

Walk-in Centres proving popular



Thousands of Canberrans have visited the Belconnen Walk-in Centre since it opened in 2014.

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

The Belconnen Walk-in Centre is on the corner of Lathlain and Cohen Street. It's open from 7.30am to 10pm every day with no appointments necessary.

→ More at health.act.gov.au



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Bigger Emergency Department

for the northside

Work is set to begin on improvements to the Calvary Emergency Department later this year.

These upgrades will offer:

- more short-stay beds
- more treatment spaces for patients and
- a better process for people who visit the emergency department.

Work is also under way at Calvary Public Hospital to modernise the Adult Mental Health Unit to offer better treatment and shared areas.

→ More at health.act.gov.au

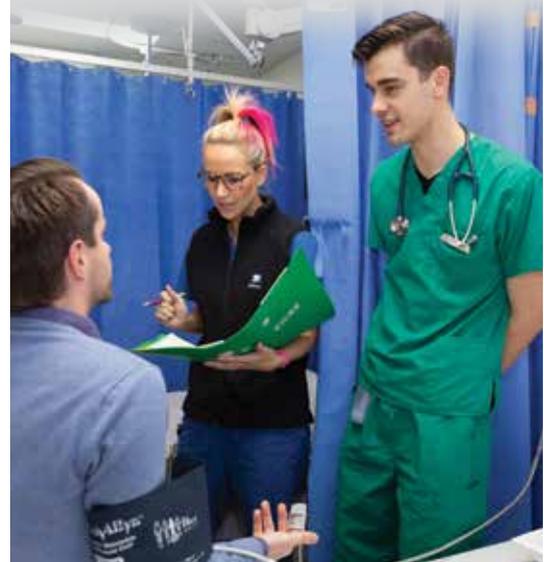
Better health care for all Canberrans

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



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

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**



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

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

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



Keepin' it fresh

Healthier food and drinks are on the menu at schools in Belconnen.

Twenty-two 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





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.

Amazing health volunteers

Thank you to more than 450 volunteers who give their time to provide much-needed support at Canberra's hospitals.

Michael and Cheryl McNamara are volunteers at the University of Canberra Hospital.

'We sometimes see the same people each week and it's really rewarding to see the progress they make,' said Michael.

→ More at health.act.gov.au



Mobile Dental Clinics

brighten smiles

A third Mobile Dental Clinic has hit the road in Canberra.

It provides access to dental treatment for targeted school students in Canberra.

The newest mobile clinic will visit local schools to provide oral health assessments and treatment.

→ More at act.gov.au/our-canberra





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



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

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



Produced by: Chief Minister, Treasury and Economic Development Directorate.
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