

**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.au](mailto:apollobaymedicalcentre@gorh.vic.gov.au)

Apollo Bay Campus Reception Ph: 5237 8500 | Email: [enquiries@gorh.vic.gov.au](mailto:enquiries@gorh.vic.gov.au)

### A Message from our CEO

Thanks to the staff at Great Ocean Road Health who worked over a busy Easter, COVID is upon us again and we are still (like everyone) struggling with staffing at times. We have been lucky to be able to access locum, agency and casual staff as we continue to recruit and train our own staff. Whatever you believe Easter is a story of hope and as we look forward to a future of managing and living with COVID and other infectious diseases, we are looking forward to providing as much care as we can closer to home, and are working on projects to do that.

We have been delighted to be able to welcome some new locum doctors at the Apollo Bay Medical Centre whilst Dr Heng continues to recover well from major surgery, thanks for your patience as appointments have been shuffled.

The Second Sails Op Shop continue to provide well needed equipment to our Apollo Bay campus and have funded a storage solution and an electric commode this month, which is, as always very much appreciated.

Please continue to be kind to our staff, we have had several episodes of poor behaviour and abuse towards our staff which only adds to the fatigue and decreased resilience they are already experiencing.

Thank you very much for your support, Sandy

### 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.

### 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](mailto:enquiries@gorh.vic.gov.au)

**Facebook:** Great Ocean Road Health

**GORH website:** [www.greatoceanroadhealth.com.au](http://www.greatoceanroadhealth.com.au)

### 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 and traineeship opportunities, 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 June, 2023 start.

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))

### Social Support Outings

Colac Shopping Bus – Monday 1<sup>st</sup> of May, 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 28<sup>th</sup> of April 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 24<sup>th</sup> 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.

**Anglesea Excursion** will be held on Monday the 17<sup>th</sup> April, 9am departure. Day includes morning tea at the Chocolate Factory, followed by lunch at Poppies in Anglesea. To RSVP and further information regarding bus times, contact reception on 5237 8500.

Information can be found on our website at [www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/](http://www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/)