

**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

GORH is delighted to be expanding the Mental Health First Aid Training to teenagers. We are currently in the process of training our staff before rolling out this course to the community. Keep an eye out for further details.

This week we celebrate 'Aged Care Employee Day'. I would personally like to thank our entire aged care workforce – from nurses to our GP's, allied health professionals, hospitality team, drivers, cooks, cleaners, administration staff and so many others who all work together to provide such a valuable service. Over the past 3 years in particular, through COVID-19 outbreaks and necessary pandemic restrictions, your diligence and dedication to caring for our residents, their families and loved ones, has been simply inspiring. Thank you!

Our Nurse Practitioner, Brad Pickering will be increasing his days in the Apollo Bay Medical Practice. Brad will be consulting on Wednesday and Thursday from August in addition to his Friday session. To book an appointment, call 5237 8595.

Thanks, Sandy

### 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.

### 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/)

### Infusion Service

Did you know we offer a day infusion service at our Apollo Bay and Lorne campus that will provide medical infusions and immunotherapy closer to home?

For further information on this service, please call GORH Apollo Bay campus on 5237 8500.

### Pathology Service

Your questions answered about our new and improved Pathology Service. Your feedback is so important in how we shape our healthcare service.

Q. Why did GORH change providers?

A. The pathology contract required updating and the services was put out to tender as required. The successful tender was Dorevitch and this required a change in the process.

Q. Is the service still the same?

A. The service is different, it is now more timely and reliable, with GP's often being able to take blood during the consultations.

Q. How can I book an appointment or find out further information?

A. Simply contact our reception staff at Lorne 5289 4333 or Apollo Bay 5237 8595 to book an appointment.

We would also highly recommend that you follow the instructions on your pathology form (or healthcare provider) e.g. fasting requirements etc. before booking your appointment.