



Vineyard Medical Centre NewsLetter

January 2026

2-6 Sussex Court,
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Ph: 9216 5600
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Welcome to 2026

Welcome to the year 2026! We hope that you all have a wonderful Christmas and a happy New Year!
May this year be the year that goals are made and dreams come true.

Farewell

We'd like to share a heartfelt thank you to Dr. Eleanor Tangas and Dr. Madeleine Giacchi, who will be wrapping up their time with us at VMC at the end of January.

Your dedication, compassion, and the care you've shown our patients have meant so much to our team and our community. We're incredibly grateful for the energy and warmth you've brought to our clinics each day.

You will both be deeply missed when the time comes, and you'll always be welcome back anytime.

Wishing you all the very best in the next chapter ahead.

Welcome

A big, warm welcome to our newest registrars starting in February: Dr Jeremy Katanas and Dr Natina Monteleone. We can't wait to see the incredible work you'll bring to our team and the impact you'll make.

Here's to an inspiring new chapter ahead!

Your Security Matters!

HotDoc is a trusted platform, it's safe to use links sent by HotDoc

It's important for you to know your card details are fully protected when paying for repeat prescriptions, referrals, or medical consultations through HotDoc. Neither HotDoc or Vineyard Medical Centre ever sees or stores your card information. All payments are processed by Stripe, Pin Payments, and Spreedly, certified to the highest PCI-DSS Level 1 security standard. Vineyard Medical Centre is committed to safeguarding your privacy and maintaining the highest standard of security.

How to Stay Vigilant:

Check the sender: Genuine HotDoc messages come from official sources.

Use the official link: If you're unsure, open the HotDoc app or visit our website directly.

Never share card details via email, SMS or by phone: HotDoc will never ask for this information outside their secure system.

HotDoc links are safe when they come from us-just take a moment to confirm they're genuine.

It's important to stay alert, if you have concerns about the validity of an email or link please contact the clinic directly to confirm.

Public Holiday

The Clinic will be closed on Monday 26th January for the Australia Day public holiday.

We wish everyone a safe and enjoyable long weekend!

Need medical help while we're closed?

- For emergencies, call Triple Zero (000)
- For urgent care that is not an emergency, please visit your local urgent care clinic
- For home visits, contact National Home Doctor on 13 74 25

Thank you for your understanding, and we look forward to seeing you when we reopen!

Providers Away

Please be advised that our providers will be away for a short period.

We appreciate your understanding.

Andrew 22nd Dec - 18th Jan

Faith 24th Dec - 3rd Jan

Harrison 24th Dec - 7th Jan

Trisha 18th Dec - 4th Jan

Anna 25th Dec - 11th Dec

Anthony 25th Dec - 11th Jan

Joe 25th Dec - 11th Jan

Maddie 13th - 22nd Jan

Kate 12th - 16th Jan

Jim 12th - 16th Jan

Rory 19th - 30th Jan

Doctor Update

Due to high demand, Dr. Trisha Cunningham is currently not accepting new patients. We will provide an update as soon as her books reopen.

Additionally, Dr. Joseph Horvat and Dr. Anna Proietto are also not accepting new patients at this time.

We appreciate your understanding.

Kelly Conte - Dietitian

As of the 1st of January, Kelly will be increasing her fee's.

Initial Consult \$180.00

Review \$90.00

A 10% discount will apply for aged pensions, children 16 & under and health care card holders.



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Health Awareness

BEAT THE HEAT: SUMMER HEALTH TIPS



With the temperatures rising, it's important to stay safe and look after your health.

Here are some simple ways to keep cool:

Stay Hydrated: Drink plenty of water throughout the day- even if you don't feel thirsty.

Avoid Peak Heat: Try to stay indoors during the hottest part of the day (11am-4pm).

Protect Your Skin: Wear sunscreen, a hat, and light clothing.

Keep Cool: Use fans, air conditioning, or cool showers to lower your body temperature.

Eat Light: Opt for smaller, refreshing meals like fruits and salads.

Check in: Look out for elderly neighbours, young children, and pets. Heat affects them more quickly.

Stay safe, stay cool, and take care of each other this summer!

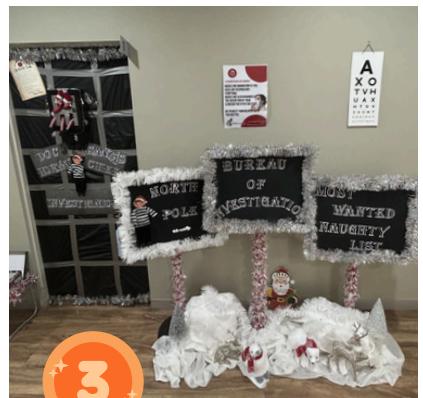
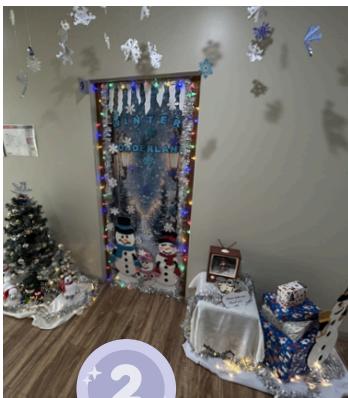
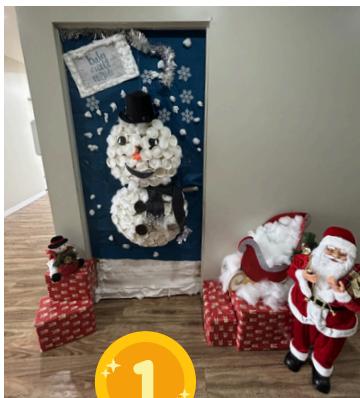
Christmas Door Winner

With another year done and dusted, our Christmas doors have been nothing short of spectacular!

This year, the staff truly went above and beyond—bringing such different ideas and incredible creativity to life.

A huge thank you to everyone who voted, walked around, and enjoyed these festive doors as much as we enjoyed creating them.

The winner for the 2025 VMC Christmas Door is Harrison & Taneaka!





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Celebrating 15 Years of Excellence! *Nurse Cathy*

Please join us in congratulating our incredible Nurse Unit Manager, Cathy, on 15 years at VMC!

Cathy's compassion, hard work, and unwavering dedication to both her patients and her team never go unnoticed. Her leadership is grounded in empathy, respect, and genuine care. She leads with her heart, lifts up everyone around her, and continually makes VMC a better place for both staff and patients alike.

Cathy, you've been a friend, a co-worker, a teacher, and someone we could always depend on. We cherish the laughs we've shared, the stories you've told, and the compassion you show to every single patient. You've created lifelong friendships, and anyone lucky enough to meet you can instantly see the warmth and kindness you bring.

We are truly grateful to have you as part of our VMC family.

Here's to many more years of making a difference.





January 2026



Sarah's Kitchen

Tropsicles

Ingredients:

- 1 1/2 cups low fat vanilla yogurt
- 1 cup sliced mango
- 1 can pineapple chunks, undrained
- 1 banana
- 1 orange, juiced
- Icy pole sticks

Method:

1. Blend yogurt, mango, pineapple chunks with juice, banana, and orange juice in a blender until smooth.
2. Pour into ice pop molds; freeze until set, 4 to 6 hours.
3. Pop out and enjoy!

