



Vineyard Medical Centre NewsLetter

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

July 2026

Farewell

This Friday, 31st July, we say goodbye to Dr Kate Lee as she finishes up at Vineyard Medical Centre.

We would like to sincerely thank Dr Kate for a wonderful 12 months with our team. Her dedication, compassion, and commitment to providing exceptional care have made a lasting impact on both our patients and staff.

We are incredibly grateful for everything she has contributed during her time with us and know she will be greatly missed by many.

Please join us in wishing Dr Kate all the very best for the future. We hope to see her back at Vineyard Medical Centre again very soon!

Thank you, Dr Kate, and best wishes from all of us at Vineyard Medical Centre.

Welcome Registrar's

A big warm welcome to our newest Registrar's Dr Malcolm Moss & Dr Fiona Lo, who will be joining just as of the first week of August.

Dr Malcolm Moss is a General Practitioner Registrar, who has recently joined our team. Malcolm is currently in the process of completing his specialist training in General Practice, bringing a fresh perspective and a commitment to providing high-quality care to patients.

Malcolm joins Vineyard Medical Centre bringing eight years of diverse hospital experience. Having cared for patients at every stage of life – from the fast paced environment of paediatric emergency to the gentle requirements of palliative care – he offers a calm and meticulous approach to complex health needs.

Malcolm is a dedicated advocate for his patients. Whether you are navigating a long-term chronic condition or dealing with an unexpected illness, his focus is on clear communication and ensuring you feel supported throughout your healthcare journey. As a GP Registrar, Malcolm works closely with our senior doctors, combining fresh clinical perspectives with collective wisdom of our established team to provide the highest standard of care.

Dr Fiona is a western suburbs local who graduated from the University of Melbourne in 2021. She has spent the majority of her training at Sunshine Hospital gaining broad experience in obstetrics and gynaecology, paediatrics and emergency medicine. Recently, she has returned from working in a regional general medicine unit where she admitted and looked after critically unwell inpatients. This experience has reinforced her passion for general practice as a good chronic disease management is paramount for preventing hospitalisation.

Dr Fiona enjoys seeing all age groups and all aspects of general practice. Her practice is guided by the values of patient centred care and ensuring people feel heard in a consult.

Her particular areas of interest are:

- Women's Health (Including medical termination of pregnancy)
- Sexual Health
- Paediatrics
- Chronic disease management (with particular interest in hepatist B)

On her days off you can find her in a dance class or attempting to cook!

Both Dr Malcolm & Dr Fiona will be working 4 days a week, with a rotating Saturday.

Provider's Away

Chantal 6th - 23rd September
Andrew 6th - 12th
Christine 7th - 10th
Harrison 27th - 4th August



1st July Fee Reminder

A friendly reminder that from 1 July, some of our Allied Health providers have updated their fees:

- Harrison Wade – Podiatry
- Rosie Michetti – Osteopathy
- Katie McKenzie – Psychology
- Stephanie Alders – Exercise Physiology

VMC has also updated fees for Iron Infusions:

- Private patients: \$200.00
- Pensioners: \$100.00

If you have any questions or need further information, please don't hesitate to speak with our friendly reception team

Congratulations

A big congratulations to Nurse Taneaka on welcoming a beautiful baby boy into the world!

We wish her and her family all the love and are so excited for their growing family of five.

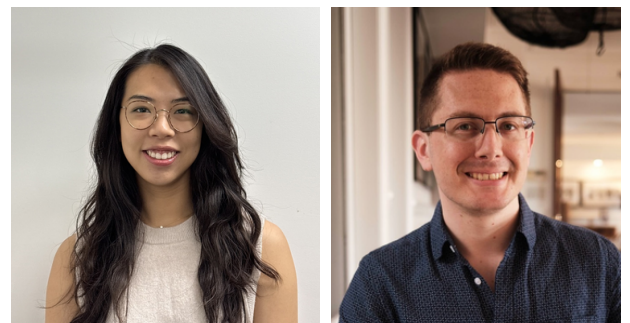
Welcome Matilda - AI Receptionist

We're excited to Introduce Matilda, the newest AI member of VMC team.

Matilda works alongside our reception team to provide faster service during busy periods, helping reduce waiting times while ensuring you still receive the same high standard care you expect from VMC.

- Available 24/7
- Book appointments anytime
- Cancel or reschedule appointments
- Reduce waiting time
- Access support even outside clinic hours

Give it a go today!





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Patient Information Notice



Medicare Bulk Billing Consent Process

Dear Patients,

We would like to inform you of an important change to Medicare's Assignment of Benefit (AoB) process for bulk-billed consultations.

Changes to the AoB process were due to commence 1 July 2026. The Australian Government, Medicare and the RACGP have announced a 12-month transition period commencing 1 July 2026, allowing practices and patients additional time to adjust to new consent requirements for bulk-billed services.

What is Assignment of Benefit?

When a consultation is bulk billed, Medicare pays the rebate directly to the medical practice on your behalf. To do this, Medicare requires your consent, known as an Assignment of Benefit.

What do I need to do?

If you receive an SMS requesting confirmation of your consent for a bulk-billed consultation, please review and accept the request as soon as possible.

This simple step confirms that you agree for Medicare to pay the benefit directly to the practice.

Why is this important?

Although a 12-month transition period is currently in place, we are encouraging all patients to begin responding to these requests now.

This will help patients become familiar with the process and ensure a smooth transition when the new requirements become fully operational.

What happens after the transition period?

Once the transition period ends and compliance requirements commence, Medicare may not process benefits for bulk-billed services where the required patient consent has not been obtained.

Where consent has not been provided, patients will be required to pay privately for the consultation and will receive a private account.

Need Help?

If you have any questions about the consent process or are unsure how to respond to the SMS request, please contact our reception team. We are happy to assist.

Thank you for your cooperation and ongoing support.

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Health Awareness Dry July

This month, we're supporting Dry July, a campaign that encourages Australians to go alcohol-free for the month while raising awareness and funds for people affected by cancer.

Taking a break from alcohol can have a range of health benefits, including improved sleep, increased energy, better concentration, and overall wellbeing. It's also an opportunity to reflect on our drinking habits and make positive changes for our long-term health.

Whether you're participating in Dry July or simply looking to make healthier choices, every step towards better health counts.

Let's use this month as an opportunity to prioritise our wellbeing, support an important cause, and inspire healthier lifestyles within our community.

Have you considered taking on the Dry July challenge?

Burns First Aid: Know What To Do

Burns can happen quickly - from hot drinks, cooking, steam, heaters, or even a cheeky oven tray that somehow attacks first.

If you burn yourself, remember these simple steps:

- ✓ Cool the burn under cool running water for 20 minutes
- ✓ Remove jewellery or tight clothing near the burn if it is not stuck to the skin
- ✓ Cover the burn with a clean, loose dressing or cling wrap
- ✓ Do not use ice, butter, oils, creams or toothpaste — your burn does not need a skincare routine
- ✓ Seek medical help if the burn is large, deep, blistering, very painful, or on the face, hands, feet, genitals, or over a joint

For severe burns, burns affecting breathing, or if you are unsure, call 000.

A little first-aid knowledge can make a big difference.

DO	DON'T
<ul style="list-style-type: none">Cool the burn under cool running water for 20 minutesRemove rings, watches, or tight clothing near the burn (if not stuck to the skin)Cover the burn with a clean, non-stick dressing or cling wrapKeep the person warm while cooling the burnSeek medical advice for large, deep, blistering, or concerning burns	<ul style="list-style-type: none">Don't use ice or iced waterDon't apply butter, oils, toothpaste, creams, or home remediesDon't break blistersDon't remove clothing stuck to the burnDon't ignore burns on the face, hands, feet, genitals, or major joints



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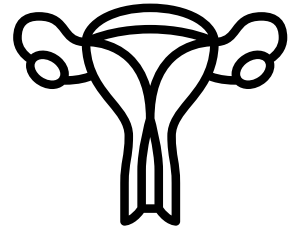
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Staff Focus

DR LATIKA CILLY

OBSTETRICIAN AND GYNAECOLOGIST



This month, we are delighted to highlight Dr Latika Cilly, Obstetrician and Gynaecologist based in Melbourne.

Dr Latika has extensive experience across obstetrics and gynaecology, with special interests in high-risk obstetrics and minimally invasive surgery, also known as keyhole surgery.

She also has expertise in the management of abnormal Pap smears, colposcopy, abnormal uterine bleeding and family planning.

Dr Latika is a Fellow of RANZCOG and holds memberships with several respected professional organisations, including RCOG UK, ASCCP and AGES.

Fluent in English, Hindi, Marathi and Tamil, Dr Latika brings a warm, culturally sensitive and compassionate approach to patient care. Having worked across three continents, including the United Kingdom and Asia, she understands the importance of personalised, empathetic care for every patient.

Outside of work, Latika is a mother to a young boy and enjoys travelling, reading and music.

To learn more, visit: <https://drlatikacilly.com.au>
To book an appointment, please call 03 8686 9172.





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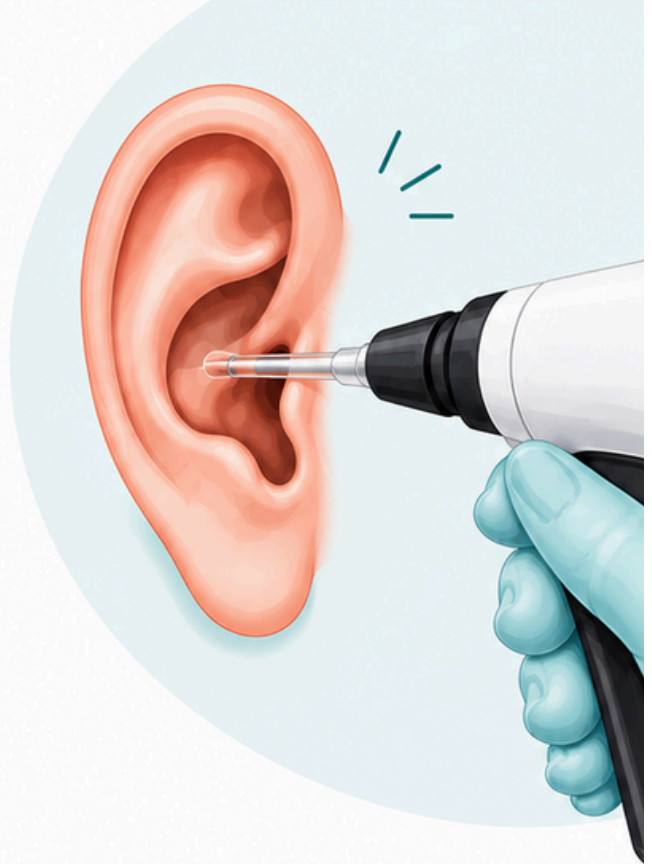
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HEARING HEALTH FOCUS

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 Kitchen



Lemon and Custard Croissant Pudding

Ingredients:

- 2 x packets (8 small) croissants, cut in half
- 500g brought ready-made custard
- 250ml (1 cup) milk
- 350g (1 cup) lemon curd
- Icing sugar, to serve
- Pouring cream, to serve



Method:

1. Arrange the croissant bases in a 5cm-deep, 17 x 27cm ovenproof baking dish, overlapping slightly
2. Place custard and milk in a small saucepan over medium heat. Cook, stirring, for 2-3 minutes or until the mixture just comes to a the boil. Pour half the mixture over the croissant bases. Dollop tablespoonfuls to half the lemon curd over the top.
3. Arrange croissant top over the filling. Pour the remaining custard mixture over the top. Set aside for 30 minutes to allow the croissants to absorb some of the mixture.
4. Preheat oven to 180c/160c fanforced.
5. Dollop tablespoonfuls of the remaining lemon curd over the pudding. Bake for 25-30 minutes or until golden brown. Dust with icing sugar and serve with cream.

