

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.auOtway Health Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

A Message From our CEO

October is Mental Health Month. At Great Ocean Road Health, we recognise that your mental health is as important as your physical health and that preventing illness is our core business. According to the World Health Organisation, health is a state of complete physical, mental and social well-being and not merely the absence of disease or illness. Looking after your wellbeing is a crucial part of preventing mental and physical illnesses, and living a happy and purposeful life.

Gentle exercise is an incredibly powerful way to improve not only your physical health but your mental health, and as the days get longer there is plenty of daylight to enjoy. We have walking groups, exercise groups, warm water classes and an allied health team ready to assist you to better health and wellbeing.

Our mental health first aid classes continue to be delivered to the public and we are delighted to let you know that Great Ocean Road Health is recognised as a skilled mental health workplace.

If you need further mental health assistance, please consider a mental health plan with your GP. We also have social workers and Psychology services available at both sites.

Please consider your wellbeing as an important part of your physical and mental health.

Thanks, 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 28th 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/

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.

Art & Mindfulness Workshop with Caroline Williams

In this 2-hour workshop you'll explore a range of simple techniques that can assist to reduce stress using mindfulness and creativity.

- Facilitated by local art therapist Caroline Williams
- Explore a range of materials - all provided
- No art skills required, just bring an open mind!
- Morning tea provided

When and Where: Friday 28th October 10am to Noon at Marrar Woon Neighbourhood House, Apollo Bay.

Cost: \$20, includes morning tea

Bookings Essential: Apollo Bay - www.trybooking.com/CDGWU

Enquiries: info@gorh.vic.gov.au or ph: 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

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>