



# Vineyard Medical Centre NewsLetter

2-6 Sussex Court,  
Sunbury, 3429  
Ph: 9216 5600  
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August 2025

## Welcome Back!

A big warm welcome back our Dietician Kelly Conte!  
Kelly is an Accredited Practising Dietitian with over 20 years  
of experience in medical nutrition therapy counselling.

Kelly has a special interest in women's health - including  
PCOS, endometriosis, and menopause - as well as managing  
chronic conditions such as diabetes, heart disease, gut  
disorders and is trained in managing IBS with the FODMAPs  
dietary approach through Monash University.

Kelly will be working fortnightly sessions on Tuesdays.

Initial consultations 60 minutes - \$140.00  
Review consultations 30 minutes - \$80.00

Call today to book your next appointment!

## Pyjama Day!

On the 31<sup>st</sup> of July the staff swapped scrubs for slippers  
and rocked their comfiest PJ's - all to support The Pyjama  
Foundation!

This fun and comfy day helps raise awareness for children  
in foster care and the important work The Pyjama  
Foundation does to support their learning and development!

Today VMC raised an amazing .....

Thank you for everyone who participated and donated!

## COMING SOON...

Big exciting news! Our annual fundraiser for the Kid's  
Cancer Project is just around the corner! Join us as we  
come together to make a difference in the lives of  
children battling cancer. Together, we can fund vital  
research and provide hope for a brighter future. Stay  
tuned for more details on how you can get involved and  
make an impact.

#KidsCancerProject #Fundraiser



## WELCOME!

A big warm welcome to our newest  
registrars who will commence  
working at of the 4<sup>th</sup> of August.

Dr Eleanor Tanguis  
Dr Binari Wjesundara  
Dr Katherine Lee  
Dr Maddie Giacchi

We're so excited to see the work  
that you do here at VMC!

## FAREWELL

We sadly bid farewell to three of our  
wonderful registrars.

Dr Monty Do-Wyeld  
Dr Thalia Ash  
Dr Sue Lim

We thank you for everything you've  
done for our patients in the last 6  
months.

We wish you guys all the best on your  
next adventure knowing that you all  
will thrive in your next rotation!

## HotDoc

You can now book Allied Health  
on HotDoc!

Psychologist - Rudy Gonzalez  
Psychologist - Katie McKenzie  
Physio - Andrew Hall  
Physio - Nash Egan  
Osteo - Rosie Michetti



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## Health Awareness

### Bullying. No Way! Week - August 11-15, 2025

This week, we stand united for respect, kindness, and inclusion. Bullying doesn't just hurt feelings - it affects mental health, self-esteem, and the ability to thrive.

- 💬 Let's talk about it.
- 📢 Let's stand up to it.
- 🤝 Let's support each other.

Whether at school, online, at work, or in the community - everyone deserves to feel safe, valued, and heard.

Learn the signs  
Reach out for help  
Be an upstander, not a bystander

Together, we can create a culture where bullying has no way. #noway2025

For more information, head to : <https://bullyingnoway.gov.au/preventing-bullying/national-week-of-action>

## Meet the Face Behind Our Newsletter - Sarah!

We thought some of you might like to see the friendly face behind our monthly newsletter - say hello to Sarah!

When she's not welcoming patients and running the front desk like a pro, Sarah is the creative mind putting together our staff and patient newsletter. From updates to feel-good stories, she keeps us all in the loop and smiling.

But that's not all - Sarah also brightens our days with uplifting quotes and affirmations on the staff noticeboard each month. Her positivity and care go a long way in keeping our team inspired.

Thank you, Sarah, for all that you do - both behind the scenes and front and centre!



**Meet Sarah - The  
face behind our  
patient newsletter**



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## STAFF PROFILE

### Dr Lipi Shukla

This month, we're proud to feature Dr Lipi Shukla, a Melbourne - trained Plastic and Reconstructive Surgeon and Fellow of the Royal Australasian College of Surgeons.

Dr Shukla brings a wealth of expertise from her training across Victoria's major tertiary hospitals, including The Alfred, Royal Melbourne, St Vincent's, and the Royal Children's Hospital.

With a strong focus on:

Hand surgery

Reconstructive microsurgery for cancer and trauma patients  
compassionate, personalised care

Dr Shukla is dedicated to delivering the best possible outcomes and patient experience.

She currently holds consultant surgeon positions at The Alfred and St Vincent's Hospital, and see private patients at:

- East Melbourne
- Brighton Plastic Surgery
- Murrumbena - Southern Dermatology
- Sunbury - Vineyard Medical Centre

We're grateful to have such a skilled and caring surgeon as part of our team.



Book an appointment today: 03 9928 6174



# SARAH'S KITCHEN



## Apple and Rhubarb Cobbler

### Ingredients:

- 800 grams granny smith apples
- 1 bunch rhubarb, trimmed and chopped
- 2 tbsp caster sugar
- 1L (4 cups) warm water
- 150g (1 cup) self-raising flour
- 155g (3/4 cup, firmly pack) brown sugar
- Large pinch of ground cinnamon
- 60g Butter, chopped
- 1 egg, lightly whisked
- 2 tbsp milk
- Icing sugar
- vanilla ice-cream, to serve

### Method:

Step 1: Combine apple, rhubarb and sugar in a bowl. Spoon into a 1.5L heatproof dish that fits inside a 5L slow cooker. Add enough water to slow cooker to cover base, leaving top of rack exposed. Place dish on rack. Cook, cover, on high for 1 ½ hours.

Step 2: Sift the flour, brown sugar and cinnamon into a large bowl. Use your fingertips to rub in the butter until the mixture resembles coarse breadcrumbs. Make a well in the centre. Whisk the egg and milk in a jug. Pour into the well and use a large metal spoon to gently stir until just combined.

Step 3: Remove the lid from the slow cooker and gently stir the fruit mixture. Drop large spoonful's of batter over the top of the fruit mixture (don't worry if it's not completely covered). Cook, covered, for a further 1 ½ hours or until the topping is firm to touch and cooked through. Remove the dish from the slow cooker and dust with icing sugar.

Service with scoops of ice-cream!

