



WELCOME TO OUR

Christmas Newsletter



Merry Christmas



As the year comes to a close, we want to take a moment to thank you for your trust and support throughout 2025. It has been your practitioners privilege to care for you, and we are all truly grateful to be part of your health and wellbeing journey.

On behalf of our entire team, we wish you and your loved ones a very Merry Christmas and a Happy New Year filled with peace, joy, and good health.

We also extend our heartfelt thanks to our dedicated staff, whose care and commitment make everything we do possible.



Festive Opening hours

As we approach the holiday season, we kindly remind all our patients to take note of our closure times. Please ensure you have enough medication and prescriptions ready to see you through the festive period, as an appointment is required to obtain prescriptions. You can also request a repeat prescription via HotDoc but these may take up to 5 days to receive. We don't want any of our patients going without their necessary medication.

If you require care during our closure:

- In an emergency, please call 000 immediately.
- For urgent matters that are not emergencies, please contact your local urgent care clinic.
- For after-hours services, you can call the locum service on 13 74 25.



Your practitioners leave dates

Dr Chantal Gangemi - 1st Dec - 2nd Feb
 Dr Trisha Cunningham - 18th Dec - 4th Jan
 Dr Faith Drew - 24th Dec - 4th Jan
 Dr Kate Lee - 22nd Dec - 27th Dec
 Dr Anthony Bianco - 25th Dec - 11th Jan
 Dr Joe Horvat 25th Dec - 11th Jan



Important contacts

While Christmas is a joyfui time for many, we also recognise that it can be a difficult and stressful time for others. If you find yourself struggling, please remember you are not alone. Support is available – you can reach out to the numbers listed above for immediate help, or book an appointment with your GP if you'd like to talk with someone about how you're feeling.

Fun kids activity

🎄 Santa's Scavenger Hunt 🎄

Help Santa get ready for Christmas Eve by finding these holiday treasures around your home! Can you check them all off the list?

🔍 Things to Find:

- Something red (like Santa's suit!)
- Something shiny (like tinsel or an ornament)
- A star (on the tree or somewhere else!)
- A bell (big or small)
- A candy cane or sweet treat
- A stocking
- Something that sparkles
- Your biggest smile for Santa!

Bonus challenge: Draw a picture of all the things you found and give it to Santa (or leave it under the tree on Christmas Eve 🎅).



Christmas Recipe

Spicy prawn cocktail

Help Santa get ready for Christmas Eve by finding these holiday treasures around your home! Can you check them all off the list?

Ingredients:

- 1 cup (300g) good-quality mayonnaise
- 2 tbsp sweet chilli sauce
- 1 tbsp tomato sauce (ketchup)
- Juice of 1 lime, plus wedges to serve
- 2 mukrat lime leaves, finely shredded
- 1/2 iceberg lettuce, shredded
- 3 avocados, flesh diced
- 32 cooked **prawns**, peeled, deveined

Method:

Step 1

- Combine mayonnaise, sweet chilli and tomato sauces, lime juice and half the lime leaves in a small bowl. Set aside.

Step 2

- Divide lettuce among serving dishes, then add avocado and prawns. Drizzle with dressing and top with remaining lime leaves. Serve with lime wedges.



Recipe courtesy of Taste.com.au

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