



Vineyard Medical Centre NewsLetter

2-6 Sussex Court,
Sunbury, 3429
Ph: 9216 5600
Fax: 9216 5699

June 2026

Winter has officially arrived!

As the temperatures drop, it's important to take a little extra care of yourself and your loved ones during the colder months. Here are a few simple tips to help stay warm and well this winter:



- Dress in layers to keep warmth in
- Enjoy warm, nourishing meals and stay hydrated
- Get plenty of rest to support your immune system
- Wash your hands regularly to help prevent winter bugs
- Stay active with gentle exercise, even on chilly days
- Check in on family, friends, and neighbours who may need extra support



Let's embrace the season, stay cosy, and look after one another this winter!

UPDATED FEES – 1 July

From 1 July, some of our Allied Health providers will be updating their fees.

These changes help us continue to deliver high-quality care and support for our patients.

Rosie – Osteopath:

Initial (New Patient): \$140

Review: \$106

Concession (New Patient): \$130

Review: \$96.00

If you have a care plan, the same fees above will apply but will include a Medicare rebate.

Harrison – Podiatry:

Initial: \$105

Review: \$90

Private Initial: \$105

Review: \$90

Katie – Psychologist:

Standard Session: \$240

Couples Session: \$260

Stephanie – Exercise Physiology:

Assessment: \$129

Review: \$96

For any further information, please don't hesitate to call and speak to one of our receptionists.

Provider's Away

4th - 9th - Trisha
15th - 6th - Anthony
27th - 19th Anna
22nd - 8th Rosie
26th - 15th Harrison

Public Holiday

The clinic will be closed on the 8th of June due to the King's Birthday.

For medical assistance during this time: In an emergency, please call Triple Zero (000).

For urgent (non-life threatening) care, please contact your nearest Urgent Care Centre.

To arrange a home visiting GP or after-hours GP, please call 13 74 25.



Biggest Morning Tea

On the 14th of May, VMC hosted the Biggest Morning Tea.

We couldn't be more grateful for those who donated and supported a cause that is so deeply loved here at VMC.

Our goal for the day was to raise \$200. We are happy to say we have smashed this goal and have raised an amazing \$536.00. Now, you're probably wondering who won our best dessert.

The winner of this year's Biggest Morning Tea is Velda with her delicious egg & bacon pastry bites!

Welcome Maddi

Maddi is our newest member of the VMC receptionist team. We couldn't be more excited to have her on board.

Maddi brings previous experience in customer service and administration from the aged care sector, with a strong focus on organisation, communication, and creating positive experiences for others.

Friendly and approachable, she enjoys working with people and thrives in fast-paced environments. Outside of work, Maddi loves coffee and keeping active through Pilates.



Vineyard Medical Centre NewsLetter

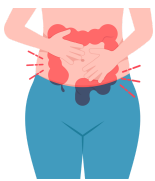
2-6 Sussex Court,
Sunbury, 3429.
Ph: 9216 5600
Fax: 9216 5699

June 2026

Health Awareness Bowel Cancer

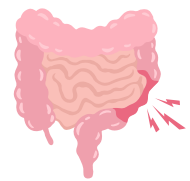
♥ June is Bowel Cancer Awareness Month ♥

Bowel cancer is one of the most common cancers in Australia, and early detection can save lives. Knowing the signs and symptoms is an important step in protecting your health and the health of those around you.



⚠ Symptoms to look out for may include:

- Changes in bowel habits
 - Blood in your stool or rectal bleeding
 - Abdominal pain or persistent bloating
 - Unexplained weight loss
 - Fatigue or weakness
- Feeling that your bowel hasn't completely emptied



While these symptoms can be caused by a range of conditions, it's important not to ignore them. If you have any concerns or are experiencing any of these symptoms, please book an appointment with a treating practitioner to discuss your health further.

Early detection makes a difference. ♥



Men's Health Week 9th - 15th June



This Men's Health Week, we encourage all men to take a moment to prioritise their health and wellbeing — both physically and mentally.

Regular check-ups and early intervention can make a significant difference in preventing and managing health conditions. Whether it's booking a routine health assessment, checking in on your mental health, improving your diet, staying active, or simply having a conversation with someone you trust, every small step matters.

Common areas men often overlook include:

- ✓ Heart health
- ✓ Mental health
- ✓ Diabetes screening
- ✓ Blood pressure and cholesterol checks
- ✓ Prostate and bowel health

Looking after your health is not a sign of weakness — it's one of the strongest things you can do.

If you have any health concerns or are due for a check-up, please book an appointment with your treating practitioner.

♥ Your health matters.



Vineyard Medical Centre NewsLetter

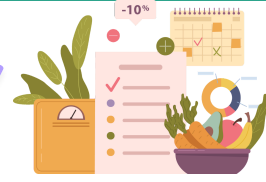
2-6 Sussex Court,
Sunbury, 3429.
Ph: 9216 5600
Fax: 9216 5699

June 2026



Staff Focus

KELLY CONTE



ACCREDITED PRACTISING DIETITIAN

This month, we are proud to shine a spotlight on Ms Kelly Conte - Accredited Practising Dietitian.

Kelly brings over 20 years of experience in medical nutrition therapy counselling and is passionate about supporting patients through a compassionate, whole-person approach to health and wellbeing.

As a Credentialed Eating Disorder Clinician, Kelly provides evidence-based care for individuals experiencing eating disorders and challenges around food and eating. She follows a non-diet, size-inclusive approach aligned with Health at Every Size® principles, helping patients build a healthier and more peaceful relationship with food and their bodies.

Kelly also has a special interest in:

- ✨ Women's health — including PCOS, endometriosis, and menopause
- ✨ Chronic disease management — including diabetes and heart disease
- ✨ Gut health and IBS management using the Monash University FODMAP dietary approach

We thank Kelly for the incredible care and support she provides to our community every day.





June 2026



Velda's Kitchen



Egg & Bacon Pastry Bites!

This year's winner of our Biggest Morning Tea competition! We can honestly say it didn't last long—these were snapped up in no time, and the team hasn't stopped raving about them!

We're so excited to have her share her wonderful recipe for everyone to enjoy!

Ingredients:

- 3 x puff pastry sheets
- 1 x egg
- 1 x tin of cream
- 1 x cup grated cheese
- 4–5 rashers of bacon – rind & fat removed
- Fresh chives (optional)
- Salt & pepper

Method:

1. Preheat oven to 200°C.
2. Cut 12 pastry rounds.
3. Place pastry rounds into a muffin tray/patty pan greased with butter.
4. Dice and quickly pan-fry the bacon.
5. Put a spoon of chopped bacon into each mould, then add a pinch of grated cheese on top.
6. In a small jug, mix cream, egg, chives, salt, and pepper. Pour an even amount into each mould until it's all used up.
7. Put the tray in the oven at 200°C for 20 minutes.
8. Once cooked, take out and enjoy!





Dear Patients,

This is a letter to inform you of the upcoming changes to the Assignment of Benefit process from 01 July 2026. While we are a private billing practice, there may be occasions where your doctor chooses to bulk bill your consultation at their discretion.

What is Assignment of Benefit?

Assignment of Benefit (AoB) refers to the process by which a patient authorises Medicare to pay their benefit directly to the healthcare provider, rather than reimbursing the patient.

For those patients who are Bulk Billed, a Bulk Billing Agreement form is signed by the patient to allow the provider to claim the benefit directly from Medicare, ensuring there is no out-of-pocket cost to you.

What is changing?

From 01 July 2026, you will have the added ability to give your consent to assign your benefit directly to your healthcare provider digitally.

An SMS message will be sent to you containing a link to an online Assignment of Benefit Bulk Billing Agreement form.

If you do not wish to provide your consent digitally, the paper form will still be available for you to sign in-person. Our system will be set up to automatically send an SMS, so please advise reception beforehand, if you want a paper copy.

If consent is not provided digitally or via the paper form, your appointment cannot be bulk billed. This means that you will receive a private account and be responsible for the full cost of the consultation. Once a private account has been issued, it cannot be reversed or changed to a bulk-billed account. Therefore, it is extremely important that you provide your consent to be bulk billed after your appointment.

Why are these changes being introduced?

Much like the introduction of digital eScripts that are sent directly to you or your pharmacy, these changes will streamline the healthcare journey for patients and reduce paperwork for practices.

We appreciate your understanding and patience as we transition to this process. If you have any further questions, please do not hesitate to reach out.

You can also find more information about the changes to Assignment of Benefit on the Australian Government of Health, Disability and Ageing (DoHDA) website:

<https://www.health.gov.au/our-work/improving-the-assignment-of-benefit-process>

Kind Regards,

Vineyard Medical Centre
2-6 Sussex Court
Sunbury 3429
(03) 9216 5600