



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



**HAPPY**  
**EASTER**

Happy Easter from everyone here at VMC.

We wish you all have a beautiful day surrounded by friends and family.

Please make sure to have all your scripts and referrals prior to the public holidays or book an appointment to avoid disappointment.



## WELCOME

A big warm welcome to our newest member of the VMC team Keiralee.

Keiralee has a background in medical and will be a great addition to the team!



**The clinic will be closed on the 25<sup>th</sup> of April for Anzac Day.**

Take a minute to pay respect to a soldier you'll never know.

Take a minute to think about his grave where the poppies grow.

Take a minute to walk a mile in his boots that marched to war, the fresh face of young and brave, forever changed by what he saw.

Take a minute of reflection as the haunting bugle plays and the 'Last Post' calls him home, think of the day he never came.

Take a minute to appreciate the sacrifice of his mates.

In the morning, and at the going down of the sun, we remember them on Anzac Day.

Lest we forget.



## Flu Vaccines

It's that time of year again where we are running our flu clinics.

For our flu clinics, all adults and children can now book via online or calling up and speaking to our lovely receptionist.

People aged 6 months to less than 5 years, Aboriginal or Torres Strait Islander people aged 6 months or older, people aged 65 or over, pregnant women and patients aged 6 months or older, pregnant women and patients aged 6 months or older with medical conditions putting them at an increased risk of severe influenza and its complications are eligible for government funded flu vaccine.

Please be aware a \$15 fee applies to all other patients!



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## April – World Falls Prevention Awareness Month

Falls are a leading cause of injury, especially among older adults—but many can be prevented! This month, we're raising awareness about simple ways to reduce the risk of falls and stay independent.

Here are some key tips:

- Stay active to improve strength and balance
- Remove trip hazards at home (loose rugs, poor lighting, clutter)
- Wear supportive footwear
- Have regular vision and health check-ups
- Use handrails and mobility aids when needed

At Vineyard Medical Centre, we're here to help you stay safe and steady.  
Speak to your GP about fall prevention strategies today!

*“In loving memory of Tahir Durmush”*





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# STAFF PROFILE

## *Andrew Hall*

Andrew is a founding partner of Vineyard Medical Centre. He has grown up in Sunbury. His family operated the Sunbury Aquatic Centre for many years. His sporting passions have been Swimming and AFL Football.

Andrew completed a Bachelor of Applied Science in Physical Education majoring in Exercise Science and Physiology in the early 1990s, followed by a Bachelor of Physiotherapy with Honours in the mid-1990s.

Andrew was selected for the Clinical Assistant position at Olympic Park Sports Medicine Centre in 1997 where he gained clinical training experience in elite level AFL Football, Athletics, Swimming and Dance between 1997 and 1999. He was part of Port Adelaide Football Club Match Day staff between 1998 and 2015, winning one premiership (over Brisbane Lions) and losing another (by 119 to Geelong!).

Andrew commenced private practice in Sunbury at the end of 1999. He has a special interest in children, young athletes, AFL Football, post operative rehabilitation, and more complex medical conditions. He has developed very close working relationships with many doctors, specialists and allied health, and enjoys working alongside a multidisciplinary team.





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# Sarah's Crafts

## Easter egg potato printing

### Ingredients

1. Potatoes
2. Paintbrush
3. Paint
4. Card



### Method

Kids can make their own Easter greeting cards with this easy craft idea.

1. Cut a potato in half and carefully carve out some shapes – stripes or spots look good.
2. Use a paintbrush to paint your chosen paint colours onto the potato, then use as a stamp to make patterns for Easter greeting cards.

## Handprint bunny egg holders

### Ingredients

1. Glue dots or nontoxic glue
2. Coloured card
3. Scissors
4. Felt-tip pens
5. Chocolate eggs



### Method

1. On a sheet of coloured card, trace around your child's hand. Cut out as many handprints as you have eggs
2. Fold the outer finger down to make bunny arms
3. Cut the central finger off, leaving two bunny ears sticking up
4. Use felt-tip pens to draw on the face and ears
5. Stick a wrapped chocolate egg to the bunnies' paws using glue dots or non-toxic glue