

**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)

#### Return of External Service Providers

GORH would like to remind all members of the community that we are commencing the process of opening up appointments for our external service providers.

We are thrilled to welcome back Physiotherapist Jewel Oh. Jewel will be working every Tuesday, Wednesday and Thursday, commencing Tuesday 13 October. Please contact reception, during office hours, on 5237 8500 to make an appointment.

We are also pleased to advise the recommencement of Financial Counsellor, Rhonda Mahoney, from Colac Area Health. Rhonda will resume services every second Friday, commencing Friday 16 October. Please contact Rhonda directly to make an appointment on 5232 5183.

#### Apollo Bay Radio

Don't forget to listen to our latest podcast on 3ABR every Second Tuesday. Find the show via:  
[www.apollobayradio.podbean.com](http://www.apollobayradio.podbean.com) or on our website at [www.greatoceanroadhealth.com.au](http://www.greatoceanroadhealth.com.au)

#### Apollo Bay Medical Centre

The Apollo Bay Medical Centre will be closed on Friday 23 October and Tuesday 3 November (Public Holidays).

The Medical Centre is open Monday to Friday from 8.45am to 5.45pm. Please call and speak to one of our friendly reception staff to book an appointment on 5237 8595.

It is vital you look after your health and wellbeing during the pandemic. Please do not ignore any symptoms.

#### Keep Up To Date

There are so many ways you can keep up to date with what's happening here at Great Ocean Road Health:

**Email:** [enquiries@gorh.vic.gov.au](mailto:enquiries@gorh.vic.gov.au)

**Facebook:** Great Ocean Road Health/ Apollo Bay Medical Centre

**Instagram:** [greatoceanroadhealth](https://www.instagram.com/greatoceanroadhealth)

**Website:** [www.greatoceanroadhealth.com.au](http://www.greatoceanroadhealth.com.au)

#### Plant Diversity as Part of a Health Diet

How healthy is your diet? Diversity of plant foods is one of the key factors for a healthy diet. Increasing the diversity of the foods we eat will in turn increase our gut health which is an important part of our bodies overall health.

Plant foods include:

- Herbs in their whole form (as leaves)
- All fruits and vegetables
- Legumes and pulses eg. Beans, lentils and chickpeas
- Whole grains such as brown rice, wholemeal bread and rolled oats
- Plant based proteins such as tofu, tempeh and hummus.

If you would like to learn more about plant diversity in foods or how to easily increase it in your diet, then head to our Great Ocean Road Health—Exercise, Health and Well-Being facebook page . For the next two weeks, we are running a plant diversity challenge to encourage everyone to increase the diversity of their diet. You can also find directions to the facebook page on our website <https://www.greatoceanroadhealth.com.au/services/>.

#### Second Sails Op Shop

Second Sails Op Shop is delighted to announce they will be open next week on Monday, Wednesday and Friday from 10-2pm for walk ins. There will be safety measures in place to assure adherence with all government guidelines, so please be patient with the team.

Unfortunately Second Sails is still unable to accept donations to the shop at this time. Thank you for your patience and we hope to be able to accept your kind donations in the very near future

Don't forget that every Thursday, there will be a live auction on the 'Second Sails Op Shop' facebook page . Auctions are held from 12.30pm-1.30pm and you can have a sneak peak at the item earlier in the week via the facebook page.