

**24/7 On-call After Hours Service — Otway Health 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)Otway Health Reception Ph: 5237 8500 | Email: [enquiries@gorh.vic.gov.au](mailto:enquiries@gorh.vic.gov.au)

### A Message From our CEO

Great to get a taste of warmer weather in the weekend and start to get prepared for summer.

Great to hear that Dr Ed Mulvey will be joining us on a permanent basis from February next year, Ed and his family are joining us in October for another locum, we are very excited about having Ed as a permanent doctor and will be delighted to welcome his young family to Apollo Bay.

We have been updating our Best Practice software in both medical practices this week, to ensure that the client and doctor experience are as seamless as possible, thanks for your patience as we navigate the updated system.

We have had some retirements in our staffing group this week with Leanne McKenry and Michelle Fillmore retiring from nursing, we wish both Leanne and Michelle all the best in their new lives without work!

Kelly Wilson is our New Nurse Unit Manager at our Apollo Bay Campus, Kelly has been with us on a part-time basis as an ANUM and we are delighted that she is taking the next step in her career.

Recruiting staff is a significant challenge, as it is worldwide, but we are very lucky to have a wonderful group of caring dedicated staff at Great Ocean Road Health who continue to support each other and provide great care.

Thank you for your continued support,

Sandy

### Social Support Outings

**Men's Lunch** - Monday the 31st of October, 12.30pm at the Apollo Bay Hotel – Please RSVP to Charlotte Leorke on 5237 8500.

**Ladies Lunch** – Friday the 28<sup>th</sup> of September, 12pm at the Apollo Bay Hotel – Please RSVP to Charlotte Leorke on 5237 8500.

All 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/)

You will also find a current list of our exercises classes, which includes Warm Water Exercises on Monday, Healthy Balance on Wednesday, Strength For Life on Tuesday and Wednesday, Mixed Gym Group on Monday and Walking Group on Tuesday mornings.

### Apollo Bay or Lorne Aged Care

Are you or your loved one in the process of selecting an aged care facility to suit your needs?

Before entering aged care, there are three steps you must undertake by the incoming resident (or their representative). Many find this process daunting and hard to navigate, so our aged staff have put together an easy to navigate and read pricing list and entry requirement document that you can access via our website.

Simply search [www.greatoceanroadhealth.com.au/services/residential-care/](http://www.greatoceanroadhealth.com.au/services/residential-care/) and click on the Apollo Bay or Lorne drop down menu—accommodation pricing and entry process link.

Our aged care staff are also happy to answer any further questions or organise a tour. Contact Great Ocean Road Health Apollo Bay campus on 5237 8595 or Lorne on 5289 4300.

### Upcoming Event

Join artist Victoria Howlett for an illustrated talk. Victoria will discuss her image making work process, which plays with the connection between landscape, memory and an evocation of place.

The talk will also include reference to the women's bush painting camps which provided the physical structure in which to explore site, narrative and memory, and how these influence the development of a professional aesthetic. These camp locations, in shared Aboriginal land, where we gave voice to women's stories and feminist theory around the campfire, ranged from the lushness of 'Bundanon' and Broome to the dry plains of Silverton and Noonkanbah in the Kimberleys, to the rich and spiritual gorges of Mutawintji.

An extensive range of works and information about Victoria can be viewed on her website [www.victoriahowlett.com.au](http://www.victoriahowlett.com.au)

**When:** Monday 17 October from 11am—12.30pm. Lunch included.

**Where:** Marrar Woon Meeting Room, Apollo Bay

**Cost:** Free

**Booking:** <https://www.trybooking.com/CCXUT>