

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

Apollo Bay Campus Reception Ph: 5237 8500 | Website: apollobaymedicalcentre.net.au

A Message From Our CEO

A reminder to check your ambulance cover, to avoid any additional costs associated with transfers. Emergency medical transport services are not free and not covered by Medicare. Become an Ambulance Victoria member and be protected against the cost of transport and treatment by paramedics. [Membership - Ambulance Victoria](#)

Ambulance transfers are expensive and in an emergency situation you don't want to be having a conversation about can you afford the cost of transfer particularly if it is a life threatening situation.

Ambulance Victoria does cover you when you are interstate, but there are restrictions around being transported back home post injury and there is no reciprocal cover overseas, you must take out travel insurance.

Always good to be covered in an emergency!

Kind Regards,
Sandy

Garden Improvements

Landcare and Apollo Bay P-12 College, both know we have been struggling to get volunteers to assist in our gardens and wanted to get involved to help bring some of the gardens back under control. A massive thank you to Landcare and the Apollo Bay P-12 College year 9 students for all the hard work clearing garden beds, replanting natives and mulching. The results are amazing. Students will be coming in each Friday to work on an area at a time.

** STARTING THIS WEEK**

Nourished+

Nourished+ is a series of 5 workshops each focusing on a different aspect of your health and wellbeing. There will be open discussions on sleep, stress, nutrition, moving well and a shared meal of mostly whole-food, plant-based ingredients, so delicious you'll want the recipe.

Apollo Bay Youth Club Hall

10am to 12pm

Each Thursday for 5 weeks, starting 31st October.

\$5 cash only at the door.

For more information and to register please contact us on (03) 5289 4360 or communityreception@gorh.vic.gov.au

Social Support Outings—ALL ARE WELCOME!!

Tuesday 12th November - Colac Shopping Bus, pick ups commence at 10am. For all enquiries and to RSVP please call Charlotte on 0439 712 844 or main reception on 5237 8500.

Coming Up At GORH

OCTOBER: Mental Health Month

31st OCT: Nourished+ session 1
@ Apollo Bay Youth Club Hall

31st OCT: Kids Halloween—Marrar Woom Event
3.30—5.30pm @ Mechanics Hall

1st NOV: Entries close for the 2025 Great Ocean Road Calendar Competition

5th NOV: Melbourne Cup Day—Public Holiday

7th NOV: Nourished+ session 2
@ Apollo Bay Youth Club Hall

12th NOV: Social Support Outing—Colac Shopping Bus

14th NOV: Nourished+ session 3
@ Apollo Bay Youth Club Hall

21st NOV: Nourished+ session 4
@ Apollo Bay Youth Club Hall

28th NOV: Nourished+ session 5
@ Apollo Bay Youth Club Hall

What does

Great Healthcare

mean to you?

The 2025 Great Ocean Road Health Calendar Competition gives artists from across our community an opportunity to submit an artwork for inclusion in the Great Ocean Road Health 2025 Calendar!

The theme for the artwork is “what does great healthcare mean to you?” Artworks can be a picture, painting, drawing, photo or illustration and when submitted must include a short blurb explaining the artwork.

Entries to be submitted by 5pm, Friday 1st November. All submissions will be reviewed by a panel of judges and the winners announced the following week. First and second prizes will be awarded.

Enquiries please contact Jess Culhane, communications@gorh.vic.gov.au or 0484 229 433