

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

Apollo Bay Campus Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

A Message from our CEO

We are excited to put out the tender for The Gym in Apollo Bay. The Gym has been operated by a private provider under a contract for some time. We are now at the end of the contract and are obliged to go to the market and gauge interest. Similarly with Pathology we are changing the way we provide the pathology service after much feedback from the community. We hope the new way of pathology collection is better for our clients. We are also looking forward to starting work in the community services and Medical Centre project in the next few months.

Please consider having your Flu and COVID vaccinations, there has been plenty of both in the community in the past few weeks, which has impacted our staffing of some services. Vaccination reduces your risk of severe disease. Please contact the Medical Centre for the next available appointment.

Dr Terence Heng is having a very well earned break at present, he is replaced by Dr Greg Malcher, who is well known to the community.

Thanks, Sandy

Seeking Expression of Interest to run Apollo Bay Gym

Great Ocean Road Health is seeking a highly motivated person(s) with appropriate background qualifications to provide gymnasium management services to our growing community.

This is a fantastic opportunity to introduce growth and expansion, with the dream of running your own business.

If this sounds like your next career move, simply register your details at www.tenders.vic.gov.au to ensure you are kept informed of any changes that may arise in relation to this Invitation to supply.

- End of period for questions or requests for information: Friday 14th August .
- Closing time for invitee's response: 9am 24th July 2023.

Don't miss out on this exciting opportunity. Register your interest today!

FREE Diabetes Education

Do you feel confident managing your type 2 diabetes? There is a lot to consider when you have diabetes, so if you ever feel unsure, don't worry, you're not alone. The DESMOND program recognises that there is no 'one size fits all' approach to diabetes management. It is intended to provide you with a welcoming and non-judgmental space where you can plan how you would like to manage your diabetes.

The DESMOND program covers: healthy food choices, physical activity, blood glucose monitoring, medication management and personal goal setting. DESMOND is built around group activities, with participants sharing experiences and talking about what type 2 diabetes means to them. You will also have the chance to speak to a diabetes educator one-on-one.

When: Thursday 13 July 2023 (Apollo Bay) and Friday 14 July 2023 (Lorne)

Time: 9.30am—5pm

Where: Marror Woon Neighbourhood House, 6 Pengilly Ave, Apollo Bay or Stribling Reserve, Netball Pavillion, 45 Otway Street, Lorne.

Cost: FREE for people registered with NDSS.

Suitable for: type 2 diabetes.

Bookings are essential. Book online or call the NDSS Helpline and have your NDSS card ready.

NDSS Helpline 1800 637 700

events.ndss.com.au

Social Support Outings

Ladies lunches will be held on Friday 30th of June 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 26th of June at 12.30pm. Men's lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.