



Vineyard Medical Centre NewsLetter

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

OCTOBER 2026

Patient Information Notice Medicare Bulk Billing Consent Process

If your GP chooses to bulk bill your consultation, you may receive an SMS from Medicare requesting your consent to assign your Medicare benefit to the practice. Please review and accept the request as soon as possible.

For face-to-face appointments, if you have not completed the Medicare consent request on your phone, please see our reception team before leaving the clinic so we can assist you with providing consent.

If consent is not provided, a private account may be issued and cannot be converted to a bulk-billed account at a later date.

Please note that Vineyard Medical Centre is a private billing clinic, and bulk billing is offered solely at the discretion of your GP.

Cervical Screening

Take charge of your health - book your cervical screening today! Your wellbeing matters, and a quick, simple cervical screening with one of our friendly nurses can make all the difference.

We're excited to share that Erin & Lauren are both accredited Cervical Screening Test (CST) nurses! The test is fast, confidential, and could help prevent cervical cancer before it even starts. Erin, Lauren and our team make sure you feel comfortable and supported the whole way through - it's all about looking after you!

Don't wait - your future self will thank you! Make your health a priority - Book your cervical screening today and take charge of your wellbeing.

Even better, Cervical Screening Tests booked with one of our nurses are bulk billed!

Kids Cancer Project

A massive thank you to everyone who donated & celebrated this beautiful cause near and dear to VMC's heart. This year we had a goal of raising \$3,000 and we couldn't be more excited to announce that we SMASHED that goal and raised a whopping \$6,675

Thank you to everyone who donated, shared the love of this cause and even popped down just to say hello. This cause truly means the world to us, and we're honoured to do this every year knowing it is making a difference in these kids lives.

So, who was your favourite costume?



Provider's Away

Andrew - 28th - 4th October
Katie 13th - 15th October
Faith 10th - 16th November
Joe 26th - 7th November

Daylight Savings

Don't forget - Daylight Savings
Time begins on the Sunday,
October 4th at 2:00AM.

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

Enjoy the longer evenings and
extra daylight.

Public Holiday

The Clinic will be closed on 3rd of
November due to the Melbourne Cup
Public Holiday.

For medical assistance during this time:
In an emergency, please call Triple Zero
(000)

For urgent (non-life-threatening) care,
please contact your nearest Urgent
Care Clinic.

To arrange a home visiting GP, please
call 13 74 25.

Christmas Hours

Friday 4th Dec - 7.00am-4.00pm
Thursday 17th Dec - 7.00am-11.45am
2.00pm-6.00pm

Thursday 24th Dec - 7.00am-1.00pm

Friday 25th Dec - CLOSED

Saturday 26th Dec - CLOSED

Monday 28th Dec - CLOSED

Thursday 31st Dec - 7.00am-1.00pm

Friday 1st Jan - CLOSED

Saturday Jan 2nd - Normal hours resume

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Health Awareness

Breast Cancer Awareness Month

This October, we're raising awareness about breast cancer and reminding everyone of the importance of knowing what's normal for your body. Breast cancer can affect anyone, and while some people have a higher risk than others, being aware of possible changes and getting them checked early is important.

🔍 Changes or symptoms to look out for may include:

- A new lump or thickening in the breast or underarm
 - Changes in the size or shape of the breast
- Changes to the nipple, including discharge or inversion
 - Dimpling, redness or other changes to the skin
 - Persistent breast or nipple pain

Not every breast change means cancer, but if you notice something unusual or have any concerns, please don't ignore it.

👩 Book a breast check with one of our doctors. We can discuss any symptoms or concerns, your individual risk factors and whether further screening or investigation may be appropriate.

☎ Call us on 9216 5600

📱 Or book online via HotDoc

For more information and to support breast cancer research, visit the National Breast Cancer Foundation:
<https://nbcf.org.au/>

Know your body. Notice the changes. Get checked. ❤️





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Staff Focus

MR CAMDON FARY

ORTHOPAEDIC SURGEON



This October, we're pleased to highlight Mr Camdon Fary, a Melbourne-based Orthopaedic Surgeon specialising in hip and knee surgery.

Mr Fary's areas of expertise include:



Hip and knee arthroscopy



Sports surgery



Hip and knee joint replacement



Robotic and technology-assisted surgery

After completing his surgical fellowship training in Melbourne in 2009, Cam undertook two years of further specialised training in Lyon, France and Oxford, UK, focusing on hip and knee joint surgery. On returning to Australia, he completed additional training in hip arthroscopy and anterior hip replacement.

Cam has a particular interest in how new medical technologies can improve surgical care and patient outcomes. His research interests include robotic surgery, sensor-assisted total knee replacement, continuous biometric monitoring and prehabilitation programs designed to better prepare patients for surgery. He holds a public appointment at Western Health and is an Associate Director at the Epworth Musculoskeletal Clinical Institute.

Outside of work, Cam enjoys skiing, tennis, open-water swimming, gardening and spending time with his wife and three young children.

📞 To make an appointment with Mr Camdon Fary, please call 03 8417 1023.





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Sarah's Crafts



Frankenstein Halloween Slime

Materials:

- Wiggle eyes - small 1cm & large 1.5cm
- Cork stoppers
- Glass jar
- Glue dots
- Liquid water colour or food colouring (green)
- Black marker
- Clear glue gum
- Gold glitter
- Paper circles - black
- Elmer's Magical Liquid Glue
- Mixing bowl
- Gloves

Method:



Making of the jar

1. First up, let's create the Frankenstein jar for storing the slime. Use glue dots to attach 2x wiggle eyes to the front of the jar.
2. Take a black circle paper and fold down over the lip of the jar to form the hair. Hold in place with glue dots.
3. Take 2 of the cork stoppers and use the black permanent marker to colour them in. Use glue dots to attach to either side towards the bottom of the jar to create the bolts in Frankenstein's neck.
4. Your jar is now ready!

Making of the slime

1. Take a mixing bowl and pop on some gloves. Add the Clear glue gum in to the bowl.
2. Add a couple of drops of liquid watercolour or food colouring to the glue and stir in completely. You can add more drops if you want to create a stronger colour.
3. Add a touch of the sparkle to the slime with some gold glitter. Combine well.
4. Finally, add in a bag of 1cm wiggle eyes and stir in.
5. Follow the instructions on the Elmer's magical liquid bottle to work out how much you'll need. Add it slowly to the glue mixture, stirring as you go.
6. Once the slime had come together it's time to get your hand dirty! Knead the slime into a ball, adding more glue if needed.

When you're happy with your slime it's time to play! Stretch it, squelch it and watch it ooze and goop! Once finished, simply add into your Frankenstein jar!

