



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

Quick Consult

Quick Consults via HotDoc is now here...

What is Quick Consult?

Quick Consult is a service that allows patient's the option to make requests such as a repeat prescription for regular medications or repeat referrals for regularly attended Specialist appointments.

These requests are sent directly to your doctors to action, Via HotDoc. This is only eligible for patients who have been seen for an appointment at our practice before and only for repeats not new prescriptions or referrals.

It assists our patients when you are unable to obtain an appointment with your GP.

Quick consults can be scheduled via the HotDoc app only, it is not available via reception.

Once logged in select repeat prescription or repeat referral and follow the steps. You will be required to enter payment details when booking. Please carefully read the terms and accept these.

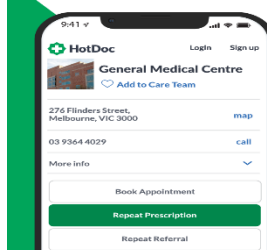
Your GP has up to 5 days to action your request.

If they are unable to action this within the timeframe you will be refunded the costs. Once your GP assesses your request and approves it you will receive an email from HotDoc advising it has been approved. If you GP declines this request, you will again receive an email.

We kindly request you do not call the clinic to follow up on when your request will be actioned. You will receive notification from HotDoc once it is.

Quick Consults

Online healthcare from your regular doctor



- ✓ Time-saving
- ✓ Faster delivery
- ✓ Convenient online care



Clinic Closed

The clinic will be closed on the 10th of June for the public holiday for Monarch's Birthday.

Biggest Morning Tea

Thank you for everyone who donated to the Biggest Morning Tea! VMC raised \$285.00.



Tips to keep warm this winter

- Dress in Layers. 🧥
- Wear Thick Socks or Slippers. 🧦
- Use the Oven and Stove for Cooking. 🍳
- Leave the Oven Open After Baking. 🍞
- Enjoy a Cup of Soup. 🍲
- Drink Warm Beverages. ☕
- Use microwaveable heating pads.
- Clear heat vents to keep your house warm.
- Do something active. 🚶



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Fee Increase

Private Patients, Concession and those over 65 without a valid concession:

Today Medicare rebates do not cover the full cost of providing you with medical care. This is because the rate at which successive governments have indexed the Medicare Schedule fees has been substantially lower than increases in the Consumer Price Index (CPI) and average weekly earnings.

The reality is that Medicare rebates do not cover the cost of providing you with a safe and high-quality service. The fees charged by this practice have to cover all of our practice costs including the employment of doctors, receptionists and practice nurses, and meet our operating expenses such as rent, medical equipment, electricity, computers and insurance.

It is not possible for this practice to meet our running costs each year without increasing our fees.

From **1st July 2024** our practice will be charging you the following fees for our most common services & these payments are required on the day:

	Private	Concession	Rebate
Brief Consultation (Item 3)	\$77.00	\$67.00	\$18.95
Standard Consultation (Item 23)	\$105.00	\$95.00	\$41.40
Consultations > 20 minutes (Item 36)	\$149.00	\$139.00	\$80.1
Consultations > 40 minutes (Item 44)	\$187.00	\$177.00	\$118.00

Children 15 years & younger or patients 65 years and older who hold a valid Pensioner Concession Card or a valid Health Care Card are eligible for **Medicare rebate + \$30 gap** on the day of their consultation.

We have a TYRO facility available at reception. Once full payment is made for your consultation TYRO enables us to deposit the Medicare rebate back into a Cheque or Savings account using your card. This process is extremely quick and efficient.

Patients 65 years and older who hold a valid Pensioner Concession Card or a valid Health Care Card are eligible for **Medicare rebate + \$30 gap** on the day of their consultation.



Patients who hold the following card are eligible for a **concession rate** on the day of their consultation.



Children 15 years & younger will also be charged the MBS rebate + \$30 gap



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STAFF PROFILE *Rudy Gonzalez*

Rudy's extensive clinical experience include holding the role of Director of Clinical Services at Cairnmillar Institute, General Manager of Practice and Sector Development at Victorian Foundation for Survivors of Torture (Foundation House) and was the founding Executive Director of Lighthouse Institute, an attachment and trauma informed knowledge centre that provided clinical supervision, training and consultancy to practitioners and organisations working with survivors of trauma, as well as conducting research on trauma informed systems. He is a Board approved supervisor and member of APS. Rudy has previously held the role of Director of Care Services at Lighthouse Foundation, as well as roles in child youth and family services and therapeutic communities in forensic settings. He was a lecturer with the School of Psychology and Social Sciences at Victorian University, and an Honorary Fellow of University of Melbourne. His work as a leader was recognized in 2013 receiving the SACS and Leadership Victoria Award for Excellence for Executives working in Not For Profit organisations.

Rudy's areas of interest include:

- Child and Adolescent Mental Health
- Trauma Focused and Informed Practice
 - Trauma Oriented Practice
 - Community Psychology
 - Family Work
- Organisational Mental Health and Wellbeing
- High performance psychology with coaches and sports people
 - Leadership Development
 - Culturally Inclusive Practice
 - Clinical Supervision

Clinical Expertise:

Rudy has extensive experience as a psychologist, clinical supervisor and manager in work with children, young people, families and communities impacted by trauma. His clinical work across his life span, has included trauma informed work in the family services, forensic mental health with youth and adults, child and adolescent mental health, trauma services, out of home care, homelessness services and private practice.



**Rudy will be consulting on Tuesdays, Wednesday and Fridays.
Call the clinic today to book you appointment!**



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Sarah's Kitchen

Cob Loaf

Ingredients:

1. Cob Loaf
2. 250g creamed Cheese, softened
3. 300ml bull light sour Cream
4. 40g packet French onion soup
5. Crackers to serve
6. Bacon pieces
7. 1 onion
8. 1 ½ cup of cheese

Method

1. Preheat oven to 180C fan forced. Line a large baking tray with baking paper.
2. Cut 4cm off top of cob loaf to form a lid. Scoop bread from the centre of the loaf, leaving 1.5 cm edge. Tear or roughly chop bread pieces.
3. Heat 1 tbsp of olive oil in a large pan over medium heat. Add 1 small onion and finely chopped and add bacon pieces. Cook until bacon is browned and onion has softened. Remove from heat.
4. Into a ball stir in block cream cheese and mix until well combine, add in bacon, onion, 300mls of bulla light sour cream and 1 ½ cup of grated cheese.
5. Spoon mixture into a loaf. Arrange lid, bread pieces. Bake for 20 minutes or until lightly toasted.
6. Sprinkle with extra chives and serve warm!

