

# Local Information Guide

Helena  
Valley  
Lifestyle  
Village





## WELCOME

### TO HELENA VALLEY LIFESTYLE VILLAGE

Helena Valley is a charming and picturesque area only 20kms from Perth, ideally situated for people looking to simplify their life with a tree change. The combination of the rural foothills feel with all the conveniences of Midland close by, makes for a very desirable and convenient location.

Located south west of Greenmount Hill, Helena Valley Lifestyle Village is just 5kms from Midland city and shopping centres.

This booklet has been designed as a local directory to show you what is available in the surrounding area when you're out and about.

**A special thanks to our Lifestylers  
for their contributions toward  
this Information Guide**







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## HEALTH & MEDICAL

### HOSPITAL

#### ST JOHN OF GOD HOSPITAL MIDLAND

St John of God Hospital is a 307-bed public hospital with essential services such as cancer care, cardiology, intensive care and emergency, as well as inclusions such as extensive public parking, gift shop and pharmacy.

**1 Clayton Street, Midland**

**9274 9089**

[sjog.org.au](http://sjog.org.au)

### DENTISTS

#### MIDLAND DENTAL CENTRE

Midland Dental Centre offers a wide range of dental services including general dentistry, dental implants, cosmetic dentistry, crown and bridge and more.

**2 Old Great Northern Highway  
Midland**

**9274 4195**

[midlanddental.com.au](http://midlanddental.com.au)

#### SWAN DENTAL CLINIC

The Swan Dental Clinic is a government-run dentist which offers after hours and emergency services.

**3 Eveline Road, Middle Swan**

**9274 0099** (daily)

**9325 3452** (after hours and emergency)

### DOCTOR

#### HELENA VALLEY MEDICAL CENTRE

Helena Valley Medical Centre offers general practice and can be found on Scott St, 1.2km away from the village.

**160 Scott Street, Helena Valley**

**9255 1161**

[healthengine.com.au](http://healthengine.com.au)

#### SWAN MEDICAL GROUP

If you would prefer visiting the doctor during a visit to Midland, Swan Medical Group could work in with those plans.

They also offer Out of Surgery visits.

**280 Great Eastern Highway**

**Midland**

**9260 5200**

[swanmed.com.au](http://swanmed.com.au)

#### HELENA VALLEY CHIROPRACTIC

Helena Valley Chiropractic offers natural therapies including chiropractic, homoeopathy, naturopathy, acupuncture, SCENAR and remedial massage.

**Suite 3B/160 Scott Street, Helena Valley**

**9255 1052**

[helenavalleychiro.com](http://helenavalleychiro.com)

#### SCOTT STREET PHYSIOTHERAPY

**160 Scott St, Helena Valley**

**9255 2287**

[scottstphysio.com.au](http://scottstphysio.com.au)

### PHARMACIES

#### HELENA VALLEY PHARMACY

Helena Valley Pharmacy can be found beside Helena Valley Medical Centre and offers free delivery of prescriptions. It is also has a good gift shop.

**2/160 Scott Street, Helena Valley**

**9255 1474**

#### HELENA ESTATE PHARMACY & NEWS

A Pharmacy, Gift shop & Lotto situated next to IGA on the corner of Helena Valley Road.

**Shop 3, 1 Torquata Boulevard**

**Helena Valley**

**9250 5811**

#### GREG'S DISCOUNT PHARMACY

**243 Great Eastern Highway, Midland**

**9274 1455**

[gregs.com.au](http://gregs.com.au)

### OTHER

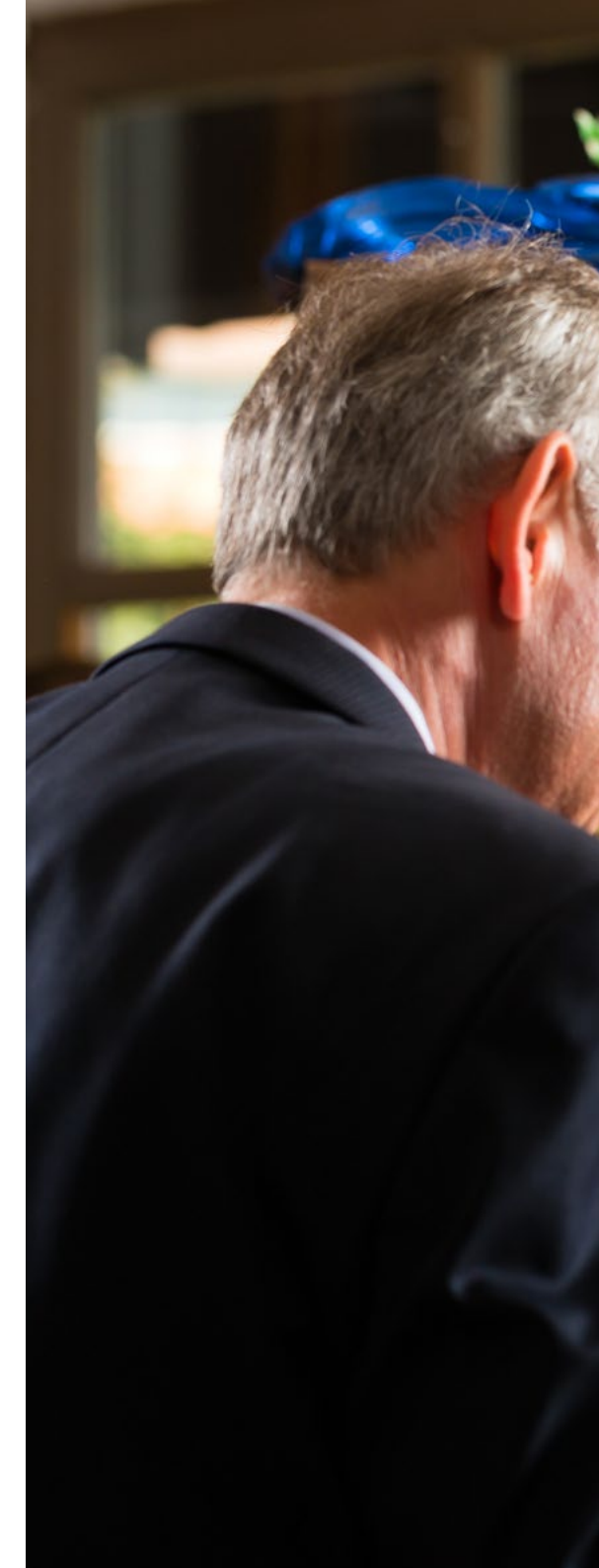
#### WESTERN DIAGNOSTIC PATHOLOGY

**6 Centennial Place, Midland**

**9250 4070**

[wdp.com.au](http://wdp.com.au)

**Medicare, Centrelink, HBF and Medibank Private can all be located in the Midland Gate Shopping Centre.**







## WINING & DINING

### RESTAURANTS

#### THE PRINCIPAL BAR AND RESTAURANT

Bringing a touch of class to Midland, The Principal is open for lunch and dinner 7 days a week. With live entertainment on Friday nights and Sunday afternoons, the deal couldn't get any sweeter.

**23 Cale Street, Midland 9250 2995**  
[theprincipal.com.au](http://theprincipal.com.au)

#### IL CAPO TRATTORIA

Authentic Italian Restaurant  
**1/26 The Crescent, Midland**  
6279 4354

#### DELHI DIAMOND AUTHENTIC INDIAN RESTAURANT

**1/305 Great Eastern HWY, Midland**  
9274 8998  
[thefork.com.au](http://thefork.com.au)

#### PADBURY'S CAFE RESTAURANT

Pub-style Modern Australian food, plus high tea, in an exposed-brick space with pavement tables.

**114 Terrace Rd, Guildford**  
0402 488 638  
[padburys.com](http://padburys.com)

#### MANDOON ESTATE

**10 Harris Rd, Caversham**  
6279 0500  
[mandoonestate.com.au](http://mandoonestate.com.au)

#### 7TH AVENUE BAR AND RESTAURANT

Situated close to the Midland town hall, the 7th Ave Bar and Restaurant is a venue that welcomes you with the charm of old-fashioned service encompassed with meals at affordable prices.

**74 Helena Street**  
**Midland 9250 1099**  
[the7thave.com](http://the7thave.com)

#### ISHIKIYA JAPANESE RESTAURANT

Dine in & Takeaway  
**54 Cale Street, Midland**  
9250 7464  
[ishikiya.com](http://ishikiya.com)

#### THE POSH CONVICT / ROSE AND CROWN

**105 Swan St, Guildford WA 6055**  
9347 8100  
[rosecrown.com.au](http://rosecrown.com.au)

#### RIVERSIDE AT WOODBRIDGE

Relaxed venue on a historical estate offering bistro fare on a verandah with vineyard & river views.

**8254 Ford St, Woodbridge**  
9274 1469  
[riversidewoodbridge.squarespace.com](http://riversidewoodbridge.squarespace.com)



## CAFÉS

### **CROOKED SPIRE COFFEE HOUSE**

A hip urban Coffee-house and Art space. Brilliant coffee, beautiful lunches and amazing art. Walk-ins are welcome, as are large or small groups and children.

**71 Victoria Street, Midland**  
**0488 444 344**

### **SYD & PHYLLIS**

A café/restaurant in the Midland Railway Workshop, a place where our modern meets the history and heritage of the precinct.

**71/21 Foundry Road, Midland**  
**0499 794 799**

### **BLACK SWAN BAKEHOUSE**

A family run bakery/café that is open 7 days a week. More than just a bakery, they also cater for corporate events and family occasions. Pop in for a hot coffee and a sandwich or pie, or come in for a wholesome bowl of hot soup on a winter's day.

**64 Morrison Rd Midland**  
**9250 6084**

### **ALFRED'S KITCHEN**

Alfred's Kitchen is the longest running roadside burger kitchen in Perth

**98 James St Guildford**  
**9377 1378**  
[alfredskitchen.com.au](http://alfredskitchen.com.au)

## PUBS AND VINEYARDS

**Make the most of your weekdays or weekends and explore local wineries!**

### **MALMALLING VINEYARD**

Kit, Pam and the team at Malmalling Winery provide top notch meals with their own beautiful wine to suit. With a tantalising menu and free wine tasting, Malmalling is somewhere you will want to return many times.

**3025 Beacon Road, Parkerville**  
**9295 5691**  
[malmallingvineyard.com.au](http://malmallingvineyard.com.au)

### **DARLINGTON ESTATE**

As a consistent finalist in the Gold Plate Awards, the Darlington Estate restaurant aims to serve food with a modern Australian twist, using seasonal ingredients and offering dairy free, gluten free and vegetarian options. Offering sparkling, white, rose and red wine, Darlington Estate has it all.

**1495 Nelson Road, Darlington**  
**9299 6268**  
[darlingtonestate.com.au](http://darlingtonestate.com.au)

### **RIVERBANK ESTATE**

Riverbank Estate is a fine dining lunchtime-only restaurant with wine tasting, vineyard views and live jazz. Enjoy gourmet food and matched wines for an elegant meal just 10kms from Helena Valley Lifestyle Village.

**126 Hammersley Road, Caversham**  
**9377 1805**





## SOCIAL FACILITIES

### LEISURE

#### SWAN PARK LEISURE CENTRE

The Leisure Centre offers three swimming pools, spa and sauna, fully equipped gym, sports courts, café, crèche and more.

**Swan Park Leisure Centre**  
16 Gray Drive, Midvale  
9207 8888

[swan.wa.gov.au](http://swan.wa.gov.au)

#### BROZ PARK

The perfect place for a walk, jog or run, get your 30 minutes a day complete with trees and a lake as your surroundings.

**Broz Park, 4 Parkview Garden**  
Helena Valley

#### HILLVIEW PUBLIC GOLF COURSE

350 Kalamunda Rd  
9454 5554

[hillviewgolfcourse.com.au](http://hillviewgolfcourse.com.au)

#### HARTFIELD GOLF CLUB

Hartfield Rd Forrestfield 9453 6137

[hartfieldgolf.com.au](http://hartfieldgolf.com.au)

#### PERTH'S OUTBACK SPLASH

Outdoor entertainment attractions

1635 Neaves Rd Bullbrook

[outbacksplash.com.au](http://outbacksplash.com.au)

#### GUILDFORD HERITAGE

##### WALK TRAILS

Cnr Meadow & Swan Street Guildford  
[westernaustralia.com](http://westernaustralia.com)

#### KALAMUNDA BOWLS CLUB

18 Kalamunda Rd Kalamunda 9293 4946  
[kalamundaclub.com](http://kalamundaclub.com)

#### HELENA PIPEHEAD WALK

5.2km bush walk. Moderately easy loop walk through Kalamunda Park. Lovely views of the Helena River.

#### KADINA TRAIL

Bush walking track  
20 Brookhill Grove Bushmead

### LIBRARY

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

- Dr. Seuss

#### KATHARINE SUSANNAH

##### PRICHARD LIBRARY

Only 3.5km from Helena Valley Lifestyle Village is the local Library.

134 Scott Street, Greenmount  
9290 6755





## SOCIAL FACILITIES

### ENTERTAINMENT

#### ACE CINEMAS MIDLAND GATE

Enjoy all the latest and greatest films at Ace Cinemas, part of the Midland Gate shopping complex. Tickets are \$8 for seniors with the Ace Silver Screen Card!

274 Great Eastern Highway, Midland  
9250 2620

[acecinemas.com.au](http://acecinemas.com.au)

#### SWAN PARK THEATRE

Gray Dr Midvale  
9274 3958

#### KOOKABURRA OUTDOOR CINEMA (NOV-APR)

Allen Rd Mundaring  
9295 6190 Info  
9397 7945 Office

[kookaburracinema.com.au](http://kookaburracinema.com.au)

#### SACRED INDIA GALLERY

Unique interactive experience.  
76 Dulwich St, Bennett Springs  
9274 7075

[sacredindia.com.au](http://sacredindia.com.au)

#### CULINARY & GOURMET TOURS TO THE SWAN VALLEY

### MORE TO EXPLORE

#### CAVERSHAM WILDLIFE PARK

Caversham Wildlife Park showcases the largest private collection of native wildlife in Western Australia. With the opportunity to hand feed kangaroos, meet a wombat or get a photo with a koala, get out of your comfort zone and out to Caversham Wildlife Park!

233b Drumpellier Drive,  
Whiteman Park, Whiteman  
9248 1984

[cavershamwildlife.com.au](http://cavershamwildlife.com.au)

#### GOMBOC GALLERY

With the largest sculpture park in the Southern Hemisphere and large indoor galleries, Gomboc Gallery should inspire any budding artist.

50 James Road, Middle Swan  
9274 3996

[gomboc-gallery.com.au](http://gomboc-gallery.com.au)

#### PERTH OBSERVATORY

Wish upon a star when you visit the Perth Observatory, situated in Bickley.

337 Walnut Road, Bickley  
9293 8255

[perthobservatory.wa.gov.au](http://perthobservatory.wa.gov.au)

#### JORGENSEN PARK – DOG PARK (OFF LEAD)

2 Crescent Road, Kalamunda

#### WHITEMAN PARK

Trains, trams & museums, picnic areas, cafe & kiosk, bush walking trails.





## GENERAL NEEDS

### MARKETS & GROCERIES

#### HELENA VALLEY IGA

1km away from the village, you can find the IGA in the Helena Valley Shopping Centre.

**1/1 Torquata Boulevard,  
Helena Valley  
9274 5744**

#### COLES/WOOLWORTHS MIDLAND

Inside Midland Gate you can find Coles and Woolworths supermarkets, as well as clothing shops, a food court and more.

**Midland Gate Shopping Centre  
274 Great Eastern Hwy, Midland  
9752 1833 (Coles)  
9274 5822 (Woolworths)**

#### KALAMUNDA ARTISAN MARKET

Offering local produce, craft and other intriguing products, the Kalamunda Village Market runs on the first Saturday of each month. Open 8:30am-2:30pm.

**Kalamunda Farmer Market  
26 Central Road, Kalamunda**

#### SWAN VIEW SHOPPING CENTRE

This centre contains a variety of shops including Swan View Pharmacy, Australia Post, supermakrets etc.

**Cnr Gladstone and Marloboro Roads  
Swan View  
9303 7300**

#### GILBERTS FRESH MARKET

This market is open daily from 8am to 7pm, collecting fresh produce straight from farms each morning before opening. They are well known for their vibrant range of fruits and veg, though also provide fresh flowers, eggs, honey, smallgoods and some frozen foods.

**1/64 Morrison Road, Midland  
9250 5222**

#### KALAMUNDA FARMERS MARKET

Every Sunday 8am till 12 noon.

The markets have an enormous array of produce  
**Central Mall Kalamunda**

### TRANSPORT

#### BUS

The bus stop at Lakeside Drive Before Helena Valley Road runs buses to Midland Station and Kalamunda Bus Station, meaning you can go to Kalamunda for the market or past Midland Gate for your shopping, as well as Midland Station.

#### TRAIN

From Midland Station you can catch the train into Perth City, which runs regularly throughout the day and stops at various stations in between.

**Visit [transperth.wa.gov.au](http://transperth.wa.gov.au) for more information on bus timetables.**





## OTHER

### FLORIST

**IN GARDENS AND FLOWERS**  
12 The Crescent, Helena Valley  
0400 185 243

### NEWSAGENCY

**HELENA ESTATE PHARMACY  
& NEWSAGENCY**  
425 Torquata Blv, Helena Valley  
3850 5811

### DARLINGTON NEWS ROUND

(Delivers the daily newspaper)  
9295 5632

### POLICE

**MIDLAND POLICE STATION**  
32 Spring Park Road, Midland  
9250 3333

### BANKING

**WESTPAC  
BANK WEST  
COMMONWEALTH BANK  
POLICE AND NURSES BANK  
BANK OF QUEENSLAND**  
All of the above can be found at and  
around Midland Gate Shopping Centre.

### POST OFFICE

18 Brook Road, Darlington  
9299 6209

### PETROL STATION

**CALTEX**  
375 Great Eastern Highway  
9250 4899

### BETTER CHOICE Bellevue

177/179 Great Eastern Highway  
Bellevue  
6460 8696

### PUMA Bellevue

18 Clayton Street  
9274 5706

### VET

#### PET STOCK AND VET

Open 7 days a week, with the vet open  
8am-10pm every day.  
3/5 Clayton Street, Midland  
9274 4481  
[petstock.com.au](http://petstock.com.au)

### SWAN VETERINARY HOSPITAL

Open 7 days a week.  
14 Runyon Road Midvale  
9274 1845

### ELECTRICAL

#### BENCHMARK AUTO ELECTRICAL

Benchmark Auto Electrical is a mobile  
auto- electrical business servicing the  
Helena Valley/ Midland area. They offer  
a 100% money back guarantee on their  
service and will work on automobiles from  
cars and caravans to trucks and tractors.  
0414 494 710

### COLDSPARK

#### ELECTRICAL SERVICES

Coldspark Electrical Services operates  
out of High Wycombe and cover all  
aspects of electrical work, from new  
homes and developments through to  
smaller jobs and general maintenance.  
6226 9691  
0488 964 757

### P&L ELECTRICAL

Dave – 0417 956 249 or 9249 9631

### WIRED2GO

Specialising in air conditioning  
0419 853 879 or 9472 1500  
email: [matt@wired2go.com.au](mailto:matt@wired2go.com.au)

### MIDLAND AUTO PLUS

9274 7311

### ABS – AUTO SERVICE

6 Lloyd St Midland  
6161 4636

### CLEANING

#### DOMESTIC HOUSE CLEANING

Catherine Chadd – 0459 228 669

### WINDOW CLEANER

Lauren – 0414336002

### CARPET CLEANING

A Platinum Carpet Clean  
9274 1841







## HOME MAINTENANCE

### HOME MAINTENANCE

Alf Cleaver – 0407 199 027

### GUTTERS

Gutter-Vac

Thomas - 0466 546 100

email: [midland@guttervac.com.au](mailto:midland@guttervac.com.au)

### PEST CONTROL

Gremlins Pest and Weed Control

08 9470 4687

0422 863 047

### PLUMBING

Allready Plumbing - Houses

Dave - 0411 747 144

### PRESTIGE PATIOS

Ron – 0423 815 572

### WESTFORCE PLUMBERS & GAS

Nigel – 0409 52011

### SPOTLESS GUTTERS

Colin – 0417 954 830

### SOLARGAIN

Jeanette Marlow

0437 226 034

## HAIRDRESSER

There is a Mobile Hairdresser which services Helena Valley Residential Resort.

Hair in the hills – Sharon – 0406 586 503

## PRINTING

### SNAP PRINTING MIDLAND

60 Helena Street Midland

9250 2277

## TAKEAWAY FOOD

### POPO CHINESE RESTAURANT

Open from 11.30am -10pm every day except for Tuesday

1/57 Gt Eastern Hwy Bellevue

9250 2878

### ALL ABOARD SEAFOODS

This family owned business offers a wide menu, including fish and chips, for dine in or takeaway.

3/15 Gt Eastern Hwy Bellevue

9255 3099

[allaboardseafoods.com.au/](http://allaboardseafoods.com.au/)

### DRAGON VILLAGE CHINESE RESTAURANT

Featuring quality fresh produce, and little to no MSG, this licensed and BYO restaurant is a local favourite. Offers takeaway and dine-in.

15 Gt Eastern Hwy Bellevue

9255 1688





### EMERGENCY NUMBERS

Ambulance, Fire and Police (Life Threatening)	000
Ambulance	9334 1222
Police (Attendance & Assistance)	131 444
State Emergency Service Helena Valley	9267 9016

### VILLAGE NUMBERS

After Hours Emergency Call Centre	1300 884 111
Village Administration	6298 0885
Sales Office	6298 0888

### OTHER USEFUL NUMBERS

Alinta Energy Enquiries	131 358
Alinta Energy (Faults)	131 352
Centrelink	131 021

Shire of Mundaring - Ranger	9290 6629
Shire of Mundaring – Council Services	9290 6666
Health Direct 24 hour Health Advice	1800 022 222
Helena Valley Taxis	131 008
Medicare	132 011
Police - Midland (Non Emergency)	9250 3333
Power (Faults)	131 351
Synergy (Power)	131 351
Veteran Affairs	133 254
Water Corp (Faults)	131 375



2340 Helena Valley Road, Helena Valley 6056  
 t 08 6298 0888  
 e [helenavalley@nlv.com.au](mailto:helenavalley@nlv.com.au)  
 w [nlv.com.au/helenavalley](http://nlv.com.au/helenavalley)  
 f [facebook.com/helenavalleylifestyle](https://facebook.com/helenavalleylifestyle)

Call Richard Nowland ..... **0400 219 691**  
 Call Mark Emberson ..... **0404 852 272**

**DISCLAIMER:** Helena Valley Lifestyle Village (HVLV) has prepared this booklet with information gathered from a range of sources. Whilst at the time of completion this information was correct, HVLV cannot guarantee the accuracy of this information. HVLV is in no way promoting these businesses through this publication as it is merely suggesting possible activities for people that read it. HVLV is not responsible for the information provided to you and you should not rely on information without making your own independent assessment of the venue. HVLV is not liable for any loss or damage relating to your use of this information. **UPDATED JULY 2021**