

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

We have been delighted with the positive response in welcoming our new Registrar Doctors to the Apollo Bay Medical Centre. Both Dr Ellie and Dr Davy have both 'hit the ground running' and excited about working and living in the Bay.

We are also pleased to announce we will be running more COVID vaccination clinics over the coming weeks, due to increased demand. The staff were overwhelmed with booking phone calls, so please watch this space for upcoming dates.

As we welcome in Autumn, hopefully we can continue to enjoy the warmer weather on our coast. The change of seasons is a fantastic time to keep moving outside (get enough vitamin D), fill your diet with immune boosting foods and keep smiling.

Our medical, community care and allied health staff are always willing to assist you reach your full physical and mental health potential. It's simply a matter of finding the right program to suit your needs.

Thanks, Sandy

Social Support Outings

Colac Shopping Bus – Monday 6th of March, pickups begin from 10.30am. Catch the GORH bus to Colac for grocery shopping and lunch. To RSVP please contact Charlotte on 0439 712 844.

Ladies lunches will commence for 2023 on Friday the 24th of February at 12pm. Ladies lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

Men's lunches will commence for 2023 on Monday the 27th of February at 12.30pm. Men's lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

For further information, contact us on 03 5237 8500, email enquiries@gorh.vic.gov.au or all information can be found on our website at www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/

Home Care Services

Did you know that Great Ocean Road Health offer a Home Care Packages Program? Our services are tailored to meet your unique needs, and we will provide you with information to make informed decisions, create your care plan, budget, achieving your personal goals and choosing the care services to support you in your home.

If you are requiring services in the home, please call Referrals at GORH on 5237 8575. We can arrange to provide you with advice over the phone, arrange a meeting or visit you at your home. We look forward to hearing from you.

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

Facebook: Great Ocean Road Health

GORH website: www.greatoceanroadhealth.com.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 Wednesday 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).

Please bring your own water bottle. For any more information on the above, please call 5237 8575.