

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

As we prepare for Christmas and attend end of year events and reflect on the year that was, I would like to say a very big thanks to our wonderful communities who have been so supportive again this year. It has been a tough year in healthcare with dedicated, resilient but very fatigued staff, working through another year of COVID.

It has been another year of changes, with COVID mandates and rules changing regularly. 2022 started with a huge workload with swabbing, vaccination and wearing full personal protective equipment (PPE) in the heat. We have managed a COVID outbreak in our Apollo Bay Aged Care facility, as well as other viruses and thankfully avoided a long lockdown.

Thank you so much for your ongoing support, patience and understanding with our restrictions and mask wearing. Most importantly, thank you for being kind to our staff during these difficult times.

We know that 2023 will bring some of the same challenges but it will also bring opportunities for new services and infrastructure. Exciting times ahead!

Merry Christmas,

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 19 December

Time: 10am - 11.30am

Where: Marrar Woorn Meeting Room

Cost: Gold coin donation

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

A Message from Dr Terence Heng

Hi Apollo Bay Community,

It's been 8 months since our family moved down from the "Big Smoke" to Apollo Bay. We've had the experience of doing locums from both Lorne and Apollo Bay over the past 10 years and finally made the decision to move permanently.

The transition has been very smooth and we would like to sincerely thank everyone who has welcomed us with open arms with various gifts and offers of help. Particular thanks to Great Ocean Road Health and all the staff for helping me settle into work and making sure our family was looked after through a very busy time. Some of you may know, the Lorne medical centre GPs and Dr Charlie Corke have been faithfully assisting with the workforce shortage by providing doctors on Tuesday, Wednesday and the on call roster. This has been at great sacrifice to themselves and I would like to personally acknowledge my gratitude for their assistance.

I've had the wonderful privilege of meeting some of you (some more than once!) at the medical centre and would like to thank you for entrusting the locums and myself with your care, for both you and your loved ones.

Working in a rural setting brings a unique set of challenges, including having unique skills to deal with urgent care patients and being available through an on-call roster. We are fortunate to have a great team of nurses and nurse practitioners also helping us in this respect and my hope is to continue developing this working relationship, so the health service as a whole stands taller amongst others and continues to offer a high standard of medical and allied health care to the community.

You may have heard already that coming Feb 2023, we've had the great fortune of securing 3 more permanent GP staff members. I have no doubt you will welcome them with the same enthusiasm extended to myself and my family.

We look forward to seeing your smiling faces at the GP clinic.

Your health in my mind, Dr Terence Heng.