



FROM THE PRINCIPAL

Dear members of the Lisieux community,

Last week we published the class configurations for 2023 with the understanding that staffing was almost finalised for next year. As is the nature of schools, staffing change is a common practice and this week has brought some further developments. Early this week we received the news that Mr Ron Dando, our much-loved Religious Education and Stewardship Innovation Leader, has accepted a new challenge to commence at Holy Family Primary, Bell Post Hill, in 2023, in a senior leadership role. Ron was one of the first-employed classroom educators when I commenced my role as Foundation Principal at Lisieux, and he has shown himself to be a dedicated, passionate member of staff, as well as a trusted colleague and good friend. He will leave very big boots to fill and will be greatly missed, however, we are thrilled for him, and as Principal, I am very encouraging of staff who want to grow professionally and embrace new opportunities. We have decided to make some interim internal changes for next year, given the timing, being close to the end of the school year. Mr Gerard Douglas will move into the role of Religious Education Leader next year; Mrs Amanda Duthie has been appointed as Learning Diversity Leader for 2023, and Miss Carly Finn will now take on the role of Prep educator. Consequently, we have advertised yesterday for a new Year 2 classroom educator for 2023. Please see below the amended class configuration summary for 2023. I also remind parents that if you believe there is additional relevant educational/social/emotional information that should be considered in our planning for 2023 class lists, I ask you to **contact me directly** via phone or email, before the end of next week.

Next week is our inaugural Arts Week! We have collapsed the normal timetable for the week, and there will be a range of amazing art-based learning opportunities, including working with artists-in-residence, incursions and excursions. It will culminate with our second-ever Art Show and we are excited to be showcasing our learning community and also aiming to fundraise for a pottery kiln. If you have not yet purchased your tickets for the Gala Launch on Friday night, please don't delay.

OCTOBER

- Fri 14th Fresh Fruit Friday
- Sun 16th Rite of Enrolment for Confirmation Candidates
St Therese 8.45am
- Mon 17th Arts Week
- Tues 18th Prep 2023 transition session
9.30-10.30am
- Fri 21st Arts Show Opening Night (details below)
- Sun 23rd Rite of Enrolment for Confirmation Candidates
St Therese 8.45am
- Mon 24th Prep-Year 2 Swimming ALL WEEK
- Wed 26th Year ¾ Beach Discovery
- Mon 31st **STUDENT FREE DAY**
Staff Professional Practice Day

NOVEMBER

- Tues 1st **STUDENT FREE DAY**
Melbourne Cup Day
- Wed 2nd Reach Vietnam Awareness Week

There will be live music, a bar, and opportunity to view our art works and make the first bids in the silent auction. Our silent auction will feature framed collaborative class pieces of art work, as well as donated pieces from recognised artists. If you can't make it to the (adults only) Gala Launch, the Art Show will be open from 12-4pm on both Saturday and Sunday. Please come along and support our school.

God's blessings for the week ahead,

Susan Ryan

Principal

Susan.ryan@lisieux.catholic.edu.au



ART SHOW & AUCTION 2022

Lisieux CPS welcomes the community to share in our 2022 Art Show

Gala Launch Art Show Silent Auction

Gala Launch - Friday 21st October: 7 - 9pm
Art Show - Sat & Sun: 12noon - 4pm
Entry via gold coin donation

Book tickets online to the Gala Launch
www.trybooking.com/CCGBZ

 
Ph: 9089 6614
90 South Beach Road, Torquay
www.lisieux.catholic.edu.au

 **Lisieux**
CATHOLIC PRIMARY SCHOOL
TORQUAY

STAFFING 2023 (updated)

CARMEL BLEU	CARLY FINN
CARMEL ROUGE	EMMA CLANCY
CARMEL BLANC	JESSICA BREUER
PREP INTERVENTION SUPPORT	SIOBHAN McMANUS
LEARNING SUPPORT OFFICER	MEL MANNIX
YEAR 1 ACACIA 1	JENNIFER GRAHAM (new)
YEAR 1 ACACIA 2	GEORGIA MARTIN + tbc (role share)
YEAR 1 WARATAH 1	KAYLEE SPORN (new)
YEAR 1/2 INTERVENTION SUPPORT	MIRANDA McCLUSKEY
LEARNING SUPPORT OFFICERS	ANGELLA CLIFFORD + ALYSSA TYPUSZAK
YEAR 2 SPOTTED EUCALYPT 1	ADRIAN MANCINI
YEAR 2 SPOTTED EUCALYPT 2	tbc
LEARNING SUPPORT OFFICER	JO BALDREY
YEAR 3/4 GOLDEN WATTLE 1	JAKE OTTO
YEAR 3/4 GOLDEN WATTLE 2	MIKAILA HICKS
YEAR 3/4 GREVILLEA 1	BLAIR VREDENBREGT (new)
YEAR 3/4 GREVILLEA 2	NATHAN PACE (new)
YEAR 3/4 WARATAH 2	AMY BATEMAN
LEARNING SUPPORT OFFICERS	CARLA FRASER + EMILY MAGILL
YEAR 5/6 SILVER BANKSIA 1	RHIANNON EVANS
YEAR 5/6 SILVER BANKSIA 2	GEORGIA COWLING (new)
YEAR 5/6 SCENTBARK 1	PAUL DUNCAN
LEARNING SUPPORT OFFICER	SIMONE McEWAN

SPECIALIST SUBJECTS AND STAFF

MIND AND BODY P-6 + SPORTS ACADEMY	DEAN ROBERTS
100 LANGUAGES / THE ARTS	TESS RIGHETTI + HOLLY MOODY
ATELIERISTA ROLE	TESS RIGHETTI
LITERACY ENRICHMENT P-4	CANDICE DELANEY
YOUNG DESIGNERS 5-6	JAMES FLINT / GERARD DOUGLAS
FULL STEAM AHEAD (new specialist subject Year 1-6)	CHRISSY LEHPAMER
OUTDOOR DISCOVERY P-2 + THE GROWTH PROJECT YEAR 3-6	JESSIE MACKINNON
CLASSROOM SUPPORT	SIOBHAN BROOKS (Term One) + BRYDIE HARMAN + GEN AUDLEY
SHINRIN YOKU	GERARD DOUGLAS



PRAYER

God of strength,

Help us to manage and navigate change in our lives. Show us ways to embrace change and to have courage. In uncertain times, give us confidence in your presence. Give us wisdom and guide us as we approach change and experience feelings of loss. May these feelings not disrupt the potential of new relationships and new opportunities. Allow us to trust in your guidance and your love. Amen.



STUDENT LEARNING & ACHIEVEMENTS

In The Growth Project, the Grade 3/4s have been busy designing and creating their very own Scarecrows that convey an environmentalism message using recycled and upcycled materials. A big thank you to all the families that contributed supplies and supported their children during this project. The children all did a fabulous job and learnt a lot of valuable skills along the way such as sawing, hammering, measurement, problem solving, team work, collaboration and reflective thinking.

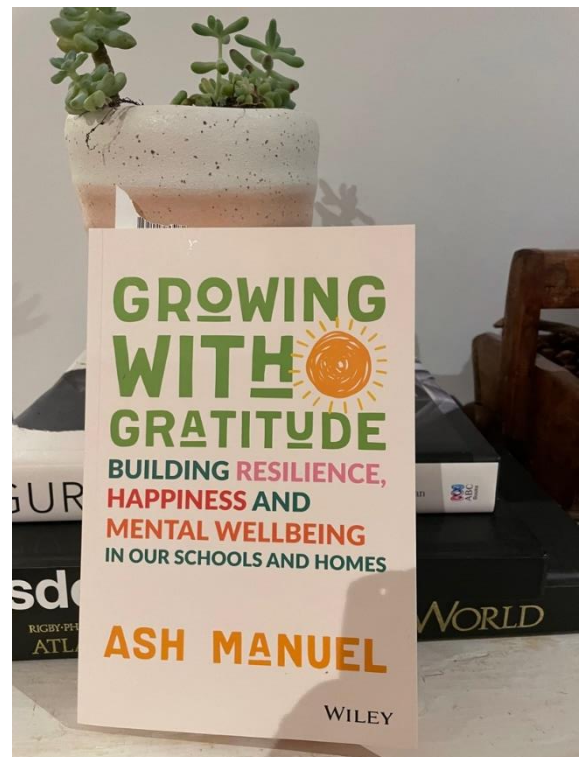
We have entered two scarecrows into the annual Royal Geelong Show Scarecrow competition, as voted by the staff and students. Congratulations and good luck to Riley, Teddy, Jackson, Archie and Henry on their surfer scarecrow and to Xander, Izaah, Blake and Eddie on their sustainability scarecrow from Grevillia 2.

Parents and friends intending to visit the display at The Royal Geelong Show, they will be in the Education Pavilion (which will close on Thursday **4pm**, Friday & Saturday nights at **8pm** and Sunday at **5pm**)





Our book of the week is a little different this week as it is not in the student library. "Growing with Gratitude- Building resilience, happiness and mental wellbeing in our schools and homes" by Ash Manuel is a new release that several of our staff have been reading. Never before has the focus on the wellbeing and mental health of our young people been so clear – just in the last week the Victorian Government has announced a commitment of \$200 million over four years to expand the mental health focus in primary schools. At Lisieux, we have made this a conscious focus of our philosophy since our very first day of operation. Our staff read widely and engage in regular professional development in the area of student wellbeing, mental health and engagement. Each year we commit to a full 2-day immersion in professional education in this area for every member of staff. The role of gratitude in the sphere of mental health is a growing one and this book provides some practical support for embedding positive habits, a culture of wellbeing and tools to build positive mental wellbeing. It is recommended reading for educators and parents alike. Many of the suggested strategies in this book are already currently embedded in our Lisieux practice and we continue to develop further ideas and approaches to strengthen this area of our practice.







TAKE NOTE

We remind families that supervision at school does not commence until 8:20am. Students should not arrive prior to this time and we ask for your support in this matter. Upon arrival, students should put their bags away and head outside for supervised play.

Thank you to those members of the community who accepted the challenge of painting a chair for our Art Show. If these could be returned to Lisieux within the next day or two, with your clearly marked name so this can be acknowledged, we would be very grateful.

Our annual Lisieux Scholastic Book Fair will take place from Tuesday, October 25th to Friday, October 28th in the Wayperri Hub. The fair will open for purchases each day from 315-430. Students will have tours and bring home wish lists and there will be prizes and promotions. EFTPOS available.

SCHOLASTIC  Book Fairs



Theme for Terms 3 & 4, 2022

Come. Stay. Read a Great Tale!

Find purr-fect books and a dog-gone good time as your staff, students, and their parents sniff out books from Scholastic and other publishers that will make their tails wag!

PAWS FOR BOOKS BOOK FAIR

COME. STAY. READ A GREAT TALE!







COMMUNITY NEWS

Surf Coast Kite Festival

Proudly Supporting JAN JUC PRESCHOOL

Sun 23rd Oct

Fisherman's Beach Foreshore

10am to 2pm

Kite Making
Entertainment
Food and Fun!

Kite Shop is NOW OPEN visit surfcoastkitefestival.com.au

celebrating Children's Week 2022

22nd – 30th October

All Children have the right to a standard of living that supports their wellbeing and healthy development.

- Monday 24th October 10am-12.00pm**
Deans Marsh, Pennyroyal Valley Road, park next to Community Cottage
Deans Marsh Early Years Reference Group and Council invite you to come along and enjoy a fun morning of active games, creative craft, healthy snacks and much more.
- Tuesday 25th October 10.30am -12pm**
Moriac, Newling Reserve, Clerke Court, next to Kindergarten
Moriac Early Years Reference Group and Council invite you to come along and enjoy a morning of upcycled crafts, active sports, nature treasure hunt and much more.
- Wednesday 26th October 10am-12pm**
Torquay, Elephant Walk Park, The Esplanade, Torquay
Torquay & Jan Juc Early Years Reference Group and Council invite you to come along and experience a Welcome to Country and smoking ceremony at 10am, followed by activities including Roaming Reptiles, creative craft, sensory experiences and much more.
- Thursday 27th October 1-3pm**
Winchelsea, 30 Hesse Street, Winchelsea next to Kindergarten
Winchelsea Early Years Reference Group and Council invite you to come along and enjoy a fun afternoon of activities including nature play, healthy snack activity, sensory experiences and bush craft.
- Anglesea and Lorne – Kindergarten, Occasional Care and Community Houses are holding their own Children's Week celebrations.

GENERAL INFORMATION

- Please bring your own water bottle, hat and sunscreen.
- Events may be cancelled due to extreme weather.
- These events will be run in accordance with our COVIDsafe plans.

FOR FURTHER INFORMATION ABOUT CHILDREN'S WEEK VISIT:
surfcoast.vic.gov.au/childrensweek2022
 P. 5264 9250
 E. kmcc@surfcoast.vic.gov.au
 follow - Surf Coast Shire Early Years
 #ChildrensWeekVic

These Children's Week events are presented by Surf Coast Shire Council in partnership with the Victorian Government.



Helping children adapt to change

Via www.peacefulparent.com

Because children are constantly grappling with lots of new information, it stands to reason that the more time they spend in the places and with the things, the rituals and the people that they are already very familiar with, the more secure and in control of their world they will feel and the less likely they are to become overwhelmed.

Children love and thrive on routine, rhythm and generally spending time doing that which they've already mastered. And at the same time children are inherently driven to keep learning and exploring new territory, and adapting to change. Yet they like to explore from a safe and secure place, which they mostly achieve when they feel looked after by someone who they know is intently focused on their wellbeing. This is why it's very important to be a bridge to help your child build the connection and trust with a new person in a new environment.

Your child takes their cues from you about who is safe and who isn't, so rather than expecting your child to do all the work of forming new bonds on their own, be right in there with them (if needed) helping the flow of communication, helping your child share their thoughts and feelings, helping the other person get to know your child. Young children need to be with attachment figures, someone who is making it clear that they want to truly bond. It's important that your child can feel confident about accessing their needs, they want to feel cared for by those they have discovered will truly tune in to them, cares about them and will patiently help them adapt to their newer environment or activities.

Independence grows from the strong foundation of a child's dependent needs being met. At times of change a child will attempt to draw all that they need from the person and people who love and care for them the most. Being accepting of a child's needs being higher than usual, including being more emotionally vulnerable and trusting that meeting their extra needs for connection, closeness, warmth, encouragement and listening is mostly what's needed.

There's just so much knowledge and so many skills that we adults have acquired that we can't help taking for granted because we don't have to worry about what's already known, it just is as it is. But for our children, there's so much around them every day, even in the boring adult conversations they overhear, that's not yet familiar or even understood to them. Learning and coming to terms with the new takes a lot of energy and can cause a lot of frustration, it's no wonder they need so much more sleep than us!

Some typical changes that many children experience: The birth of a new sibling and indeed children sense change even from the time that their mother becomes pregnant generally. Then there's the old adage that a person either moves house, renovates or both during pregnancy. I can put my hand up to both, we moved house each time that I was pregnant! And of course, moving house at any time can be a huge change for a child to adapt to. Illness brings change, mostly



temporarily thankfully, but still big changes to the routine and often to the mood of parent, child or both! Other common changes that many, if not most families, go through are; when a parent returns to work, weaning from night feeds or from breastfeeding, increased conflict amongst parents, a new caregiver or early childhood situation, [starting or changing schools](#), puberty and on and on it goes. Then there's the really big ones like divorce, serious illness, emigration, accidents or a death in the family. There will always be more changes ahead, change is sometimes unexpected, sometimes exciting, sometimes a relief but nearly always challenging, it can be somewhat destabilizing and sometimes traumatic.

At times of change, many children can feel less secure and more stressed. And when a child feels insecure and stressed, anything and everything can be harder for them to handle. Sadness about saying goodbye to mum or dad when taken to school or the sadness of ending a playdate can evoke deeper feelings of grief relating to the bigger changes afoot. I remember a friend telling me about his daughter being completely beside herself with grief and distress because when they went back to the library to get her card she'd left there earlier but the library was closed. The same girl's mother had died a couple of years earlier, little losses touched on big feelings of grief for her, and every cry was a part of her grieving process (when she felt supported). [Listening lovingly to all these feelings](#) strengthens a child.

Change always involves the letting go of how things have been to one extent or another. The stress of change can manifest in different ways for different children. Many children become extra clingy and seek out more hugs, more stories before bed and more attention in general. It's also not unusual for children to regress at such times. The four year old who has long since potty trained might have a few accidents. The three year old whose been happily sleeping in their own bed wants to sleep with her parent/s. Big boy or girl voices disintegrate into high pitched whining. The seven year old pushes her friends when she gets angry.

You can particularly expect an [increase in defiance or even aggression](#) at times of extra stress relating to changes. It's important to express the limits that reflect that we can't allow destructive behaviour, but it doesn't help their behaviour or their emotional wellbeing if we're harsh or punitive. Even when we express limits or remind them of the tasks at hand, it's our empathy and understanding of the big feelings that are driving their tendency to be oppositional which allows them to feel safe and secure and ultimately to move through the difficult feelings that change brings. Because the child who has some smouldering feelings relating to anticipated or recent change is less likely to identify and express their feelings eloquently and more likely to show those feelings in generally anti-social behaviour, it's very important that we give them extra emotional warmth and support at these times rather than becoming overly focused on their grumpy demeanour.

It can help to remember that children don't want to make our already stressful load even greater by making life difficult for us, they simply can't manage big feelings without our emotional support.

Change can make a child very grumpy and parents can feel like they're walking on eggshells avoiding giving requests or corrections in the hope of avoiding meltdowns. But in fact what often brings the child relief is when we stop trying to appease them and we control our urge to over-react to them, but instead hold any particular limit like "no" to t.v., sugary food, visiting friends, whatever they've become fixated on, then give our full attention as the inevitable meltdown allows their grumpy feelings to start to spill out.

Children try to escape uncomfortable feelings by grasping on to getting the things that they think will make them happy. But there's a difference at such times between what they want and what they need. Although it's good that children have lots of opportunities to negotiate and problem solve, these times when they're containing a lot of frustration are the times that they need our help to gain some emotional release and they're really not fit for complex communication and decision making. Only you as a parent can attune to what your child really needs. So when you identify that your child's all full of frustration, holding a limit with love and empathy gives them an opportunity for a safe outlet of frustration while feeling cared for.

Hold steady with a limit without bargaining or negotiating, but instead reiterate the limit with calm confidence; “no my boy, I’m not going to put the t.v. on today” but remain very present and give them your full attention and empathy "and I can really really see how disappointed you are and I care. I'm here, I'm listening." Showing your child that you understand and care about their feelings can often [allow the child to work their way through feeling and offloading their disappointment and grief](#).

Stress releasing tears and venting. Our child can make the most of our emotional support and it often brings the [stress releasing tears that helps them get lots of frustration out of their system](#). It’s often after a big meltdown that children find renewed energy to accept their new challenges. Listening to and allowing a child’s huge protests and upsets about the new baby, for instance, can feel heartbreaking, but it’s often after getting it all out that the same child will clearly show increased affection and patience for their baby sibling.

When children are going through big changes, we can help them by making the process of change as incremental as possible. It helps if we can help them familiarize with the new before it happens, visits, chats, books, stories, youtube clips. Before visiting London with my daughter when she was seven, we went to the travel agents and got a couple of brochures, we searched through websites and books about London and watched videos and talked to my sister on skype to help build my daughter’s sense of connection and familiarity. Although it was all exciting for her, I knew well that it would also be very challenging to be away from home and from her dad and big brother and to process all those experiences.

It can really help to remember “this too shall pass”.

Looking back, I wish I’d been more clued in to the importance of making change as smooth as possible when we emigrated from Ireland to New Zealand when our son had just turned three. We might as well have taken him to a different planet. If I’d put more thought into how I could access support for myself, I could have found myself on more solid ground a bit quicker knowing that coming to terms with the change would all be easier when he could feel his mum’s happiness and confidence in our new world. We got there in the end. I recommend that parents seek extra physical and emotional support at times of change for the sake of their child as much as themselves.

Wow! Week Two has flown by and the P&F are in full swing to get our special events up and running! Without our dedicated Committee who run everything behind the scenes, our children would not be able to experience these wonderful initiatives at school. If you are interested in joining our committee, please email us! - lisieuxpandf@gmail.com as we are always seeking new ideas! One thing we would love to get up and running in 2023 is the Lisieux Ball. If you have amazing ideas or would like to help out, please contact us and we can create a small committee to get the ball rolling!

School 24

Thank you to those people who have downloaded the **School 24 APP** and started using it to order the Friday Lunch, to volunteer for Fresh Fruit Friday and to order their Fresh Mangoes! I hope you are finding it seamless to use and easier to transfer money. For those who are not aware, we will be using School 24 for the Lisieux Canteen, this **does not** replace QuickCliq for ordering the Thursday lunch orders, that will still continue! We have a small team running the Lisieux Canteen onsite at the school. We ask all parents to please create an account on School 24, as the school will use this quite regularly in the future. Once you register you will be able to order Friday lunch orders, volunteer for special events and also order the Mangoes through this platform. Moving forwards, School 24 will be actively used for P&F events and any special events the school holds in the future!

Please visit the website to register: <https://www.school24.net.au>

GETTING STARTED

Welcome to School24. We look forward to providing you with an easy-to-use online ordering platform that can be used on-the-go at any time! Getting started is easy, just follow the steps below and you'll be ready to make your first order in minutes.

Registration

To register, visit www.school24.net.au on **any device** OR install the School24 mobile app on your **iPhone/Android** from the Apple App Store/Google Play Store

- Press the **ORANGE** registration button to create your account
- Enter your unique school ID number **below** to match your account with your school
- Once completed click **Create Account**.

Log In | Register >

Lisieux Catholic Primary School: 25437963

Congratulations you are now registered!

Activate your Account

Go to www.school24.net.au OR using the app you downloaded earlier to your iPhone/Android

- Use your registered email address and password to login. Once you have logged in you will need to complete the following steps to ensure you are ready to make your first order.

Step 1

- Setup your children. In the middle of the screen there is a **'Students'** button. Here you can input your child's name and class, along with any allergies or special requirements they may have.

Step 2 (optional)

- Top-up your account. You will be taken to a secure page where you can select a top-up amount and enter your card details. Top-up is instant when using visa/master cards. You can pay as you go when purchase an item/product at School24, top up a school24 account is only optional.

Place your first order!

Congratulations. You are now ready to make your first order.

For information on how to place your first order and use the School24 system, please visit our Help Center: <https://school24.tawk.help/>

Lisieux Canteen

We have had a positive response to our first Lisieux Canteen tomorrow and received quite a few orders! So thank you for your support and we hope this will continue as we find our feet and hopefully grow! Don't forget, orders for the Lisieux Canteen must be on School 24 and orders close on Wednesday's at 12 noon.

The Mango Fundraiser

Who doesn't love a fresh and juicy mango! Don't forget to order your mangoes and also to ask your friends, family and work colleagues! The family with the most orders will receive a prize for their efforts!



Fresh North Queensland mangoes direct from the farm to you!

Support our Lisieux Mango Fundraiser

If you *love mangoes* here is your chance to indulge in fresh juicy Kensington Pride mangoes and support our fundraiser.

We are selling trays of mangoes picked and packed during the premium harvest.

Cost per tray is: \$28.

The boxes of mangoes are packed in a single layer, with approximately 7 kg of mangoes per tray. The number of mangoes depends on the size of the fruit. Size of the fruit varies from year to year due to the weather.

Prize: A prize will be awarded to the family who orders the most trays of mangoes. Ask family members, friends, neighbours and colleagues if they would like to purchase a tray – anyone you can deliver them to, or who can collect them from your home.

Place your order by: 3 pm on Friday 21st [October, 2022](#).

Payment: Order and payment details will be shared in the next newsletter.

Expected delivery: Late [November, 2022](#).

Money raised will go towards: A pottery kiln.

Parent contact: Renee, M. 0490701855.



Trays of 7 kgs of mangoes
for \$28 each.

A **prize** will be awarded to the family who orders the most trays of mangoes. Ask family members, friends, neighbours and colleagues if they would like to purchase a tray – anyone you can deliver them to, or who can collect them from your home.

Fresh Fruit Friday

Don't forget to bring \$2 for your Fresh Fruit Juices tomorrow! Thank you to our volunteers for giving up their time to help out!





Proudly a part of
and supporting the
Lisieux community
- Jess and Chris Henson

If you have any questions about real estate,
we're always happy to have a chat.

ONEAGENCY
SURF COAST

chris.h@oneagency.com.au
0477 774 271

Linking People with Property



We **sell**
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Suzy Jones

0438 438 388

sjones@linksproperty.com.au



Lynno Hayden

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Open Day

Star of the Sea Aged Care

Take a tour of the newly renovated rooms, chat with our friendly team and enjoy free barista-made coffee and sausage sizzle.

Date: Saturday 22 October

Time: 1-3pm

Where: 1290 Horseshoe Bend Road,
Torquay, Vic 3228

Visit us online or call for more information.

1300 698 624
vmch.com.au

VMCH

To protect the health and safety of residents and staff, we ask you to wear a mask indoors and perform a Rapid Antigen Test provided free of charge prior to entry.

WHR ALLIED HEALTH

OCCUPATIONAL THERAPY

Providing community and clinic-based supports from our Torquay office with zero wait times for paediatric, adolescent & adult ASD and Intellectual Disability supports.

- NDIS - Medicare - Private Health
- 17 Occupational Therapists
- Immediate availability

Contact our admin team to discuss how one of our Occupational Therapists can support you & your family today!

 40 Baines Crescent, Torquay

 admin@whralliedhealth.com

 03 5261 9037

