



# Vineyard Medical Centre NewsLetter

2-6 Sussex Court,  
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Ph: 9216 5600  
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September 2025

## Hello, Spring!

The days are brighter, the flowers are blooming...and for some of us, the sneezing season had arrived too.

If hay fever has you reaching for the tissues, here are some tips to help you enjoy the season:

Check the pollen forecast - Stay indoor on high-pollen days or keep windows closed.

Protect your eyes - Sunglasses can help block pollen when you're outside.

Shower & change clothes - Remove pollen from your hair, skin, and clothes after being outdoors.

Use air filters - HEPA filters at home can help trap allergens.

Consider antihistamines - Ask your pharmacist or doctor about the right option for you.

Let's welcome the warmer days and keep sniffles to a minimum!

How do you keep hay fever from spoiling your spring?

## Meet our Administration Team Spotlight:

### Meet Anita

This month, we're celebrating our amazing Assistant Manager, Anita!

Anita has been a valued part of the Vineyard Medical Centre family for an incredible 7 years, bringing dedication, expertise, and a warm smile to everything she does. In 2024, her hard work and leadership were recognised with a well deserved promotion to Assistant Manager.

With a wealth of knowledge in Medical administration and the ability to speak fluent Croatian, Anita is a vital link in our team. She manages our accounts, oversees staff training, and works closely with our Manager to keep everything running smoothly behind the scenes.

Anita's professionalism, attention to detail, and supportive nature make her an absolute star - and we are so lucky to have her.

## Public Holiday

The Clinic will be closed on the 26<sup>th</sup> of September due to the AFL Grand Final.

For any or all emergencies please call 000 or nurse on call.

## R U OK? DAY

On Thursday, 11th of September, it's R U OK? Day.

R U OK? Day is a national day of action in Australia, held each year to raise awareness about mental health and the importance of checking in with others. It encourages people to ask, "Are you OK?" and to genuinely listen, offering support to those who may be struggling. The day serves as a reminder that a simple conversation can make a big difference — and potentially save a life. R U OK? Day promotes connection, compassion, and the idea that every day is a good day to ask the question.

VMC will be showing our support by wearing yellow and being someone that others can come to for support.

So, check in on those around you. Start that conversation.

Together, we can all make a difference.

## R U OK?



## Meet Anita - Our Assistant Manager



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## Health Awareness Childhood Cancer Awareness Month

This month, we shine a light on a cause very close to our hearts - The Kid's Cancer Project

Thanks to your incredible support over the years, we've been able to raise over \$10,000 to help fund vital scientific research aimed to developing safe, more effective treatments for children with cancer. But we're not stopping there. The Kids' Cancer Project and our dream is simple: No child should ever die from cancer. Every donation, every bear, every act of kindness brings us one step closer.

Join us this September is supporting the Kids' Cancer Project.

Let's keep fighting for brighter futures. You can donate at:

<https://www.fundraiseyourway.com.au/vineyard-medical-centre-2025>



### Meet the Bear That Brings Courage



For just \$59.95, you can bring comfort and hope to a child like Tommy, who's bravely fighting cancer. These special bears aren't just soft and cuddly - they represent love, strength, and the powerful message that no child fights alone. You can purchase a bear at our reception or online. Want to make an even bigger impact? You can also donate a bear directly to a child at your chosen hospital - all through their website.



A huge thank you to these amazing people  
for your generous donations!

The Fox Effect  
Sharp Exhausts  
Serene Psychological Services  
In House Radiology  
Bronwyn  
Mark

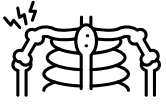




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## STAFF PROFILE



### Mr Richard Pennington - Orthopaedic Surgeon

We're delighted to focus this month's staff focus on Mr Richard Pennington, an experienced orthopaedic surgeon specialising in upper limb conditions - from the shoulder to the hand - as well as general orthopaedic conditions and trauma. Richard trained in London (UK) and went on to complete advance subspecialty fellowship training in Devner (USA), Melbourne, and Sydney. He is dual accredited in both Australia and the UK, and is proud to now call Victoria home.

With a strong belief in evidence - based medicine, Richard works closely with allied health professionals to ensure the best possible patient outcomes - from the very first consultation through to full recovery.

Shoulder arthritis - replacements with computer navigation & patient -specific implants

Rotator cuff problems

Shoulder instability & reconstruction

Clavicle fractures & AC joint dislocations

Frozen shoulder

Elbow & wrist arthritis, ganglions & replacements

Hand & wrist fractures

Nerve compression syndromes (carpal tunnel, ulnar nerve)

Dupuytren's disease, trigger finger & other hand conditions

Sports injuries & orthopaedic trauma

Knee arthritis & replacements

Meniscal & ACL injuries, knee arthroscopy



Outside of work, Richard is a keen rugby supporter and enjoys swimming, surfing with his family, staying fit, and reading.



For appointments, call 1300 125 218



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## SARAH'S KITCHEN



### Matilda – Miss Trunchbull's chocolate cake

"You wanted cake, you got cake! Now EAT IT" – Agatha Trunchbull

#### Ingredients:

- 1  $\frac{3}{4}$  cups plain /all purpose flour
- $\frac{3}{4}$  cup cocoa powder
- 1  $\frac{1}{2}$  tsp baking powder
- 1  $\frac{1}{2}$  tsp baking soda
- 2 cups white sugar
- 1 tsp salt
- 2 eggs
- 1 cup milk
- 2 eggs
- 1 cup milk
- $\frac{1}{2}$  cup vegetable oil
- 2 tsp vanilla extract
- 1 cup boiling water

#### Chocolate buttercream frosting

- $\frac{3}{4}$  cups unsalted butter, softened
- 2  $\frac{1}{2}$  cups of soft icing sugar
- $\frac{1}{2}$  cup cocoa powder
- $\frac{1}{4}$  cup milk
- 1 tsp vanilla extract



#### Method:

- Step 1: Pre-heat oven to 180C
- Step 2: Grease 2 x 22cm/9 cake pans with butter, then line the base.
- Step 3: Sift flour, cocoa, baking powder and baking soda into a large bowl. Add sugar and salt. Whisk briefly to combine.
- Step 4: Add eggs, milk, oil and vanilla. Whisk well to combine until lump free.
- Step 5: Add boiling water and whisk to incorporate. The batter is very thin.
- Step 6: Pour batter into cake pans.
- Step 7: Bake for 35 minutes or until a wooden skewer inserted into the centre comes out clean.
- Step 8: Cool for 10 minutes or until completely cool.
- Step 9: Frost cake with Chocolate buttercream frosting.

#### Chocolate Buttercream Frosting

- Step 1: Place butter in the bowl of a stand mixer with paddle attached. Beat for 3 minutes.
- Step 2: Add half the icing sugar and cocoa powder. Beat for 3 minutes.
- Step 3: Add remaining icing sugar and cocoa powder.
- Step 4: Add milk and vanilla. Combine well.
- Step 5: Spread onto your cake

