

**24/7 On-call After Hours Service — Urgent Care Ph: 5237 8500****Location: 75 McLachlan Street, Apollo Bay**Apollo Bay Medical Centre Ph: 5237 8595 | Email: [apollobaymedicalcentre@gorh.vic.gov.au](mailto:apollobaymedicalcentre@gorh.vic.gov.au)Apollo Bay Campus Reception Ph: 5237 8500 | Email: [enquiries@gorh.vic.gov.au](mailto:enquiries@gorh.vic.gov.au)

### A Message from our CEO

How quickly time flies, with Easter upon us already. As we head into winter it is important to think about getting prepared for the Flu season and vaccinations for both COVID and Influenza. We are having increased presentations for COVID and the predictions are that we are in for a record Flu season. Remember all the precautions you take for COVID, social distancing, mask wearing and hand washing will also assist in reducing your risk of catching and transmitting other viral illnesses.

Think about getting as healthy as possible before winter, have a check-up with your GP, join in the fitness and social groups we have available, eat well and exercise more and make sure you book in for your COVID and Influenza vaccinations.

Look after your health and wellbeing over Easter, whether you celebrate or not, enjoy the cooler weather, the time off work and school and be kind to yourself.

Thanks, Sandy.

### Looking for Gardeners

Do you love gardening and looking to get involved in a rewarding role? We are looking for volunteers to join our team.

Our beautiful gardens are maintained by our wonderful volunteers each Wednesday between 9.30am -11.30am weekly. These gardens not only look beautiful, they act as a therapy garden for residents and acute patients making Great Ocean Road Health feel like a home and not a facility.

For more information, please contact our Volunteer Coordinator Meloney Howell on 5237 8500.

### Apollo Bay Second Sails

Our Easter trading hours;

**Good Friday**    **CLOSED**

**Easter Saturday** 10am -2pm

**Easter Sunday** 10am to 2pm

**Easter Monday** 10am to 2pm

**Tuesday**        **CLOSED**

### Social Support Outings

Colac Shopping Bus – Monday 1<sup>st</sup> of May, 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 28<sup>th</sup> of April 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 24<sup>th</sup> of April at 12.30pm. Men's lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

**Anglesea Excursion** will be held on Monday the 17<sup>th</sup> April, 9am departure. Day includes morning tea at the Chocolate Factory, followed by lunch at Poppies in Anglesea. To RSVP and further information regarding bus times, contact reception on 5237 8500.

Information can be found on our website at [www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/](http://www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/)

### Apollo Bay Diabetes Information Group

Great Ocean Road Health Diabetes Educator, Celia Clarke would like to invite you to attend our monthly Diabetes Information group.

This session will involve a delicious morning tea, an education session and up to date information on diabetes management. In April, Anne Newton from the Apollo Bay Medical Centre will be our guest speaker discussing 'how to recognise heart attack warning signs and what to do'.

**When:** Monday 24 April.

**Time:** 10am - 11.30am. Please arrive 10 mins prior to the session.

**Where:** Marrar Woorn Meeting Room, Apollo Bay

**Cost:** Gold coin donation

**RSVP:** for catering and numbers for attendance, please call reception on 5237 8500, Celia on 0419 157 525 or Anne on 5237 8595.