

# Subdivision go-ahead

Panel recommends land rezoning, concludes carve-up will benefit community

Planning | Shaun Turton

AN independent planning panel has backed a bid to subdivide a 20ha Donvale property owned by the Mathews family.

The panel's report released last Wednesday recommended Manningham Council adopt planning scheme amendment C83 and rezone the land at 112-126 Warandyt Rd from low-density residential to residential 1.

This would allow the owners to subdivide the land into 56 blocks

instead of 34 and see 45 per cent of the land retained as public open space. Manningham Council is keen to use the land to complete the Mullum Mullum track.

The report concluded the subdivision would "result in a net community benefit".

Planning and environment director Paul Molan said the council would work with the Mathews to address issues raised in the report such as the need for building permits and flooding concerns. Mr Molan

said it was rare for councils to go against state planning panel recommendations. The council is expected to vote on the amendment in May.

Nearby residents have been critical of the plan, first proposed in 2003, with 41 of 76 submissions objecting to the proposal.

The council knocked back plans to subdivide the land in 2007 because of concerns it would change the character of the area, a notion rejected by the recent panel.



Brothers Steve and Danny Mathews at their property.

## I can treat depression - therapist

Health | Anna Prytz

A BULLEEN hypnotherapist is claiming to have great success in helping people with depression.

Since starting her consultancy Hypnofit a year ago, clinical hypnotherapist Helen Mitas said she had developed an effective method of alleviating depression in her clients.

"I find a three-part approach doing hypnotherapy with timeline therapy and neuro-linguistic programming to be the effective method of alleviating anxiety and depression," Ms Mitas said.

"I guarantee a result, so it usually takes between five and six sessions but if not, we would continue until the breakthrough. The success has been incredible."

Ms Mitas said she understood there was a lot of skepticism around hypnotherapy but that people often confused it with comic stereotypes of hypnosis.

"It's not putting someone under and it's not modifying their behaviour for them," she said. "It's creating an environment and offering them the tools to choose to take control."

Former client and lifelong depression-sufferer Christine said the treatment had been the catalyst for her going off anti-depression medication.

"I felt like I had nowhere else to



Helen Mitas says she has successful treatment for depression.

Picture: MARK STEWART N43D7308

turn so wanted to try everything I could," she said. "The feeling's very hard to describe but it's just very relaxing and it allowed me to get to the root of issues."

Mental Health Foundation of Australia (Victoria) president

Professor Graham Burrows said he would advise people considering hypnotherapy to be very cautious.

"I would tell people to be wary of who they go to and make sure they are properly trained," Prof

Burrows said. "All depressed people suffer anxiety but not all anxious people suffer depression so hypnosis has a role in treating mild depression but not moderate to severe."

Details: hypnofit.com.au.

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