

**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)

### A Message from our CEO

Happy New Year!

Thanks for your patience and support as we navigate our way through this very busy time in our region. Thankfully we are well staffed. We are still having to use locum doctors and agency nursing staff to cover staffing shortfalls but unlike other facilities and other years, we have been able to open the Medical Centre on Saturday mornings for emergencies. We are very grateful to be able to have our returning locum doctors over summer and very excited to welcome Dr Ed Mulvey permanently from the end of January. Plus our two new registrars who start in early February.

Urgent care has been busier than ever before during this summer period. We are very happy to be able to cover this service with our Nurse Practitioners and GPs, as there are health services in Victoria where Urgent Care centres are using telehealth only.

I hope you have had the opportunity to set some intentions for 2023 regarding your physical and mental health and enjoy this beautiful weather on the coast.

Have a wonderful week,

Sandy

### Mental Health First Aid Course

Approximately 20% of Australian adults experience a common mental illness each year. The consequences of mental illness for the individual and society are staggering.

Join our accredited Mental Health First Aid facilitators for a 2 day course to learn how to assist an adult who may be experiencing a mental health problem or crisis.

**Date:** Saturday 18 and Sunday 19 February 2023

**Time:** 8.45am-4pm

**Where:** Apollo Bay - Marrar Woorn Neighbourhood House

**Cost:** \$20 (Standard courses usually cost \$250)

Booking: Essential <https://www.trybooking.com/CEOKR>

### Reach out Rural Learning Hub

Great Ocean Road Health is again partnering with Alpine Institute (RTO) to offer a CHC33015 Certificate III in Individual Support at your doorstep.

With blended online and face-to-face training options, make 2023 your year for career progression and job prosperity!

CHC33015 Certificate III in Individual Support has been designed for those who intend to work in Aged Care services (residential care) and Home and Community Care (HACC) who follow an individualised plan to provide person-centred care to people who may require support due to ageing or disability.

**Register your interest for a February, 2023 start.**

This training is delivered with Victorian and Commonwealth Government Funding. Job Trainer and Skills First funding is available for eligible enrolments.

If you are interested in upskilling, learning on the job and becoming a part of our Community Care Team, please get in contact with Charlotte Leorke

([Charlotte.Leorke@gorh.vic.gov.au](mailto:Charlotte.Leorke@gorh.vic.gov.au)) or Aimee Pickering

([Aimee.Pickering@gorh.vic.gov.au](mailto:Aimee.Pickering@gorh.vic.gov.au))

### Apollo Bay Exercise Groups

**Warm Water Exercises Monday** at 10.30am and Thursday at 9.30am. Apollo Bay Aquatic Centre. \$10 per class.

**Healthy Balance Wednesdays** at 11.15am - 12.15pm. Senior Citizen Hall, Whelan Street, Apollo Bay. \$10 per class.

**Strength For Life Tuesday and Wednesday** at 9.30am - 10.30am. Senior Citizen Hall, Apollo Bay. \$10 per class.

**Mixed Gym Group** – Monday and Tuesdays at 2pm. The Gym, Apollo Bay.

**Walking Group** – Meet at the information centre at 9.30am on Tuesday mornings. Walk followed by coffee.

\*An initial physio assessment will be necessary before attending these classes (with the exception of the walking group).