



Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

# Patient Newsletter

www.vineyardmedicalcentre.com.au



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

Fax: 9216 5699

## Flu Vaccines



It's that time of year again where we are running our flu clinics.

For our flu clinics, all adults and children can now book via online or by calling and speaking to our lovely receptionist.

People aged 6 months to less than 5 years, Aboriginal or Torres Strait Islander people aged 6 months or older, people aged 65 or over, pregnant women and patients aged 6 months or older, pregnant women and patients aged 6 months or older with medical conditions putting them at an increased risk of severe influenza and its complications are eligible for government funded flu vaccine.

Please be aware a \$15 fee applies to all other patients!

## Farewell Kate

On the 17<sup>th</sup> of May we say goodbye to our beautiful receptionist Kate!

Kate has been a part of VMC for over 13 years and is an integral member of our team. There is not a day that goes by the Kate doesn't make you go unnoticed, she will always take the opportunity to get to know our patients, their families and will always ask you how you are or get a laugh out of you. Kate will be dearly missed as she's turning the page in her chapter to grow. We wish her the world on this next adventure.

## Farewell Sky

We bid farewell to Sky our psychologist who is also finishing with us on the 17<sup>th</sup> of May. We wish Sky all the best on her next adventure! We know wherever she goes she's going to smash it!

## Mother's Day

Happy Mother's Day for the 12<sup>th</sup> of May

Your arms were always open when I needed a hug. Your heart understood when I needed a friend. Your gentle eyes were stern when I needed a lesson. Your strength and love have guided me and gave me wings to fly.

We wish all a happy Mother's Day, especially to our mums that have passed, those longing to be a mum or those who have sadly had their baby pass. Our thoughts are with you.



## Cervical screening's

Cervical Cancer is one of the most preventable and treatable cancers, if found early!

Almost all cervical cancers are caused by a common virus called HPV (human papillomavirus). A Cervical Screening Test looks for HPV and is your best protection against cervical cancer.

Are you due for your Cervical Screening Test? Book in with on of our practitioners and get up to date today!

Find out more about cervical screening at the cancervic website: [cancervic.org.au/cervical](http://cancervic.org.au/cervical)

## A message from Kate

To say I'm going to miss everyone at Vineyard Medical Centre is a massive understatement.

Although I'm incredibly excited about the new chapter ahead, after 13 wonderful years both here at Vineyard MC and before at Family MC I have loved getting to know all of our incredible patients, I've probably chewed all your ears off at the reception desk at one time or another.

I thank you all for sharing your stories, listening to mine and trusting me to help when you've needed it. The kindness and warmth I've been shown over the years has not gone unnoticed and I'll forever be grateful.

Last but not least, thank you to my amazing team of colleagues that I've been blessed to work beside over the years, it truly is a family here. We sometimes have too much fun for it to be considered actual work, but I think that's what continues to set this place apart and shows to our patients that visit our wonderful practice.

I hope to see and say hello to you all when I'm out and about in Sunbury.  
Love, Kate.





Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

# Patient Newsletter

www.vineyardmedicalcentre.com.au



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

Fax: 9216 5699

## Christine Jones – Pilates

### The new term has started!

#### 2024 PHYSIOTHERAPY GROUP EXERCISE: MAT, CHAIR & SMALL EQUIPMENT

Australian Physiotherapy and Pilates Institute (APPI) exercises are specifically designed by physiotherapist for the rehabilitation setting. APPI exercises engage central strength or core stability, enhance movement control and flow, with the potential to reduce pain and dysfunction. Movements are inspired from exercises developed by Joseph Pilates, yet effectively modifies based on research and evidence for physiotherapy.

Mat sessions consist of standing, sitting or floor-based exercises using the body's own resistance or small equipment to improve body awareness, focus, breathing, posture, strength and flexibility. Sessions can be adapted to chair-based exercise utilising seated and standing exercise for patients with mobility issues.

#### THERAPEUTIC MOVEMENT & STRETCH

This class had been designed specifically to enhance mind-body connection, postural and breath awareness, balance, fascial stretching and functional movement integration for the rehabilitation setting.

Based upon the biopsychosocial model and implementing therapeutic Yoga postures, Tai Chi inspired movements, mindfulness with movement and meditation methods, it aims to more effectively integrate our physical, mental and emotional responses and abilities to assist in injury/condition management and healing/

Various sessions are offered: > Beginners to intermediate

- > Individual or Group exercise programs (Note: Physiotherapy small group: Health Fund Rebate Code **560**)

#### STEP 1: Book your Assessment (40 Minutes) – Private \$120/ Conc. \$110

Physiotherapy Assessment: Includes 'Clinical Exercise' assessment, introductory session and individualised exercises to practice before commencing the Group Programs.

#### STEP 2: Book your ongoing private sessions or join our popular Group Programs:

8 WEEK PROGRAMS: 'CLINICAL EXERCISE'	Wednesday 19 <sup>th</sup> April – 28 <sup>th</sup> June	Friday 19 <sup>th</sup> April – 28 <sup>th</sup> June	COST
<b>MAT BASED – BEGINNERS TO INTERMEDIATE (ANTE/POSTNATAL WELCOME)</b>	9:15am – 9:55am	9:15am – 9:55am	<ul style="list-style-type: none"> <li>• \$54/session</li> <li>• Conc. \$49</li> <li>• WC/TAC Gap \$20</li> </ul>
<b>THERAPEUTIC MOVEMENT &amp; STRETCH:</b> Tai chi, yoga, Mindfulness based movements, stretch & meditation		2:15pm – 2:55pm	





Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

## Patient Newsletter

[www.vineyardmedicalcentre.com.au](http://www.vineyardmedicalcentre.com.au)



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

Fax: 9216 5699

# STAFF PROFILE

## *Tahlia Jackson - Tox Fox*

Tahlia Jackson from The Tox Fox will be joining Vineyard Medical Centre and will commence aesthetics treatments from April 19<sup>th</sup>



Tahlia is an experienced aesthetics nurse and registered nurse. She has spent the last 11 years in a variety of emergency, acute and paramedical roles. After beginning a career in aesthetics under a leading plastic surgeon in 2013, Tahlia decided to relocate and commence study and a career as a paramedic in Brisbane.

Tahlia has since completed a 12-month intensive mentorship with a leading Melbourne aesthetic clinician. She attained proficiency within an accredited cosmetic injectable course and immerses herself continuously in progressive education opportunities within the aesthetic Industry.

Tahlia works with a team of aesthetic doctors that assist with remote clinical assessments, scripting and emergency intervention. The Tox Fox is proud AMET member for added client safety. This member for added client safety. This aesthetic and support in the rare event of an unexpected clinical outcome.

Tahlia has a keen eye for facial anatomy and enjoys building individualised treatment plans to suit a wide range of aesthetic expectations. The Tox Fox is a successful small business at 2 locations: Sunbury & Gisborne.

We look forward to having her onboard!





Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

## Patient Newsletter

www.vineyardmedicalcentre.com.au



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

Fax: 9216 5699

# Sarah's Kitchen

## Chocolate – Hazel Nut Thumbprint Cookies

### Ingredients:

- 180g hazelnuts, toasted
- 100g plain flour
- 90g buckwheat flour
- 60g golden Caster sugar
- 60g unsalted butter
- 100g dark chocolate
- 1 tsp coconut oil

### Method

#### Step 1:

Line a baking tray with baking parchment. Tip the hazelnuts into a bowl of a food processor and pulse until finely chopped. Add the flours, sugar and a pinch of flaked sea salt, and process for 20-30 seconds until fully combined. Add the butter and pulse until mixture just starts to come together. Tip the dough out onto a work surface and knead by hand until smooth.

#### Step 2:

Roll the dough into 25 small balls, then transfer to the prepared baking tray. Using your thumb or a handle of a wooden spoon, make an indent in the centre of each piece of dough. Put the tray in the fridge and chill for 30 mins before baking. Heat oven to 180C/160C

#### Step 3:

Bake in the oven for 15-20 mins or until light golden brown. Put the chocolate and oil in a heatproof bowl and set over a pan of simmering water, stirring occasionally, until fully melted. Use a teaspoon to top each cooking with a little melted chocolate. Put aside until the chocolate has set.

