

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

A Message From our CEO

Thanks very much to the Second Sails Op Shop for their annual donation of \$70K to our Apollo Bay Campus. We are extremely grateful for the support from our wonderful communities and have been delighted to receive funding this year from the Apollo Bay and District Health Foundation for a well needed Bladder Scanner and the Freemasons for an incredible new Ultrasound machine.

We have also recently been advised that we have been successful in our application for funding of \$1.4M to extend the Apollo Bay Medical centre and refurbish the community services building. The works will start early next year, once the design has been reviewed.

Thanks very much for your support, we couldn't provide the level of service we do without the support of the community.

Thanks, Sandy



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 25th of November, 12pm at the Apollo Bay Hotel – Please RSVP to Charlotte Leorke on 5237 8500.

Colac Shopping Bus - Monday the 21st 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/

Men's and Ladies Christmas Lunch

For our last Men's and Ladies lunches of the year we will be having a combined Christmas celebration at the Apollo Bay Hotel.

Lunch will include a Christmas lunch plate and a dessert.

Date: Friday 2nd of December

Time: 12pm

Venue: Apollo Bay Hotel

RSVP essential, please contact Charlotte on 5237 8500. If you require transport to the lunch, please let us know.

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.

Volunteers Wanted

Do you have excellent people skills, enjoy driving, would like make a valuable contribution to your community by supporting older people and would be available once to twice a month.

Why not join our Volunteer drivers team, this program would involve driving one of our mini-buses or cars to Lorne or Colac for eye appointments. Also there would be local trips around town to assist transport for shopping, bills and doctors appointment.

Applicants must have a full valid license, able to driver both manual and automatic vehicles and willing to uptake First Aid training. For more information please contact our Volunteers Coordinator Meloney Howell 52378500