

**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

Thanks so much to the community for supporting our Fundraiser on Melbourne Cup Day. Our social work team provide food parcels to those who need them the most and had recently run out of stock. As this is not something we get funded for, we decided to use the funds raised from the Fundraiser at the Great Ocean Road Brewhouse for this well needed cause.

We were overwhelmed with the support and generosity from the community and local businesses who donated prizes towards our raffle and action items. We are pleased to report we raised over \$2,000 on the day. Thank you!

We would also like to encourage you to keep an eye on our community upcoming events over the coming months.

Simply visit our website

[www.greatoceanroadhealth.com.au/news/events/](http://www.greatoceanroadhealth.com.au/news/events/)

Also, if you are looking for a career change, we have a number of employment opportunities on offer.

Have a wonderful week,

Sandy

### GORH Health Coach

We are delighted to welcome a new allied health member to our team, Sigrid Jansma. Sigrid is a qualified health coach and will be available for community consultations.

The health coach works with you to explore the many lifestyle factors that influence your ability to achieve a positive impact on your health related goals.

To book or find out further information, call 5247 8575.

### 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](http://www.trybooking.com/CDRGR)

For water safety reasons, numbers are limited each week.

### Social Support Outings

**Men's Lunch** - Monday the 28th of November 12.30pm at the Apollo Bay Hotel – Please RSVP to Charlotte Leorke on 5237 8500.

**Ladies Lunch** – Friday the 25<sup>th</sup> of November, 12pm at the Apollo Bay Hotel – Please RSVP to Charlotte Leorke on 5237 8500.

**Colac Shopping Bus** - Monday the 21<sup>st</sup> of November, leaving Apollo Bay from 10.30am. Please contact Charlotte on 52378500 to RSVP.

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.

[www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/](http://www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/)

### Breast Screen Victoria Bus

Take the bus to your next breast screen appointment. Twice a year, a small bus to takes women from Apollo Bay and Forrest to breast screening appointments in Geelong with Breast Screen Victoria.

Breast Screen Victoria invites women aged 50-74 who do not have breast symptoms for a free breast screen every two years. Women over 40 are eligible to attend.

The bus leaves from Apollo Bay, picks up in Forrest and then there is time for a quick shop or lunch at Waurin Ponds. Cost for return transport is \$15 per person

**When:** Tuesday 15th November 2022. Departs 8.45am from Marrar Wourn Neighbourhood House, 6 Pengilly Ave Apollo Bay. Return around 5pm

Booking <https://www.trybooking.com/CDWNR>

Bookings required by Nov 8th to allow time for paperwork for the group booking.