

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

Back on COVID-19 this week unfortunately. We are at the beginning of another COVID outbreak, we have had increased presentations with COVID this week and hospitalisations are increasing in Victoria. Our predicted summer outbreak is here. For us that means continuing to wear N95 masks, continuing to be vigilant with our COVID precautions, continuing to ask staff to stay at home with symptoms and stay away from work for 7 days when COVID positive. We need to keep our Aged Care residents safe, as well as keep our staff well. Our staff are fatigued, have had COVID and other viruses which has lowered resilience and like the rest of the world we are short staffed too. So, we will ask you to wear a mask, we will ask you to have a telehealth appointment, or a car consultation if you have symptoms and we will ask you to stay away from Aged Care if you have COVID or any symptoms. There are 196 Aged Care outbreaks in Australia, and 56 aged care outbreaks in Victoria at present, and we are aware of the impact an outbreak has on everyone. Please help our staff by wearing a mask.

Thanks,

Sandy

Social Support Outings

Men's Lunch - Monday the 28th of November 12.30pm at the Apollo Bay Hotel – Please RSVP to Charlotte Leorke on 5237 8500.

Ladies Lunch – Friday the 25th of November, 12pm at the Apollo Bay Hotel – Please RSVP to Charlotte Leorke on 5237 8500.

Colac Shopping Bus - Monday the 21st of November, leaving Apollo Bay from 10.30am. Please contact Charlotte on 52378500 to RSVP.

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.

www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/

Aqua Playgroup—Apollo Bay

Aqua Playgroup builds water familiarisation, confidence, and water safety skills in a relaxed and playful environment for pre-school aged children (0-6 years).

When: Mondays 9.30am to 10.30am

Where: Apollo Bay Aquatic Centre

Cost: \$5 per family

Dates: Weekly from 7 November to 5 December

Bookings essential: www.trybooking.com/CDRGR

For water safety reasons, numbers are limited each week.

Vision Australia 2023 Calendar

We are taking orders for Vision Australia 2023 Calendars. This decorative wall calendar is filled with artwork from around Australia of blind and low vision artists.

Please call reception to place your order on 5237 8500. Collection will be from Great Ocean Road Health Apollo Bay campus and our ordering cut-off date will be Thursday 17th November.

Breast Screen Victoria Bus

Take the bus to your next breast screen appointment. Twice a year, a small bus to takes women from Apollo Bay and Forrest to breast screening appointments in Geelong with Breast Screen Victoria.

Breast Screen Victoria invites women aged 50-74 who do not have breast symptoms for a free breast screen every two years. Women over 40 are eligible to attend.

The bus leaves from Apollo Bay, picks up in Forrest and then there is time for a quick shop or lunch at Waurn Ponds. Cost for return transport is \$15 per person

When: Tuesday 15th November 2022. Departs 8.45am from Marrar Woon Neighbourhood House, 6 Pengilly Ave Apollo Bay. Return around 5pm

Booking <https://www.trybooking.com/CDWNR>

Bookings required by Nov 8th to allow time for paperwork for the group booking.