

24/7 On-call After Hours Service — Otway Health Ph: 5237 8500**Location: 75 McLachlan Street, Apollo Bay**Apollo Bay Medical Centre Ph: 5237 8595 | Email: apollobaymedicalcentre@gorh.vic.gov.auOtway Health Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

A Message From our CEO

We were delighted this week to attend the Victorian Public Healthcare awards and be a finalist in the Improving Workforce Wellbeing and Safety section. It was great to be able to celebrate our health service and our achievements in the past few years. There were very few health services of our size as finalists, so we were even more delighted to be recognised. Improving wellbeing is so important at the moment, as we struggle through staffing our health services everyday due to planned and unplanned leave. This situation is the same in most other industries and looking after yourself couldn't be more important at the moment.

We all wear N95 masks in our health service, to protect our aged care residents from COVID 19 and other infectious diseases, and to protect each other. We are short staffed most days and have staff and family members off with COVID very day. N95 masks make a huge difference to transmission of airborne diseases, reducing the risk of transmission to almost 0. Other surgical masks and cloth masks help but are not nearly as effective and that is why we ask you to wear an N95 when you enter our health service.

Thanks, Sandy

Social Support Outings

Men's Lunch - Monday the 31st of October, 12.30pm at the Apollo Bay Hotel – Please RSVP to Charlotte Leorke on 5237 8500.

Ladies Lunch – Friday the 28th of September, 12pm at the Apollo Bay Hotel – Please RSVP to Charlotte Leorke on 5237 8500.

All information can be found on our website at www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/

You will also find a current list of our exercises classes, which includes Warm Water Exercises on Monday, Healthy Balance on Wednesday, Strength For Life on Tuesday and Wednesday, Mixed Gym Group on Monday and Walking Group on Tuesday mornings.

Diabetes Information and Support Group

Great Ocean Road Health Diabetes Educator, Celia Clarke would like to invite you to attend a Diabetes Information and Support group.

Each session will involve a morning tea, get together and a education session about diabetes care, diet and up to date information on management with a guest speaker.

When: Monday 24 October 10am—11.30am, then monthly

Where: Marrar Woon Meeting Room, Apollo Bay

Cost: Gold coin donation

Enquiries: contact Celia on 0419 157 525 or Celia.Clarke@gorh.vic.gov.au

Volunteers Needed

Do you have a passion for fashion, upcycling, love visiting our local opportunity shop?

We're sure you've noticed the reduced hours at the shop, this is mainly due to volunteer numbers. The donations keep rolling in which is fantastic however if we don't have volunteers we can't get the donations out.

Second sails is what connects our community and is run by a group of dedicated volunteers without them we wouldn't have this little treasure in the Bay.

We value the support of each and every volunteer and the commitment they make to our Health service and the community.

Second sail is a great way to meet new people, connect with the community, learn new skills, have fun with fashion, while making a difference to people in need.

If you have some spend time or would like to know more please feel free to call into the shop & discussing possibilities with our Second Sails co-ordinator Raelene Hyatt or contact our Volunteer Coordinator, Meloney Howell, on 5237 8500.