

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 seen COVID cases increase over the past few weeks with the new variant XBB1.5 or Kraken variant becoming the dominant variant in Victoria. This has led to increased hospitalisations and increased staff infections. Please continue to be aware of any symptoms, we have free RATS and face masks at all our facilities, including the Neighbourhood Houses. We will continue to wear N95 masks and require all clients and visitors to wear masks to keep our Aged Care residents and staff safe.

The Medical Centres at both Apollo Bay and Lorne are proving the COVID booster vaccination, please call to make an appointment.

We have had such wonderful support from the community during these very difficult COVID years. We thank you for your kindness and understanding, our staff really appreciate it.

Thanks, Sandy.

Meet Doctor Ed Mulvey

Dr Ed has previously completed a Bachelor of Arts and Bachelor of Commerce with Honours at Melbourne University, as well as the Diploma of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists.

Prior to commencing at Apollo Bay Medical Centre, he has worked in various specialist rotations at the Ballarat Base Hospital and the Alfred Hospital, as well as general practice in Altona and Southbank.

Dr Ed has interests in women's health, emergency medicine and Indigenous health.

To make an appointment, contact our reception staff on 5237 8595.



Men's Warm Water Exercise Class

Warm water exercise provides low-impact, low-weight bearing exercise in a supportive and warm environment. Warm water exercise has many benefits including; works the heart muscles, enhances balance and coordination, easy on the joints, reduces risk of injury, helps recovery from injury and low impact.

Our Allied Health Assistants will lead this low impact exercise class for over 65's.

When: Wednesday's at 10.15am (starting on Wednesday 26 April).

Where: Apollo Bay Aquatic Centre

Cost: \$10 Bookings:

Call: 5237 8575

Enquiries: info@gorh.vic.gov.au

Clients must have an exercise assessment and a GP review prior to attending the warm water classes. Clients will also need to be over 65 and/or already an NDIS client.

Social Support Outings

Colac Shopping Bus – Monday 3rd of April, pick-ups 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 be held on Friday the 31st of March 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 be held on Monday the 27th of March 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/