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CEO Message

What a great weekend for our beautiful region, so great to see all the wonderful volunteers assist in running the Great Ocean Road Running Festival. So good to see so many Great Ocean Road Health staff participate and volunteer.

We celebrated our wonderful volunteers last week with a lunch at the Great Ocean Road Brewhouse and learnt about heart health from our Apollo Bay Medical Centre Doctors and Nurses including Nathan our medical student, telling us what to expect when you call 000 and Dr Terry Heng giving us advice and first-hand experience of his recent heart surgery.

We are changing our pathology service over the next few months and hope to improve your experience. We are moving from Australian Clinical Laboratories to Dorevitch Pathology and will be providing collection from the Apollo Bay Medical Centre. There will be more information as we make this change- thanks for your patience.

Thanks again for your support
Sandy

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.

Keep In Touch

- Email: enquiries@gorh.vic.gov.au
- Website: www.greatoceanroadhealth.com.au
- Facebook: Great Ocean Road Health

Social Support Outings

Colac Shopping Bus – Monday 26th June, 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 30th of June 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 26th of June 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/

Volunteer at GORH

Do you have a passion for fashion, upcycling, love visiting our local opportunity shop?

We're sure you've noticed the reduced hours at the shop, this is mainly due to volunteer numbers. The donations keep rolling in which is fantastic however if we don't have volunteers we can't get the donations out.

Second Sails is what connects our community and is run by a group of dedicated volunteers without them we wouldn't have this little treasure in the Bay.

We value the support of each and every volunteer and the commitment they make to our Health service and the community.

Second Sails is a great way to meet new people, connect with the community, learn new skills, have fun with fashion, while making a difference to people in need.

If you have some spare time or would like to know more please feel free to call into the shop & discussing possibilities with our Second Sails co-ordinator Raelene Hyatt or contact our Volunteer Coordinator, Meloney Howell, on 5237 8500.