Vineyard Medical Centre NewsLetter

NOVEMBER 2026

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

Remembrance Day

On the 11th hour, of the 11th day, of the 11th month, a minute of silence will be held to remember our fallen soldiers.

Remembrance Day is a day to remember the sacrifices of Australians who patriotically served the country and protected it. They died for us, their families and for the country they believed in. Their sacrifices will not be in vain and will be remembered till the end.

We ought to thank the soldiers,
Many-of them lost their lives,
They jumped over hurdles and boulders,
Their souls touched heaven's skies.
They made a huge sacrifice,
Left their family and all.
Gamble with their life,
I know to stand proud and tall'
They gave us faith and hope,
Something we never had before.
What they put themselves through,
They deserve a lot more.
Their families are mournful,
They were clearly the best,
There are a million reasons why,
I wear the Poppy proud on my chest.

Lest We Forget.
(credit to: Samantha - Oakley Deane)

Christmas Doors

The VMC elves are out and about, decorating, creating and fluffing about! With glue and glitter all over the floor, It must be time for the Christmas Door Decor!
Keep and eye out for this years doors.
As we all have something special up our sleeves!

Say Hello to Nurse Lauren

Lauren is a Registered Nurse with over 22 years of clinical experience. Her nursing career began in Medical and Palliative Care and transitioned to General Practice Nursing in 2012.
Initially joining Family Medical Centre, and then Vineyard Medical Centre, Lauren continues to provide comprehensive nursing care within the General Practice setting. Lauren also has a strong background in Skin Cancer Nursing.

In addition, Lauren is:

- An Accredited Cervical Screening Provider and Sexual Health Nurse
- An Accredited Nurse Immuniser
- Experienced in wound closure, suturing and wound care
- Experienced in infusions and venesections

:

Lauren is passionate about providing high-quality nursing care in the community setting, and enjoys developing rapport with her patients.

Welcome To The Team, Dalita!

A big warm welcome to Dalita, our newest receptionist! Dalita comes to us with experience in specialist healthcare, having worked with My Heart Cardiology.
With her warmth, knowledge and friendly nature, we're delighted to have her joining the VMC family.

Wishing Sarah All the Best!

At the end of November, we'll be saying a temporary farewell to one of our lovely receptionists, Sarah, as she begins her maternity leave and prepares for a very special new arrival.
Sarah is a familiar and friendly face at Vineyard Medical Centre, and she will certainly be missed by our team and many of our patients while she is away.

From everyone at VMC, we wish Sarah and her family all the very best for this exciting new chapter. We hope the months ahead are filled with plenty of beautiful moments, cuddles and wonderful new memories.

We look forward to welcoming Sarah back to the clinic in July 2027 — but until then, enjoy every minute with your newest little family member!
All the best, Sarah!

Provider's Away

Chantal 2nd - 11th November
Anna 9th - 13th November
Fiona 9th - 20th November
Alex 16rd Nov - 1st January
Joe 26th Oct - 7th November
Faith 10th Oct - 16th November

Santa Letters Are Back!

Santa's mailbox is officially open at Vineyard Medical Centre, and we're helping make sure your little ones' letters find their way all the way to the North Pole!

✏️ Children can write or draw their special letter to Santa and return it to us at Vineyard Medical Centre.
📮 All letters must be dropped off by Tuesday, 15 December to make sure they reach Santa in time for Christmas!
🎄 Need a Santa letter template?
You can pick one up from our front reception desk or download one from our website.
Then simply fill it in, bring it back and pop it into Santa's special mailbox!

We can't wait to see all the Christmas wishes heading off to Santa this year

Public Holiday

🏇 Melbourne Cup Day 🏇
A quick reminder that Vineyard Medical Centre will be CLOSED on Tuesday, 3 November 2026 for the Melbourne Cup Day public holiday.
We will reopen as usual on Wednesday, 4 November 2026.

If you need prescriptions, referrals or an appointment before the public holiday, we recommend organising these ahead of time.
From all of us at Vineyard Medical Centre, we hope our patients and local community enjoy a safe and relaxing public holiday.
Appointments can be booked via HotDoc or by calling our reception team during opening hours.

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Health Awareness

Movember

Men's Health Matters

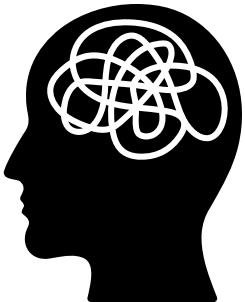
This November, Vineyard Medical Centre is supporting Movember and encouraging the men in our community to put their health first. Men's health is about more than just physical wellbeing. Movember shines a light on some of the biggest health issues affecting men, including mental health and suicide prevention, prostate cancer and testicular cancer.

It's also a great reminder to check in — with yourself, your mates, your partner, your dad, your brother or the other men in your life.

💙 Don't ignore changes in your health
💙 Keep up with regular health checks and screenings
💙 Talk about your mental health
💙 Know your family history and risk factors
💙 Reach out for support when you need it

Sometimes starting the conversation is the hardest part.
A routine appointment with your GP is a great opportunity to discuss any concerns and make sure your health checks are up to date.
👨 This Movember, make your health a priority.

📱 Book an appointment with one of our GPs via HotDoc or contact our reception team.



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Staff Focus

KATIE MCKENZIE
PSYCHOLOGIST

This November, we're shining the spotlight on our wonderful psychologist, Katie McKenzie.

Katie has a particular passion for perinatal psychology, supporting individuals and families through the many different stages and challenges that can come with becoming a parent, including:

🤍 Contemplating parenthood
🤍 Fertility issues
🤍 Miscarriage and pregnancy loss
🤍 Pregnancy, labour and birth
🤍 Antenatal and postnatal psychology
🤍 Family adjustment and infant mental health

Katie also has extensive experience supporting people with a broad range of mental health concerns, including complex trauma and PTSD, anxiety and phobias, depression, personality disorders, grief and loss, addiction and general mental health concerns.

She also provides couples counselling and eating disorder treatment.

Whether you're navigating a difficult period, adjusting to parenthood, working through past experiences or simply feel you could benefit from some extra support, Katie provides a warm and supportive space tailored to your individual needs.

📅 Appointments with Katie are available at Vineyard Medical Centre.
📱 Book via HotDoc or contact our reception team.

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HEARING HEALTH FOCUS

Blocked Ears?

Microsuction Ear Wax Removal

Only **$99** Per Appointment

BENEFITS

No water required
A dry method – ideal for sensitive ears.

Quick and comfortable
Most appointments are short with immediate results.

Suitable for hearing aid users
Improves hearing aid performance and comfort.

Immediate improvement
Many patients notice clearer hearing straight away.

COMMON SIGNS OF WAX BUILD-UP

- Reduced hearing
- Blocked sensation
- Ringing in the ears
- Hearing aid feedback

BOOK TODAY

If you're experiencing blocked ears or reduced hearing, ask our reception team about booking a **microsuction ear wax removal appointment** with **Audiometrist Luke Jacques.**

Healthy ears. Better hearing. Better living.

Microsuction appointments are with our Audiometrist Luke Jacques.
Only **$99** per appointment.

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Sarah's Crafts

No Sew Sock Snowman

Materials:

- 1 white sock
- 1 coloured or patterned sock
- 2 rubber bands
- Rice
- Polar fleece
- Glue
- Black felt

Method:

How to make sock snowman:

1. Fill the white sock with 1 ½ cups of rice
2. Tie the sock in a knot and snip off the excess sock about the knot.
3. Place rubber band over the snowman's body to form his head

To make the snowman's beanie:

1. Take the leg part of the sock and tie a rubber band about 3cm from its cut end.
2. Cut fringes beneath the rubber band to make the beanies tasselled top.
3. Place on the snowman's head and roll up the uncut end of the sock to make the beanie's turned up rim.

To make the scarf:

1. Cut a strip of polar fleece about 30cm x 3cm.
2. Cut fringes at both ends.
3. Tie aroudn the snowman's neck.

To make snowman's face:
Cut out two small circles of black felt for eyes and glue them into place.