

Local information guide



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 and 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
9462 4000
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

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

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
hvmc.com.au

SWAN MEDICAL GROUP

Swan Medical Group offers all kinds of services depending on the need of the patient. From scripts to immunisation to medical certificates, Swan Medical Group has the expertise and professionalism to help you and your family.

280 Great Eastern Highway, Midland
9260 5200
swanmed.com.au

PHARMACIES

HELENA VALLEY PHARMACY

Helena Valley Pharmacy can be found beside Helena Valley Medical Centre. 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
hepn.com.au

OTHER

WESTERN DIAGNOSTIC PATHOLOGY

3a/3b 294 Great Eastern Highway, Midland
9317 0999
wdp.com.au

HELENA VALLEY CHIROPRACTIC

Helena Valley Chiropractic offers a wide range of clinical techniques and strategies delivered by exceptionally skilled chiropractors safely and professionally, with bucketloads of warmth, care, and consideration.

Suite 3B/160 Scott Street, Helena Valley
9255 1052
helenavalleychiro.com

SCOTT STREET PHYSIOTHERAPY

160 Scott St, Helena Valley
9255 2287
scottstphysio.com.au

SERVICES AUSTRALIA (CENTRELINK & MEDICARE)

15 Keane Street, Midland
servicesaustralia.gov.au

HBF and Medibank Private can be located in the Midland Gate Shopping Centre.





Wining and 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.

23 Cale Street, Midland 9250 2995
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 Highway, Midland
9274 8998
delhidiamond-online.com.au

PADBURY'S CAFE RESTAURANT

Pub-style Modern Australian food, plus high tea, in an exposed-brick space with pavement tables.
114 Terrace Road, Guildford
0402 488 638
facebook.com/padburysrestaurant

MANDOON ESTATE

10 Harris Road, Caversham
6279 0500
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

ISHIKIYA JAPANESE RESTAURANT

Authentic Japanese food for everyone and a fresh, modern feel suitable for casual dining as well as special occasions, including an open dining area, sushi bar as well as private function rooms.

54 Cale Street, Midland
9250 7464
ishikiya.com

ROSE AND CROWN

105 Swan Street, Guildford
9347 8100
rosecrown.com.au

RIVERSIDE AT WOODBRIDGE

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

8254 Ford Street, Woodbridge
9274 1469
riversidewoodbridge.squarespace.com

Wining and Dining

CAFÉS

CROOKED SPIRE COFFEE HOUSE

A hip, urban coffee and art house. 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

crookedspire.net

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

sydandphyllis.com

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.

4/64 Morrison Road, Midland

9250 6084

blackswanbakehouse.com.au

ALFRED'S KITCHEN

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

98 James St Guildford

9377 1378

alfredskitchen.com.au

PUBS & VINEYARDS

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

MALLING VINEYARD

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

3025 Beacon Road, Parkerville

9295 5691

mallingvineyard.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

RIVERBANK ESTATE

Riverbank Estate is a fine dining lunch-time-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.

16 Gray Drive, Midvale
9207 8888

swanactive.com.au

KALAMUNDA BOWLS CLUB

18 Kalamunda Road Kalamunda
9293 4946

kalamundaclub.com

HILLVIEW PUBLIC GOLF COURSE

350 Kalamunda Road, Maida Vale
9454 5554

hillviewgolfcourse.com.au

HARTFIELD GOLF CLUB

Hartfield Road, Forrestfield
9453 6137

hartfieldgolf.com.au

PERTH'S OUTBACK SPLASH

Located on the doorstep of the Swan Valley, Perth's Outback Splash has long been one of WA's top outdoor entertainment destinations. As well as four new water slides and water attractions, the Park offers year-round fun including mini golf, mazes, sensory play activities and Australian animal experiences.

1635 Neaves Road Bullbrook
9571 1375

outbacksplash.com.au

GUILDFORD HERITAGE WALK TRAILS

Cnr Meadow & Swan Street Guildford
westernaustralia.com

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.

4 Parkview Garden

Helena Valley

HELENA PIPEHEAD WALK

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

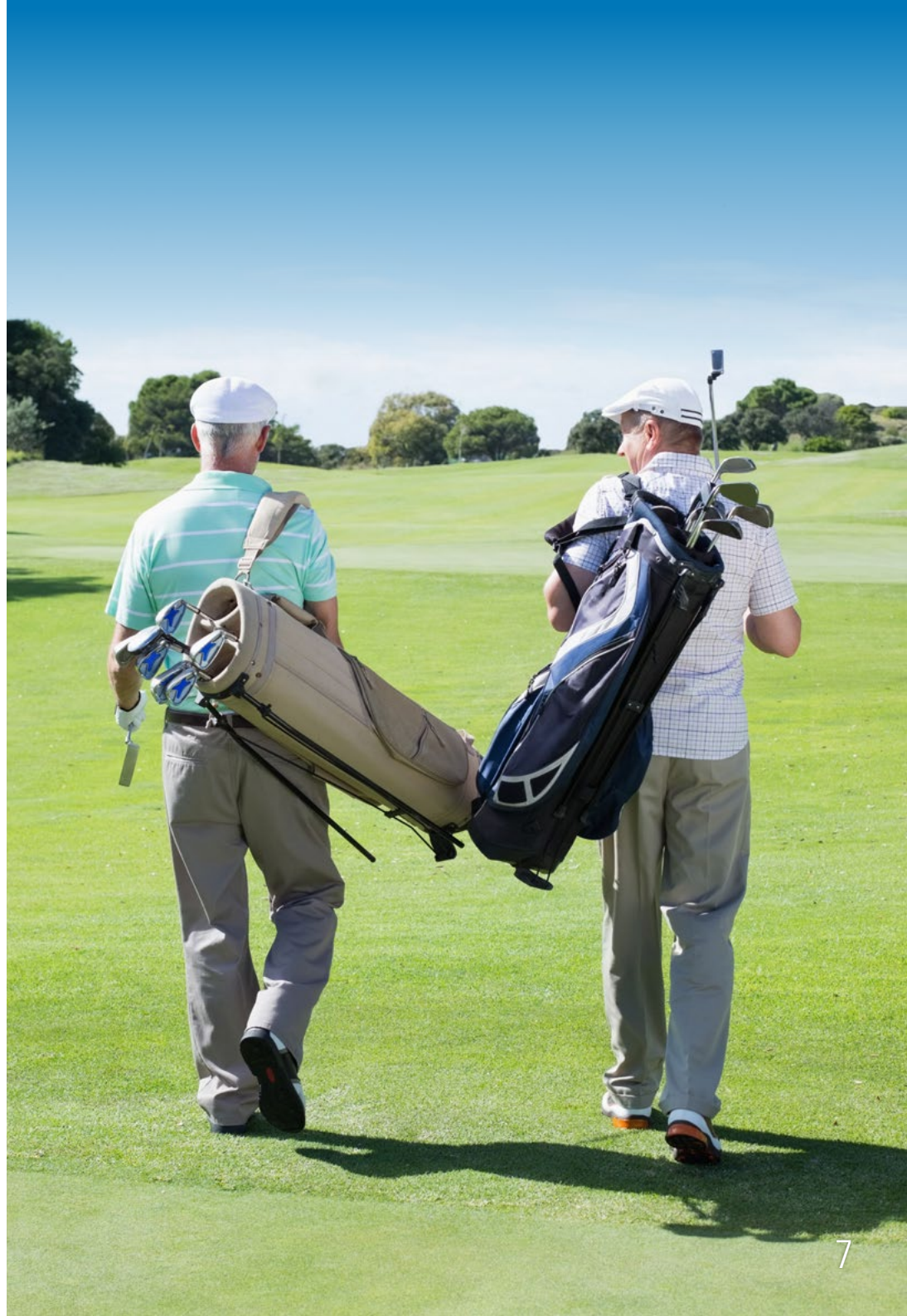
KADINA TRAIL

Bush walking track
20 Brookhill Grove Bushmead

JORGENSEN PARK

Jorgensen Park is located on the southern border of Kalamunda National Park and contains toilet and picnic facilities, including barbeques. This 2.7km loop trail is easy to navigate and is located on the old unused Kalamunda Golf Course, offering lots of history, stunning valley views and hidden gems.

2 Crescent Road, Kalamunda



Social Facilities

LIBRARY

BOYA LIBRARY

Formerly the Katharine Susannah Prichard Library, this local library is only 3.5km from the Village.

119-135 Scott Street, Helena Valley
9290 6755

ENTERTAINMENT

ACE CINEMAS MIDLAND GATE

Enjoy all the latest and greatest films at Ace Cinemas, part of the Midland Gate shopping complex.

274 Great Eastern Highway, Midland
9250 2620

acecinemas.com.au

SWAN PARK THEATRE

Gray Drive Midvale
9274 3958

swanparktheatre.com.au

KOOKABURRA OUTDOOR CINEMA (NOV-APR)

Allen Road, Mundaring Weir
9397 7945

kookaburracinema.com.au

SACRED INDIA GALLERY

Unique interactive experience.

76 Dulwich Street, Bennett Springs
9274 7075

sacredindia.com.au

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
9248 1984

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

PERTH OBSERVATORY

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

337 Walnut Road, Bickley
9293 8255

perthobservatory.com.au

WHITEMAN PARK

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

233 Drumpellier Drive, Whiteman
9209 6000

whitemanpark.com.au



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
6247 0100 (Coles)
6318 9936 (Woolworths)
midlandgatesc.com.au

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.

26 Central Road, Kalamunda
kalamundaartisanmarket.com.au

SWAN VIEW SHOPPING CENTRE

This centre contains a variety of shops including Swan View Pharmacy, supermarkets etc.

Cnr Gladstone and Marloboro Roads, Swan View
9303 7300
swanviewshoppingcentre.com.au

GILBERT'S FRESH MARKET

This market is open daily from 7:30am 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
gilbertsfresh.com.au/midland

KALAMUNDA FARMERS MARKET

Every Sunday 8am till 12 noon.

The markets have an enormous array of produce and artisan food makers.

Central Mall, Nestobrae Lane & Central Avenue, Kalamunda
0437 632 126
kalamundafarmersmarket.com

TRANSPORT

BUS

The bus stop outside Helena Valley Lifestyle Village 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 for more information on bus timetables.



Other

FLORIST

IN GARDENS AND FLOWERS
0400 185 243
ingardensandflowers.com.au

NEWSAGENCY

HELENA ESTATE PHARMACY & NEWSAGENCY
3/1 Torquata Boulevard, Helena Valley
9250 5811
hepn.com.au

POLICE

MIDLAND POLICE STATION
32 Spring Park Road, Midland
9250 3333

BANKING

WESTPAC
BANKWEST
COMMONWEALTH BANK
P&N BANK
BANK OF QUEENSLAND
NAB

All of the above can be found at and around Midland Gate Shopping Centre.
midlandgatesc.com.au

CLEANING

DOMESTIC HOUSE CLEANING
Catherine Chadd – 0459 228 669

WINDOW CLEANER

Lauren – 0414336002

CARPET CLEANING

A Platinum Carpet Clean
9274 1841

POST OFFICE

18 Brook Road, Darlington
9299 6209

PETROL STATION

PUMA
494 Kalamunda Road, High Wycombe
9366 4700

BETTER CHOICE

177/179 Great Eastern Highway
Bellevue
6460 8696

CALTEX

18 Clayton Street, Bellevue
9274 5706

VET

PET STOCK AND VET
Open 7 days a week
4/8 Clayton Street, Midland
9274 4481
petstock.com.au

SWAN VETERINARY HOSPITAL

Walk-in service available Monday to Saturday
14 Runyon Road Midvale
9274 1845
localvet.com.au/Swan

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
benchmarkautoelectrical.com.au

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

Perth electrical contractor servicing commercial, industrial and domestic projects in the Perth metropolis.
9249 9631

WIRED2GO

Specialising in air conditioning
0419 853 879 or 9472 1500
email: matt@wired2go.com.au

AUTOPLUS WA

Autoplus WA takes pride in giving drivers of all makes and models of vehicles the very best in workmanship, customer service and price.
9274 7311
autopluswa.com.au





HOME MAINTENANCE

HOME MAINTENANCE

Alf Cleaver – 0407 199 027

GUTTERS

Gutter-Vac Midland

0466 546 100

email: midland@guttervac.com.au

PEST CONTROL

Gremlins Pest and Weed Control

1300 863 047

gremlinpest.com.au

PLUMBING

IN HOUSE PLUMBING

Luke - 0412 215 765

PRESTIGE PATIOS

Ron – 0423 815 572

WEST FORCE 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 PRINT SOLUTIONS MIDLAND

60 Helena Street Midland

9250 2277

TAKEAWAY FOOD

POPO CHINESE RESTAURANT

Open for lunch and dinner seven days a week

1/47 Great Eastern Highway, 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 Great Eastern Highway, Bellevue

9255 3099

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 Great Eastern Highway, Bellevue

9255 1688

dragonvillagechinese-online.com.au



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 / ATCO Gas Faults	131 352
Centrelin Self Service Line	136 240
Shire of Mundaring (Ranger)	9290 6629

Shire of Mundaring (Council Services)	9290 6666
Healthdirect (24h Health Advice)	1800 022 222
Helena Valley Taxis	131 008
Medicare	132 011
Police - Midland (Non Emergency)	9250 3333
Western Power (Faults)	131 351
Synergy (Power)	131 353
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

W nlv.com.au/helenavalley

f 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 JUNE 2023.**