

**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

The promotion of wellbeing is something that has been highlighted as being very important, in particular in times of stress. This winter has proven to be no different than previous years, with COVID, flu's and cold's circulating during the colder weather.

Fatigue has been obvious in our workforce, as well as in the general population and that's where looking after your own health and wellbeing everyday makes a huge difference.

Happy intimate relationship with a partner. Regular exercise, a good diet and having enough sleep are part of a wellbeing program. Add being optimistic, a sense of belonging, the ability to embrace change, close friends and fun hobbies and you are on your way to being able to cope with anything.

Consider your wellbeing and what you can do to help yourself and others.

Our Allied Health team are always available to kick start your exercise regime, healthy eating program or simply to chat with one of our social workers. It's ok to ask for assistance when your feeling a bit down and out.

For further information about any of our services, simply jump onto our website [www.greatoceanroadhealth.com.au](http://www.greatoceanroadhealth.com.au) or contact one of our friendly reception staff.

Thanks, Sandy

### Looking for Volunteers

Do you love gardening and looking to get involved in a forefeeling role, we are looking for volunteers to join our team.

Our beautiful gardens are maintained by our wonderful volunteers each Tuesday between 9.00-11.00am weekly, these gardens not only look beautiful they act as a therapy garden for residents and acute patients making Great Ocean Road Health feel like a home not a facility.

For more information please contact our volunteer Coordinator Meloney Howell 52378500

### Social Support Outings

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

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

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/)

### Power Saving Bonus

If you haven't applied for the \$250 power saving bonus this year, now is the time to apply and spend it on something nice and warm for yourself!

If you require any assistance applying for the bonus, simply call Karlijn at the Marrar Woorn Neighbourhood House on 5289 8590, or you can do it yourself via

<https://compare.energy.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 Wednesday 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 any more information on the above, please call 5237 8575.