



Vineyard Medical Centre NewsLetter

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

March 2026

Hello Autumn

As the days grow shorter and the air turns crisp, autumn is the perfect time to slow down and reset.

This beautiful season is known for cooler temperatures, changing colours, and a shift toward cosy routines and nourishing habits.

What makes autumn special?

Autumn marks a transition from the warmth of summer to cooler weather. It's a great time to focus on balance, immunity, and overall wellbeing as our bodies adjust to seasonal change.



Tips to prepare for the cooler months:

Layer up - lightweight layers help keep warm as temperatures fluctuate.

Support your immune system with seasonal fruit and vegetables.

Stay active - gentle movement helps maintain energy and circulation.

Prioritise rest and sleep as daylight hours shorten.

Keep warm and hydrated, even when you feel less thirsty.

Take this season as a reminder to slow down, look after yourself, and enjoy the simple comforts autumn brings.

Public Holiday Closure Notice

Vineyard Medical Centre will be closed on Monday, 9th of March due to the Labour Day public holiday.

In an emergency, please dial Triple Zero (000)

Home visiting service:
PH: 13 74 25

For urgent care that is not an emergency, please attend your local Urgent Care Clinic.

We will reopen as usual the following business day. Thank you for your understanding

Easter Colouring Competition

The Easter colouring competition is back and better than ever!

Simply grab a colouring sheet at reception and hand it back by Wednesday 1st April.

Winners will be notified by phone on Thursday 2nd of April, so please ensure all your details are on there.
Best of luck little rabbits.

Exciting News

We are delighted to share some wonderful news with you all.

A huge congratulations to Nurse Taneaka on the upcoming arrival of another beautiful baby!

We couldn't be more excited for you and your growing family. Wishing you a smooth, joyful journey ahead as you prepare to welcome your newest little addition.

We are thrilled to celebrate Dr Jeremy, who tied the knot over the weekend! Please join us in congratulating the newlyweds and wishing them a lifetime filled with joy, love, and happiness.

Provider's Away

Dr Joe 13th - 27th March
Dr Jeremy 5th - 9th March
Christine 13th - 1st April
Rosie 2nd - 9th March

Daylight Savings

Daylight Savings time will end
Sunday 5th of April.
Turn your clock back 1 hour at 3am.



PATIENT FEEDBACK RESULTS



97% OF ALL PATIENT RATINGS WERE GOOD VERY GOOD OR EXCELLENT

Easter Hours

Good Friday	CLOSED
Easter Saturday	CLOSED
Easter Sunday	CLOSED
Easter Monday	CLOSED
Tuesday 7th April	Normal hours resume





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Health Awareness Melanoma March

Melanoma is the most serious type of skin cancer. It develops when pigment-producing cells in the skin grown abnormally and can spread quickly if not detected early.

Australia has one of the highest rates of melanoma in the world, which is why protecting your skin and having regular skin checks is so important.

Simple steps like using sunscreen daily, wearing protective clothing, and checking your skin for new or changing spots can make a life-saving difference.

If you have any concerns about your skin, notice a changing mole, or would like a skin check, please book an appointment with your treating practitioner:



Ph: 9216 5600
Via our website
or the HotDoc appt



Early detection saves lives - your skin health matters.



Staff Focus MR LUKE JACQUES AUDIOMETRIST



In recognition of World Hearing Day on the 3rd March, this month we're highlighting hearing health and introducing our consultant MR Luke Jacques, Audiometrist.

With 21 years' experience, Luke is highly qualified Audiometrist and a full time member of the Hearing Aid Audiology Society (HAASA). He holds a Diploma in Hearing Device Prescription and Evaluation and is passionate about helping patients hear their best.

Services Include:

- Comprehensive hearing assessments (air, bone & speech audiometry, impedance testing)
- Prescribing and dispensing hearing devices
- Servicing and maintaining all make and models of hearing devices
- Assistive listening devices (ALDs)
- Hearing rehabilitation advice
- Hearing device trials

Luke is accredited with the Office of Hearing Services (OHS), allowing him to provide free hearing services to eligible pensioners, and is also WorkSafe accredited.

World Hearing Day is a great reminder to prioritise your hearing health!

We listened to your feedback

As a result, we're taking active steps to better your patient experience

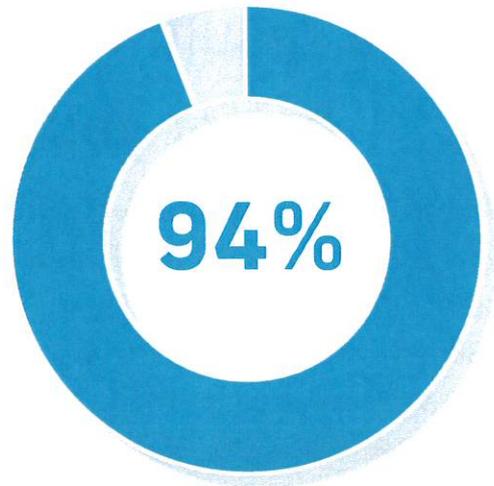
At Vineyard Medical Centre, we carried out a patient survey and asked for your honest opinions and feedback to help us identify what our team is doing well, if we've missed anything or whether there's an opportunity for us to do things better. Based on our report provided by CFEP Surveys, we've listened to your feedback and have taken the following steps to improve the care and service we provide.

What you told us	Changes we're making
1. You want more information and access to fees.	Our common fees are already available on our website, in the reception area, and can be provided by phone on request. We will also add these to our TV screens
2. Better telephone access to GP's and Nurses	Phone appointments are available to book and are required so doctors can set aside dedicated time. We will train reception staff to clearly explain why a booked phone appointment is required and how patients can arrange one.
3. Opportunity to make complaints	Forms are readily available at reception and our Assistant Manager is usually at the front desk to assist. Ensure reception staff can confidently explain the complaints process when asked.
4. Obtaining a home visit	Home visits are available for our palliative patients and can be arranged with your GP. Unfortunately, our GPs are unable to provide home visits for non-palliative patients, as the time required for travel and in-home care significantly reduces the number of patients they are able to see in the clinic each day. We can offer Telehealth as an alternative to coming into the clinic.

Vineyard Medical Centre

Here are the results of our recent

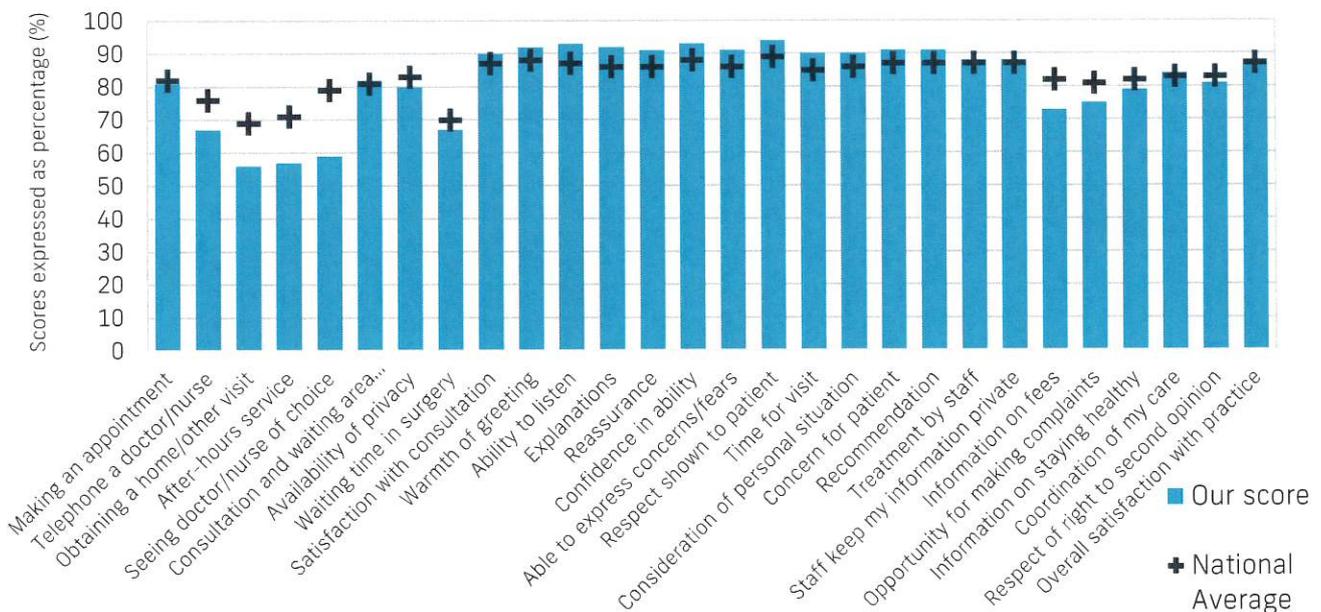
PATIENT FEEDBACK SURVEY



Striving towards excellence!

of all patient ratings about this practice were **Good**, **Very Good** or **Excellent**

Patients rated this practice on the following areas



The results of this survey will help us to provide the **best possible service to you**