.au)

To obtain an Application pack please visit [www.greatoceanroadhealth.com.au](http://www.greatoceanroadhealth.com.au) or contact Human Resources [hr@gorh.vic.gov.au](mailto:hr@gorh.vic.gov.au)

**Applications close 9.00am Tuesday 7<sup>th</sup> July**

This position is subject to a satisfactory Nationally Co-ordinated Criminal History Check and current Victorian Employee Working with Children Check.