

THE NEST JOURNAL

What's happening at NEST

Issue 1 | September 2026

A Note from Clare

Dear patients,

Welcome to our (long overdue!) updated NEST newsletter!

It's been a while since we've popped into your inbox, and a lot has happened at NEST over the past few years. One of our biggest changes has been the opening of our second clinic at 520 High Street, Prahran. For now, NEST Prahran is home to our psychology and psychiatry services, with more exciting things to come.

Back in Elsternwick, our GP service continues to be ably led by our Principal GP, Dr Amanda Scott. We now have GPs consulting 7 days a week, with two to three GPs working on Saturdays to meet the strong demand for weekend appointments.

We've also welcomed some wonderful new clinicians to the NEST family, and we'll be introducing you to some of them over the coming newsletters. We're incredibly proud of the team and the range of services we're able to offer our patients and families.

Even though we have just entered Spring, if you haven't had your 2026 flu vaccination yet, there is still time to get protected.

It's lovely to be back in touch. We hope you enjoy hearing a little more about what's happening at NEST, meeting some of our team and picking up a few helpful health tips along the way.

In health & happiness,

Clare Chisholm

Operations Manager

This Month at NEST

Meet Dr Shweta Saraf Get to know one of our GPs



From women's and children's health to preventive care, meet Dr Saraf and discover what she enjoys most about general practice.

Meet Dr Saraf → Page 2

From Nicole Plant milk or dairy milk?



Plus an easy banana pancake recipe from Dietitian Nicole Bando

READ MORE → Page 4

You asked Do I need to be in crisis to see a psychologist?



Jessica Spigler explains why you don't have to be in crisis to benefit from therapy.

READ MORE → Page 3

Flu vaccinations



It's not too late to get your flu vaccine.

Flu vaccination is available at NEST.

Book online or speak with our team to find out more.



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Meet Dr Shweta Saraf

General Practitioner



"Every day feels like an adventure because no two days are the same!"

Dr Shweta Saraf

What inspired you to become a GP?

I wanted to create a meaningful impact on people's health right where good healthcare starts. I also really value the opportunity to care for patients and their families through every stage of life.

There's something special about getting to know your patients over time and celebrating their wins with them.

What do you enjoy about working at NEST?

I love that the minute you walk through the doors, NEST feels like a warm and welcoming space for people from all walks of life.

What can you expect when you see Dr Saraf?

A warm and inclusive space where you always feel heard. Dr Saraf's approach is holistic and tailored to each patient, taking into consideration the different facets of their life. She aims to provide evidence-based care while giving patients choices and supporting them to achieve the best possible health outcomes.

JUST FOR FUN

Coffee or tea: Coffee. Always coffee – nothing beats that first glorious sip of the day!

Summer or winter: Summer – for those long balmy evenings.

Day off: A sweet treat at a local café, a dance class or exploring somewhere new. When I'm lucky, I love travelling and discovering the local food scene.



Areas of interest

- Women's health
- Sexual & reproductive health
- Antenatal care
- Paediatrics
- Preventive health

Dr Saraf has completed additional training, including a Diploma in Obstetrics and Gynaecology (DRANZCOG) and The Sydney Child Health Program. She is also trained in Implanon insertion and removal and medical termination of pregnancy.

Dr Shweta Saraf is available Monday – Saturday at our Elsternwick clinic

Book with Dr Saraf



You Asked

Do I need to be in crisis to see a psychologist?

The short answer?

No

You don't have to be in crisis to benefit from therapy. People seek support for many reasons, from feeling overwhelmed or disconnected to noticing recurring patterns in their relationships or simply wanting to better understand themselves.

For Jessica, therapy is about developing a deeper understanding of yourself and creating a healthier relationship with yourself and others, not simply reducing symptoms.



"No single therapeutic approach fits every person."

Jessica Spigler, Psychologist

What happens at a first appointment?

The first appointment is an opportunity to begin getting to know one another. Jessica will ask what has brought you to therapy, what's been happening recently, and about experiences and relationships that may have shaped where you are today.

You don't need to arrive knowing exactly what's "wrong" or what you want to work on. It's also important that you get a sense of your psychologist and feel comfortable and understood.

From there, you can think together about what you'd like to get from therapy and what approach might be most helpful.

Areas Jessica works with

- Anxiety & emotional regulation
- Relationships & interpersonal difficulties
- Self-esteem, identity & self-worth
- Trauma & attachment
- Grief & loss
- Fertility & perinatal mental health
- Adjustment to parenthood
- Couples & relationships

Why ongoing learning matters

Continuing to learn gives Jessica a broader range of ways to understand and work with what each client brings to therapy.

Her ongoing training allows her to integrate different evidence-based approaches and tailor therapy to the individual, whether someone needs practical strategies, help understanding recurring patterns, or space to explore their emotional responses more deeply.

Find out more about Jessica



Food & Nutrition

With Nicole Bando, Dietitian & Lactation Specialist



Plant Milk or Dairy Milk?

With so many milk options available, it can be hard to know which one to choose. Nicole takes a closer look at plant-based and dairy milks, including what to consider when choosing an option for yourself or your family.

[Read Nicole's full article](#)



Something for the Kitchen

Banana Pancakes



Ingredients (serves 2-3)

1 cup wholemeal self-raising flour
1/2 cup milk
1/2 cup natural yoghurt
1 egg
1 teaspoon cinnamon
1 ripe banana, mashed

Method

1. Mix flour and cinnamon.
2. Whisk egg, milk and yoghurt. Make a well in the centre of the dry ingredients, add the egg mixture and stir until just combined.
3. Heat a spray of olive oil in a pan, add the batter to the pan in four equal portions. Cook 1-2 minutes each side until golden brown.
4. Remove from pan and serve with sliced strawberries or fruit salad, yoghurt and a drizzle of honey or maple syrup

[Find out more about Nicole Bando](#)



Around the NEST

Useful things to know about your care at NEST

More ways to see your GP

Increased availability, including Sundays



We've increased GP availability at NEST, with more appointments now available across the week, including Sundays.

Whether you need a routine check-up, have something you'd like to discuss or need ongoing care, you can now choose from more appointment times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dr Shweta Saraf	●	●	●	●	●	●	
Dr Tayla Meerkin	●	●			●		●
Dr Rina Hoffman	●	●	●	●			
Dr Julian Le		●			●	●	
Dr Stephanie Demkiw		●	●		●		
Dr Shivani Ragunthan	●		●			●	
Dr Amanada Scott	●	●		●	●	●	
Dr Clare Toohey	●					●	
Assoc Prof Jenny Neil					●		
Dr Alessandra Briglia		●	●	●	●	●	

Had some blood tests or investigations?

The best way to discuss your results is to make an appointment with your doctor. This gives you the opportunity to talk through your results and ask any questions.



Depending on your results, you may:

- Receive an SMS advising your results are normal
- Receive an SMS asking you to book a non-urgent appointment
- Receive a phone call from the nurse
- Speak with the nurse during the nurse results hour

Please note: Depending on your results, your GP may require you to attend an appointment. Some results cannot be given over the phone.



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Visit NEST

Find us in Elsternwick or Prahran



Supporting individuals & families through every stage of life

Elsternwick

289 Kooyong Rd,
Elsternwick VIC 3185,

Prahran

520 High Street,
Prahran VIC 3181

Hours of operation:

Mon–Fri: 8.30am–6pm

Sat: 9am–1pm

Sun: 9am–1pm

Public Holidays: 9am–1pm

GET IN TOUCH

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Paediatrics • Nutrition & Dietetics • Lactation Services