



Vineyard Medical Centre NewsLetter

2-6 Sussex Court,
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SEPTEMBER 2026



Spring is in the air... and so is the pollen!

For many of us, spring means warmer days, beautiful blooms and more time outdoors. But for hay fever sufferers, it can also mean sneezing, itchy eyes and a runny nose.

A few simple ways to make spring a little easier:

- Keep an eye on pollen levels and plan outdoor activities accordingly.
- Wear sunglasses outdoors to help protect your eyes from pollen.
- Shower and change your clothes after spending lots of time outside.
- Keep windows closed on particularly high-pollen or windy days.
- Stay hydrated and take a little extra care of yourself when symptoms flare up.
- Speak with your pharmacist or healthcare professional about suitable hay fever treatments if you need extra support.

Spring is too lovely to spend the whole season sneezing! Here's to enjoying the sunshine, fresh air and longer days — with a little less sniffing along the way.

R U Ok? Day?

R U Ok? Day is on Thursday, 10th September.

R U Ok? Day is a national day of action in Australia, held each year to raise awareness about mental health and the importance of checking in with others. It encourages people to ask, "Are you Ok?" and to genuinely listen, offering support to those who may be struggling. The day serves as a reminder that a simple conversation can make a big difference - and potentially save a life. R U Ok? Day promotes connection, compassion, and the idea that everyday is a good day to ask the question.

VMC will be showing our support by wearing yellow and being that someone that others can come to for support. So, check in on those around you. Start that conversation. Together, we can make a difference.

Cervical Screening

Take charge of your health - book your cervical screening today! Your wellbeing matters, and a quick, simple cervical screening with one of our friendly nurses can make all the difference.

We're excited to share that Erin is an accredited Cervical Screening Test (CST) nurse! The test is fast, confidential, and could help prevent cervical cancer before it even starts. Erin and our team make sure you feel comfortable and supported the whole way through - it's all about looking after you!

Don't wait - your future self will thank you! Make your health a priority - Book your cervical screening today and take charge of your wellbeing.

Provider's Away

Binari - 10th - 13th September
Rory - 21st - 25th September
Jim - 19th - 24th September
Andrew - 28th - 4th October

Clinic Closed

The Clinic will be closed on the 25th of September due to the AFL Public Holiday. For any or all emergencies please see the following below.

- For medical assistance during this time:
- In an emergency, please call Triple Zero (000)
 - For urgent (non-life-threatening) care, please contact your nearest Urgent Care Clinic.
 - To arrange a home visiting GP, please call 13 74 25.

The Kids Cancer Project

Do you hear the pitter-patter of tiny feet? Can you spot a fairy, superhero, or your favourite book or movie character?

September is here, which means our annual fundraiser for The Kids' Cancer Project is just around the corner!

Let's come together to support children and families affected by childhood cancer. By taking part, you'll be helping fund life-saving research and bringing hope to those who need it most.

Welcome Dr Alex Miles

A big warm welcome to Dr Alex Miles. Our newest member of our team.

Alex graduated from the University of Melbourne in 2017 and has gained broad clinical experience working across Victoria, New South Wales, Queensland, Tasmania and the Northern Territory.

Alex has a strong interest in preventative health and helping patients maintain lifelong wellbeing. His clinical interests include Travel Medicine, Men's Health, Chronic Disease Management, Child and Adolescent Health and Medical Education. Outside of work, Alex enjoys spending time with his young family, skiing, cycling, running and hiking. He speaks English and German.



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Health Awareness The Kids Cancer Project

This September, we're proud to support The Kids' Cancer Project, an Australian charity dedicated to funding vital scientific research to find better treatments and ultimately cures for childhood cancer.

Every year, hundreds of Australian children and their families face the unimaginable journey of a cancer diagnosis. The Kids' Cancer Project invests in groundbreaking research to improve survival rates, reduce the long-term side effects of treatment, and give children the chance to live healthier, happier lives.

We'd love your support in helping make a difference. Every donation, big or small, helps fund life-changing research and brings hope to children and families affected by childhood cancer.

♥ Please consider donating to our annual fundraiser here:

<https://www.fundraiseyourway.com.au/vineyard-medical-centre-2026>

Together, we can help create a brighter future for kids with cancer. Thank you for supporting this

Meet Tommy – A Face of Hope ♥

Many of you may recognise Tommy, who has long been the little face of our annual Kids' Cancer Project campaign.

At just 19 months old, Tommy was diagnosed with acute lymphoblastic leukaemia (ALL). Overnight, his carefree days of playing on the family farm were replaced with hospital stays, chemotherapy and unimaginable challenges. One of the side effects of his treatment temporarily took away his ability to walk—a heartbreaking reminder that while cancer treatments save lives, they can also have devastating impacts on young children. (The Kids' Cancer Project)

Thankfully, Tommy's outlook is positive, but his mum Emily shares their story to help raise awareness that there is still so much more to be done. She hopes that by supporting childhood cancer research, future families won't have to watch their children endure the same difficult side effects. Research is helping develop kinder, more effective treatments so children can not only survive cancer but enjoy healthy childhoods afterwards. (The Kids' Cancer Project)

This September, we're proud to continue supporting The Kids' Cancer Project in honour of brave little fighters like Tommy.

♥ If you'd like to help fund life-changing childhood cancer research, please support our fundraiser:

✚ <https://www.fundraiseyourway.com.au/vineyard-medical-centre-2026>

Together, we can help give every child the chance to simply be a kid.

A Bear That Brings Comfort & Hope ♥🐻

Did you know you can make a real difference with a simple teddy bear?

The Kids' Cancer Project Bear Program has been bringing comfort to children in hospitals across Australia since 2009. These special bears provide children undergoing cancer treatment with a cuddly companion during a difficult time, while also helping to fund vital childhood cancer research.

🐻 You can purchase a Kids' Cancer Project Bear right here at Vineyard Medical Centre!

Or, if you'd like to brighten the day of a child in hospital, you can donate a bear directly to a hospital of your choice through The Kids' Cancer Project:

✚ <https://www.thekidscancerproject.org.au/store/bears>

Every bear provides comfort, hope and a smile to a child facing cancer, while helping to fund life-saving research into better treatments and, ultimately, a cure.

Thank you for supporting this wonderful cause and helping make a difference to children and their families. ♥



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Staff Focus
DR HARRISON WADE
PODIATRY



This month we're shining the spotlight on Mr Harrison Wade, one of our dedicated Podiatrists.

Harrison completed a Bachelor of Health Science before going on to earn his Master of Podiatric Practice at La Trobe University. He has a particular passion for biomechanics, but his knowledge and experience extend across all areas of podiatry, providing expert care for patients of all ages.

When he's not helping people stay active and pain-free, you'll usually find Harrison enjoying the outdoors. Whether he's discovering new hiking trails, keeping fit, or perfecting his putt on the golf course, he loves staying active and embracing new challenges.

We're proud to have Harrison as part of our team and appreciate the expertise and care he brings to every patient.

If you see Harrison around the clinic this month, be sure to say hello!



Harrison Wade

PODIATRY

AREAS OF INTEREST

- Sports podiatry
- General podiatry
- Biomechanics
- Lower limb pain



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Sarah's Crafts



CD Wind Spinners

Materials:

- Clear glue
- CD's
- Adhesive gem stones
- Paint
- Ribbon
- Glitter

Method:

Have you got old CD's laying around and you don't know what to do with them? Here is the perfect thing to spurge up your garden and re-use some of those old CDs.

1. Decorate the outside and inside edge of 2 CD's. You can do this however you would like. You could paint, use self adhesive gems, glitter glue. The world is your oyster!
2. Cut a length of ribbon and stick to the back of one of the CD's with super tacky glue.
3. Allow the glue to dry and then hang them in your garden!
4. Enjoy watching your beautiful creations sparkle in the sun.

Inspo from Baker Ross

