



Vineyard Medical Centre NewsLetter

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

April 2026



Anzac Day

The Soul Of Australia - by J.H.M 1916



In the light of dawn, the break of day,
Through the water chill they fought their way;
Like their sires of old, to the Motherland.
They came o'er the sea, and they sprang to the strand; And the
blood of the angles, the Scot, and the Celt. Grew hot in their veins
as the war fire they felt.

In the light of noon, in the bright sunlight,
They fought up the cliffs from height to height;
And the sun shone down on that scene of strife
Where the 'Soul of Australia' came to life,
As the blood of Australians was shed on the sod,
For Australia, for Britain, Humanity, God.

Shall Australia mourn for the sons she has lost-
Should Australia weep? Nay! Great though the cost,
Joy mingles with grief, and pride mingles with pain,
For our boys died like heroes, and died not in vain.
And the 'Soul of Australia', new-born on that day
When her sons died at ANZAC, shall never decay.

Lest We Forget

Congratulations Dr Binari

A big congratulations to Dr Binari Wijesundara on achieving her Fellowship — an incredible milestone and a true testament to many years of hard work, perseverance, and dedication.

We couldn't be more proud of you and all that you've accomplished. This is a wonderful achievement and so well deserved.

Please note that Dr Binari is not seeing new patients at this stage.

MyMedicare Privacy Update

The MyMedicare Privacy Notice was updated in early March 2026 to provide clearer information about how your details are collected, used and safeguarded across the MyMedicare program, including how information is managed by Services Australia and the Department of Health, Disability and Ageing. Your registration form remains securely stored at your practice, and no clinical information is held in the MyMedicare system.

This update does not require any action from you. If you have questions or no longer wish to be registered in MyMedicare, you can cancel your registration at any time through your Medicare Online account in myGov.

Friendly Fee Reminder

Just a friendly reminder that VMC is not a bulk-billing clinic. Unfortunately, Medicare incentives do not fully cover the true cost of providing quality medical care.

To ensure we can continue to offer the time, attention, and standard of care you deserve from your GP, a consultation fee will apply.

Your care has always been — and will continue to be — our top priority. We are committed to providing you and your family with the highest quality medical care in a supportive and professional environment.

Please note that while GPs may choose to bulk bill at their discretion, this may not apply to appointments with other providers. Thank you for your understanding and continued support.

Provider's Away

Faith - 2nd & 7th April

Kate - 8th - 11th April

Trisha - 13th - 21st April

Clinic Closure - Anzac Day

Please note that our clinic will be closed on Saturday, 25th April in observance of Anzac Day.

ANZAC Day is a time for Australians and New Zealanders to honour and remember the brave men and women who have served and sacrificed in all wars, conflicts, and peacekeeping operations. Originally marking the landing of the Australian and New Zealand Army Corps at Gallipoli in 1915, the day had become a moment of national reflection, gratitude, and respect for all who have served our country.

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.

We encourage everyone to take a moment to reflect on the courage, mateship, and resilience that ANZAC Day represents.
Lest We Forget

Daylight Savings

Daylight Saving Time ends at 3:00am on Sunday, 5th April.

Don't forget to turn your clocks back one hour before you head to bed on Saturday night - enjoy the extra hour of sleep!

A friendly reminder to also check any alarms or medical devices to make sure they're updated.





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Health Awareness Adenomyosis Awareness Month

This April, We're raising awareness about Adenomyosis - a condition that affects many women and people assigned female at birth, yet often goes undiagnosed for years.

Adenomyosis occurs when the tissue that normally lines the uterus (the endometrium) grows into the muscular wall of the uterus. This can lead to symptoms such as:



- Heavy or prolonged menstrual bleeding
- Severe period pain
- Pelvic pain or pressure
- Bloating
- Pain during intercourse



For some, symptoms can significantly impact daily life, while others may experience milder signs.

If you're experiencing ongoing period pain, heavy bleeding, or pelvic discomfort, please don't ignore it. Support and treatment options are available. We encourage you to book an appointment with your treating practitioner to discuss your symptoms and explore appropriate care

You don't have to manage it alone.

World Immunisation Week 24th -30th April



This week we recognise World Immunisation Week, a global initiative highlighting the importance of vaccines in protecting people of all ages against serious diseases.

Immunisation is one of the safest and effective ways to prevent illness, reduce the spread of infections, and protect our families and community - especially our most vulnerable, including babies, older adults, and those with weakened immune systems.

Vaccines don't just protect you - they help protect everyone around you.

If you're unsure whether your vaccinations are up to date, or if you'd like to discuss recommended immunisations for yourself or your family, we encourage you to book an appointment with your GP.

Prevention is powerful. Let's keep our community protected.



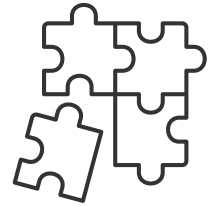
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Staff Focus **DR CHATWELL HABANA** **PAEDIATRICIAN**



This month, we're proud to highlight Dr Chatwell Habana, our dedicated Paediatrician compassionate care for children from newborns through to 18 years of age.

Dr Habana completed his medical studies at University of College Dublin, Ireland, and is a Fellow of the Royal Australasian College of Physicians (Paediatrics & Child Health).

He has extensive experience working in tertiary paediatric hospitals across both Ireland and Australia.

His training began in Dublin at Temple Stree Children's Hospital, before completing his paediatric training in Australia through Westmead Children's Hospital, Sydney Children's Hospital (RCH). He has also worked in paediatric departments in Bundaberg, Dubbo, and Lismore, and spent two years with the Victorian Paediatric Rehabilitation Service (VPRS) further developing his rehabilitation expertise.

Dr Habana offers general paediatric medical services, with a special interest in developmental disability and paediatric physical rehabilitation. He enjoys working closely with families and is passionate about health advocacy to help children reach their full potential.

Specialising but not limited to the following areas:

General Paediatrics aged 0 - 18 years

Unsettled Babies

Reflux

Poor weight gain, Tongue tie

Asthma/Eczema

Chronic Pain, Headaches

Urinary tract infections, bedwetting

Autism, ADHD, Cerebral Palsy, Learning and behavioural concerns

Outside of medicine, Dr Habana enjoys bush walking, off-road driving, painting, and music - and is kept happily busy by his three young children.

To book an appointment with Dr Habana, please call 03 8566 6764.

A referral from your treating practitioner is required.





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Sarah's Kitchen



Easter Marshmallow Bubble Slice

Ingredients:

- 110g jar unicorn confetti sprinkles
- 5 cups puffed rice cereal
- 125g packet speckled milk chocolate Easter eggs, chopped (see notes)
- 100g butter, chopped
- 200g vanilla marshmallows

Method:

Step 1: Grease a 20cm x 30cm slice pan. Line base and sides with baking paper 2cm above edges of pan on all sides.

Step 2: Reserve 2 tablespoons of the confetti. Place puffed rice, chopped chocolate eggs and confetti in a large bowl. Stir to combine. Place butter in a medium saucepan over low heat. Heat until butter is melted. Remove from heat. Stir in marshmallows, returning to low heat until smooth and combined. Stir Marshmallow mixture into puffed rice mixture. Stir to coat well.

Step 3: Press mixture firmly and evenly into prepared pan. Scatter with reserved confetti. Refrigerate for 2 hours or until set.

Step 4: Cut into 16 bars and serve!



HAPPY
EASTER

