



Vineyard
MEDICAL CENTRE
Your health is in our hands

Patient Newsletter

www.vineyardmedicalcentre.com.au

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

2025

Welcome to the year 2025!
Here from VMC we hope you
all had a wonderful Christmas
and a happy New Year!

Let's bring on this new year.

Opening Hours:

Monday	7:30am – 6:00pm
Tuesday	7:30am – 6:00pm
Wednesday	7:30am – 6:00pm
Thursday	7:30am – 6:00pm
Friday	7:30am – 6:00pm
Saturday	8:30am - 1.00pm
Sunday	CLOSED

Closed all public holidays

Public Holiday

The clinic will be closed
on the 27th of January
for Australia Day.

WELCOME

A big warm welcome to our newest
receptionist Kim!

Kim has an extensive background in
medical and will be a great addition to
the team.

Important Update

Patient Presence for Consultations

At Vineyard Medical Centre, we are committed to
delivering high-quality, patient- centred care. To meet
Medicare requirements and ensure the best outcomes, all
patients must be physically present for their
consultations.

If your child requires a consultation, it is essential that
they attend with a parent or guardian. This is not only a
policy of our clinic but also a requirement under
Medicare regulations, ensuring that consultations are
conducted appropriately and billing complies with
federal guidelines.

We appreciate your understanding and cooperation. If
you have any questions, please speak with our reception
team.

Rosie's Updated Fee's

As of the 1st of January, Rosie's Osteo fee's will be
increasing. Please see below the updated fees.

Initial consult: Private \$125.00

Initial consult: Concession \$115

Review consult: Private \$98.00

Review consult: Concession: \$88.00

EPC new consultation: \$125.00

EPC review consultation: \$98.00

Any questions please call to speak to our lovely
team.





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Christmas Door Competition

The results are in...

Our 2024 Christmas Door winner is...

Rory & Sally

Congratulations to this amazing team
for their outstanding door!

‘Selfie with an Elfie’



In second place Rosie & Toni

Gingerbread wonderland



In third place Harrison & Sarah

Giant Elf on the self



A massive thank you to everyone who had voted for these incredible doors!
Whether you were bribed with some chocolates or charmed, we thank you for
taking the time to walk around and show some love to these doors.

It brings us all joy here at VMC to hear all your thoughts on them.

We can honestly say how shocked we are on how big the team went this year.

Bring on 2025!

January 2025 Issue



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STAFF PROFILE

Dr Ryma Terbah

Dr Ryma Terbah is a consultant Gastroenterologist and Hepatologist.

She obtained her Bachelor of Medicine and Bachelor of Surgery at the University of Melbourne, and completed her training in gastroenterology and hepatology in 2019 at Austin Health and Western Health, where she currently holds public appointments.

Ryma is interested in all areas of gastroenterology and endoscopy, with a particular interest in liver disease, general gastroenterology issues including iron deficiency and reflux disease, as well as performing endoscopic procedures (gastroscopy and colonoscopy).

Ryma is actively involved in research and is in the final stages of completing her PhD in chronic liver disease through the university of Melbourne and Austin Health

Ryma will be working monthly on a Tuesday and will commence working here at VMC on the 4th of February!





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Sarah's Kitchen

Cornflake Crackle

Ingredients:

1. 125g butter, Chopped
2. 1 Cup brown sugar
3. 3 Cup cornflakes
4. 2 packet chocolate of your choice, chopped coarsely
5. Sea salt flakes to sprinkle

Method

Step 1: Preheat oven to 180C/160C fan forced. Line a slice pan with baking paper, allowing the paper to overhang the 2 long sides.

Step 2: Place the butter and sugar in a large saucepan over medium heat. Cook, stirring, until the butter melts and the mixture is evenly combined. Bring to the boil.

Cook, stirring, for a further 30 seconds or until thickened. Reduce the heat to low. Add the cornflakes and stir until well combined.

Step 3: Spoon cornflakes mixture into the prepared slice pan. Use the back of the spoon to spread evenly. Place a sheet of baking paper over the top, then press paper to flatten mixture and cover any holes. Remove the paper and bake the slice for 5 minutes. Set aside for about 20 minutes to cool slightly.

Step 4: Place the chocolate in a microwave safe bowl. Microwave on medium, stirring every minute, until melted and smooth. Pour the chocolate over the cornflake mixture. Use a palette knife to smooth the surface. Sprinkle with salt. Place in the fridge for 1 hour or until set.

Step 5: Lift slice out of the pan. Cut or break into shards to serve. Enjoy

