

OUR CBR

Gungahlin edition

August 2019

Walk-in Centres proving popular



More than 14,000 people have visited the Gungahlin Walk-in Centre since it opened in September 2018.

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

The Gungahlin Walk-in Centre is at 57 Ernest Cavanagh Street. It's open from 7.30am to 10pm every day with no appointments necessary.

→ More at health.act.gov.au



Visit a Walk-in Centre for minor injury and illness

In this issue

- New playground for Gungahlin
- Better connecting Gungahlin to Belconnen
- Get health waiting times on your phone

Bigger Emergency Department



for the northside

Work is set to begin on improvements to 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 outdoor 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



Produced by: Chief Minister, Treasury and Economic Development Directorate.
For more stories and information from across Canberra, visit act.gov.au/our-canberra or follow us on social media.

YOURSay



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 Gungahlin.

Twelve 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.



Better connecting Belconnen and Gungahlin

Plans are under way to duplicate the major road between Belconnen and Gungahlin.

It will become a dual carriageway making commuting easier.

Key features include:

- > two lanes in each direction between Ginninderra Drive and the Barton Highway
- > 6.4 kilometres of new on-road cycle lanes and
- > new signals at the Dumas Street intersection.

→ More at tccs.act.gov.au



A new playground in the heart of Gungahlin

Work is under way on a new playground in Gungahlin Place median strip between Efkarpidis Street and Hibberson Street.

The equipment includes:

- > a bird's nest swing
- > stepping stones and stumps
- > walking planks
- > a drum kit and talking tubes.

The new playground will open late 2019.

→ More at tccs.act.gov.au



Rail Safety week

12-18
August

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



2-6
September



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

12-16
August

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 health.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 tccs.act.gov.au

