



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

Vineyard Medical Centre

Opening Hours

Monday - Friday 7:30am to 6:00pm

Saturdays - 8:30am to 4:30pm

Sundays & Public Holidays – CLOSED

**Happy Mothers Day - 8th
May 2022**



At Capacity

Unfortunately we are still unable to take any new patients on at the clinic. This decision was made to ensure we can cater to our current patients needs and continue to provide optimal health care to all that attend our clinic.

Masks

Please remember that masks are still mandatory in medical settings. Each person must bring along their own mask if they wish to enter our facility

IMPORTANT UPDATE: Private fees apply for all Saturday appointments

Commencing 1st May, all patients visiting the clinic on Saturdays for a consult with a doctor will be charged a private fee, bulk billing will not be available.

Did you know?

Bulk billing is when a provider accepts the Medicare rebate as full payment of the services rendered to you, by them. Is Bulk Billing Free?

A common misconception is that Bulk billing is free, bulk billing is unfortunately, not free. Bulk billing simply means there is no direct out of pocket cost to the patient on the day. Bulk billed consultations are covered through paying your taxes and via the Medicare levy.

In order to provide our patients with exceptional facilities and care Vineyard Medical Centre is a mixed billing practice. Please refer to our noticeboard, website or ask one of our friendly receptionists for additional information on practice fee's.



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STAFF PROFILE:



Mr Nash Egan - Physiotherapist

Nash graduated from La Trobe university with a Bachelor of Health Sciences and a Masters in Physiotherapy Practice in 2013. Since Graduating Nash has worked in Private practice with experience in treating wide range of patient populations. With experience in treating musculoskeletal injuries, sports injuries, workplace injuries as well as health promotion and injury prevention programs, Nash will be happy to provide you the highest level of Physiotherapy Care.

Having competed in many local sporting competitions in the local Sunbury Community, Nash has a keen interest in working in sports injury management, prevention and rehabilitation with athletes of all ages and abilities.

Nash has lived in Sunbury his whole life and is excited to continue to develop connections with and help people within his local community.

Nash attends our clinic each week

Tuesday 1pm – 5pm

Wednesday 3pm – 5pm

Thursday 8am – 5pm

Please call 9216 5600 to book today!!

10 reasons you may like to see a Physiotherapist

1. Prevention of injury
2. Work on posture
3. Alleviate generalised pain
4. Stretching and flexibility
5. Heal from complicated surgical procedures
6. Management of your disease
7. Manage a physical limitation
8. Recover from hip or knee replacements
9. Receive real-time feedback on movement and muscular usage
10. Post-partum exercise conditioning.



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SODUKO

Name: _____ Date: _____

Registered Nurse

E V C W V V N S K H J U S H F E H S G D Z I T A
E A G W U O A A I C G V X N B G E M Z G O C X X
C P N V W A P W O P T C L O G X M R A N G B J
O J O D C Z D M S L R L B L A I P R A R G T H V
R V G C G V E U I L C R K D P T T H I N I J I J
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Z R X L E N T D O V N H T S K L G T Q Q T A J S
S P E P O S N P N W N I M C D B O X I X L E I M
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	2	1	8					
	3				5	1		9
7						4	6	

bandages
infection
bedpan
germs
home health care
medications
syringe

wound dressing
sick
education
hand washing
doctor's office
fever
thermometer

shots
pain
healthy
college
hospital
vital signs
stethoscope

Fun

Facts About the

Human Body

- Thumbs have their own pulse.
- There are over 30 joints in your feet
- Blushing is caused by a rush of adrenalin.





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Kerry's Kitchen

Chicken and Spinach Rolls

Ingredients:

400g chicken mince

75g baby spinach

225g creamed corn

2 sheets short crust pastry

Instructions:

1. Preheat the oven to 200°C. Line a baking tray with baking paper.
2. In a large non-stick frying pan, cook the mince over high heat until cooked through, 4 minutes.
3. Let cool, then stir in the spinach and corn and season to taste.
4. Halve the pastry, spoon a quarter of the chicken mixture down the long edge of one piece of pastry.
5. Roll to enclose the filling and cut into three pieces. Gently score the surface of each 3 to 4 times.
6. Repeat with the remaining pieces of pastry and chicken mixture. Place the rolls

on the baking tray and bake until browned, about 30 minutes.



Children's Activity: Play Dough



No-Cook Play Dough Recipe

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (baby oil and coconut oil work too)
- 1/2 cup salt.
- 2 tablespoons cream of tartar.
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
 - gel food colouring (optional)





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Doctor Availability

Doctor	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Dr Joseph Horvat	8.30am-6.00pm	7.30am-3.30pm	7.30am-3.30pm	7.30am-3.30pm		
Dr Jim Lupton	8.00am-4.00pm	8.00am-4.00pm	9.30am-6.00pm	8.00am-1.00pm	8.00am-4.00pm	
Dr Rory Bartlett	8.00am-6.00pm	7.30am-5.00pm		7.30am-12.30pm	8.00am-6.00pm	
Dr Owen Bradfield				8.00am - 5.30pm	8.00am - 5.30pm	
Dr Jolai Evans		10.30am-6.00pm		8.00am-2.00pm	8.00am-2.00pm	Maternity leave 14th April
Dr Joanna Ciolpan	8.00am-12.30pm	8.00am-3.30pm		8.00am-3.30pm		
Dr Anna Proietto	7.30am-4.30pm	9.30am-6.00pm		7.30am-3.00pm		
Dr Trisha Cunningham	9.15am-3.00pm	8.00am-4.00pm	8.00am-4.00pm	9.15am-3.00pm		
Dr Chantal Gangemi	8.30am-5.30pm	8.30am-5.30pm	8.30am-5.30pm			
Dr Richard Sturrock	7.00am-5.00pm	8.00am-6.00pm		8.00am-6.00pm	7.00am-5.00pm	
Dr Camilla Malmgren	8.00am-6.00pm		8.00am-6.00pm	7.00am-5.00pm	7.30am-5.30pm	
Dr Eva Deustcher	8.00am-6.00pm	7.00am-5.00pm	7.00am-5.00pm		7.30am-5.30pm	
Saturday Roster rotates monthly						

If you require assistance out of hours you
may like to contact

Nurse on call on 1300 60 60 24

National Home Doctor 13 74 25

For all emergencies call

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**Flu Immunisations and
Covid boosters appointments are available at
the clinic now. Please
call 9216 5600 to make
a booking.**

BE COVIDSAFE

FEELING OVERWHELMED?

**IT'S OK TO ASK FOR HELP.
24/7 SUPPORT IS AVAILABLE**

Coronavirus Mental Wellbeing Support Service
1800 512 348 | coronavirus.beyondblue.org.au

headtohealth.gov.au

headspace 1800 650 890

Lifeline 13 11 14

Kids Helpline 1800 551 800

Suicide Call Back Service 1300 659 467

ReachOut au.reachout.com

Speak to your GP about services funded under Medicare



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General Practice

Respiratory Clinics

GPRCs now operate at 30 locations across Melbourne through partnerships between Primary Health Networks and the Victorian and Australian Governments. This is a great way for our symptomatic patients to be seen in a clinic and be treated, rather than via telehealth or a car consult.

GPRCs are designed to take the pressure off hospitals & GP clinics, by giving patients access to face-to-face assessment of respiratory symptoms, testing (including for COVID-19) and immediate treatment close to where they live.

Bookings are readily available – there is no waiting in line.

Who can access a GPRC?

Anyone of any age with a respiratory issue can book an appointment <https://nwmpnhn.org.au/for-primary-care/covid-19/general-practice-respiratory-clinics/> at a GPRC.

A Medicare card is not essential, and the service is free. Some clinics are open after hours and on weekends. The service is for people with:

- cold symptoms such as runny nose, sore throat or fever
- asthma hay fever

- chronic obstructive pulmonary disease (COPD)
- emphysema
- pneumonia
- shortness of breath
- influenza
- COVID-like symptoms.

Visit the above website for more information including booking links, opening hours and a map of all GPRCs in metropolitan Melbourne. Goonawarra is the closest clinic for our patients.

GPRCs **do not** provide asymptomatic or pre-travel testing.

Respiratory in clinic in

Sunbury:

Goonawarra Medical Centre

1-5 Dornoch drive

Sunbury

(03) 9744 9944