

Access Nutrition and Dietetics

We use the latest research to work with you to meet your goals.



Building healthier lives together with our communities and delivering excellent health services for all.



At Access Health and Community we offer a positive, friendly and non-judgmental service for people who are seeking support with food, eating, health and wellbeing.

We use the latest research to work with you to meet your goals and take into account your personal food preferences, family needs and other factors.

Our nutrition and dietetics services

Our dietitians can assist with:

- General nutrition and healthy eating
- Being a comfortable and healthy weight
- Diabetes and prevention of diabetes
- Heart health, cholesterol, high blood pressure
- Fussy or selective eating
- Concern about eating disorders
- Body image issues
- Nutrition for pregnancy and breastfeeding
- Stomach and gut issues including constipation and irritable bowel syndrome
- Food intolerance and allergy
- Vegetarian or vegan eating
- Loss of strength or energy related to a health concern
- Vitamin and mineral deficiencies including anaemia, and
- Confusion about current popular diets.

What does this service provide?

- Nutrition assessments and action plans
- Group education
- Home visits for those unable to leave home to attend appointments
- Presentations to community groups and organisations, and
- Answers to general enquiries.

For information regarding nutrition services for children under 12 years please contact us on 9810 3000.



Our fees

We offer subsidised and fee-for-service health care with private health insurance rebates available. The cost of services depends on your income level and we will help you access funding you are eligible for. We support My Aged Care and National Disability Insurance Scheme (NDIS) clients.

Ask us how we can help you.

Appointments and referrals

Please contact us on:

✉ intake@accesshc.org.au

☎ 03 9810 3000

If you need to reschedule your appointment; please contact us at least 24 hours before.

Non-attendance fees may apply.

About us

We are a quality, not-for-profit, accredited health and community service providing doctors, dentists, allied health, counselling, alcohol and drug, child and family services and social support programs. We offer services for all ages and work as a team to support you.

Where to find nutrition and dietetics services

For more information on all of our services, sites, parking options and transport:

☎ 03 9810 3000

✉ info@accesshc.org.au

🌐 accesshc.org.au

Ashburton

7 Samarinda Avenue
Ashburton VIC 3147

Doncaster East

1/1020 Doncaster Road
Doncaster East VIC 3109

Hawthorn

378 Burwood Road
Hawthorn VIC 3122

Richmond

283 Church Street
Richmond VIC 3121

Templestowe

44 Balmoral Avenue
Lower Templestowe 3107

We are a child safe organisation.

AccessHC is committed to providing services for our diverse community.