

Practical information for country people attending Flinders Medical Centre



Government
of South Australia

SA Health



FLINDERS
MEDICAL
CENTRE

Contents

Patient Information at FMC	5
Volunteer Service at FMC	5
The Volunteers maintain the following services	5
Social Work and Counselling Services	5
Karpa Ngarrattendi Aboriginal Health Unit	6
Patient Assistance Transport Scheme (PATS)	6
Accommodation	7
Public Transport	9
Parking	12
Meals	12
Banking	12
Shopping	13
Time Out	13
Hairdressing	14
Acknowledgment	14

The staff at FMC welcome people from rural and remote areas.

We recognise that having to travel to the city for services can be stressful for you and your family. This booklet provides information about transport, accommodation, shopping and entertainment in Adelaide. It also contains information about transport and accommodation entitlements for eligible people.

We hope this information will help make the visit to FMC a positive experience for you and your family.

Patient Information at FMC

Once you have reached FMC there is a Patient Information Desk in the Main Entrance Foyer.

It is open from 8am to 8pm, Monday to Friday and 12pm to 8pm, Saturday and Sunday.

To obtain information at other hours or if you are outside the hospital please ring (08) 8204 5511

Volunteer Service at FMC

The Volunteer Service is an integral part of patient care within the Flinders Medical Centre. The service works in partnership with the hospital in providing an extra dimension of care and support for patients and their relatives and their contribution is highly valued.

The Volunteers are easily identified by their pale blue polo shirts, vests or tabards and all volunteers while on duty wear identification badges.

The Volunteers maintain the following services

- > Coffee Shop on level 2
- > Gift Shop on level 1
- > Guide Service available at the Northern and Southern entrances
- > Tea Bar on level 2 in the consulting clinics

- > Playroom on level 1 - a free service for 0-8 year olds
- > Café Bar on level 3 near the Emergency Department

Social Work and Counselling Services

Social Work and Counselling Services offer patients and families professional counselling, advocacy, support, information and referral to community resources and agencies. These services are confidential and are provided at no charge. Issues we can help with include:

- > Finding accommodation
- > Centre link
- > Patient Assistance Transport Scheme
- > Guardianship
- > Childcare
- > Family Conflict
- > Grief and Loss
- > Anxiety and Stress
- > Major Life Decisions

If you have any questions about anything not covered in this booklet or require more assistance contact Social Work and Counselling Services yourself or via nursing staff.

Telephone: (08) 8204 4144
(08) 8204 4332

Hours: 8.45 am to 4.45 pm
Monday to Friday

Karpa Ngarrattendi Aboriginal Health Unit

The Aboriginal staff at Karpa Ngarrattendi are committed to providing any support possible in assisting Aboriginal and Torres Strait Islanders and their families.

Karpa Ngarrattendi is a place where you can come for a yarn, cuppa or just sit quietly. It is a friendly place where all Aboriginal and Torrens Straight Island people are welcome. Coming from the main entrance, Karpa Ngarrattendi is located on level 2. Ask for directions at the Volunteers.

Telephone: (08) 8204 5178

Hours: 9.00am to 5.00 pm
Monday to Friday

Patient Assistance Transport Scheme (PATS)

PATS can reimburse eligible country patients and escorts for some travel and accommodation costs. This applies when people are required to travel over 100 km (each way) to receive medical specialist treatment that is not available. Centre residents of Kangaroo Island may also be eligible.

PATS is available for South Australian residents only. Ring the Adelaide PATS office for details of interstate schemes.

Further information and claim forms relating to PATS are available from either your Doctor, your local PATS office, or Social Work and Counselling Services.

Adelaide Office (08) 8226 6550

Port Lincoln (08) 8683 2266

Whyalla (08) 8648 8533

Mount Gambier (08) 8721 1551

Berri (08) 8580 2400

Pt Augusta (08) 8648 5623

Before coming to Adelaide ask your doctor to complete Section B on the PATS form.

Tell your doctor if you have an escort accompanying you. If your doctor thinks an escort is necessary, the cost for your escort may be covered under PATS.

At all times, keep receipts of accommodation and travel costs to include with your PATS form when you send it in to get a reimbursement.
NB - This does not include around town travel.

Accommodation

Heart Beat House

21 Beckman st
Glandore

Telephone: 8177 2270

Shared accommodation available with individual rooms. 4 twin rooms and 1 single. All with ensuite. All facilities included except food.

Cost \$ 20 per person per night.

Nunyara Holiday Unit

5 Burnell Drive
Belair

Telephone: (08) 8278 1673

Booking: nunyara@senet.com.au

5 self contained family units.

4 x family of 6

1 x family of 4

Cost:

\$80 per night for 2 people or

\$75 per night for single person.

Weekly rate is \$480 with 7th night free.

Hotels/Motels

Marion Hotel

849 Marion Road
Mitchell Park

Telephone: (08) 8276 8888

Self contained rooms:

Cost:

Single Room: \$70 per night

Double Room: \$80 per night

\$10 for every extra person

Transport 7 minutes by car from FMC

Morphett Arms Hotel

138 Morphett Road
Glengowrie

Telephone: (08) 8295 8371

Self contained rooms:

Cost:

Single Room: \$55 Per night

Double Room: \$65 per night

Triple Room: \$75 per night

Transport 15 minutes by car from FMC

Tonsley Hotel/Motel

1274 South Road
Clovelly Park
Telephone: (08) 8276 8099

Self contained rooms:

Cost:

Single Room: \$95 per night

Double Room: \$105 per night

Child: under 12 free

Transport 5 minutes from FMC

Comfort Inn On Marion (Supercentre)

540 Marion Road
Plympton Park
Telephone: (08) 8371 2899

Cost:

Single Rooms: \$115 per night

Double Rooms: \$115 per night

Please enquire about discount fro country people who are hospital patients.

5 days. Tea/Coffee/toast making
Licensed Dinning Available

Transport 12 minutes by car from FMC

Warradale Hotel

234 Diagonal Road
Warradale
Telephone: (08) 8296 1019

Caravan park Accommodation

Marion Holiday Park

323 Sturt Road
Bedford Park
Telephone (08) 8276 6695

Cabins and holiday units available.
Special rates apply for FMC patients and
their families. Children are welcome.
Linen is provided

Transport 3 minutes by car or 15-20
minute walk or bus from FMC.

Sturt River Caravan Park

Brookside Road
Darlington
Telephone: (08) 8296 1113

Large cabins -	\$77 p/n per two persons
	\$69.p/n per two persons
Small Cabins -	\$69 p/n per two persons
	1 bedroom
On-site Vans -	\$45 p/n per two persons

Double bed and two single bunks

All have linen supplied, cooking facilities
and TV

Public Transport

Airport to FMC

By Taxi

Yellow Cabs - Telephone: 132227

Suburban Taxi - Telephone 131008

Cost approx: \$28 one way

By Bus

Skylink Shuttle (Telephone 8332 0528)
travels to the city from the airport. Picks
up and drops off at most major hotels
in the city and from central bus station.
(\$7.50 one way, \$13.00 return).

Great Southern Railway (Keswick Terminal) to FMC

By Taxi

Yellow Cabs - Telephone: 132227

Suburban Taxi - Telephone 131008

Cost approx: \$25 one way

By Bus

Skylink Shuttle (Telephone 8332 0528)
travels to the city from the Keswick
Terminal. Picks up and drops off at most
major hotels in the city and from central
bus stations (\$4 one way, \$7 return).

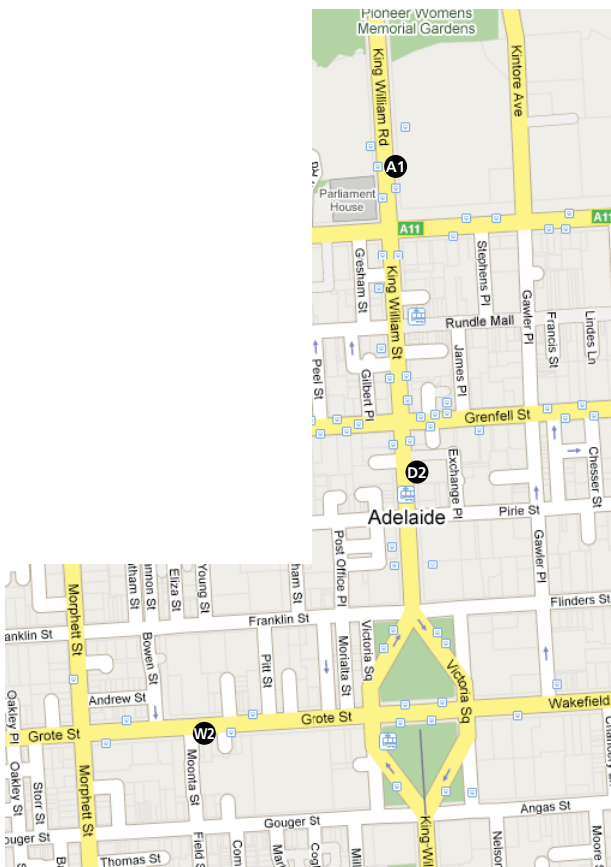
City - FMC

By Bus

Catch a bus to FMC from bus stop A1, D2 or W2. Buses that travel from these bus stops to FMC include:

719	722	725F	212
720	723	727	216
721	723F	727F	217
T721	725	210	218

Most buses on these routes stop at FMC but a few don't. Always check with the bus driver.

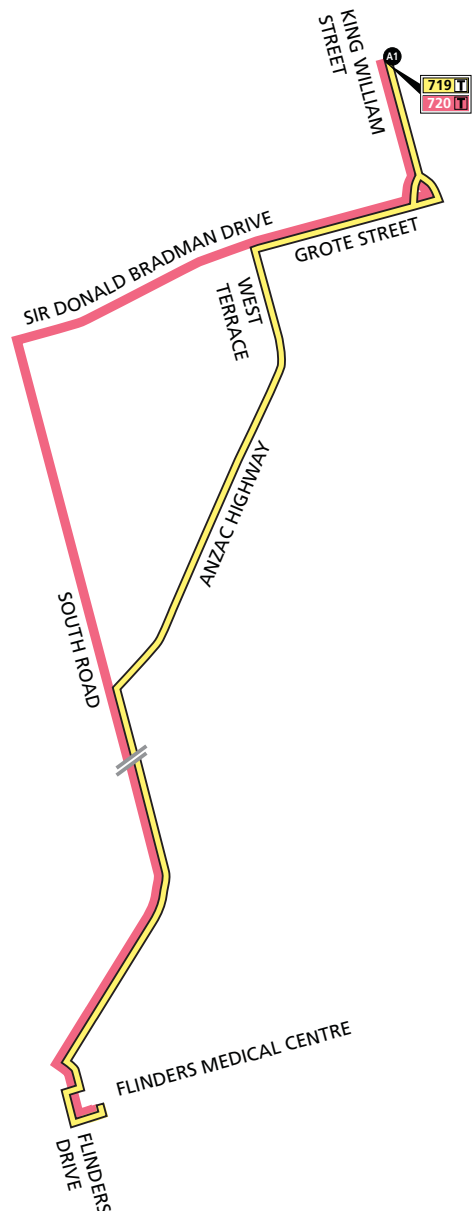


FMC - CITY

By Bus

To travel towards the city catch a bus on the routes from stop A at FMC:

719	722	725F	217
720	723	727	218
721	723F	214	
T721	725	216	



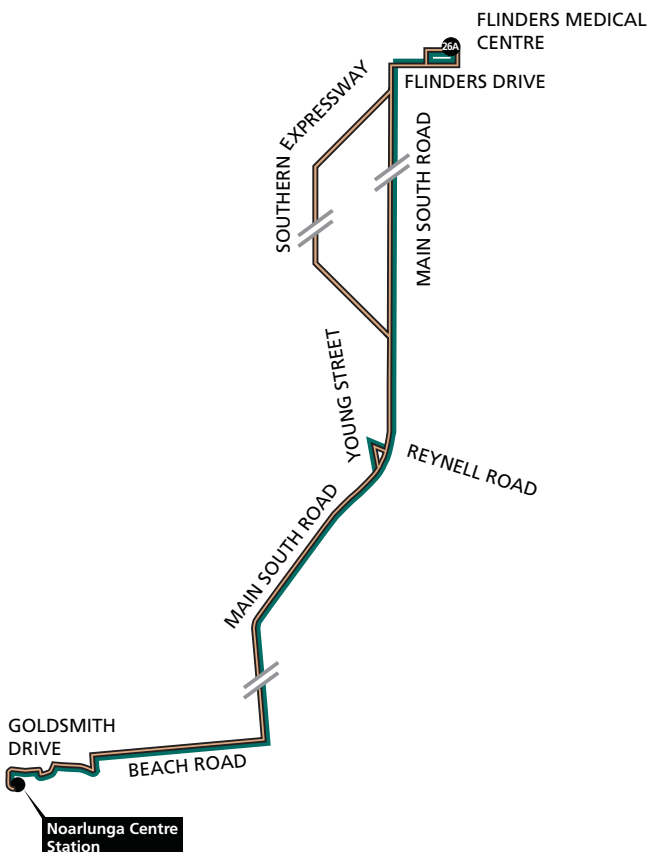
FMC - Noarlunga - FMC

By Bus

Catch the bus to Noarlunga from bus stop B at FMC. Buses travel from this stop to Noarlunga include:

720T	722	725
721	723	

At Noarlunga, you can access the Colonnades Shopping Centre and recreation facilities. (Noarlunga Aquatic Centre, Cinema, Super bowl and Splashdown). For the Shopping Centre step off the buss at Colonnades Interchange and for the recreation facilities step off the bus at Noarlunga Train Station.



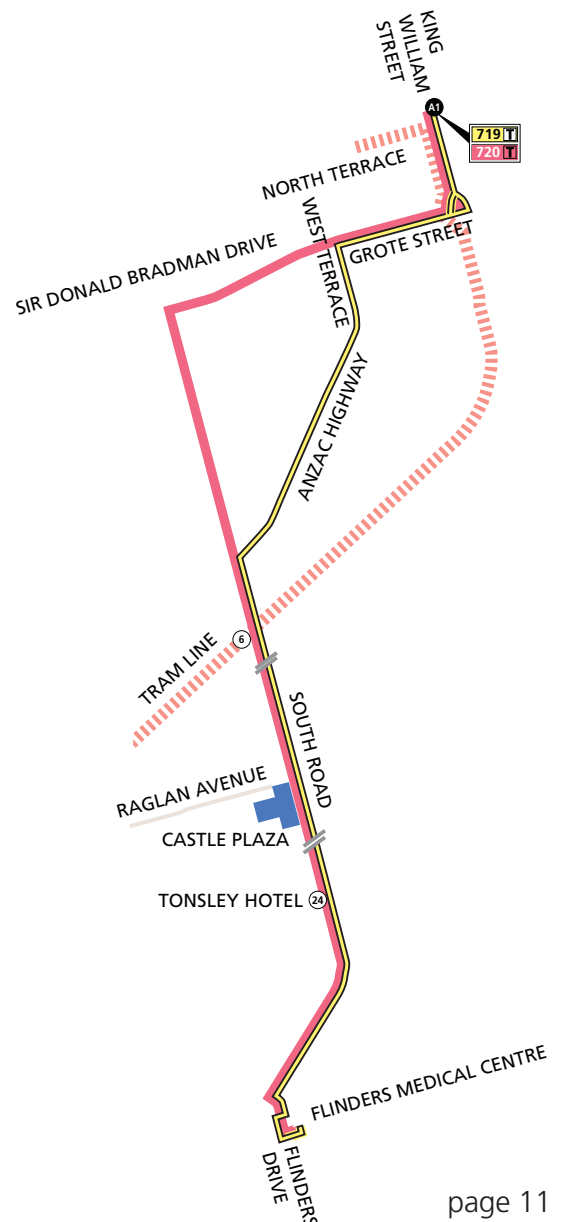
Castle Plaza and The Tonsley Hotel

By Bus

Catch a bus on routes:

720	722	727
721	723	725

Do not catch any buses ending in an 'F' as they might not let you off at the right stop. To go to Glenelg step off the bus at stop 7 and catch the tram to tram stop 10.



FMC - Marion - FMC

By Bus

To travel to Westfield Shopping Centre Marion, catch a bus on routes:

618	600	199
720	J7	

from bus stop B at FMC. Step off the bus at Westfield Marion Interchange.

Westfield Marion - Comfort Inn, Marion Hotel, Morphett Arms

By Bus

Catch M44 – from Westfield Marion to the Comfort Inn and Marion Hotel

Morphett Arms Hotel catch the 242

Parking

- > Limited 'on street' car parking available
- > Located next to FMC is Wilson's multi-storey car park.

Fees apply and you must pay at the Autopay Stations before leaving.

Meals

Several places close to FMC provide takeaway food and dining facilities.

Theo's

(Under Wilson's multi-storey car park)
Telephone: (08) 8204 5406

Spotz Restaurant

Level 4 (Open weekdays from 9-4)

Kwik Stix

(Cnr Flinders Dr and South Rd)
Telephone: (08) 81770035

Flagstaff Hotel

(Cnr Main South Road and Marion Road)
Telephone: (08) 82966677

Hungry Jacks and McDonalds

on Main South Road between Flinders Dr and Marion Road.

Banking

A branch of Bank SA is located within FMC on Level 4

Hours of Business are:

Monday - Thursday
12pm - 4pm

Friday
12pm - 5pm

There are also 2 ATMs. One is under the stairs at the main entrance and the other is just outside of the main Entrance.

Shopping

Westfield Marion Shopping Centre

Located Cnr Sturt and Diagonal Road, Oaklands Park, caters for most shopping needs and includes Coles and Woolworths supermarkets and several chemists. It is open Monday to Saturday and Thursday nights 9pm as well as Sunday from 11am - 5pm. The shopping centre is a 7 minute drive from FMC.

Castle Plaza

Located on the Cnr of South Road and Raglan Ave, Edwardstown and caters for most shopping needs. It includes Coles and Foodland supermarkets and chemist. It is open Monday to Saturday and Thursday nights as well as Sunday from 11am - 5pm. Castle Plaza is a 7 minute drive from FMC.

Bi-Lo Supermarkets

Located at 750 Marion Road, Mitchell Park and is open 7 days per week and until 11pm each night. There is also a chemist open until 9pm at this location. This is a 7 minute drive from FMC.

The city is approximately 20 minutes from FMC. The shops are open Monday to Saturday, Friday nights until 9pm and Sunday 11-5pm

Time Out

Marion

A cinema complex (Greater Union Megaplex) and video game facility (Intency) are located at Westfield Marion Shopping Centre.

Marion Swimming Centre is open during summer and is located on Hendrie Street (Near the corner of Oaklands Road) at Parkholme.

Noarlunga

Amenities include Noarlunga Aquatic Centre, Noarlunga Cinema Centre, Noarlunga Superbowl and Splashdown.

These are all located within a short walk from the Colonnades Shopping Centre.

Noarlunga is approximately a 25 minute drive from FMC and there are regular buses between FMC and Noarlunga.

Glenelg

Attractions include the beach, shops on Jetty Road, a cinema complex, Holdfast Shores and the Stamford Grand Hotel. Glenelg is approximately a 20 minute drive from FMC.

Hairdressing

Intrigue Hair and Beauty is located under Wilson's multi-storey car park.

Telephone: (08) 8204 5558

Acknowledgment

This pamphlet has been designed as a guide to assist patients, their families and friends attending FMC. Whilst every effort has been made to include up-to-date information, FMC can not be held responsible for errors or any variation in price. This information was last updated in April 2009 by Social Work and Counselling Services.

FMC thanks the many people in rural and remote areas who have commented on drafts of this booklet.

The Flinders Medical Centre extends heartfelt thanks for the generous contribution and ongoing support from the Volunteer service in production of this booklet.

For more information

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Bedford Park
South Australia 5042
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www.flinders.sa.gov.au**

