

**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

Are you looking after your physical and mental health? This is a question I continually ask our staff, friends and family. Looking after yourself might simply mean taking a short stroll along the beach or eating five serves of vegetables daily. Whatever your goal might be, make sure you set the time to achieve this.

Did you know the shower at Marrar Woon Neighbourhood House is free to use for all community members in need? The access and shower is wheelchair accessible.

We've updated the shower area to make it more welcoming, with towels, shampoo and other bath products available. Pop in anytime during opening hours (Mon/Fri 9am to 4pm) or contact [coordinator@mwnh.org](mailto:coordinator@mwnh.org) to get in outside of hours while you don't have access to a shower.

Enjoy Anzac Day and the warm weather ahead.

Thanks, Sandy.

### Social Support Outings

Colac Shopping Bus – Monday 1<sup>st</sup> of May and Monday 29<sup>th</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 26<sup>th</sup> of May 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 29<sup>th</sup> of May at 12.30pm. Men's lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please 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/)

### Flu & COVID Vaccination Dates

The Apollo Bay Medical Centre will be running a number of flu clinics over the coming weeks.

**Tuesday 9 May****Wednesday 10 May****Thursday 11 May****Tuesday 16 May****Wednesday 17 May**

Please note, the seasonal influenza vaccination clinics are for government funded priority groups ONLY. This includes;

- people aged six months to less than five years
- Aboriginal and Torres Strait Islander people aged six months and older
- pregnant women (at any stage of pregnancy)
- people aged 65 years and older
- people aged six months and older with medical conditions putting them at increased risk of severe influenza and its complications:
  - \* cardiac disease
  - \* chronic respiratory conditions
  - \* chronic neurological conditions
  - \* immunocompromising conditions
  - \* diabetes and other metabolic disorders
  - \* renal disease
  - \* haematological disorders
  - \* children aged six months to 10 years on long term aspirin therapy.

COVID vaccination clinics will also be running over April/ May. Please ask our reception staff for upcoming dates.

To book, contact the Apollo Bay Medical Centre on 5237 8595 or online

<https://www.greatoceanroadhealth.com.au/vaccination/>