THE NEST JOURNAL

What's happening at NEST

Issue 2 | October 2026

A Note from Clare

Hi everyone, and welcome to another NEST Newsletter!

We're delighted to welcome back a familiar face, Nutritionist and Health Coach Romy Bursztyn, to the NEST team. We also warmly welcome Clinical Psychologist Dr Sophie White to our psychology team, and experienced Practice Nurse, Midwife and Lactation Consultant Lara Dee to our nursing team. Lara and Megan are the wonderful nurses at NEST, and as mums themselves, they bring a wealth of experience and understanding to supporting families with their healthcare needs, including all your immunisation questions!

At NEST, we feel incredibly privileged to be trusted with the care of you and your families, and we're so grateful to be part of your health and wellbeing journey.

In health & happiness,
Clare Chisholm
Operations Manager

This Month at NEST

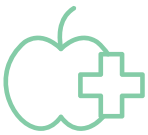
My child has a fever- what should I do?



Megan Harvey, NEST Nurse and Emergency Clinical Nurse Educator, shares practical advice for parents.

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Meet Romy Bursztyn - Registered Nutritionist



Discover Romy's whole-person approach to nutrition, health and wellbeing.

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Meet Dr Tayla Meerkin - GP



Get to know Dr Tayla, including her approach to women's health, mental health and children's health.

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Back to School & Around the NEST



A back to school recipe, a look inside our new Prahran clinic, our new Clinical Psychologist and what's coming soon.

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My child has a fever, what should I do?

Megan Harvey, NEST Nurse & Emergency Clinical Nurse Educator, answers

A fever can be worrying.

A fever is a symptom of illness rather than an illness itself. A temperature over 38°C is considered a fever. While a fever can make your child uncomfortable, the aim of treatment is to keep them comfortable rather than simply bring the temperature down.



MEGAN HARVEY
NEST Nurse | Emergency Clinical Nurse Educator

How should I manage my child's fever at home?

REST
Let your child rest while they're unwell.

FLUIDS
Encourage frequent hydration. For babies, this can include more frequent breastfeeds or formula feeds.

KEEP THEM COMFORTABLE
Dress your child comfortably and avoid adding extra layers. Cold baths are no longer recommended.

MEDICATION
Paracetamol and/or ibuprofen can help with discomfort. They don't make the illness get better faster.

HOT TIP: If your child has a fever but is happy and comfortable, you don't need to treat the fever.

How do I check their temperature?

A digital thermometer is recommended.

- Under the arm can be used.
- Oral thermometers should only be used in children over 4.
- Tympanic thermometers can be used over 6 months, although they can be difficult to use.

When should I seek help?

See your GP if:

- Your child is under 3 months and has a fever.
- Their fever has lasted more than 48 hours and they are not improving.

Febrile convulsion?
Call 000 if it is their first febrile convulsion or lasts 5 minutes or longer.

About Megan: Megan has more than a decade of experience teaching parents, nurses and clinicians. She is also the founder of Help at Hand, an online first aid and health education resource for parents.

Meet Dr Tayla Meerkin

General Practitioner



"There's no silly question or concern. If it's on your mind, ask."
Dr Tayla Meerkin

What made you choose general practice?
Dr Tayla's interest in medicine started with a love of medical reality and drama shows. She was drawn to general practice because of the variety; she thinks she would have gotten bored just looking at one body part or system all day in another medical specialty.
One of the things she finds particularly rewarding is caring for women during pregnancy, then continuing to care for those babies as they grow up themselves.

What do you particularly enjoy about your work?
Dr Tayla enjoys seeing women's health patients, mental health patients (all ages and genders), and paediatric patients, and is currently pursuing further training with the NDC Institute, aka Possums - an evidence-based framework for supporting families to resolve breastfeeding, sleep, and unsettled baby and toddler challenges.

What can patients expect when they see Dr Tayla?
For Dr Tayla, good medicine starts with listening. She wants to understand what's going on, make sure patients feel heard, answer their questions and leave them with a clear plan and next steps.

JUST FOR FUN

Day off: Outside the clinic, Dr Tayla enjoys time with her two boys, romance books and craft projects.

Areas of interest

- Women's health
- Menstrual concerns
- Contraception and sexual health
- Pregnancy planning
- Mental health (all ages and genders)
- Children's health
- Travel medicine

Additional training

Dr Tayla is undertaking further training with the NDC Institute and Possums, including evidence based approaches to feeding, sleep, crying, settling and new-parent mental health.

Dr Tayla Meerkin is available Sunday, Monday, Tuesday & Friday at our Elsternwick clinic

Book with Dr Tayla

Meet Romy Bursztyn

Registered Nutritionist | Health & Lifestyle Coach



"You don't have to wait until everything feels unmanageable before asking for support."
Romy Bursztyn

A whole-person approach
For Romy, health is about much more than food or weight. She looks at the bigger picture, including nutrition, movement, sleep, stress, emotional wellbeing and the everyday demands of life.

Her approach is about realistic, sustainable changes rather than extremes or overwhelm.

Why do people come to Romy?
People often come feeling tired, overwhelmed or simply not quite themselves. They may be dealing with low energy, digestive concerns, disrupted sleep, stress, changes in weight or body composition, or symptoms associated with perimenopause and menopause.

Many are also confused by conflicting health advice and want a calmer, more personalised way forward.

What can you expect?
Romy starts by understanding where you are, what matters to you and what is realistic for your life. She works alongside your existing healthcare team where needed, helping turn health advice into practical habits.

Outside work
Romy is a mum of three and a devoted dog mum to Archie and Milo. She enjoys good food, being outdoors and spending time with her family.

What might bring you to Romy?

- Nutrition & healthy eating
- Lifestyle & healthy habits
- Perimenopause & menopause
- Stress, fatigue & burnout
- Sleep & energy
- Emotional eating & body image
- Non-diet weight support
- Healthy ageing & longevity

About Romy
Romy is a Registered Nutritionist, Accredited Health & Wellness Coach, Certified Perimenopause & Menopause Practitioner, Breathwork Instructor and Body Image Coach, with 30 years' experience in health and wellness.

Romy Bursztyn is available Thursdays at NEST Elsternwick

Book with Romy Bursztyn

Back to School

Nut & Dairy-Free Muesli Bars

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With Nicole Bando, Dietitian & Lactation Specialist





Method

1. Add dry ingredients to a large mixing bowl. Stir with a wooden spoon.
2. Mix tahini or other seed butter and honey in a small saucepan over low heat until smooth. Once it starts to gently bubble, turn down the heat to low and stir for about 5 minutes. Remove from heat.
3. Pour hot seed butter and honey mixture over dry ingredients and mix until ingredients are coated.
4. Press into a 20cm square, lined baked tin, using the wooden spoon and your fingers. Refrigerate for 2 hours, until firm. Cut into 10 muesli bars or 20 smaller squares.

Ingredients

½ cup tahini, pumpkin or sunflower seed spread
½ cup honey
1 ½ cups rolled oats
1 cup sultanas or other finely chopped dried fruit
¾ cup mixed seeds
e.g. pumpkin, sunflower, sesame, chia
¼ cup desiccated coconut
½ teaspoon cinnamon

Find out more about Nicole Bando

MORE WAYS TO SEE YOUR GP

More appointments across the week, including Sundays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dr Shweta Saraf	●	●	●	●	●	●	
Dr Tayla Meerkin	●	●			●		●
Dr Rina Hofman	●	●	●	●			
Dr Julian Lee		●			●	●	
Dr Stephanie Demkiw		●	●		●		
Dr Shivani Ragunathan	●		●			●	
Dr Amanda Scott	●	●		●	●	●	
Dr Claire Toohey	●					●	
Assoc Prof Jenny Neil					●		
Dr Alessandra Briglia		●	●	●	●	●	

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Around the NEST

Useful things to know about your care at NEST



Welcoming Dr Sophie White

We're pleased to welcome Dr Sophie White, Clinical Psychologist, to NEST.

Dr White takes a collaborative, compassionate approach to care. Her interests include perinatal mental health, eating disorders and body image, and supporting people through pregnancy and parenthood.

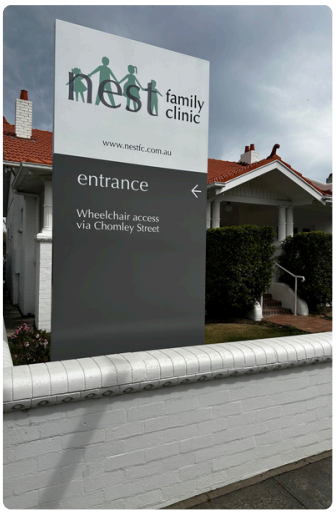
Appointments: Fridays, via telehealth only.

Psychology and social work enquiries: Phone reception or complete the Mental Health Intake Form on our website.

NEST PRAHRAN - A second NEST location

NEST has opened a second clinic at 520 High Street, Prahran.

Our Prahran clinic is currently home to our Psychology and Psychiatry services, with more services being introduced over time.









COMING TO NEST PRAHRAN

SkinDepth Cosmetics is coming to NEST Prahran - January 2027

SkinDepth is a doctor-led aesthetic dermatology clinic focused on personalised skin and cosmetic care. Their services include skin rejuvenation, laser and other aesthetic treatments.

More information and bookings coming soon.



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