

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

We are pleased to be offering a number of COVID Pfizer Bivalent booster vaccination clinics over the coming weeks.

Eligibility includes;

- 6 months since your last booster or 6 months since last confirmed COVID infection.
- A booster is recommended for all adults over 65 and for adults 18-64 who have complex health needs.
- Adults 18-64 years without risk factors should consider a booster.

Dates;

Wednesday 1 March from 2pm—3pm

Thursday 9 March from 10am—11.30am

Tuesday 14 March from 2.30pm—4pm

Please contact the Apollo Bay Medical Centre today to book your appointment on 5237 8595.

Thanks, Sandy

Volunteer at GORH

Do you have a passion for fashion, upcycling, love visiting our local opportunity shop?

We're sure you've noticed the reduced hours at the shop, this is mainly due to volunteer numbers. The donations keep rolling in which is fantastic however if we don't have volunteers we can't get the donations out.

Second Sails is what connects our community and is run by a group of dedicated volunteers without them we wouldn't have this little treasure in the Bay.

We value the support of each and every volunteer and the commitment they make to our Health service and the community.

Second Sails is a great way to meet new people, connect with the community, learn new skills, have fun with fashion, while making a difference to people in need.

If you have some spare time or would like to know more please feel free to call into the shop & discussing possibilities with our Second Sails co-ordinator Raelene Hyatt or contact our Volunteer Coordinator, Meloney Howell, on 5237 8500.

Apollo Bay Exercise Groups

Warm Water Exercises Monday at 10.30am and Thursday at 9.30am. Apollo Bay Aquatic Centre. \$10 per class.

Healthy Balance Wednesdays at 11.15am - 12.15pm. Senior Citizen Hall, Whelan Street, Apollo Bay. \$10 per class.

Strength For Life Tuesday and Wednesday at 9.30am - 10.30am. Senior Citizen Hall, Apollo Bay. \$10 per class.

Mixed Gym Group – Monday and Wednesday at 2pm. The Gym, Apollo Bay.

Walking Group – Meet at the information centre at 9.30am on Tuesday mornings. Walk followed by coffee.

*An initial physio assessment will be necessary before attending these classes (with the exception of the walking group).

Please bring your own water bottle. For any more information on the above, please call 5237 8575.

Social Support Outings

Colac Shopping Bus – Monday 6th of March, pickups begin from 10.30am. Catch the GORH bus to Colac for grocery shopping and lunch. To RSVP please contact Charlotte on 0439 712 844.

Ladies lunches will commence for 2023 on Friday the 24th of February at 12pm. Ladies lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

Men's lunches will commence for 2023 on Monday the 27th of February at 12.30pm. Men's lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

For further information, contact us on 03 5237 8500, email enquiries@gorh.vic.gov.au or all information can be found on our website at www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/