

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

A Message from our CEO

This week being NAIDOC week, we are celebrating our Elders at Great Ocean Road Health and acknowledging their contribution to our past, present and future.

Aunty Dr Naomi Mayers OAM, is a proud Yorta Yorta and Wiradjuri woman, and received the lifetime achievement award for NAIDOC week 2023.

Aunty Dr Naomi was one of the founders and a pioneering force in establishing the Aboriginal Medical Service Redfern (AMS) in 1971. The AMS Redfern was the first Aboriginal medical service and has since become a service model for community controlled health services that underpins the principles of self-determination. The service provides culturally appropriate healthcare to Indigenous people and has been instrumental in improving health outcomes for Aboriginal communities throughout Australia. Aunty Dr Naomi has dedicated her life to the advancement of Indigenous health and is a leader in Aboriginal affairs.

It is also Dry July- The best part about taking part in Dry July is that you'll be raising funds to improve the comfort, care and wellbeing of cancer patients, their families and carers. By giving up alcohol in July, you can be sponsored and raise funds for cancer patients, on top of that, you'll also experience some great health benefits such as:

- * More energy
- * Improved mental health
- * Sense of achievement
- * Healthier skin
- * Better sleep
- * Clearer head

With all those benefits, to our health, why not give it a try for a week even!

Thanks, Sandy

Social Support Outings

Visit our website for our latest social support information www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/

Seeking Expression of Interest to run Apollo Bay Gym

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

If this sounds like your next career move, simply email tenders@gorh.vic.gov.au for an Expression of Interest pack (EIO) and application. Please note, we apologise for printing the wrong email address in last weeks edition.

Closing time for invitee's response is 9am Monday 24 July, 2023.

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