



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



Public Holiday

The clinic will be closed on the 27th of September due to the Grand Final public holiday.

Kindness

We understand these are challenging times. We are working hard to help you. Please be kind, patient and respectful to our staff.

Reminder

Please note that our clinic is a private billing clinic and does not offer bulk billing services as a standard practice. While bulk billing may be provided as a courtesy on some occasions, this is not an ongoing arrangement. Payment is required at the time of your appointment.

If you have any questions about our fees or payment options, please speak with our reception staff.

Thank you for your understanding and cooperation

Hay Fever Season

Hay fever season is upon us! If you're sneezing, itching or dealing with watery eyes, you're not alone.

Here are a few tips to help you through this season!

1. Keep windows closed – minimize pollen entry into your home.
2. Shower often – Risen off pollen from your skin and hair.
3. Use air purifiers – Helps filter out allergens from your space.
4. Stay Hydrated – Drinking water can help ease symptoms.

Breath easier and enjoy the season!



Welcome

A big warm welcome to our newest member of the VMC team Stephanie Alders!

Stephanie is an exercise physiologist and will be working from our rooms on a Tuesday.

Initial consult \$110

Review \$89

If you have an EPC, you'll have a gap fee of \$20.00

Stephanie unfortunately doesn't see Workcover or TAC patient's

Nurse Taneaka

Welcome to the newest member of the VMC team Nurse Taneaka!

Taneaka brings a wealth of experience and skills that will be a fantastic addition to our team. We're very excited her and we hope you are too.

Psychologist Katie

Welcoming our newest Psychologist to the VMC team Katie! Katie is a registered Psychologist, Board Approved Supervisor and member of the Australian Psychology Society. She is warm, empathic and approachable.

Katie will commence working here on the 5th of September. Katie will only be working Thursdays. We're very excited and can't wait to see the work she does.



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KIDS FOR CANCER PROJECT Fax: 9216 5699

On the 26th of September the VMC team dress up and show our support by raising money towards a project that is near and dear to our hearts.

The Kids Cancer Project!

Together we can create the opportunities for science to help kids survive and thrive, by accelerating funding for life changing childhood cancer research.

Their vision is to see 100% of children, adolescents and young adults survive cancer and live with no long-term health implications caused by their treatment.

We hope you can enjoy this day as much as we do by coming in and seeing all our fabulous costumes and help support this special cause!

VMC
ANNUAL
FUNDRAISER

Proudly supporting
THE KIDS' CANCER PROJECT
Science. Solutions. Survival.

Sept 26th

Donate Online

WWW.VINEYARDMEDICALCENTRE.COM.AU





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Why we do it!

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Before he was diagnosed with acute lymphoblastic leukaemia toddler Tommy's world was beautiful and carefree. His mum Emily McGuire recalls sunny days playing in the paddock behind their house trying to hit golf balls with his dad, exploring the excitement of their family farm and just generally being a kid... "It was everything you could have hope to give your son", she says.

Then last May she and her partner, Ricky, found out their little boy had acute lymphoblastic leukaemia at just 19-months-old. Here she tells her story:

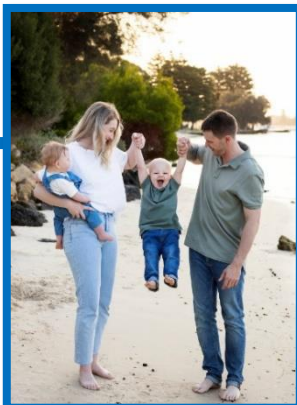
Emily with her partner, Ricky and their two sons, Tommy and Oliver. "I had no idea what to expect. I didn't know anything about cancer treatments or what was going to happen to him", Emily explains of the crash course in cancer treatments she was about to receive upon Tommy's diagnosis. "We've had our crash course in what cancer treatments can do to a little body, and it isn't pretty. Why is it that the only way to save him was with a drug that damaged his nerves and left him temporarily unable to walk, leaving him deteriorating before our eyes?" Amongst all the lessons she learnt in their "awful journey", Emily says she very quickly learnt the only way to give kids better cancer treatments is through research. "One thing that struck with me was, 'what can I do to change this? How can I help?' I'm not a scientist, and sadly don't have millions of dollars I can donate to help researches. But I can share my story with you. Because I know that coming together with other people like me who want change, who want to help other kids with cancer, is most powerful thing I can do"

Sharing Tommy's story isn't easy. Emily says she and her partner have stayed positive as they can throughout it all and thankfully, Tommy's chances of a full recovery are looking promising. "But some parts of it have been truly horrendous," she admits.

"Seeing him lose his ability to walk and all his strength just evaporate was probably the worst. We were warned about it by the doctors, but actually seeing it was really quite confronting. It was so traumatic - he's so young and just had no idea why he was fine one day, the next day he's in hospital and can't walk. "It can be hard to stay optimistic sometimes, but you've got to take the silver linings where you can. It might sound crazy given the journey we've been on, but I count myself lucky - lucky in an unlucky situation is what I say. The fact that he's with us today and that the side effects he's suffered should only be temporary is all the matters to me right now. Emily says some of the other families they've met on this journey have no end in sight and their little ones don't have the same hope of a fully recovery like Tommy does. "It's just not fair."

"We were told that 50 years ago, Tommy's cancer probably would have been incurable, but today his future is looking bright - that shows how effective the support of people who generously donate is. However, there's still a way to go. "I truly hope you can support vital kid's cancer research today. Your gift could mean families in the future don't have to hope. With better treatments, survival might one day be a certain for all kids, and side effects a thing of the past"

Story courtesy of The Kids' Cancer Project.





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STAFF PROFILE *Stephanie Alders*

Stephanie is an Accredited Exercise Physiologist with 12 years' experience across community health, hospital and private practice settings. She specialises in the prevention and management of chronic diseases such as diabetes, heart disease, lung conditions, arthritis, and osteoporosis for adults and older adults, and had pioneered the development and implementation of Exercise Physiology Services within Community Health.

In addition to her Exercise Physiology qualification, Stephanie is a certified Health & Wellness Coach, integrating a holistic approach to health and lifestyle management into her practice. Her approach centres on recognising and leveraging clients' strengths to foster sustainable and meaningful lifestyle changes.

Stephanie is a passionate advocate for health education and regularly presents at community and workplace events, sharing her expertise and promoting health awareness. Her commitment to empowering individuals through tailored exercise programs and personalized coaching has earned her recognition as a trusted professional in the field of Exercise Physiology and Coaching for living well. Outside work, she enjoys hiking, outdoor activities, travel, and exploring new environments.





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Christine Jones – Pilates Fax: 9216 5699

2024 PHYSIOTHERAPY GROUP EXERCISE: MAT, CHAIR & SMALL EQUIPMENT

Australian Physiotherapy and Pilates Institute (APPI) exercises are specifically designed by physiotherapist for the rehabilitation setting. APPI exercises engage central strength or core stability, enhance movement control and flow, with the potential to reduce pain and dysfunction. Movements are inspired from exercises developed by Joseph Pilates, yet effectively modifies based on research and evidence for physiotherapy.

Mat sessions consist of standing, sitting or floor-based exercises using the body's own resistance or small equipment to improve body awareness, focus, breathing, posture, strength and flexibility. Sessions can be adapted to chair-based exercise utilising seated and standing exercise for patients with mobility issues.

THERAPEUTIC MOVEMENT & STRETCH

This class had been designed specifically to enhance mind-body connection, postural and breath awareness, balance, fascial stretching and functional movement integration for the rehabilitation setting.

Based upon the biopsychosocial model and implementing therapeutic Yoga postures, Tai Chi inspired movements, mindfulness with movement and meditation methods, it aims to more effectively integrate our physical, mental and emotional responses and abilities to assist in injury/condition management and healing/

Various sessions are offered: > Beginners to intermediate

- > Individual or Group exercise programs (Note: Physiotherapy small group: Health Fund Rebate Code **560**)

STEP 1: Book your Assessment (40 Minutes) – Private \$120/ Conc. \$110

Physiotherapy Assessment: Includes 'Clinical Exercise' assessment, introductory session and individualised exercises to practice before commencing the Group Programs.

STEP 2: Book your ongoing private sessions or join our popular Group Programs:

8 WEEK PROGRAMS:	Wednesday	Friday	COST
'CLINICAL EXERCISE'	17 th July – 18 th Sep 9 th -Oct – 18 th Dec	19 th July- 20 th Sep 11 th Oct – 20 th Dec	
MAT BASED – BEGINNERS TO INTERMEDIATE (ANTE/POSTNATAL WELCOME)	9:15am – 9:55am	9:15am – 9:55am	<ul style="list-style-type: none"> • \$54/session • Conc. \$49 • WC/TAC Gap \$20
THERAPEUTIC MOVEMENT & STRETCH: Tai chi, yoga, Mindfulness based movements, stretch & meditation		2:15pm – 2:55pm	





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Sarah's Kitchen

Milo Slice

Ingredients:

1. 4 Cups of Milo cereal crushed finely
2. ½ Cup desiccated coconut
3. 180g milk chocolate chopped
4. 100g butter, chopped
5. 2 tbsp solidified coconut oil

Toppings

1. ½ Cup milo
2. ½ Cup custard powder
3. 1 tbsp Caster sugar
4. 200ml milk
5. 300ml thickened cream
6. 8 gelatine leaves
7. Extra milo to sprinkle



Method

Step 1: Lightly grease a 20cm square cake pan and line with baking paper, extending paper over 2 opposite sides.

Step 2: Place the crushed milo cereal and coconut in a large bowl and make a well in the center. Combine the chocolate, butter and oil in a heatproof bowl and place over a pan of simmering water. Cook, stirring occasionally, until melted and smooth. Add to the cereal mixture and stir until evenly combined. Transfer to the prepared pan. Use the back of a spoon to press firmly and create an even layer over the base. Place in the fridge while you make the topping.

Step 3: To make the topping, combine the milo, custard powder, sugar and ¼ of the milk in a saucepan. Whisk until smooth. Stir in the remaining milk and the cream. Cook, stirring constantly, for 2 minutes or until mixture thickens slightly.

Step 4: Meanwhile, soak gelatine leaves in a bowl of cold water for 5 mins or until soft.

Step 5: Lift gelatine from the bowl and squeeze out excess water. Add gelatine into the hot milo custard and stir until dissolved. Transfer to a large bowl and set aside to cool for 20 mins. Pour custard over cereal. Cover and place in fridge 6 hours.

Step 6: Cut up and dig in!