

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

It has been a busy few weeks at Great Ocean Road Health, with lots of presentations, many and varied to urgent care, ranging from minor injuries to more severe. We increase staffing at this time of year to ensure that we can provide the care required with the increased presentations and visitors to our region. This year we have locum GPs in the medical practice, all who have been with us previously so know our clients. We are also using agency nursing staff who have been coming to Apollo Bay and working with us for 3+ years now. We roster additional staff onto each shift as well as having an on-call doctor and nurse, who can be called as required. We are very proud of our extended practice nurses, who have completed additional study and can provide additional support. Nurse practitioners and RIPRN (Rural and Isolated Practice Registered Nurses) are an essential part of our workforce in small rural health and we are committed to continue to support training and developing our nurses to work with our wonderful GPs.

Kind Regards,
 Sandy

Choose A Word — Mental Wellbeing Exercise

Choose a word to guide your thoughts, actions and feelings for the year ahead. This can help you stay motivated, focused on your goals and can bring more awareness to your intentions. Examples of a chosen word:

- **Curiosity:** Curiosity can be an empowering mindset, encouraging an inquisitive mind for exploration, learning, a deeper understanding and knowledge. Embrace the unknown and question things you might not normally consider. See opportunities to learn and grow, rather than just focusing on failures or wins. Be open to trying new things, take chances and ask questions about processes, content, people and organisations you interact with.
- **Gratitude:** Gratitude can help people feel more positive, creative, innovative and can help people build stronger relationships. Focus on what you're grateful for, learn from failures and celebrate successes. Start and finish each day with what you're grateful for. Practice gratitude at home or work. Be thankful for the people in your life, like family, friends, and coworkers. Be thankful for things you have and for being who you are.

Other popular words include: adventure, discipline, growth, balance, courage, resilience, joy and empower.

Chose your word, reflect on what you want to be, do, or feel in the coming year, rather than what you want to accomplish. Select a word that reflects your goals, aspirations and feelings. Once you choose the word, live that word. Reflect on it daily and try and put it into action.

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SUMMER RAFFLE

In-person ticket sales outside Murphy & Co 131 Great Ocean Road, Apollo Bay each Tuesday



Win A Luxury Getaway!

www.raffletix.com.au/gorhsummerraffle2025

Please purchase a ticket to support your local hospital.

- 1st Prize – Luxury Escape in Apollo Bay:** 2-night stay at Chocolate Gannets, 15-minute Helicopter Flight with Apollo Bay Aviation and \$150 Casalingo dining voucher.
- 2nd Prize – Cottage Retreat in Johanna:** 2-night stay at The Boomerangs Cottages at Johanna for 2 people. Plus, a \$150 Casalingo dining voucher.
- 3rd Prize – Ultimate Lorne Escape:** 2-night stay for 2 people at the Cumberland Resort Lorne in a one-bedroom ocean front apartment. Plus, a \$100 Totti's Lorne dining Voucher.
- 4th Prize – Paradise at the Mantra Lorne:** 1 night stay in a Heritage Room at the wonderful Mantra Resort, Lorne with breakfast included. Plus, a 20% off voucher for a stay at the exclusive Elysian Guest House in Apollo Bay.

Tickets are \$10 each. Raffle will be DRAWN on 21st February.

Proceeds will support infrastructure improvements such as ceiling hoists in Aged Care rooms, Urgent Care medical equipment purchases, and hospital refurbishments such as roof repairs, switchboard upgrades and external building repairs.

