

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

Otway Health Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

A Message From Our CEO

Hopefully by the time you are reading this, we are preparing to come out of Stage 4- Circuit breaker lockdown.

This is what 2021 is going to look like for us, changing restrictions, locking down our facility, changing appointments, working from home and later this year managing COVID vaccination. We are very fortunate to have wonderful support from our community, thank you for the support through the annual appeal, the staff meal vouchers, the food delivered to staff and just general support for what we are doing.

I spoke to a family who had been staying in our region and had investigated where they had to go to get swabbed if they needed to, they were amazed that we provided a 7 day a week service.

We are also very fortunate to have a beautiful coastline in our 5km bubble, with plenty of opportunities to walk, run and swim close by.

Please continue to seek medical care if you are unwell, Don't delay your GP appointment the medical centre will advise you if there are any changes.

Keep up the hand hygiene and the mask wearing, these are simple measures to keep us safe.

Thank you, Sandy Chamberlin.

Apollo Bay Walking Group

Calling all walkers! If you are interested in walking with like minded people in the great outdoors, finished with a coffee at the local cafe.....then join our walking group located in Apollo Bay.

All fitness levels welcome. No need to book in, simply turn up on the day wearing a good pair of walking shoes and money in your back pocket for your well deserved coffee.

Where: Apollo Bay Info Centre

When: Every Tuesday at 9.30am beginning March 9th

Who: All Walkers Welcome

Distance: 45 Minute walks at your own pace finishing with a delicious coffee.

Meal Delivery Service

GORH would like to apologise for any confusion caused on Monday 15 February around our meal deliveries.

All consumers will receive hand delivered information regarding proposed improvements and timeframes for feedback in the next week.

If you do receive delivered meals, and don't receive this information, please contact us on 5237 8500.

Vaccination News

Great Ocean Road Health will be implementing an ongoing marketing campaign to keep our catchment area well informed and up to date with the latest vaccination advice and the roll-out schedule.

Both Lorne and Apollo Bay Medial Centres are planning to provide vaccination clinics (targeted at the specific 'phase' groups) throughout the year. Our staff are highly experienced in administering vaccinations, such as the influenza vaccine.

GORH staff are working closely with other stakeholders, including the local pharmacies and Shires to identify other potential mass immunisation sites within Apollo Bay.

Men and Women's Lunches

We are hoping that our groups will go ahead as scheduled. Provided there is no further restrictions, should they be cancelled we will contact you.

Men's Lunch's will begin on Monday the **22 of February** at 12.30pm at the Apollo Bay Hotel. Please RSVP to reception on 5237 8500 as soon as possible. Places are limited.

Ladies Lunch will begin on Friday the **26 of February** at 12.30pm at the Apollo Bay Hotel. Please RSVP to reception on 5237 8500 as soon as possible. Places are limited.

Attendees must be registered with My Aged Care, or be open to signing up. If you would like assistance with this, please call and let us know. We are more than happy to help. Please note, GORH staff cannot run our transport service due to current COVID restrictions.