

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

It's National Diabetes Week this week and we have some activities planned. Even if you don't have diabetes or don't know anyone who has, many people have pre-diabetes without even knowing! Knowing what you can do to prevent the onset of diabetes is really important as there are some very simple strategies you can employ to make you feel better and stop or delay the onset of diabetes.

We celebrated NAIDOC week at GORH and learnt stories from Our Elders who have had influence or connections to health and our area.

I am attending Mental Health First Aid training this week and would highly recommend this heavily subsidised extremely valuable course for anyone and everyone. One in 5 Australians will experience a mental health problem in any given year. That means that every person is likely to know someone who is experiencing a mental health problem, whether that is a family member, a friend or colleague. In fact, mental illness is now said to affect every Australian either directly or indirectly. We need more mental health literacy and support skills in the community to help catch more Australians experiencing mental health problems and troubled times. This is where Mental Health First Aid training can help. Mental Health First Aid skills based, early-intervention training programs mobilise and empower communities by equipping people with the knowledge and confidence to recognise, connect and respond to someone experiencing a mental health problem or mental health crisis. Please look out for the next course at GORH.

Thanks, Sandy

Social Support Outings

Ladies Lunch: Friday 28th of July, 12pm at **Apollo Bay Hotel (venue change)**

Men's Lunch: Monday 31st of July, 12.30pm at **Apollo Bay Hotel (venue change)**

RSVP to Great Ocean Road Health 5237 8500

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