



Health Initiatives from ACT Health

The Walk-in Centre at Canberra Hospital

The Walk-in Centre can help people get fast, free, one-off treatment for minor injuries and illnesses. A specialist nurse is available for advice, assessment and treatment for minor illnesses and injuries such as cuts and bruises, minor infections, strains, sprains, skin complaints and coughs and colds. As necessary referral to the most appropriate healthcare professional will be made.

The Walk-in Centre is open 7am- 11pm, seven days a week with no appointment necessary. Trained Receptionists, Nurse Practitioners and Advanced Practice Nurses staff the centre.

For more information, visit the Walk-In Centre website:

<http://www.walkincentre.act.gov.au/>

Free whooping cough vaccination program for parents and eligible grandparents

ACT Minister for Health, Katy Gallagher has announced that the free whooping cough vaccination program for parents and eligible grandparents has been extended until the end of the year.

The objective of the targeted vaccination program is to protect infants who are too young to be immunised against pertussis as they are the most likely to suffer serious complications from the disease.

Most babies catch pertussis from their parents or close care givers, such as grandparents. Parents and grandparents are urged to see their GP to obtain this free vaccine to help protect babies during a vulnerable time.

The free program is being extended until 31 December 2010.

The Get Healthy Information and Coaching Service®

A new telephone coaching service is available for Canberrans seeking assistance and support to change unhealthy habits and reduce their risk of chronic disease.

The Get Healthy Information and Coaching Service® is a free, confidential telephone-based service available for the first time in the ACT from 1 July 2010.

The service is designed to help people make lifestyle changes such as eating more healthily, being physically active, and achieving and maintaining a healthy weight.

Get Healthy Service was developed by NSW Health as the first government-run, individually tailored health coaching service to be provided state-wide in Australia. The Service has been funded in the ACT through the ACT Government's Budget Initiative: A Healthy Future - Preventative Health Program.

More information can be found on the ACT Get Healthy website

<http://www.gethealthy.act.gov.au/> or by calling 1300 806 258