Weston Creek Walk-in Centre coming soon

Locals will soon find free and convenient health care in Weston Creek.

Walk-in Centres are free and are perfect for treatments of cold and flu, minor cuts and bruises, strains and sprains.

Weston Creek’s new Walk-in Centre opens later in 2019 at 24 Parkinson Street, Weston.

More at health.act.gov.au

In this issue

- Get health waiting times on your phone
- New Molonglo emergency services station
- Work under way on the Woden Community Centre

Improved health care for the southside

A transformation of the southside’s health services is under way at Canberra Hospital.

The Surgical Procedures, Interventional Radiology and Emergency (SPIRE) Centre will have more inpatient beds and operating theatres for all Canberrans.

The centre will help meet health care needs into Canberra’s future.

Site works will begin this year, with expected completion in 2023-24.

More at health.act.gov.au

Better health care for all Canberrans

The ACT Government is delivering better health care, where and when Canberrans need it.

Through the recent ACT Budget, we invested more to future-proof our public health system. This included the single largest investment in our health care system since self-government – the expansion of Canberra Hospital, which will transform the way services are delivered.

From more Walk-in Centres and Mobile Dental Clinics to expanded emergency departments and better mental health services, we understand how important it is to be providing better health services now to meet Canberra’s health care needs into the future.

Andrew Barr
Chief Minister

Visit a Walk-in Centre for minor injury and illness
Feeling down as temperatures drop?

You're not alone. These chilly winter days that keep us indoors can impact your mood. Make sure you eat well and keep up a daily exercise routine. Making a few small changes to your day can improve your mental wellbeing.

More info at health.act.gov.au/services/mental-health

Get waiting times on your phone

Get real-time information on wait times, locations and travel directions for your nearest Walk-in Centre or emergency department – helping you decide where to go in the ACT for health care.

The app provides up-to-date information on:
- estimated average wait times
- the number of people waiting and
- interactive maps to provide travel times and directions.

Go to your Apple or Google Play Store and search ACT Health

Better in-home care for older Canberrans

Older Canberrans can receive the medical treatment they need faster thanks to the Geriatric Rapid Acute Care Evaluation (GRACE) program.

GRACE makes it easier for older people to avoid unnecessary hospital visits by providing free treatment in a place they are familiar with.

Over the next three years, all residential aged care facilities in Canberra will have the opportunity to take part in the GRACE program.

More at health.act.gov.au

Jump starting heart treatment

Canberra Hospital is now home to a comprehensive cardiac electrophysiology service to treat patients suffering from cardiac rhythm disorders.

Fewer public hospital patients will need to travel interstate for vital treatment such as cardiac ablation, which scars or destroys tissue in the heart that has allowed incorrect electrical signals to cause an abnormal heartbeat.

More at act.gov.au/our-canberra

Health support in Canberra

59,000+ patients treated at Walk-in Centres each year

3 Walk-in Centres now open plus 1 in Weston Creek by end of 2019 and 1 in Dickson by end of 2020

6 Community Health Care Centres
Feeling down as temperatures drop? You're not alone. These chilly winter days that keep us indoors can impact your mood. Make sure you eat well and keep up a daily exercise routine. Making a few small changes to your day can improve your mental wellbeing.

More info at health.act.gov.au/services/mental-health

Planning a new Woden Community Centre

Work is under way on a new community centre for Woden. The centre will provide a new home for Woden Community Service as well as a community space for activities. We’ll be working with the Woden community on the centre design and the services that will be available.

More at act.gov.au/our-canberra

Keepin’ it fresh

Healthier food and drinks are on the menu at schools in Woden, Weston Creek and Molonglo. Eighteen primary schools are now involved in Fresh Tastes. Students are learning about and participating in:

- eating well
- healthy options on their canteen menus
- growing and cooking food
- waste-free lunchbox days and
- healthier options for school fundraising and events.

More at act.gov.au/freshtastes

New emergency station in Molonglo

A new emergency services station will be built in the Molonglo Valley. The station will house ambulance and fire services and will help maintain and improve emergency response times in the region.

More at act.gov.au/our-canberra

Practical rehab for Canberrans

The University of Canberra Hospital has helped hundreds of Canberrans through rehabilitation following surgery, stroke, illness or injury in its first year. Specialists have helped patients like Dane McCormack return to work sooner.

‘I've been working with staff from the hospital for over six months now. They have been fantastic in helping me to overcome and manage my memory loss and fatigue,’ he said.

More at act.gov.au/our-canberra

Pictured: Dane McCormack practising writing emails and reports at UCH while recovering from memory loss.
Have you tried a dockless bike?

Airbike dockless bikes are available for hire in Canberra. You can find them at ANU, around Civic and the Parliamentary Zone.

More at transport.act.gov.au

Celebrate Women's Health Week

'Spoke Up' and celebrate women's cycling in Canberra with your sisters, mothers, daughters, friends and colleagues during Women's Health Week.

More at transport.act.gov.au

Walk to school this winter

Winter Walk to School Week celebrates the fun of walking to school every day.

Staying active, even through winter, keeps us physically and mentally healthy and switched on to learn at school.

More info transport.act.gov.au

Rail Safety week

With light rail operating in Canberra it is important to stay safe and remember to:

- stop and look both ways before you cross
- stay alert around tracks and platforms
- pay attention around the tracks and stops.

More info transport.act.gov.au