

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 report that Dr Terrence Heng is recovery well from his recent surgery and will spend the next 6-8 weeks recovery from home. We wish Dr Heng all the very best and look forward to seeing him back in the medical centre very soon.

Whilst Dr Heng is on leave, we pleased to report Dr David Mullen from the Lorne Medical Centre will be the primary registrar supervisor, supported by Dr Ed Mulvey and Dr Mary Barson. We are extremely lucky to have such a supportive medical team here at Great Ocean Road Health. Having the ability for Doctors to work across both medical centres has been instrumental in providing high quality patient care.

On another note, we have 4 places remaining for any community member who would like to register for a first aid course on Wednesday 29 March. The course is hosted by Alpine Institute at Great Ocean Road Health Apollo Bay campus. For further information and course details, please email Training Co-ordinator, Charlotte Leorke on charlotte.leorke@gorh.vic.gov.au

Thanks, Sandy.

Social Support Outings

Colac Shopping Bus – Monday 3rd of April, pick-ups 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 be held on Friday the 31st of March 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 be held on Monday the 27th of March 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/

Meet Doctor Ellie Bowditch

Ellie grew up in rural northeast Victoria and completed her post-graduate medical degree at The University of Melbourne in 2017.

Ellie has worked and studied medicine across many rural centres including Warrnambool, Geelong, Ballarat, Shepparton, Wangaratta, Gunnedah and metropolitan hospitals in Melbourne & Sydney. Her areas of interest within medicine are chronic disease management, geriatrics and emergency medicine.

Ellie has always loved the Victorian coast and outside of medicine enjoys spending time outdoors, on the beach with her dogs, and in the Otways.

To make an appointment, contact our reception staff on 5237 8595.



Men's Warm Water Exercise Class

Warm water exercise provides low-impact, low-weight bearing exercise in a supportive and warm environment. Warm water exercise has many benefits including; works the heart muscles, enhances balance and coordination, easy on the joints, reduces risk of injury, helps recovery from injury and low impact.

Our Allied Health Assistants will lead this low impact exercise class for over 65's.

When: Wednesday's at 10.15am (starting on Wednesday 26 April).

Where: Apollo Bay Aquatic Centre

Cost: \$10 Bookings:

Call: 5237 8575

Enquiries: info@gorh.vic.gov.au

Clients must have an exercise assessment and a GP review prior to attending the warm water classes. Clients will also need to be over 65 and/or already an NDIS client.