

Clarendon Family Chiropractic
400 Clarendon Street, South Melbourne, 3205

Dear Greg,

An overview for you and the councillors of the Port Phillip City Council.

The Benefits We Offer The Port Phillip Community

Clarendon Family Chiropractic is a privately-owned commercial enterprise, who is more than just tenants of the Port Phillip Council building, 400 Clarendon Street, South Melbourne.

Our wellness centre plays an important and valued part in the health and wellbeing of local families, children, residents, schools and workers in the Port Phillip region. Our mission statement and the services, workshops and fund-raising activities are in direct alignment with 10 of the 23 categories listed under the "People and Community" tab of the Port Phillip Council website. As such we provide a service that works in parallel with many of the services and initiatives offered by the Port Phillip Council. In just the last 6 years, our family wellness centre (chiropractors, naturopaths, chiropractic assistants, yoga instructors, massage therapists and volunteer staff) has raised over \$20,000 for charities and foundations and provided over \$60,000 worth of free health consultations and health workshops to our community.

As a health and wellbeing practice, we deliver over 10,000 consultations to over 500 men, women and children (families) every year. These are Port Phillip residents or people employed in the region. With our clinic approaching its 30 year anniversary on October 12th 2010, Clarendon Family Chiropractic has given over 300,000 consultations in chiropractic, massage, nutrition, and counselling, to over 10,000 mums, dads, kids and community residents.

For almost 30 years our practitioner and staff involvement allows us to go above and beyond as we:

1. Families and Children:
 - 1.1. Are the only practice in the Port Phillip region that has Chiropractors with post-graduate training in paediatrics (the nearest is in Brunswick), and as we know it the one of only 40+ health professionals (GP's, physiotherapists and osteopaths) to have post-graduate training in paediatrics. In fact we have only employed chiropractic practitioners who share a vision for paediatrics and family care.
 - 1.2. Provide information on and/or manage 9 of the 19 "*Headline Indicators*" in the Department of Education and Early Childhood Development's "*Headline Indicators Report*," including providing information on
 - Breast feeding,
 - Vaccination,
 - Infant mortality and
 - Obesity,

1.3. Provide information on and/or manage children with asthma and ADHD and our practice distributes

- Natural Parenting Melbourne magazine
- Melbourne's Child magazine
- Mothers Matter magazine
- Asthma Foundation information packets
- Brain organisation Victoria information

1.4 Present regular free talks and/or provide educational material to many of the Port Phillip Council child care centres, child health maternity centres and schools. The topics provide information on what natural therapies and simple and safe health care strategies child caretakers, teachers and parents can take to complement their child medical care program. The topics include:

- Asthma
- ADHD
- Ear infections
- Immunity, immunisation and vaccination
- Traumatic birth syndrome
- Bedwetting
- Scoliosis
- Back packs
- Correct footwear
- Infant massage

1.5. Have a patient library on topics such as

- Natural fertility
- Meditation
- Smoking Cessation
- Managing family budget'
- Spirituality and more

2. Community Centres/Courses

2.1. Have given free health talks to the Sol Green, South Melbourne, Port Melbourne and Liardet Community Centres

2.2. Have given talks at the Sustainable Living expo,

2.3. Act as a community centre by running free workshops (in our practice) on the physical, chemical, emotional and electro-magnetic cause of ill health,

2.4. Run sleep workshops and consultations (in our practice) and test patient spinal support in various sleep positions on a number of different beds. We also provide information from the National Sleep Foundation(US) and Sleep disorders Australia and advice on:

- Sleep and asthma
- Sleep and ADHD
- Sleep and Children (Newborns, Infants, Toddlers, Preschoolers, School aged children, school start times in kids, SIDS,)
- Sleep and obesity, diet and exercise
- Sleep and pregnancy

2.5. Run workshops (in our practice) on water conservation, waste and recycling and sustainable living. This is in alignment with the City of Port Phillip Community Plan (2007-2017),

3. Gays, Lesbians, Bisexual, Transgender, Intersex (GLBTI)

3.1 Have discussed health and safe sex on Joy FM radio,

3.2 Conduct annual health screenings at Mid Summa Festival, and have been part of the Gay Expo and March pride events

4. Health & Wellbeing Plan

4.1 Social

4.1.1 Drugs:

- Screen patient drug and alcohol usage,
- Recommend health strategies to overcome alcohol and drug addiction, including alternative options such as Torque Release Therapy (TRT), Auriculotherapy and Emotional Freedom Technique (EFT),

4.1.2. Community Safety:

- Offer reduced rates to emergency services personnel (police, ambulance and fire)
- Have taken part in fund raising for the St Kilda Rd Police precinct,
- Written reports on holster positioning and mobility for Victoria Police officers

4.1.3. Local Community Services:

- Been part of fund-raising for *Wesley Mission, Guide Dogs, Million Paws, Relay For Life, Port Phillip Special School, Royal Children's Hospital, Sacred Heart Mission and Kids For Cover,*
- Provide management and education to HIV positive patients,

4.1.4. Stages of Life:

- Provide parents with advice relating to vaccination, developmental milestones and healthy eating habits,

- Run workshops for senior citizens on healthy bones, osteoporosis and arthritis,
- Help reduce the risk of older people falling and becoming injured by providing postural advice, exercises and improving balance and spatial awareness,

4.2 Natural:

4.2.1. Sustainable Living:

- As mentioned earlier, we have run workshops (in our practice) on water conservation, waste and recycling and sustainable living.

4.2.2. Spirituality:

- Made contact with local priests to discuss health with their congregations,
- Supported and sponsored *Port Phillip Specialist School, Mac-Robertson Girls School* and *Albert Park Primary School*,
- Evening yoga classes for families
- Present videos/dvd's to clients or allowed clients to borrow
 - The Secret (world wide Australian production)
 - The Biology of Life (Dr. Bruce Lipton)
 - The Seven Spiritual Laws of Success (Dr. Deepak Chopra)
 - Love and Passion (Anthony Robbins)
 - The Law of Attraction (Esther Hicks)
 - Anatomy of the spirit/Why people don't heal (Caroline Myss)
- Guest speaker presentation at our practice
 - Rick Schnabel (Author of Life Beyond Limits)
 - Teya Antonio-Wright (Presenter of Born to be Free and on Biggest Loser Australia on weight management)

4.2.3. Cultural Life and the Arts:

- Promoted the work (healing art gallery display) of local artists Glenyss Bourne and Tony Salerno,

4.2.4. Diversity and Inclusion:

- Attended to the emotional well-being of residents by offering counselling, and alternative help modalities such as Neuro Emotional Technique (NET), Neuro Linguistic Programming (NLP) and kinesiology,

4.2.5. Community Involvement and Participation:

- Provide an accepting and respectful environment for members of the gay community,

4.2.6. Pressures of Modern Life:

- Promote exercise and meditation as a core part of healthy living,
- Have had formal associations with Fernwood Ladies Gym, Melbourne Personal Training and

4.2.7. Reducing Disadvantage:

- Measurably contribute to the health and wellbeing of our community

5. ISEPICH:

5.1. Empower patients by returning them to pain-free function and mobility, and suggesting solution-oriented thinking as a strategy against emotional discord,

5.2. Focus whole heartedly on enhancing health, not just preventing illness,

6. Aging Well Strategy:

6.1. Help facilitate a positive experience of aging by providing age related health promotion,

6.2. Offer subsidised care to seniors,

7. People With Disabilities:

7.1. Provided educational material on the effectiveness of chiropractic care and other natural therapies to

- Autism Victoria (for Autistic kids)
- Down's Syndrome Association Victoria
- Cystic Fibrosis
- Epilepsy Association,

7.2. Raised funds for Down's Syndrome Association,

7.3. Provide care to people with special needs,

8. Volunteering – Port Phillip Give Program

8.1. From fundraising, donating to Wesley Mission and the Sacred Heart, to creating the biggest ever street party on Clarendon Street to celebrate health, families, the port phillip council and 30 years of Clarendon Chiropractic, on October 12, 2010.

Benefits We Offer The Chiropractic Profession

Dr, Gaven James, was the inspiration to Clarendon Chiropractic. He opened his doors at the corner of Clarendon and Albert Road on October 12, 1980.

Drs. Ken Parker and Karen Pedley (mentors of ours and owners of the business in the late 80's) moved the practice to its current location with 6 consulting rooms and large reception for workshops. Their vision was to teach chiropractic students from the college (RMIT) and chiropractors to continue the legacy of providing the safest, natural, effective, natural health care to as many families, children and residents in the port phillip region.

Almost 30 years on Clarendon Chiropractic

- Has employed 25 chiropractors and more than 80 staff members over the last 30 years,
- Has trained 11 chiropractors in child related chiropractic care,
- Has mentored over 50 chiropractic students
- Participates in the RMIT University student intern program.

It is has always been and continues to remain our intention to

- Be at 400 Clarendon Street for the next 10 years
- Continue to teach chiropractic students and chiropractors (and other natural health care practitioners) in paediatric health care.
- To provide even safer, gentler, naturally effective health care for our clients and
- Continue to be a big part of the families, communities and people of the port Phillip region – a healing learning centre.

On October 12, 2010 Clarendon Chiropractic plans the biggest street party Clarendon street has ever seen to celebrate 30 years of health services to the port phillip community.

Since Winning The Lease Tender in 2006

- We have spent over in \$40,000 in business layouts, interior decorating consultations, research studies, furniture, bedding, flooring/tiling and painting

Regards

Jim Skivalidas
Steve Karagiannis