

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

Great Ocean Road Health is participating in the 16 days of activism against gender based violence. The campaign encourages individuals, families, and communities to lead with respect and take small steps towards equality to help prevent violence against women.

“The 16 Days of Activism is a platform to call for change, and to remind us all that preventing violence starts with changing the culture that allows it to happen,” said Respect Victoria CEO Emily Maguire. “Violence against women is preventable, and it’s a challenge that belongs to all of us.”

“We will never eliminate family and gender-based violence unless we address the attitudes and behaviours that allow this violence to thrive – this is where prevention is key,” said Safe and Equal CEO Tania Farha.

“This could look like talking to your kids about the gendered stereotypes they may face, choosing to have a chat with a mate if they make a sexist joke, or having an open conversation with your partner about how the housework is divided up,” said Ms Maguire.

For us at Great Ocean Road Health, this is an important part of our stance on Gender Equality and improving the health and wellbeing of our community.

Thanks,

Sandy

Looking after your Mental Health

Did you know according to the World Health Organization, mental health is “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

If you or a loved one are struggling to find the positives in your life, then why not seek professional advice. Visit our website for a list of local mental health supports and resources www.greatoceanroadhealth.com.au/services/mental-health/

Finding the right advice is simply a phone call away.

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.

Apollo Bay Medical Centre

We are delighted to have Dr Lesley Cadzow working at our medical centre over the next two week. She has a number of appointments available, so book in today.

We will also be offer Pfizer vaccination clinics during mid December. Please keep an eye out via our online booking system or social media. If you would like to pre-book your appointment, simply call our reception staff on 5237 8595.

www.apollobaymedicalcentre.net.au/appointments/

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 19 December .

Time: 10am - 11.30am

Where: Marrar Woon Meeting Room, Apollo Bay

Cost: Gold coin donation

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