

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.auApollo Bay Campus Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

A Message from our CEO

We enjoyed hosting our Board at Marrar Woorn and our Apollo Bay campus last week. During COVID our Board meetings were all held on line, so it was great to have the Board on site and the new Board members in the past few years visit the campus and meet staff. Three Board members completed leader rounding and met with staff and residents, asking questions around the challenges and opportunities staff and residents have experienced and the care provided. GORH Board are meeting once a month, with every second meeting in person, alternating between Lorne and Apollo Bay.

I am on leave for the next three weeks, and welcome Andrea Russell as Acting CEO and Jenny Salkeld as Acting Director of Clinical Services.

We also farewell Dr Ed Mulvey and his family, as they head back to Melbourne for family reasons, Ed will be joining us over summer however! Thanks to Brad Pickering, Dr Ellie Bowditch and Dr Davy Wong, who will be providing additional sessions in the Apollo Bay Medical Centre to continue to support the community whilst we recruit for another GP.

See you mid-August!

Thanks,

Sandy

Do you have a current Ambulance Membership?

Great Ocean Road Health staff would like to emphasise the value of community members and their visitors having a current Ambulance Membership.

Ambulance transfers via road or air from a rural location like Lorne can be very costly for people without membership.

Memberships are inexpensive and can be accessed at www.ambulance.vic.gov.au

Social Support Outings

Ladies Lunch: Friday 28th of July, 12pm at **Apollo Bay Hotel (venue change)**

Men's Lunch: Monday 31st 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/

FREE Diabetes Education for people registered with the NDSS

CarbSmart will help you enjoy quality carbohydrates in a way that suits you and your diabetes.

CarbSmart covers:

- Where carbohydrates come from and which foods have them.
- Why some carbohydrates can be more useful than others
- Recommended amounts of carbohydrates as per the Australian Dietary Guidelines.
- What the glycaemic index (GI) means and how to use it to choose quality carbohydrates.
- The concept of carbohydrate 'exchanges'.

By the end of this program, you will have the confidence to include carbohydrates into your diet, without missing out on the foods you enjoy.

When: Wednesday, 16 August 2023

Time: 9am—12.30pm

Where: Marrar Woorn Neighbourhood House, 6 Pengilley Ave, Apollo Bay

Cost: FREE for people registered with NDSS.

Suitable for: type 2 diabetes.

Bookings are essential. Please contact GORH Apollo Bay campus on 5237 8500 to book.