

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

CEO Message

What amazing weather we are having, perfect time to join our walking groups and think about increasing your physical fitness as we head into winter.

I have just returned from a yoga/wellness trip to India, where I was able to work on my own health and wellbeing and experienced so much kindness and friendliness from wonderful people.

Both of our services from time to time experience people who are abusive towards them, often because they are in pain, fearful or dissatisfied and lash out at our staff. This causes great stress, sadness and fatigue to an already fatigued workforce.

We take our compliments and complaints seriously and report on and action every one of them, so please let me know how you have found our service. If our default position could be one of kindness and service the world would be a calmer place.

Kind Regards
Sandy

Join Our Support Service Team

Cleaning staff
Chef/Cook (Apollo Bay)
Kitchen Assistants AB (Apollo Bay)

We are seeking compassionate, enthusiastic and caring individuals to join our Great Ocean Road Health, Support Services cleaning and catering teams at both Lorne and Apollo Bay.

We are a client focused organisation. Flexible working arrangements are available to all GORH staff to assist with family life allowing parents to drop-off and pick-up children from Kinder, Day Care and School.

These positions will give you the opportunity to build your skills and experience in catering and cleaning methods. On the job training and career opportunities apply.

To find out more, please visit our website www.greatoceanroadhealth.com/careers or email hr@gorh.vic.gov.au

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 Tuesdays 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).

For more information, including registration please call 5237 8500.

Mental Health First Aid Course

Approximately 20% of Australian adults experience a common mental illness each year. The consequences of mental illness for the individual and society are staggering.

Join our accredited Mental Health First Aid facilitators for a 2 day course to learn how to assist a friend, family member or colleague who may be experiencing a mental health problem or crisis.

Date: Monday July 10 and Monday July 17

Time: 8.45am-4pm

Where: Apollo Bay - Marrar Woon Neighbourhood House

Cost: \$20 (Standard courses usually cost \$250)

Registration: <https://www.trybooking.com/CHSBX>

If you would like to know more about the course and what it would entail, you can check out Mental Health First Aid Australia's website,

<https://mhfa.com.au/courses/public/types/standardedition4>