

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

Great news this week - we have been able to secure two very engaged and highly skilled GP registrars, on a full time basis at the Apollo Bay Medical Centre for next year. This means we will have Dr Terrence Heng, Dr Ed Mulvey and two GP registrars in 2023. This is very exciting news for the Apollo Bay Medical Centre, Great Ocean Road Health and the community. We have been working very hard over the past three years to secure permanent GPs and to be able to provide great training experiences for the registrars, and it is wonderful to see this come to fruition.

Our training of Nurse practitioners continues and we have been very excited to have Brad Pickering extend his practice to work in the medical centre on Fridays. We are also delighted to have Nicole Hohne extending her Nurse practitioner hours across both Lorne and Apollo Bay. We are huge supporters of the Nurse Practitioner model of care and continue to train and support extended practice nurses.

Thanks,
Sandy

Diabetes Information and Support Group

Great Ocean Road Health Diabetes Educator, Celia Clarke would like to invite you to attend a Diabetes Information and Support group.

The topic is 'Annual Cycle of Care in Diabetes'. Each session will involve a morning tea, get together, an education session, up to date information on diabetes management and a guest speaker.

When: Apollo Bay - Monday 21 November and Monday 19 December .

Time: 10am - 11.30am

Where: Marrar Worn Meeting Room, Apollo Bay

Cost: Gold coin donation

Enquiries: contact Celia on 0419 157 525 or Celia.Clarke@gorh.vic.gov.au

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.

Looking for Better Bladder Control?

Great Ocean Road Health will be running this important event discussing all things pelvic floor, including tips and tricks to increase social confidence and quality of life.

Join presenter, Natalie Anderson Pelvic Health Physiotherapist at Innerstrength Healthcare.

This talk will be presented virtually at Apollo Bay Marrar Worn Neighbourhood House, Forrest Community House and Lorne Community House.

When: Wednesday 23rd November 11.00am – 12.00pm.
Lunch to follow.

Booking details: <https://www.trybooking.com/CEIFU>

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.