Is notarised the same as apostilled?

No.

An apostille certificate is only issued by one of the fifty state secretaries of state offices in the United States or the United States Department of State in Washington, D.C., for a country that is a member of The Hague Convention Treaty.

Authentication certificates are instead issued to non-Hague member countries such as Canada, Vietnam, and the United Arab Emirates (UAE).

A state or federal apostille certificate (Hague member country) or authentication certificate (non-Hague member country) is a 8 1/2 x 11 sheet of paper with a state or federal seal on it that gets attached by a staple (Texas Secretary of State) or a grommet (United States Department of State) to your legal documents.

A notary public cannot create or issue an apostille or authentication on a document in the U.S.

A licensed notary public in the USA only verifies an individual's identity, then watches that person sign a non-recordable document in front of them, and places their signature, notary stamp, and dates the document.