

24/7 On-call After Hours Service — Urgent Care Ph: 5237 8500**Location: 75 McLachlan Street, Apollo Bay**Apollo Bay Medical Centre Ph: 5237 8595 | Email: apollobaymedicalcentre@gorh.vic.gov.auApollo Bay Campus Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

A Message from our CEO

In COVID news, we are preparing for an increase in demand over Easter as the XBB1.5 variant, also known as 'kraken' heads our way. Case numbers although still low have significantly increased in the past two weeks. Across Victoria there have been increased hospitalisations, increased staff off work and increased presence of COVID in waste water.

Please continue to be vigilant in your social distancing, your hand washing and stay home if you are unwell. If you require a free RAT, please contact reception on 5237 8500.

We're also extremely excited to welcome a large number of new staff to our workplace. This includes nursing staff and administration. We also have a number of career opportunities for anyone who would like to join our growing team www.greatoceanroadhealth.com.au/careers/

Thanks again for your continued support, Sandy.

Apollo Bay Second Sails

Just a friendly reminder not to dump unwanted goods at Second Sails. Unwanted goods is not donating if we cannot sell it and we have to pay to take them to the tip. This amounts to hundreds of dollars a month.

Our trading hours;

Monday 10 - 4pm

Tuesday Closed

Wed 10 - 4pm

Thursday 10 - 4pm

Friday 10 - 4pm

Saturday 10 - 3pm

Sunday trading occasionally.

Check Facebook for latest updates www.facebook.com/Second-Sails-Op-Shop

Apollo Bay Diabetes Information Group

Great Ocean Road Health Diabetes Educator, Celia Clarke would like to invite you to attend our monthly Diabetes Information group.

This session will involve a delicious morning tea, an education session and up to date information on diabetes management. In April, Anne Newton from the Apollo Bay Medical Centre will be our guest speaker discussing 'how to recognise heart attack warning signs and what to do'.

When: Monday 24 April.

Time: 10am - 11.30am. Please arrive 10 mins prior to the session.

Where: Marrar Worn Meeting Room, Apollo Bay

Cost: Gold coin donation

RSVP: for catering and numbers for attendance, please call reception on 5237 8500, Celia on 0419 157 525 or Anne on 5237 8595.

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 24th of April 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/