

OUR CBR

Tuggeranong edition

August 2019

Walk-in Centres proving popular

Thousands of Canberrans have visited the Tuggeranong 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 Tuggeranong Walk-in Centre is on the corner of Anketell and Pitman Street. It's open from 7.30am to 10pm every day with no appointments necessary.

→ More at health.act.gov.au



In this issue

- Get health waiting times on your phone
- Healthy eating at Tuggeranong schools
- More Mobile Dental Clinics

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



Visit a
Walk-in Centre
for minor
injury and
illness

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



Get waiting times on your phone

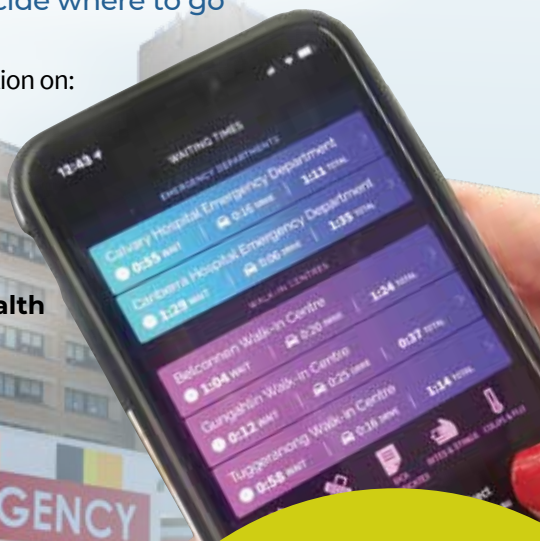


Get real-time information on wait times, locations and travel directions for your nearest Walk-in Centre or emergency department – helping you decide where to go in the ACT for health care.

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



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

Celebrating Ngunnawal culture



Tuggeranong's ACT State Emergency Service (ACTSES) facility is now home to a new-look truck that celebrates Ngunnawal culture.

The artwork was designed by local Ngunnawal artist Richie Allan and tells the story of the relationship between the ACTSES and Ngunnawal land and people. It's based at the ACTSES facility in Calwell.



More beds at Canberra Hospital



The Centenary Hospital for Women and Children will expand to provide more facilities for young people, new mothers and babies.

The expansion includes more neonatology and post-natal beds.

→ More at health.act.gov.au



Mobile Dental Clinics



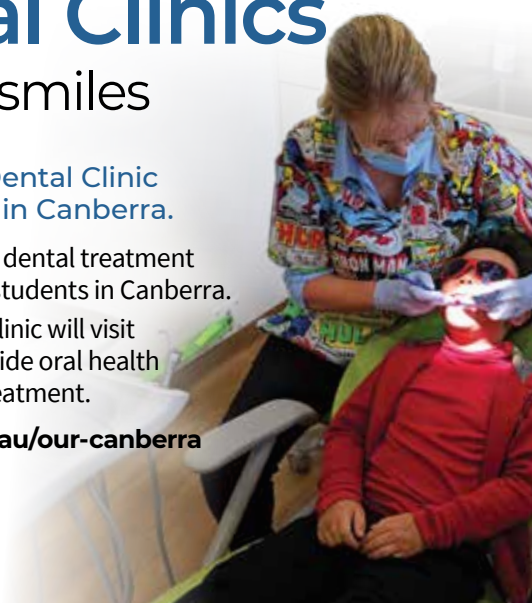
brighten smiles

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 tccs.act.gov.au

