

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

Did you know, Great Ocean Road Health is offering the community the opportunity to study a Certificate III in Individual Support through our partnering RTO Alpine Institute? This qualification is aimed at those who would like to work in community care roles or are looking to start a career in aged care. To find out more about this exciting course, please email Charlotte.Leorke@gorh.vic.gov.au

You may also have noticed that patients entering the Apollo Bay Medical Centre are no longer required to wear an N95 mask. However, all GORH staff will continue to wear the N95 mask to keep our staff, residents and patients safe. If you have any COVID, flu or cold like symptoms, please do not enter the building. Simply call our reception staff on 5237 8595 for further instructions. You will be seen by a doctor but alternative care will be arranged. Please respect that our health services are connected to our aged care residence, so keeping them protect is still our number one priority.

We truly thank you for your patience and understanding.
Have a wonderful week, 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 25th August at 12pm at the Apollo Bay Hotel

Men's lunch: Monday 28th August at 12.30pm at the Apollo Bay Hotel

Colac Shopping Bus: Monday 4th September leaving at 10.30m – please RSVP to Charlotte on 0439712844

Your Feedback Matters

If you have anything you would like to hear or learn more about in our news sheet, simply email Emily Lens at emily.lens@gorh.vic.gov.au

Introducing our Community Advisory Committee

Did you know that GORH has a Community Advisory Committee that meets quarterly? This committee seeks to advocate to the Board on behalf of the community, consumers and carers, and to provide direction and leadership in relation to the integration of community views into the local health service. The committee also advises the health service on the sufficiency of community engagement and participation across GORH. Currently, the committee is made up of eight community members across the varied catchment, two board members and GORH executive staff.



Consumer Advisory Committee Group members. Hans Fankhanel, Jane Buckingham, Di Clark, Gill Binger and Kerry McMahon. Other Consumers Advisory Committee members not in this photo include John Ford, Rebecca Callahan and Katrina Lovett.