

# Get connected. Get to know.

## Local Health Service Provider Directory Eastern Ranges and Knox Divisions



# Get connected. Get to know.

The Eastern Ranges GP Association and Knox Division of General Practice have joined together to work on the Primary Care Integration Program. The Divisions see this Program as a great opportunity to assist Allied Health Professionals, Community Health Workers, and Practice Staff to work in partnership with GPs to provide more effective and coordinated care for patients with chronic disease.

In May 2008 the two divisions held an event for allied health professionals, Working Together for Better Client Outcomes: Partnerships for the future. Now the Divisions have created this directory as a pathway for communication and referral between GPs and health service providers. This directory can be used as a tool to support General Practice and assist with the delivery of more 'seamless' patient care.

Allied Health Professionals and Community Health Services have provided information on their profession and specialist areas, as well as their contact details, for use as a 'quick directory' of health service providers within

the Outer Eastern Region so you can refer patients for appropriate care and services according to their individual needs.

If you would like more information about this directory, or the services and programs that the Divisions have to offer, please contact: Belinda Juchno at Eastern Ranges GP Association on 9739 6751, or Sarah Kleinitz at Knox Division of General Practice on 9720 2044.

This directory will be updated and distributed every 6 months. Copies of the directory can be found on both Division websites:

Eastern Ranges GP Association  
<http://www.ergpa.com.au>

Knox Division of General Practice  
<http://www.knoxdiv.com.au>

Sources of information about local services can also be found on the Human Services Directory. You can locate this online at:  
<http://humanservicesdirectory.vic.gov.au/>

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**Knox Division of General Practice**  
A.B.N.: 19 061 540 341  
1st Floor, 664 Mountain Highway Bayswater, 3153  
Phone: 9720 2044 Fax: 9720 2066  
Website: [www.knoxdiv.com.au](http://www.knoxdiv.com.au)



**Eastern Ranges GP Association**  
A.B.N.: 45 828 538 184  
Level 1, 24 Main Street, Lilydale Vic 3140  
Phone: 9739 6751 Fax: 9739 6791  
Website: [www.ergpa.com.au](http://www.ergpa.com.au)

## Community Health Services

### Knox Community Health Service

The Knox Community Health Service provides a continuum of services which focus on prevention, early identification, treatment and support. The service aims to promote physical, psychological and social wellbeing.

Whilst services are available for the whole Knox community, a number of services have specific eligibility criteria. This will be discussed when you contact us. There is a minimal fee payable for most services.

Knox Community Health Service offer programs including:

- Information and Referral
- Alcohol, Tobacco and Other Drugs
- Arthritis
- Cardiac programs and support
- Child Psychology
- Counselling
- Dental and Oral Health
- Diabetes Education
- Family Support
- Family Violence
- Groups
- Health Promotion
- Occupational Therapy for adults and children
- Physiotherapy
- Podiatry
- Smoking Cessation
- Speech Pathology
- Social Work, and
- Youth Health and Counselling

The local Aboriginal community are encouraged to use these services, and are eligible for priority access and services free of charge.

Opening hours are 9.00am to 5.00pm weekdays, and services are provided from both Ferntree Gully and Wantirna sites. There is ample parking at both sites.

Referrals are accepted from Health Care providers, including GPs; clients can also self refer. Referral is via the central intake service, located at the Ferntree Gully site.

For further information or to refer your patient to our Service please contact: 9757 6200.



**Knox Community Health Service**

*Working together - a healthy partnership*

### Yarra Ranges Health Sub Acute Ambulatory Care Services (SACS)

We provide a wide range of community rehabilitation and specialist clinic services to the community, through our new custom built facility.



This includes:

- Home and centre based rehabilitation (gymnasium and multipurpose treatment rooms)
- Pulmonary rehabilitation
- Cardiac Rehabilitation
- Continence Clinic
- Falls and Balance Clinic
- Audiology services
- Additional services such as Paediatric rehabilitation, Cognitive services and Pain clinic are planned for the latter part of 2008.

Allied Health disciplines available through these services include physiotherapy, occupational therapy, speech pathology, dietetics, social work, audiology and allied health assistants.

Referrals into the service can be made through the Eastern Health Access unit on 9881 1100 for patients who meet the intake criteria.

### Community Pharmacy Wantirna

**At Community Pharmacy Wantirna, we care for our patients, not for profit**

Community Pharmacy Wantirna is an organisation which returns profits to its members via immediate discounts and to the local community via donations.

Community Pharmacy Wantirna offers our customers low cost healthcare without sacrificing the warmth of good service, the security of good advice and the comfort of traditional pharmacy surrounds.

Our professional services include:

- Consumer Medicine Information to assist our patients understand how their medicine works and what side effects may occur.
- Dose Administration Aids to help aid compliance to medication regimes.
- Home Medicines Reviews to assist in the management of medicines to achieve better results and avoid side effects.
- Patient Medication Profiling to clearly identify the medicines a patient is taking in a portable format to assist doctors, and hospital staff.



**Community Pharmacy**

### Ranges Community Health Service

Ranges CHS has offices at both Lilydale and Belgrave.

Services include consultations, groups and community activities. Some home visits are available.



All referrals can be made to the Intake Worker by contacting either of our offices.

Lilydale office  
17 Clarke Street  
Lilydale, VIC 3140  
Tel: 9739 4577  
Fax: 9739 4689

Belgrave office  
1624 Burwood Hwy  
Belgrave, VIC 3160  
Tel: 9754 8963  
Fax: 9754 3257

Low cost services to eligible people include:

- Child Health services—Speech Pathology, Occupational Therapy & Psychology
- Community Dental Program -Lilydale
- Counselling
- Dietetics
- Family violence Counselling
- Occupational therapy
- Physiotherapy
- Podiatry
- Social Support
- Hospital Admission Risk Program
- Indigenous Liaison Worker

General inquiries are welcome via phone.



### INDIGENOUS SERVICE CONTACTS

GPs wishing to make contact with Aboriginal Health Workers, culturally appropriate allied health services, or needing assistance with cultural or social support for Indigenous clients can access the following services/programs:

#### Mullum Mullum Indigenous Gathering Place

MMIGP is an Indigenous community based organization that provides social, cultural and educational programs for the Indigenous community, including Play Group, Homework support, Women's, Elders, Youth and Men's groups and HACC coordination.  
3 Croydon Way, Croydon & 47 Patterson St Ringwood East. Tel: 97252166

#### Aboriginal Health Promotion & Chronic Care Program (AHPACC)

Based on a partnership between MMIGP & Eastern Access Community Health AHPACC has two workers facilitating access to primary health care services and chronic health and health promotion programs (includes Gentle Exercise class and Smoking Cessation Service).  
Tel: 9725 2166; 9837 3999

#### Yarra Valley Indigenous Health Service

Based at Yarra Valley Community Health, the team provides health screening, health promotion, social & emotional counseling, drug and alcohol counseling, youth support, stolen generation support, home and community care services, planned activities, chronic care nursing including smoking cessation, MCH ages and stages, antenatal and postnatal care.  
305 Maroondah Highway Healesville. Tel: 5957 1100

**Maroondah Hospital Aboriginal Liaison Officer:** Tel: 9871 3286

**Ranges Community Health Service Indigenous Liaison Officer:** 9739 4577

**Knox Community Health Service Indigenous Liaison Officer:** 9757 6200

## Care/Life Courses



### Care Connect Ltd Care Connect Ltd

Delivering quality Case Management, Assistive Technology and Care services to help people remain independent at home.

**Phone** 1800 116 166  
**Fax** 9415 9724  
**Specialty** Frail aged; adults and children with disabilities; carers and families caring for someone with complex needs.

**Bulk Billing**  
**Location** HQ – 206 Gipps Street  
ABBOTSFORD, VIC 3067  
**Available** Monday-Friday 9:00am to 5:00pm  
**Website** www.careconnect.org.au



### Maggie Gardner Maroondah Social and Community Health Centre a service of Eastern Access Community Health Various

**Phone** 9837 3999  
**Fax** 9870 6356  
**Email** info@each.com.au  
**Specialty** Primary Health Care services including Allied Health (physiotherapy, occupational therapy, podiatry, dietetics, exercise groups), Well Women's clinic, Community Dental Health Service, Child and Family services (including long day care, kindergarten, early intervention services, child psychology and speech therapy, family support), general counselling, health promotion activities, Aboriginal health promotion and chronic care and support groups.

**Bulk Billing** Fees based on income. For Allied Health services fees are \$8:00 for health care/ pension card hold or low income. Fees may be waived due to financial hardship.  
**Location** 75 Patterson Street  
RINGWOOD EAST, VIC 3135  
**Available** Monday-Friday 9:00am to 5:00pm



### Direct2Care Auspicing Agency is Uniting Care Community Options (UCCO) Community Aged Care

**Phone** 1300 121 121  
**Specialty** Community Aged Care: Information, advice, support and referral to community aged care services.  
**Location** Knox O-Zone, Level 1, Suite 3034, 2 Capital City Boulevard WANTIRNA SOUTH, VIC 3152  
**Available** Monday-Friday 9:00am to 5:00pm



### Philipp Herrmann (Public Relations Officer) UnitingCare Community Options

We provide support for older people, people with disabilities, their families, and carers.

**Phone** FREECALL 1300 651 463 or (03) 9239 2500  
**Fax** 9239 2522  
**Email** info@ucco.org.au  
**Specialty** UnitingCare Community Options is a major provider of community support services. We provide a number of services including case management and brokerage services, information and referral services (through Direct2Care and the Commonwealth Carelink Centre – Eastern Region), planned and emergency respite and support for carers (through the Commonwealth Carer Respite Centre – Eastern Region) for people in the eastern region of Melbourne. Our main goal is to provide the support people need so that they can remain living at home and integrated into their community. We also run a number of specialist programs including the Hospital at Risk Program (HARP), Housing Support for the Aged (HSA), and the Quick Response Service (QRS).

**Location** Our offices are based at KNOX and GLEN WAVERLEY, however we provide services throughout the eastern metropolitan region of Melbourne including the Local Government Area's of Boroondara, Knox, Manningham, Maroondah, Monash, Shire of Yarra Ranges, and Whitehorse.  
**Available** We are open Monday-Friday 9:00am to 5:00pm, and have an after-hours emergency contact.  
**Website** www.ucco.org.au



### Jane Reilly Villa Maria, Eastern Community Services: Carer Support Program, Wantirna Community Rehabilitation Centre, White Road Day Centre, Carinya Dementia Care, Mens Shed

**Phone** 1300 650 615  
**Fax** 1300 139 884  
**Email** accesseast@ymaria.com.au  
**Specialty** Aged and Community Care  
**Bulk Billing** Fees negotiated  
**Location** Villa Maria, 355 Stud Road, WANTIRNA SOUTH, VIC; Location for Carer Support program only: Level 1, Building 5, 540 Springvale Road, GLEN WAVERLY, 3150  
**Available** Carinya Dementia Care, 7days, 24 hours. Other services business hours



### Stanhope Healthcare Services Pty Ltd Stanhope Healthcare Services Pty Ltd Community Home Care Provider

**Phone** 1300 732 370 5:00am to 11:00pm  
**Fax** 98088121  
**Email** enquiries@stanhope.com.au  
**Specialty** Quality endorsed home care provision Nursing Care; Personal Care; Domestic assistance; Respite Care; Social Support; Private Client services, DVA, and TAC approved.  
**Bulk Billing** N/A  
**Location** VICTORIA- Regional and Rural services available  
**Available** 7 days/24 hour service available.

## Chiropractor



### Dr Don Foster Emerald Mind Body Therapies Chiropractor

**Phone** 03 5968 5335  
**Email** luce44@netspace.net.au  
**Specialty** Network Spinal Care & Acupuncture  
**Location** 4 Brookdale Avenue, EMERALD VIC 3782  
**Available** Tuesday, Thursday & Saturday

## Chronic Disease



### Eastern HARP (Hospital Admission Risk Program)

Eastern Health and Partner Agencies

**Phone** 1300 661 141  
**Fax** 1300 661 145  
**Specialty** The target population is those people with defined chronic diseases and complex needs who are most likely to benefit from integrated care with the potential to reduce/eliminate avoidable hospital admissions.  
**Bulk Billing** N/A  
**Location** Eastern HARP is a geographically dispersed program encompassing YARRA RANGES, WHITEHORSE, MAROONDAH, KNOX and parts of BOROONDARA, MANNINGHAM and MONASH.  
**Available** Monday-Friday 8:30am to 5:00pm  
**Website** www.s2s.org.au

## Counselling



### Georgina Coeur Heart to Heart Counselling Services Counselling

**Phone** 03 9725 0124 or 0409 400 650  
**Email** gcoeur@bigpond.com  
**Specialty** General Counselling, Relationships, Self Esteem, & Life Changes.  
**Location** 9 Lincoln Rd, CROYDON, VIC 3136



### Glad Power Counselling, Major in Relationship Conflict Resolution

**Phone** 9761 0522 or 0402 253 623  
**Email** glad@bigpond.net.au  
**Specialty** Relationship Counselling, Conflict Resolution, & General services  
**Bulk Billing** Seniors discount available, GU Health Rebate available  
**Location** BORONIA, VIC  
**Available** 7 days a week, by appointment.

## Counselling continued...



**Chris O'Shea**  
Professional Counsellor  
The Men's Workshop  
(Ferntree Gully)

**Phone** 5966 8617  
**Fax** 5966 8616  
**Email** counsellor@chrisoshea.com.au  
**Specialty** Men's Health & Wellbeing: Anger, Anxiety & Stress; Relationships; Retirement; Separation & Divorce; Stepfamily issues; Workplace Issues; Work/Life Balance.  
**Bulk Billing** Private fee paying only. Concession rates available.  
**Location** Location(s): The Men's Work Shop, 15 Alpine Street, FERNTREE GULLY, VIC 3156  
**Available** By appointment only. Friday 9am to 7.30pm & Saturday- AM (when available)  
**Website** <http://mensworkshop.com.au>



**Andrew Hacker**  
The Men's Workshop  
Counselling

**Phone** 9752 2202 or 0410 506 669  
**Email** enquiry@mensworkshop.com.au  
**Specialty** Specialised counselling & support services to MEN (and their families) including individual, couple and family counselling, group work, consultation, training and clinical supervision. NB. We target men, but welcome everyone.

Highly qualified and experienced male and female counselling practitioners assist clients to address a broad range of issues including family and relationship concerns, mental health, workplace and career issues, anger and stress management, life transitions, grief and loss, etc.. Male-friendly, male-positive services.

**Bulk Billing** YES, where applicable.  
**Location** The Men's Workshop 15 Alpine Street FERNTREE GULLY, VIC 3156  
**Available** Monday-Friday; business hours & after hours appointments available (including Saturday morning by arrangement)  
**Website** [www.mensworkshop.com.au](http://www.mensworkshop.com.au)



**Judy Flanagan**  
ECASA – Eastern Centre  
Against Sexual Assault  
Sexual Assault Counselling

**Phone** 9870 7310  
**Fax** 9879 8306  
**Email** judy.flanagan@easternhealth.org.au  
**Specialty** Sexual Assault Counselling; Women, Men, Children and Young people who are victim/survivors of recent or past sexual assault. Service is also available to non-offending family, partners and friends.  
**Bulk Billing** Free service  
**Location** 17 Ware Crescent, RINGWOOD EAST, VIC  
**Available** Monday- Friday 9:00am to 5:00pm



**Barbara Matheson**  
BM Counselling Service  
Clinical Counsellor and ACA  
Professional Supervisor

**Phone** 03 9703 2920 or 0400032920  
**Email** bmcounselling@bigpond.com  
**Specialty** Grief and Loss & Family Relationships  
**Bulk Billing** Discount to seniors: Concession card holders (concession to all health care card holders)  
**Location** Services Central, 6B Henry Street, PAKENHAM, VIC  
**Available** Monday-Friday 9:00am to 5:00pm, & evenings by appointment  
**Website** <http://bmcounselling.bravehost.com>



**Joan Wray**  
Counselling

**Phone** 0418 574 098  
**Fax** 5968 4324  
**Email** joanwray@bigpond.com  
**Specialty** Specialty Area(s): Aged Care, Palliative Care and Carer Support, Grief and Loss, & Depression.  
**Location** Monday- HEALESVILLE  
Thursday- YARRA JUNCTION  
**Available** Monday & Thursday (Outreach outside these days)



**Chris O'Shea**  
Professional Counsellor  
(Healesville, Warburton, Yarra  
Junction)

**Phone** 5966 8617  
**Fax** 5966 8616  
**Email** counsellor@chrisoshea.com.au  
**Specialty** Abuse & Trauma; Anger; Grief & Loss; Relationships; Men's Health; Self-esteem; Separation & Divorce; Stepfamily couples; Stress, Anxiety & Mild Depression; Workplace Issues; Work/Life Balance.  
**Bulk Billing** Private fee paying only. Concession rates available.  
**Location** HEALESVILLE, WARBURTON, YARRA JUNCTION  
**Available** By appointment only. Monday-Thursday 9:00am to 7.30pm & Saturday AM when available  
**Website** <http://chrisoshea.com.au>



**Tim Connelly**  
Lumina Counselling  
Counselling

**Phone** 0418 336 522 or 5962 2231  
**Fax** 5962 2231  
**Email** tim.connelly@luminacounselling.com.au  
**Specialty** Relationships, Parenting, Mild Depression, Anxiety, Stress, Grief & Loss, Work Issues.  
**Bulk Billing** Concession rates available.  
**Location** HEALESVILLE, VIC (and elsewhere as required)  
**Available** Monday – Friday (some evening sessions available)  
**Website** [www.luminacounselling.com.au](http://www.luminacounselling.com.au)



**Patricia Greig**  
Ringwood Counselling Centre  
Counselling Psychologist MAPS

**Phone** 03 9870 4464  
**Fax** 03 9870 4414  
**Email** patgreig@optusnet.com.au  
**Specialty** Depression, Anxiety, Panic, Trauma Relationship, Grief and Loss, TAC & Workcover.  
**Bulk Billing** Reduced fee  
**Location** 3 Byways Drive, RINGWOOD EAST 3135  
**Available** Monday 4.30pm to 8.30pm, Tuesday 12pm to 6pm, Wednesday 1:00pm to 8.30pm & Thursday 9:00am to 6:00pm

## Dietitian



**Emma Morris**  
Stay Tuned Sports Medicine  
Dietitian and Sports Dietitian

**Phone** 9762 9478  
**Fax** 9762 5159  
**Email** emma@staytuned.com.au  
**Specialty** Diabetes, Cardiovascular Disease, Weight Loss  
**Bulk Billing** YES  
**Location** Tormore Road BORONIA, VIC  
**Available** Monday-Friday 7:00am to 9:30pm



**Tracey Higgins**  
Ranges Community Health  
Service  
Dietitian

**Phone** 9739 4577 (Intake)  
**Fax** 9739 4689  
**Email** tracey.higgins@rangeschs.org.au  
**Specialty** Diabetes, Weight Loss, Heart Disease and Underweight and General Healthy Eating advice.  
**Bulk Billing** Minimal fee of \$8 for health care card holders and pensioners.  
**Location** Ranges Community Health Centre, 17 Clarke St, LILYDALE, &, 1624 Burwood Hwy, BELGRAVE, VIC  
**Available** Wednesday and Thursday 9:00am – 4:00pm

## Dietitian continued...



**Chloe Fast**  
Stay Tuned Sports Medicine  
Accredited Practising Dietitian &  
Sports Dietitian

**Phone** 9762 9478  
**Fax** 9762 5159  
**Email** chloe.fast@staytuned.com.au  
**Specialty** General nutrition, Sports nutrition, Cardiac care/hyperlipidaemias, Diabetes, Coeliac Disease, Gastrointestinal disorders, General Nutrition, Nutrition and dietary assessment, Weight management, Vegetarian eating, Under nutrition.  
**Bulk Billing** Available on request  
**Location** Knox Leisureworks Medical Suites, Tormore Road, BORONIA, VIC 3155  
**Available** Days available: Monday 8:00am to 1:30pm & Saturday 8:00am to 2:00pm



**Julie Viney**  
Julie Viney Dietetic Services  
Dietitian

**Phone** 9726 0810  
**Fax** 9726 0855  
**Email** julieaviney@optusnet.com.au  
**Specialty** Julie is an emotionally sensitive, psychologically focused Dietitian who specializes in Disordered Eating from Anorexia to Obesity. A Graduate Certificate in Counselling Skills complements my work to deal with not only the eating, but issues that stop people eating well and making sustainable changes.  
**Bulk Billing** Only under EPC on review visits – not for an initial visit.  
**Location** Main office is in MOOROOLBARK, some work in CROYDON & LILYDALE, VIC  
**Available** Every day except Thursdays, alternate Tuesday evenings and Saturdays

## Mental Health/Psychology

**Jacqueline Christie**  
MAPS  
Mens Workshop, Simply Natural  
Therapies  
Registered Psychologist

**Phone** 0431 178 054  
**Email** empowerme58@gmail.com  
**Specialty** Men's health, Relationships, Family Violence, Sexual Abuse and Trauma, Depression and Anxiety  
**Bulk Billing** Available  
**Location** 15 Alpine Street, FERNTREE GULLY & 1032 Doncaster Road, DONCASTER, VIC  
**Available** Thursdays, Wednesdays & other days by negotiation



**Graham Cox**  
Psychologist

**Phone** 0422 422 198  
**Email** graham@grahamcox.com.au  
**Specialty** CBT for anxiety, depression and insomnia  
**Bulk Billing** NO  
**Location** RINGWOOD & WANTIRNA SOUTH, VIC  
**Available** Monday-Saturday (some evening appointments available)  
**Website** www.grahamcox.com.au

## Jenny Corran Psychology Practice

**Lydia Chan**  
Jenny Corran Psychological Practice  
Psychologist

**Phone** 9739 6272  
**Fax** 9802 7765  
**Email** corranj@aapt.net.au  
**Specialty** Panic Attack, Depression, Anxiety, Autism, Children, Adults, Life Transitions, Workplace/ Career issues, Workcover, Family Violence, Sexual Assault Counselling, Grief/ Loss, Self-Esteem Issues; Language/s spoken other than English: Cantonese & Mandarin.  
**Bulk Billing** Can be negotiated  
**Location** LILYDALE  
**Available** Saturday

## Jenny Corran Psychology Practice

**Jenny Corran**  
Jenny Corran Psychological Practice  
Psychologist

**Phone** 9802 7765 or 0414978114 (BLACKBURN SOUTH, BURWOOD EAST), OR 9739 6272 (LILYDALE)  
**Fax** 9802 7765  
**Email** corranj@aapt.net.au  
**Specialty** Specialty Area(s): Trauma, Anxiety, depression, PTSD, Grief, Pain management, Life Transitions, Workplace/Career issues, Workcover, Family Violence, Sexual Assault Counselling, Grief/ Loss, Self-Esteem Issues.  
**Bulk Billing** Can be negotiated  
**Location** BLACKBURN SOUTH, BURWOOD EAST, LILYDALE  
**Available** Monday-Friday



**Rosemary Thomas**  
Psychologist

**Phone** 9735 9490  
**Fax** 9735 9490  
**Email** rathomas@bigpond.net.au  
**Specialty** Health psychology, general psychology including anxiety, depression, couples, life transitions, grief loss, etc.  
**Bulk Billing** YES. Medicare billing available.  
**Location** MONTROSE, KILSYTH, LILYDALE  
**Available** Wednesday & Friday 1.00pm to 8.00pm, Tuesday 9.00pm to 6pm, Saturday 9:00am to 12:00pm



**John Hunter**  
Mental Health Social Worker

**Phone** 0405 107 476 or 9539 2200  
**Email** john@johnhunter.net.au  
**Specialty** Alcohol & Other Drugs, Relationships, Depression, Anxiety, Sexual Abuse  
**Bulk Billing** YES (limited number)  
**Location** 323 Blackburn Road, BURWOOD EAST, VIC  
**Available** Thursdays & Fridays



**Michelle Marler**  
MENTAL ILLNESS FELLOWSHIP  
Psychiatric Disability Rehabilitation and Support Service

**Phone** 9874 5310  
**Fax** 9874 8246  
**Email** mmarler@mifellowship.org  
**Specialty** Respite for carers of a person with a mental illness  
**Location** 8/602 Whitehorse Road, MITCHAM, VIC 3132  
**Available** Monday-Friday 9:00am -5:00pm. Service available across Eastern Region 24/7



**Leni Foster**  
Emerald Mind Body Therapies  
Psychologist, Couples Counsellor,  
and Family Therapist

**Phone** 5968 5335  
**Email** lenifoster@netspace.net.au (Argus secure email)  
**Specialty** Anxiety, Depression, Relationships, Trauma, Family Violence, Substance Abuse  
**Bulk Billing** YES  
**Location** 4 Brookdale Avenue, EMERALD, VIC 3782  
**Available** Tuesday & Thursday 9:00am to 8:00pm, and Saturday 9:00am to 5:00pm



**Eddy Holman & Sue Harrison**  
The Salvation Army Basin Centre  
Alcohol and Other Drug Addictions

**Phone** 9762 1166  
**Fax** 9762 5767  
**Email** the.basin@aus.salvationarmy.org  
**Specialty** 16 week Residential Recovery Program  
**Bulk Billing** Not Available  
**Location** Basin-Olinda Road, (PO Box 34) THE BASIN, VIC 3154  
**Available** Office Hours Monday – Friday 9.00am to 4.00pm (Service is 24-hour)

## Mental Health/Psychology continued...



### Philip Watson

**MENTAL ILLNESS FELLOWSHIP VICTORIA**  
Psychiatric Disability Rehabilitation Support Service

**Phone** 9874 5310  
**Fax** 9874 8246  
**Email** pwatson@mifellowship.org  
**Specialty** Mental Health- Psycho-social Rehabilitation  
**Location** Suite 8 / 602 Whitehorse Road, MITCHAM, VIC 3132  
**Available** Monday- Friday 9:00am to 5:00pm



### 12 Registered Psychologists

**Yarra Valley Psychology**  
Psychologists

**Phone** 9877 3351  
**Fax** 0877 3335  
**Email** info@yvp.com.au  
**Specialty** Relationship Counselling, Family Therapy, Child & Adolescent Counselling. Presenting Issues such as; Anxiety, Depression, Grief/Loss, Relationship issues, Mediation, Self-Esteem, Parenting issues, Childhood Behavioural Problems, Anger Management, Addictions, Post Natal Depression, Sexual Abuse, Personality Disorders, Other Mental Health issues (such as Schizophrenia, Bipolar, Dissociative Disorders, OCD etc.), Eating Disorders, PTSD, Chronic Neurological issues (such as MS & Dementia) and Workplace issues.  
**Bulk Billing** NO  
**Location** NUNAWADING & CROYDON  
**Available** Monday-Friday, 9:00am to 9:00pm



**Beth Kilgour, BBSoc, Grad Dip Couns Psych, MAPS, Associate MASH**

**Vinita Costantino, BA Hons, MA Couns Psych**

**Beth Kilgour and Associates Pty Ltd**  
Counselling Psychologists

**Phone** 9761 1298  
**Fax** 9761 1300  
**Email** reception@bethkilgour.com.au  
**Specialty** TAC, Work Cover, Trauma, Anxiety, Depression, Hypnosis, Relationship issues, Couples counselling, Vocational concerns.  
**Location** 2 Park Cres BORONIA, VIC 3155  
**Available** Monday-Friday 9:30am to 6:00pm & Saturday 9:00am to 12:00pm



**Dr. Christie Sproat, Dr. Dawn Riisik, Elizabeth Richardson, Janet Forster, Leanne Winter, Jacinta Horan-Smith and Nicky Maheras**

**Fernhills Clinic**  
Psychology

**Phone** 9758 4144  
**Fax** 9758 4199  
**Email** fernhills@bigpond.com  
**Specialty** Clinical and Generalist Psychology Treatment  
**Bulk Billing** Bulk Bill with Seniors/Concession card holders only.  
**Location** 347 Scoresby Road, FERNTREE GULLY, VIC  
**Available** Monday-Friday 9:00am to 7:00pm

## Nutrition



### Paul Bergamo

**The Children's Health Centre of Australia**  
Registered Nutritionist with the scientific group – Nutrition Society of Australia

**Phone** 9887 4144  
**Fax** 9887 4343  
**Email** paul.bergamo@rmit.edu.au  
**Specialty** Pediatric Nutrition - especially the use of a low chemical diet with children who are hyperactive as per Royal Prince Alfred Hospital (RPAH) Guidelines.

**Bulk Billing** Concession prices available  
**Location** 346 A Boronia Rd ( Cnr Dinsdale Rd), BORONIA, VIC 3155  
**Available** Monday 7:00am to 7:00pm, Tuesday 2:00pm to 7:00pm, Wednesday – Friday 9:00am to 7:00pm & Saturday 8:00am to 12:00pm



### Paul Bergamo and David Jones and Josh Hardidge

**Bergamo Chiropractic and Nutrition Centre**  
Chiropractic, Myotherapy and Nutrition

**Phone** 9887 4144  
**Fax** 9887 4343  
**Email** paul.bergamo@rmit.edu.au  
**Specialty** Whole clinic services include Chiropractic, Foot Orthotics, Sleep Consultations, Myotherapy/Remedial Massage, Paediatric Nutrition for ADHD children, Adult Nutrition for Weight Loss.  
**Bulk Billing** Allied Health item available for first five visits, otherwise concession available.  
**Location** 346/A Boronia Rd (Cnr Dinsdale Rd), BORONIA, VIC 3155  
**Available** Monday 7am to 7pm, Tuesday 2:00pm to 7:00pm, Wednesday-Friday 9:00am to 7:00pm & Saturday 8:00am to 12:00pm



**Anita Wilton**  
**Maroondah Hospital Diabetes Education Centre**  
Multidisciplinary Diabetes Education Service

**Phone** 9955 1122  
**Fax** 9955 1121  
**Email** anita.wilton@easternhealth.org.au  
**Specialty** Credentialed Diabetes Educator, Dietitian, Podiatrist; individual and group sessions.  
**Bulk Billing** Community Health fees apply  
**Location** 8 Grey Street, RINGWOOD EAST, VIC  
**Available** Monday-Friday - business hours

## Occupational Therapy

### Anthea McStay

Occupational Therapy

**Phone** 9725 5303  
**Fax** 97228855  
**Email** amcstay@synchronet.com.au  
**Specialty** Aged Care, Department of Veterans' Affairs, EPC registered with Medicare  
**Location** Assessments in clients' homes only. Based in NORTH CROYDON  
**Available** Monday-Friday



**Hamish Anderson & Yvonne Fellner**  
**Anderson Hand Therapy**  
Hand / Occupational Therapists

**Phone** Wantirna: 9720 8176; Mulgrave: 9560 6655; Windsor: 9510 8999; Mobile: 0413 426 474  
**Fax** 9720 7978  
**Email** backsons@bigpond.com  
**Specialty** Hand and upper limb rehabilitation. We specialise in the treatment of all hand and upper limb injuries and are accredited WC, TAC, DVA and private insurance providers.  
**Bulk Billing** YES, if part of EPC treatment plan. Discounts apply otherwise.  
**Location** WANTIRNA, MULGRAVE & WINDSOR  
**Available** Wantirna: Monday, Tuesday, Friday; Mulgrave: Tuesday, Thursday; Windsor: Tuesday, Thursday

## Osteopath



**Dr Paul Hermann**  
Stay Tuned Sports Medicine –  
Wellness Centre  
Osteopath and Personal Trainer

**Phone** 9762 9478  
**Fax** 9762 5159  
**Email** info@staytuned.com.au  
**Specialty** Exercise Rehabilitation  
**Bulk Billing** No gap charged on request from GP. HICAPS Medicare bulk billing system in operation soon.  
**Location** Knox Leisureworks, Tormore Road, BORONIA, VIC 3155  
**Available** Monday-Friday 7:00am to 9:30pm & Saturday 8:00am to 2:00pm



**Dr Gary Israelsohn**  
Stay Tuned Sports Medicine –  
Wellness Centre  
Osteopath

**Phone** 9762 9478  
**Fax** 9762 5159  
**Email** gary@staytuned.com.au  
**Specialty** Sports Injuries and Exercise Rehabilitation  
**Bulk Billing** No gap charged on request from GP. HICAPS Medicare bulk billing system in operation soon.  
**Location** Knox Leisureworks, Tormore Road, BORONIA, VIC 3155  
**Available** Monday-Friday 7:00am to 9:30pm & Saturday 8:00am to 2:00pm

## Physiotherapy



**Adrian Persi**  
Back In Motion Health Group  
(Wantirna South)  
Physiotherapy

**Phone** 9801 1500  
**Fax** 9801 1577  
**Email** a.persi@backinmotion.com.au  
**Specialty** Physiotherapy, Sporting injuries, Spinal Injuries, Women Health, Pilates, Massage, Personal Training.  
**Bulk Billing** NO. We offer a discount to seniors/concession and Bulk Bill to Medicare (EPC) funded clients.  
**Location** 432 Burwood Hwy, WANTIRNA SOUTH, VIC 3152  
**Available** Monday-Friday 7:30am to 8:00pm & Saturday 8:00am to 1:00pm

## Variety of Services



**Dr Paul Hermann**  
Stay Tuned Sports Medicine –  
Wellness Centre  
Osteopath (Dr Paul Hermann)

**Phone** 9762 9478  
**Fax** 9762 5159  
**Email** info@staytuned.com.au  
**Specialty** Whole Clinic Services – Osteopath, Dietetics, Podiatry, Massage, Exercise Rehabilitation, Psychology, Diabetes Care.  
**Bulk Billing** Available on request and approval  
**Location** Knox Leisureworks, Tormore Road, BORONIA, VIC 3155  
**Available** Monday-Friday 7:00am to 9:30pm & Saturday 8:00am to 2:00pm



**Deenika Benjamin**  
Angliss Allied Health Outpatients & Community Health Services

**Phone** 9764 6150  
**Fax** 9764 6149  
**Email** deenika.benjamin@easternhealth.org.au  
**Specialty** Physiotherapy, Dietetics, Psychology, Speech Therapy, Women's Health, Paediatrics (individual appointments) and Health Promotion (education) and prevention classes.  
**Bulk Billing** Community Health fees apply  
**Location** Angliss Hospital, Albert Street, UPPER FERNTREE GULLY, VIC 3156  
**Available** Monday-Friday business hours



**Julie Myers & Jo-Ann Petersen (Managers)**  
Villa Maria Wantirna Community Rehabilitation Centre(WCRC)  
Physiotherapy, Occupational Therapy, Podiatry, Speech Therapy, Dietitian

**Phone** 9800 7255  
**Fax** 9800 7256  
**Email** Petersen@villamaria.com.au, OR, myers@villamaria.com.au  
**Specialty** Diagnostic Specific Groups and some Individual Therapy if appropriate  
**Bulk Billing** NO, fees are charged. Range from \$5-\$10  
**Location** 355 Stud Road WANTIRNA SOUTH, VIC 3152  
**Available** Monday-Friday 8.30am to 4.30pm



**Robyn Atkinson**  
Tobacco Free Clinics  
Service providing assistance in stopping smoking

**Phone** 9895 4947  
**Fax** 9895 4951  
**Email** health.promotion@easternhealth.org.au  
**Specialty** Credentialed Facilitators, Individual sessions  
**Bulk Billing** Fees Vary - one-off fee dependent on income.  
**Location** Box Hill and Maroondah Hospitals  
**Available** BHH Monday/Thursday 1.30pm to 5.00pm  
MH Monday 9.00am to 1.00pm  
Thursday 1.00pm to 5.00pm



**Robyn Atkinson**  
Health For Life Courses and Massage Service  
Providing Quality Courses and Massage Service to the Public.

**Phone** 9895 4947  
**Fax** 9895 4951  
**Email** health.promotion@easternhealth.org.au  
**Specialty** Qualified Professionals provide courses in Reducing Road Rage, Anxiety Management, Stress Management, Anger Management, Sleep Solutions, Parenting Adolescents, Massage, Gentle Exercise for Seniors, Walking Group and Yoga Courses. Trained Massage Therapists also provide a massage service at competitive prices.  
**Bulk Billing** Fees Vary  
**Location** Box Hill Hospital, BOX HILL, VIC 3128  
**Available** Varies



## Eastern Ranges GP Association

**Access to Allied Psychological Service:** ERGPA's Better Outcomes in Mental Health Care program provides free mental health care to low income and youth patients.

**MAHS:** The More Allied Health Services program provides free counselling to patients who are referred to the program

**Eastern Ranges GP Association provides its members with the following patient services:**

by a GP in the rural and remote catchment of the Division (Upper Yarra region).

**Mental Health Nurses:** The Mental Health Nurse Service provides free mental health care to patients with a serious mental illness, who are at risk of hospitalisation, community based and under the care of their GP.

**Diabetes Clinics:** The Diabetes Clinics in General Practice Program places Diabetes Nurse Educators in practices to provide education and self management techniques to diabetic patients referred into the service.

Contact Melissa at intake on 9739 6751 for enquiries regarding entry into any of these programs.

**Knox Division of General Practice provides its members with the following patient services:**

**Access to Allied Psychological Service:** KDGP's ATAPS program provides free mental health care to low income earners and youth under 25. For more information please contact Sarah Bowman at KDGP on 9720 2044 or sarahb@knoxdiv.com.au.

**Mental Health nurses:** The Mental Health Nurse Service provides free mental health care to patients with a significant mental health illness and complex needs, who are at risk of hospitalisation, require case co-ordination and are under the care of their GP. Please contact Raylea O'Loughlin at

KDGP on 9720 2044 or clinicaleducation@knoxdiv.com.au.

**Diabetes Lifestyle Modification Program:** Eligible patients who have undergone a Type 2 Diabetes Risk

Evaluation with their GP, may be referred to a subsidized Lifestyle Modification Program as one of a number of possible intervention strategies. For Further information contact Elizabeth Stewart on 9720 2044 or patientlinkage@knoxdiv.com.au



# Quick reference

12 Registered Psychologists	Yarra Valley Psychology	9877 3351
Adrian Persi	Back In Motion Health Group (Wantirna South)	9801 1500
Andrew Hacker	The Men's Workshop	9752 2202 or 0410 506 669
Anita Wilton	Maroondah Hospital Diabetes Education Centre	9955 1122
Anthea McStay		9725 5303
Barbara Matheson	BM Counselling Service	9703 2920 or 0400 032 920
Beth Kilgour or Vinita Costantino	Beth Kilgour and Associates Pty Ltd	9761 1298
Chloe Fast	Stay Tuned Sports Medicine	9762 9478
Chris O'Shea		5966 8617
Deenika Benjamin	Angliss Allied Health Outpatients & Community Health Serv.	9764 6150
Direct2Care	Auspicing Agency is Uniting Care Community Options	1300 121 121
Dr Don Foster	Emerald Mind Body Therapies	5968 5335
Dr Gary Israelsohn	Stay Tuned Sports Medicine – Wellness Centre	9762 9478
Dr Paul Hermann	Stay Tuned Sports Medicine – Wellness Centre	9762 9478
Dr. Christie Sproat, Dr. Dawn Riisik, Elizabeth Richardson, Janet Forster, Leanne Winter, Jacinta Horan-Smith and Nicky Maheras	Fernhills Clinic	9758 4144
Eastern HARP	Eastern HARP	1300 661 141
Eddy Holman & Sue Harrison	The Salvation Army Basin Centre	9762 1166
Care Connect Ltd		1800 116 166
Emma Morris	Stay Tuned Sports Medicine	9762 9478
Georgina Coeur	Heart to Heart Counselling Services	9725 0124 or 0409 400 650
Glad Power		9761 0522 or 0402 253 623
Graham Cox		0422 422 198
Hamish Anderson & Yvonne Fellner	Anderson Hand Therapy	0413 426 474
Jacqueline Christie MAPS	Mens Workshop, Simply Natural Therapies	0431 178 054
Jane Reilly	Villa Maria, Eastern Community Services	1300 650 615
Jenny Corran	Jenny Corran Psychological Practice	9802 7765 or 0414978114
Joan Wray		0418 574 098
John Hunter		0405 107 476 or 9539 2200
Judy Flanagan	ECASA – Eastern Centre Against Sexual Assault	9870 7310
Julie Myers & Jo-Ann Petersen	Villa Maria Wantirna Community Rehabilitation Centre	9800 7255
Julie Viney	Julie Viney Dietetic Services	9726 0810
Stanhope Healthcare Services Pty Ltd		1300 732 370
Leni Foster	Emerald Mind Body Therapies	5968 5335
Lydia Chan	Jenny Corran Psychological Practice	9739 6272
Maggie Gardner	Maroondah Social and Community Health Centre	9837 3999
Michelle Marler	Mental Illness Fellowship	9874 5310
Patricia Greig	Ringwood Counselling Centre	9870 4464
Paul Bergamo	The Children's Health Centre of Australia	9887 4144
Paul Bergamo, David Jones and Josh Hardidge	Bergamo Chiropractic and Nutrition Centre	9887 4144
Philip Watson	Mental Illness Fellowship	9874 5310
Philipp Herrmann	UnitingCare Community Options	FREECALL 1300 651 463
Robyn Atkinson	Health For Life Courses and Massage Service	9895 4947
Robyn Atkinson	Tobacco Free Clinics	9895 4947
Rosemary Thomas		9735 9490
Tim Connelly	Lumina Counselling	0418 336 522 or 5962 2231
Tracey Higgins	Ranges Community Health Service	9739 4577 (Intake)