



Vineyard Medical Centre NewsLetter

2-6 Sussex Court,
Sunbury, 3429
Ph: 9216 5600
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May 2026

World Receptionist Day



Today we're celebrating the incredible people who are the heart and face of our clinic — our reception team.

From the moment you walk through our doors or call the clinic, they're the friendly voices and welcoming smiles that make all the difference. They keep everything running smoothly behind the scenes while making sure every patient feels heard, supported, and cared for.

Their kindness, patience, and dedication don't go unnoticed — and we are so grateful for everything they do each and every day.

Please join us in thanking our amazing receptionists for being such an essential part of our team

Important Medicare Update – Coming July 1, 2026

We're making things easier, faster, and more secure for you when visiting our practice.

What's changing?

Medicare is moving away from paper forms for bulk-billed visits. Instead of signing a form in person, you'll soon be able to review and approve your consent via SMS on your phone.

What this means for you:

- No more paper forms to sign at the end of your visit
- Secure, PIN-protected digital forms sent to your phone
- Option to review and accept before or after your appointment
- Easy access to your own copy anytime

Prefer paper?

No problem—paper forms will still be available if needed.

Why the change?

This new system is quicker, safer, and reduces paperwork—making your visit smoother from start to finish.

What you can do now:

We'll keep you updated as we get closer to July. Stay tuned!

Physiotherapy Clinical Exercise

Christine's popular Clinical Pilates programs are returning this April. These sessions use Australian Physiotherapy and Pilates Institute (APPI) exercises, specifically designed by physiotherapists to support safe, effective rehabilitation, strength, and movement control.

Program options include:

Mat-Based Clinical Pilates

- Wednesdays: 22 April – 24 June
- Fridays: 10 April – 26 June

Therapeutic Movement & Stretch

- Fridays: 10 April – 26 June



Call today to book in your session!

All new patients will require an appointment with Christine first.

Provider's Away

Rosie 5th - 13th May
Nash 6th - 16th May
Anthony 8th - 13th May
Jeremy 28th - 6th June

Happy Mother's Day

Dear Mum, Mum's to be, Mother figures, Mum's who have passed and those who are yearning to be mums.

Today we celebrate you—the quiet strength behind so many lives, the steady hands, the open hearts, and the love that never runs out. You are the early mornings and late nights, the gentle encouragement and fierce protection, the ones who show up again and again, even when no one is watching.

Thank you for the patience you give so freely, the sacrifices made without fanfare, and the comfort found simply in your presence. Your love shapes lives in ways that words can never fully capture, and your influence ripples far beyond what you may ever see.

Motherhood looks different for everyone, but at its heart is the same beautiful truth: deep care, resilience, and unconditional love. Today, and every day, we honour you—not just for all that you do, but for who you are.

Wishing you a day filled with love, recognition, and moments just for you. You are truly appreciated.



Welcome Back & Farewell

A big warm welcome back to Nurse's Lauren & Ashleigh, who will be commencing as of the 21st & 22nd. We couldn't be more excited for their return.

A warm welcome to our newest member of the VMC receptionist team Madeline. Madeline has a extensive background in Age care, and will make a great addition to the team.

We sadly bid farewell to receptionist Courtney. We couldn't be more proud of the work she has done and wish her all the best on her next adventure!



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Health Awareness Thyroid Awareness Month

Your thyroid may be small, but it plays a big role in your health - affecting your energy, metabolism, mood, and more.

Many people live with thyroid conditions without even realising it. Knowing the signs can make all the difference.



Common symptoms to watch for:

- Unexplained fatigue
- Weight changes
- Sensitivity to cold or heat
- Changes in heart rate
- Mood swings or brain fog



If something doesn't feel right, it's worth checking in with your GP. Early detection and management can have a huge impact on your wellbeing. Let's raise awareness, support each other, and prioritise our health this May.



World Heart Week 4th - 10th May

World Heart Week (4-10 May) is a timely reminder of the importance of looking after your heart — one of the hardest working organs in your body.

Heart disease remains one of the leading causes of illness, but the good news is that many risk factors can be managed with simple, everyday lifestyle choices.

Supporting your heart health doesn't have to be complicated. Small, consistent changes can make a big difference over time:

- Stay active — aim for regular movement, even a daily walk
- Eat a balanced, heart-healthy diet
- Manage stress and prioritise good sleep
- Quit smoking and limit alcohol intake
- Keep up with regular health checks

Knowing your numbers is key. Monitoring your blood pressure, cholesterol, and blood sugar levels can help detect potential issues early. If you have concerns about your heart health or risk factors, we encourage you to speak with your GP.

This World Heart Week, take a moment to check in with your heart — and make your health a priority.

Together, we can take steps toward a healthier future.



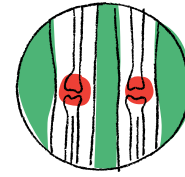
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Staff Focus MR WEI-HAN TAY



ORTHOPAEDIC SURGEON FOOT & ANKLE SPECIALIST

Based in Melbourne, Mr Wei-Han Tay is an experienced orthopaedic surgeon dedicated to the treatment of foot and ankle conditions, as well as general trauma. Consulting and operating across the east, north, and inner city, he provides accessible, high-quality care to patients throughout the region.

Mr Tay takes an individualised, evidence-based approach to treatment, using modern, proven surgical techniques and implants. He works closely with a multidisciplinary team to ensure comprehensive care, guiding patients every step of the way—from diagnosis through to recovery and rehabilitation.

He specialises in the management of:

- Bunion & forefoot deformities
 - Flatfoot deformity
 - Hallux rigidus
 - Midfoot arthritis
 - Ankle instability
 - Lisfranc injuries
 - Ankle arthritis
- Complex foot & ankle fractures

To book an appointment, call 03 9002 4621
A referral from your treating practitioner is required

Take the next step towards better mobility and recovery with expert care.





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Sarah's Kitchen



Caramelised Banana Pancake Traybake

Ingredients:

- 350g Woolworths buttermilk pancake shaker
- 2 tbs brown sugar
- 3 small bananas, halved lengthways
- ½ cup frozen blueberries
- ½ cup Greek yoghurt
- 2 tbs maple syrup

Method:

Step 1: Preheat oven to 200-180 degrees fan-forced. Grease and line the base of 20 x 30cm lamington pan with baking paper.

Step 2: Make pancake batter according to shaker instructions.

Step 3 & 4: Pour batter into prepared pan. Place half of the sugar on a plate. Dip one cut side of each banana slice in sugar to lightly coat. Top batter with banana, sugar side up, and half of the blueberries.

Place remaining blueberries in a bowl and set aside to thaw.

Bake batter for 20 minutes or until pancake springs back when lightly touched. Remove from oven. Switch to the oven grill.

Sprinkle pancake with remaining sugar. Grill for 2 minutes or until golden and sugar begins to caramelize.

Step 5: Stand for 5 minutes to cool. Cut into pieces. Top with yoghurt and remaining blueberries. Drizzle with maple syrup. Serve.

