



Vineyard Medical Centre NewsLetter

2-6 Sussex Court,
Sunbury, 3429
Ph: 9216 5600
Fax: 9216 5699

October 2025



Meet Cathy

We're fortunate to have Cathy leading our enthusiastic Nursing Team in such a dynamic environment.

Cathy's journey into nursing began after her time in the RAAF, where she embraced a new career path as a mature- aged student in 2002. Since then, she has gained extensive experience across Acute, Surgical, Medical, Orthopaedics, Plastics, and Renal Dialysis- bringing more than 15 years of expertise to General Practice Nursing.

Her role as a General Practice Nurse is wonderfully diverse and autonomous, and it's a job she truly loves. Cathy's passion shines through in Chronic Disease Management, Childhood Immunisations, and Wound Care. She is also an accredited Nurse Immuniser, ensuring out patients receive safe and high-quality care.

Cathy's dedication, enthusiasm, and compassion are reflected in every interaction without patients. We're grateful for her leadership and the exceptional care she provides every day.



Meet Cathy - Our Nurse Unit Manager



Daylight Saving Reminder

Don't forget - Daylight Savings Time begins Sunday, October 5th at 2:00AM.

That means it's time to move your clocks forward one hour!

Enjoy the longer evenings and extra daylight.



Physiotherapy Update - Women's Health at VMC

Does your bladder leak when you jump or laugh? Are you rushing to the toilet? Experiencing constipation, struggling to urinate or enduring pelvic pain?

Here at VMC we have two female physiotherapist experienced in Women's & Men's Pelvic Health, who may assist you in conjunction with your doctor.

Recently Christine has updated & progressed her training in Queensland & Victoria with

- Women's Health
- LI Women's Health through Life Stages
- Disorders of Gut-Brain Interaction highlighting Pelvic floor dysfunction with POTS, MCAS & Hypermobility EDS



She has also commenced using Trans-abdominal Real Time Ultrasound (TA-RTUS) to improve client awareness of pelvic floor control with

- Stress and Urge urinary incontinence and Over Active Bladder Syndrome
- Bladder capacity measurement for urinary retention
- Pilates based exercise training associated with improving pelvic floor, pelvic girdle and lower back pain.

And don't forget Clinical Pilates: Wednesday & Friday 9:15am and Therapeutic Movement in Fridays at 2.15pm. Book a physiotherapy assessment with Christine prior to commencing.



Christmas Hours

Friday 5th Dec - 7.00am-4.00pm
Thursday 18th Dec - 7.00am-11.45am
2.00pm-6.00pm
Wednesday 24th Dec - 7.00am-1.00pm
Thursday 25th Dec - CLOSED
Friday 26th Dec - CLOSED
Saturday 27th Dec - Normal hours
Wednesday 31st Dec - 7.00am-1.00pm
Thursday 1st Jan - CLOSED
Friday 2nd - Normal hours resume

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Health Awareness Breast Cancer Awareness Month

Breast Cancer is one of the most common cancers worldwide, but early detection can save lives. Regular self-exams, annual check-ups, and recommended screenings are powerful tools in catching breast cancer early - when it's most treatable.

This month, let's honour survivors, support those currently fighting, and remember those we've lost. Most importantly, let's spread awareness about the importance of getting checked.



- Schedule your screening
- Talk to your loved ones
- Share this message

Together we can make a difference.
Our team will wear pink on October 30th to help raise awareness.

The Kids Cancer Project

On the 18th of September VMC participated in celebrating and raising awareness for The Kids Cancer project. This cause is very near and dear to all of us here at VMC. On this special day, the staff dress up and show their support and help raise money for Kids' cancer research.

We wanted to give a big thank you, to everyone who supported us and the cause, every little donation can help support and fight childhood cancer.

This year we raised an outstanding \$ 5,121





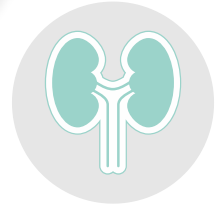
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Staff Focus

MR JAMES HUANG
CONSULTANT UROLOGICAL SURGEON



We are delighted to place the spotlight this month on Mr James Huang, Consultant Urological Surgeon.

Mr James Huang is highly skilled in general urology, minimally invasive surgery, and robotic surgery. He graduated with Honours from the University of Melbourne and completed his urology training in Victoria, obtaining his Fellowship of the Royal Australasian College of Surgeons.

Following this, he undertook an additional Sub-Specialty Fellowship in Urological Oncology at the Vancouver Prostate Centre, University of British Columbia, Canada. There, he gained advance training in major oncology and minimally invasive cancer treatments, including both laparoscopic and robotic surgery.

James is deeply committed to providing individualised patient care, with a strong emphasis on patient engagement and ensuring prompt communication with GP's for coordinated management.



To book an appointment with Mr James Huang, please call
Ph: 03 9318 7551.

Please note a referral from your GP is required.





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Sarah's Kitchen



Iced Raspberry Shortbread Slice

Ingredients:

- 150g butter, chopped, at room temperature
- 1 cup caster sugar
- 2 egg yolks
- 1tsp vanilla extract
- 2 cups plain flour
- 1 tsp baking powder
- ½ cup raspberry jam

Icing

- 1 ½ cups icing sugar
- 25g of butter, at room temperature
- 1 ½ tbsp boiling water
- Pink food colouring, to tint



Method:

Step 1: Preheat oven to 170/150 C fan forced. Spray a square 20cm cake pan with oil and line with baking paper, allowing paper to overhang the sides. Spray the paper with oil and line with another sheet, allowing both sheets to overhang.

Step 2: Use electric beaters to beat the butter and sugar until pale and creamy. Add the egg yolks and vanilla and beat until combined. Sift over the flour and baking powder. Use a flat bladed knife to mix until the mixture starts to come together.

Turn the dough onto a lightly floured work surface and divide into 2 equal portions.

Step 3: Place half the dough in the prepared pan and press to evenly cover the base. Spread the jam over the dough. Roll the remaining pastry out on a sheet of baking paper to a 20cm square. Invert the pastry over the jam and remove the paper.

Step 4: Bake for 25 minutes or until golden. Cool in the pan for 20 minutes then use the baking paper to remove shortbread from pan and transfer to wire rack. Remove the paper and set aside to cool completely.

Step 5: For the icing, sift the icing sugar into a bowl. Place the butter on 1 side of the bowl. Pour 1 tablespoon of the boiling water over the butter and stir until butter is melted and the icing is smooth, adding more water, 1 teaspoon at a time, to make a spreadable consistency.

Add 1-2 drops of food colour and stir until combined. Spread the icing over the shortbread then while the icing is still wet, dip a fork into boiling water and use a tea towel to dry it.

Run the warm fork through the icing to make lines, heating and drying the fork each time. Set aside for 1 hour or until set.

Cut into squares to serve.