

**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 good news this week is we are nearly into Spring and the flowers around our campus are coming into full bloom.

The not so great news is our Apollo Bay campus age care facility is managing a respiratory outbreak. To keep our residents, staff and families safe, we have implemented a no visitor policy until further notice.

As a friendly reminder, wearing masks and hand washing is highly recommended as an easy way to reduce the risk of all respiratory illnesses. Please be kind to all of our staff, whilst we work through the outbreak.

Thanks very much for your continued support, Sandy.

**GORH Board of Directors**

Did you ever wonder who is on our Board of Directors?

Our amazing group of talented and passionate individuals make up our Safety, Culture and Clinical Governance, Finance, Audit and Risk committees, plus meet on a monthly basis to ensure the GORH are delivering the best possible healthcare outcomes to our catchment area.

Photo below: Back row: Tiffany Symes (Chair of Safety, Culture & Clinical Governance Committee), Paul Shannon (Retired as of 1/7/23), Rob Knowles AO, Sean O'Reilly

Middle row: Nick Salkeld (Deputy Chair), Matt Dixon, Joy Humphreys (Chair), Kelli Nicola-Richmond.

Front row: Fiona Williams (Chair Community Advisory Committee), Sandy Chamberlin (CEO) and Clare Power (Chair of Finance, Audit & Risk Committee).



**Social Support Outings**

Ladies lunch: Friday 25<sup>th</sup> August at 12pm at the Apollo Bay Hotel

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

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

**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.

For any more information on the above, please call 5237 8575.

**Your Questions Answered**

**Q Why does my appointment message from the GP clinic have a link included & should I click on the link?**

GORH Medical practices at both Lorne and Apollo Bay send text message reminders, for annual checkups or for future appointments such as blood testing, skin checks or screening.

When the reminder is sent from GORH it does have a link in the message. If you click on this, it links back to GORHs clients' management system to confirm the patient's identity and booking of the appointment. If you are ever unsure, you can call GORH Medical Centers. Apollo Bay 5237 8595 Or Lorne 5289 4333.