

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

We are feeling for our Health Services in the North of the state, who were already struggling to staff their facilities and then have been hit with flood waters.

Rochester Health Service has had to close and will be closed for up to six months. There is also a public health issue in Rochester, as elderly residents have stayed in their flooded houses are unable to clean up and have had no sewerage services. We have sent some supplies to Rochester to assist with the clean-up. Our thoughts are also with Goulburn Valley Health, Kerang District Health, Cohuna District Hospital and Echuca Regional Health as they struggle to continue to provide services at this time.

Staffing our services is a daily struggle, this week for us it is less about COVID and more about staff being able to get to work with road closures, trees down and rock falls. The health workforce in general is fatigued and short staffed, not dissimilar to everyone else. Thank you to our communities for your patience as we continue to provide care during this challenging time.

Stay safe,

Sandy Chamberlin.

Aqua Playgroup—Apollo Bay

Aqua Playgroup builds water familiarisation, confidence, and water safety skills in a relaxed and playful environment for pre-school aged children (0-6 years).

When: Mondays 9.30am to 10.30am

Where: Apollo Bay Aquatic Centre

Cost: \$5 per family

Dates: Weekly from 7 November to 5 December

Bookings essential: www.trybooking.com/CDRGR

For water safety reasons, numbers are limited each week.

Melbourne Cup Fundraising Event

Join our staff for a fundraising event with a silent auction, raffle and best dressed prizes on offer.

When: Tuesday 1 November, 2022

Where: Great Ocean Road Brewhouse

All proceeds from the \$10 door entry fee will assist Great Ocean Road Health to maintain food security for some of the most vulnerable individuals and families in our community.

No bookings required. Doors open 11am.

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 October, 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.

Mental Health First Aid

Approximately 20% of Australian adults experience a common mental illness each year. The consequences of mental illness for the individual and society are staggering.

Join our accredited Mental Health First Aid facilitators for a 2 day course to learn how to assist an adult who may be experiencing a mental health problem or crisis.

Date: Thursday 27 October and 3 November

Time: 9am-4pm

Where: Apollo Bay - Marrar Woon Neighbourhood House

Cost: \$20 (Standard courses usually cost \$250)

Booking: Essential <https://www.trybooking.com/CCKUL>