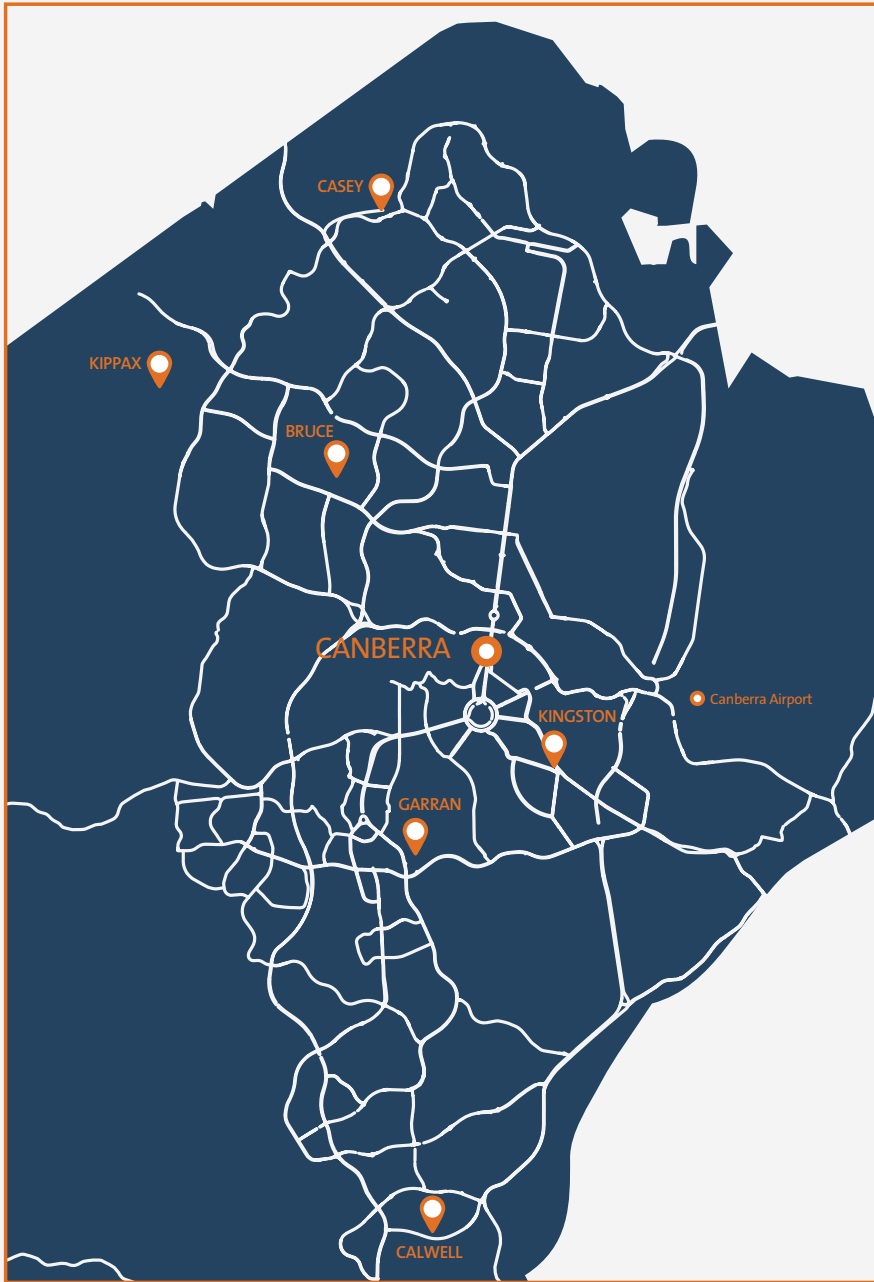




Ochre
MEDICAL CENTRES
Canberra

New **doctor information** pack.



How to get to...

BRUCE (FROM CANBERRA AIRPORT)

- BY CAR — 20MIN, via Parkes Way

CALWELL (FROM CANBERRA AIRPORT)

- BY CAR — 20MIN, via Monaro Highway

CASEY (FROM CANBERRA AIRPORT)

- BY CAR — 20MIN, via Majura Park Way

GARRAN (FROM CANBERRA AIRPORT)

- BY CAR — 15MIN, via Monaro Highway & Hindmarsh Drive

KINGSTON (FROM CANBERRA AIRPORT)

- BY CAR — 10MIN, via Morshead Drive

About Bruce.

Bruce is a suburb located in the Belconnen district of Australia's capital, Canberra. The shaded, tree-lined streets, and abundant native Australian greenery give the area an atmosphere of country and city-living combined.

Bruce is the ideal home for anyone interested in sport, health, and fitness, as the suburb is home to the Canberra International Sports and Aquatic Centre, as well as the Australian Institute of Sport, and the Canberra Stadium. Locals can enjoy the excitement of national and international sporting events that are occasionally held in the area.

Bruce has a lively, multicultural atmosphere, as it is also the setting for the University of Canberra, which draws in a large number of young students from all over the world.

About **Medical Centre Bruce.**

Ochre Medical Centre Bruce

A Cnr Allawoona St & Ginninderra Dr, Bruce, ACT

P 02 6180 8500

E ohmcbruce@ochrehealth.com.au

Open Mon – Fri 7:00AM-7:30PM
Saturday 9:00AM-5:00PM
Closed Sunday & public holidays

Ochre Health's medical centre in Bruce is our largest establishment in Australia. It is a private billing practice, staffed by 6 registered nurses, and a large team of doctors dedicated to providing excellent patient care to Canberrans.

The centre has plenty of on-street parking, and generous hours, with the doors opening at 7AM and closing at 7:30PM.

The practice offers a wide range of allied health services such as physiotherapy, chronic disease management, pathology, clinical psychology, and pharmacy.

DWS Yes

RVTS No

RLRP No

GPRIPS No

RA1 / MM1

**Grant, incentive and location zoning can change at anytime.*



Useful information.

SHOPS & SERVICES

Coles (Westfield)

A Benjamin Way, Belconnen

P 02 6256 1300

Woolworths (Westfield)

A Benjamin Way, Belconnen

P 02 6132 9825

Nextra (Westfield)

A Benjamin Way, Belconnen

P 02 6251 7177

UC Supermarket

A 20 Telita St, Bruce, ACT

Australia Post

A 11 Kirinari St, Bruce

P 02 6201 2046

Coles Express Fuel

A Lathlain St & Wignall Pl, Belconnen

P 02 6253 2144

Shell Fuel

A Cohen St & Josephson St, Belconnen

P 02 6251 4650

Commonwealth Bank

A The Hub, UoC, Kirinari St, Bruce

P 02 6251 1874

Belconnen Library

A 12 Chandler St, Belconnen

P 02 6205 9000

Canberra & Region Visitor Centre

A Regatta Point, Barrine Dr, Parkes

P 1300 554 114

SCHOOLS & CHILDCARE

Guardian Early Learning Bruce

A 22 Thynne St, Bruce

P 02 6221 9180

Aranda Primary School

A 1 Banambila St, Aranda

P 02 6142 3030

Canberra High School

A Bindubi St, Macquarie

P 02 6142 0800

Radford College

A 12 College St, Bruce

P 02 6162 6200

OTHER MEDICAL & DENTAL SERVICES

Calvary Public Hospital Bruce

A 4 Mary Potter Circuit, Bruce

P 02 6201 6111

Calvary Private Hospital Bruce

A 30 Mary Potter Circuit, Bruce

P 02 6245 3100

Positive Dental Health

A 75/20 Bindubi St, Belconnen

P 02 6162 0004

ACCOMMODATION

Premier Hotel & Apartments

A 110 Benjamin Way, Belconnen

P 02 6253 3633

www.premierhotelcbr.com.au

Alivio Tourist Park

A 20 Kunzea St, O'Connor

P 02 6247 5466

www.aliviogroup.com.au

Belconnen Way Hotel and Serviced Apartments

A 77 Belconnen Way, Hawker

P 02 6254 2222

www.belconnenhotel.com

RESTAURANTS, PUBS & CAFES

Bella Vista Restaurant

A 84 Emu Bank, Belconnen

P 02 6253 2266

www.bellavistarestaurant.com.au

The Gan-jeez

A 85/15 Braybrooke St, Bruce

P 02 6253 2266

www.thegan-jeez.com.au

Café Momo

A 14 Thynne St, Bruce

P 02 6253 4964

www.cafemomo.com.au

About Calwell.

Calwell is a suburb in the Tuggeranong district of Canberra, in the Australian Capital Territory. Shaded by Australian natives as well as lush European greenery, Calwell's long tree-lined streets are quiet, and full of filtered sunlight.

Located further out from the city centre, this suburb is tidy, tranquil, family-friendly, and affordable – and being located close to the Monaro Highway, it does have direct access to Canberra's CBD.

Calwell is a great area for nature lovers and those who like to keep fit outdoors, as it adjoins Tuggeranong Hill Nature Reserve. Tuggeranong Hill commands stunning views of the Lanyon Valley and Canberra's southern region, and provides a popular area for walking, hiking, mountain biking, picnicking and photography.

Many properties in the area have been designed in a spacious, modern style, and positioned so as to take full advantage of the views of the natural landscape, especially of the stunning Brindabella Range.

About **Medical Centre Calwell.**

Ochre Medical Centre Calwell

A 5/7 Webber Cres, Calwell, ACT

P 02 6291 0045

E calwell@ochrehealth.com.au

Open Mon – Fri 8:00AM-6:00PM

Saturday 9:00AM-12:00PM

Closed Sunday & public holidays

Ochre Health Medical Centre Calwell is located in the suburb's main central shopping centre, meaning that there is plenty of parking nearby, and the added conveniences of nearby childcare facilities, cafes, and eateries.

The centre is an AGPAL accredited private billing general practice, offering allied health services such as a dietician, physiotherapist, and psychologist.

DWS Yes

RVTS No

RLRP No

GPRIPS No

RA1 / MM1

**Grant, incentive and location zoning can change at anytime.*



Useful information.

SHOPS & SERVICES

Woolworths

A Calwell Shopping Centre
P 02 6132 9819

Australia Post

A 22/7 Webber Cres, Calwell
P 02 6292 7877

Lanyon Newsagency

A 18 Sidney Nolan St, Conder
P 02 6284 7077

Caltex Fuel

A Cnr Were St & Webber Cres
P 02 6292 8001

Bendigo Bank

A Calwell Shopping Centre
P 02 6291 3385

Tuggeranong Library

A 175/245 Cowlshaw St, Greenway
P 02 6205 9000

Canberra & Region Visitor Centre

A Regatta Point, Barrine Dr, Parkes
P 1300 554 114

SCHOOLS & CHILDCARE

Calwell Early Childhood Centre

A Webbers St, Calwell
P 02 6291 4396

Calwell Primary School

A Downard St, Calwell
P 02 6205 6911

Calwell High School

A 111 Casey Cres, Calwell
P 02 6142 0800

Radford College

A 12 College St, Bruce
P 02 6142 1930

OTHER MEDICAL & DENTAL SERVICES

Capital Dental

A 9-15 Sidney Nolan St, Conder,
P 02 6284 8940

Tuggeranong Square Medical Practice

A 1/341 Reed St, Greenway
P 02 6175 0400

ACCOMMODATION

Alpha Hotel Canberra

A 46 Rowland Rees Cres, Greenway
P 02 6293 3666
www.alphahotelcanberra.com.au

The Statesman Hotel Motel

A 14 Theodore St, Curtin
P 02 6281 1777
www.statesmanhotel.com.au

RESTAURANTS, PUBS & CAFES

Grand Court Chinese Restaurant

A 2/7 Webber Cres, Calwell
P 02 6292 8777
www.grandcourtcawell.com.au

Calwell Club

A 1 Were St, Calwell
P 02 6291 5666
www.eastlakefc.com.au

Coffee on the Go!

A 7 Webber Cres, Calwell
P 02 6291 0022



About Casey.

Casey is a modern, bright and sunny suburb in the Gungahlin district of Canberra, in the Australian Capital Territory. In this developing area houses are designed in a contemporary style that makes great use of natural light, and looks neat, tidy, and homely.

The suburb has all the normal amenities (and more) of a small town, conveniently clustered in an excellent, newly established shopping centre packed with popular cafes, restaurants, fast food outlets, gyms and day spas, supermarkets and popular shops.

In Casey, suburban life blends with the natural landscape, as it adjoins the Kinsleyside Nature Reserve, a haven for beautiful Australian native flora and fauna.

About **Medical Centre Casey.**

Ochre Medical Centre Casey

A 15 Whitrod Avenue, Casey

P 02 6163 4200

E omccasey@ochrehealth.com.au

Open Mon – Fri 7:00AM-5:00PM
Saturday 9:00AM-2:00PM
Closed Sunday & public holidays

Ochre Health's medical centre in Casey brings a wide range of medical services to the community of the suburb and its surrounds. The medical team at the centre, which includes multiple GPs and two registered nurses, specialises particularly in family and children's medicine, and perform routine procedures such as skin checks, antenatal checks, vaccinations, along with mental health treatment and chronic disease management.

Allied health and pathology services are also available, giving patients access to specialist dietitians, psychologists, and physiotherapists.

It is a private billing practice, but offers bulk billing to pensioners and minors

DWS Yes

RVTS No

RLRP No

GPRIPS No

RA1 / MM1

**Grant, incentive and location zoning can change at anytime.*

Useful information.

SHOPS & SERVICES

Supabarn Casey (supermarket)

A Casey Market Town, Casey

P 02 6225 7270

Australia Post

A 26/46 Hibberson St, Gungahlin

P 02 6241 6121

Evatt Newsagency

A Shop 3 Heydon Pl, Evatt

P 02 6258 0173

7-Eleven (fuel)

A 10 Kingsland Parade, Casey

P 02 6241 5958

Commonwealth Bank

A 23-25/33 Hibberson St, Gungahlin

P 02 6241 8009

ANZ

A 10-12/30 Hibberson St, Gungahlin

P 13 13 14

Libraries ACT

A Gozzard St, Gungahlin

P 02 6205 9000

Canberra & Region Visitor Centre

A Regatta Point, Barrine Dr, Parkes

P 1300 554 114

SCHOOLS & CHILDCARE

Springbank Rise Early

Learning Centre

A 25 Andersch St, Casey

P 02 6210 8888

Ngunnawal Primary School

A Unaipon Ave, Ngunnawal

P 02 6142 1500

Gold Creek Senior School

A 130 Kelleway Ave, Nicholls

P 02 6142 1300

OTHER MEDICAL & DENTAL SERVICES

Smile Sensations Casey

A 13/15 Kingsland Parade, Casey

P 02 5105 4767

ACCOMMODATION

Abode

A Anthony Rolfe Ave, Gungahlin

P 1300 122 633

www.abodehotels.com.au

Gold Creek Tourist Resort

A O'Hanlon Pl, Nicholls

P 02 6241 3000

www.gctr.com.au

Leumeah Lodge

A 48 O'Hanlon Pl, Nicholls

P 02 6152 8388

www.leumeahlodge.com.au

RESTAURANTS, PUBS & CAFES

Caffe Cherry Beans Casey

A Casey Market Town, Casey

P 6156 9850

www.cherrybeans.com.au

Casey Jones Pub

A Casey Market Town, Casey

P 02 6253 8961

www.caseyjones.pub

Lokma Turkish Cuisine

A Casey Market Town, Casey

P 02 6259 5267

www.lokmaturkishcuisine.com.au

About Garran.

Garran is a suburb located in the Woden district of Canberra. Like many of Canberra's developing outer suburbs, Garran is family-friendly and peaceful, and is made up of comfortable, contemporary-style dwellings that blend beautifully with a prominent natural landscape.

Tall native Australian trees shade the streets and spacious backyards. With a population of approximately 3500, Garran is a quiet area, well-suited to individuals seeking a cosy, small town atmosphere, without living hours away from a major city-centre. The suburb also has access to Red Hill Nature Reserve, the perfect spot for a walk, or a picnic.

About **Medical Centre Garran.**

Ochre Medical Centre Garran

A 2 Garran Place, Garran

P 02 6281 0033

E ohmcgarran@ochrehealth.com.au

Open Mon – Fri 7:30^{AM}-6:30^{PM}
Saturday 9:00^{AM}-5:00^{PM}
Closed Sunday & public holidays

Ochre Medical Centre Garran operates 6 days a week, and is a private billing practice. The state-of-the-art centre has 18 consulting rooms, a 3-bed treatment room, and a fully equipped procedure room. It is staffed by a large team of GPs and 3 registered nurses, and offers a range of medical services, with onsite dietitians, psychologists, and pathology.

The centre is conveniently located in the main shopping precinct of Garran, near Canberra Hospital and National Capital Hospital.

DWS Yes

RVTS No

RLRP No

GPRIPS No

RA1 / MM1

**Grant, incentive and location zoning can change at anytime.*



Useful information.

SHOPS & SERVICES

Friendly Grocer (supermarket)

A Garran Shopping Centre
P 02 6281 5192

Australia Post

A Garran Shopping Centre
P 02 6281 1063

The Lott (news agency)

A Garran Shopping Centre
P 02 6281 1063

BP (fuel)

A 166 Melrose Dr, Phillip
P 02 6281 2633

Coles Express (fuel)

A 172 Melrose Dr, Phillip
P 02 6282 2442

Bendigo Bank

A 1/1-20 Curtin Pl, Curtin
P 02 6260 5140

Commonwealth Bank

A Westfield Woden
P 02 6285 0222

Woden Library

A Corinna St & Furzer St, Phillip
P 02 6205 9000

Canberra & Region Visitor Centre

A Regatta Point, Barrine Dr, Parkes
P 1300 554 114

SCHOOLS & CHILDCARE

Garran Preschool

A 13 Robson St, Garran
P 02 6205 5860

Garran Primary School

A Gilmore Cres, Garran
P 02 6205 5844

Canberra Grammar School

A 40 Monaro Cres, Red Hill
P 02 6260 9700

OTHER MEDICAL & DENTAL SERVICES

Canberra Hospital

A Yamba Dr, Garran
P 02 6244 2222

National Capital Private Hospital

A Crn Gilmore Cres
& Hospital Rd
P 02 6222 6666

Garran Dental

A 8/2 Garran Pl
P 02 6281 3562

ACCOMMODATION

Abode

A 10 Bowes St, Phillip
P 1300 122 633

www.abodehotels.com.au

The Woden Hotel

A Cnr Launceston & Melrose St
P 02 6281 7733

www.thewodenhotel.com.au

The Statesman Hotel Motel

A 14 Theodore St, Curtin
P 02 6281 1777

www.statesmanhotel.com.au

RESTAURANTS, PUBS & CAFES

Little Garran Cafe

A 2/28 Garran Pl, Garran
P 6282 4600

Garran Kitchen

A 4 Garran Pl, Garran
P 02 6281 5830

No. 10 Restaurant and Bar

A 10 Bowes St, Phillip
P 02 6108 4958

www.number10restaurantandbar.com



About Kingston.

Kingston is one of the most populous suburbs in the city of Canberra, located just 4km from the CBD. The suburb is one of the oldest in the city, and has many fascinating, heritage-listed sites, such as the Kingston/Griffith Garden City Heritage Precinct, the Kingston Powerhouse Historic Precinct, the Causeway Hall, and the Canberra Baptist Church.

Having undergone recent redevelopment, Kingston is today occupied with many modern townhouses and units, as well as cosy cafes, restaurants and bars. It is a lively, yet laidback area where modern living combines with historic architecture.

Locals and visitors love to visit the Old Bus Depot Market on a Sunday – where delicious food, artwork, furniture and clothing (and much more!) is readily available – as well as a stroll or cycle along the tranquil Kingston Foreshore, and through leafy urban gardens and parks.

About Medical Centre Kingston.

Ochre Medical Centre Kingston

A Level 1 Green Square Centre, Kingston

P 02 6239 5520

E ohmckingston@ochrehealth.com.au

Open Mon – Fri 8:00AM-6:00PM
Saturday 8:00AM-12:00PM
Closed Sunday & public holidays

Ochre Medical Centre Kingston has recently moved to a new location in Green Square Centre, in one of the suburb's main shopping and entertainment centres. It is a private billing practice, with plenty of parking, and options for online bookings.

The practice is currently staffed by two registered nurses and one enrolled nurse, and many doctors coming from a wide range of specialties, all ready to provide excellent care to the community of Kingston and surrounds.

DWS Yes

RVTS No

RLRP No

GPRIPS No

RA1 / MM1

**Grant, incentive and location zoning can change at anytime.*

Useful information.

SHOPS & SERVICES

Supabarn Express (supermarket)

A 66 Giles St, Kingston

P 02 6179 4767

Australia Post

A 19 Jardine St, Kingston

P 13 13 18

Kingston Newsagency

A 66 Giles St, Kingston

P 02 6295 9132

BP (fuel)

A 77 Canberra Av, Kingston

P 02 6295 6021

ANZ

A 33 Bougainville, Griffith

P 13 13 14

Commonwealth Bank

A Manuka Shopping Centre

P 02 6295 3088

Kingston Library

A 52 Giles St, Kingston

P 02 6205 9000

Canberra & Region Visitor Centre

A Regatta Point, Barrine Dr, Parkes

P 1300 554 114

OTHER MEDICAL & DENTAL SERVICES

Wentworth Avenue Family Practice

A 55 Wentworth Ave

P 02 6203 4600

Canberra Hospital

A Yamba Dr, Garran

P 6244 2222

Precision Dental Care

A 1/86 Giles St, Kingston

P 02 6156 4624

SCHOOLS & CHILDCARE

Goodstart Early Learning Kingston

A 19 Giles St, Kingston

P 1800 222 543

Telopea Park School

A 25 New South Wales Cres, Barton

P 02 6142 3388

Alfred Deakin High School

A Denison St, Deakin

P 02 6142 3888

ACCOMMODATION

Pinnacle Apartments Canberra

A 11 Ovens St, Kingston

P 02 6239 9799

www.pinnacleapartments.com.au

East Hotel

A 69 Canberra Av, Kingston

P 02 6295 6925

www.easthotel.com.au

Knightsbridge Canberra

A 3 Leichhardt St, Kingston

P 02 6185 0000

www.knightsbridgecanberra.com.au

RESTAURANTS, PUBS & CAFES

Local Press Café

A 35 Eastlake Parade, Kingston

P 02 6162 1422

www.localpresscafe.com.au

Walt & Burley

A 70/17 Eastlake Parade, Kingston

P 02 6239 6648

www.waltandburley.com.au

The Organic Bean Café

A 27 Eastlake Parade, Kingston

P 0403 085 279

www.theorganicbeancafe.com.au

To find out more, visit ochrehealth.com.au

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