#### Patient Newsletter

www.vineyardmedicalcentre.com.au

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

Fax: 9216 5699



Welcome to the year 2025! Here from VMC we hope you all had a wonderful Christmas and a happy New Year!

Let's bring on this new year.

#### **Opening Hours:**

 Monday
 7:30am - 6:00pm

 Tuesday
 7:30am - 6:00pm

 Wednesday
 7:30am - 6:00pm

 Thursday
 7:30am - 6:00pm

 Friday
 7:30am - 6:00pm

 Saturday
 8:30am - 1.00pm

 Sunday
 CLOSED

Closed all public holidays

### **Public Holiday**

The clinic will be closed on the 27<sup>th</sup> of January for Australia Day.



A big warm welcome to our newest receptionist Kim!

Kim has an extensive background in medical and will be a great addition to the team.

#### **Important Update**

#### **Patient Presence for Consultations**

At Vineyard Medical Centre, we are committed to delivering high-quality, patient- centred care. To meet Medicare requirements and ensure the best outcomes, all patients must be physically present for their consultations.

If your child requires a consultation, it is essential that they attend with a parent or guardian. This is not only a policy of our clinic but also a requirement under Medicare regulations, ensuring that consultations are conducted appropriately and billing complies with federal guidelines.

We appreciate your understanding and cooperation. If you have any questions, please speak with our reception team.

#### **Rosie's Updated Fee's**

As of the 1<sup>st</sup> of January, Rosie's Osteo fee's will be increasing. Please see below the updated fees.

Initial consult: Private \$125.00

Initial consult: Concession \$115

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Review consult: Private \$98.00

Review consult: Concession: \$88.00

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EPC new consultation: \$125.00

EPC review consultation: \$98.00

Any questions please call to speak to our lovely

team.

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## **Christmas Door Competition**

The results are in...

Our 2024 Christmas Door winner is...

Rory & Sally

Congratulations to this amazing team for their outstanding door!

'Selfie with an Elfie'



In third place Harrison & Sarah



In second place Rosie & Toni

Giant Elf on the self

A massive thank you to everyone who had voted for these incredible doors! Whether you were bribed with some chocolates or charmed, we thank you for taking the time to walk around and show some love to these doors.

It brings us all joy here at VMC to hear all your thoughts on them.

We can honestly say how shocked we are on how big the team went this year.

Bring on 2025!



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MEDICAL CENTRE

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## STAFF PROFILE Dr Ryma Terbah

Dr Ryma Terbah is a consultant Gastroenterologist and Hepatologist.

She obtained her Bachelor of Medicine and Bachelor of Surgery at the University of Melbourne, and completed her training in gastroenterology and hepatology in 2019 at Austin Health and Western Health, where she currently holds public appointments.

Ryma is interested in all areas of gastroenterology and endoscopy, with a particular interest in liver disease, general gastroenterology issues including iron deficiency and reflux disease, as well as performing endoscopic procedures (gastroscopy and colonoscopy).

Ryma is actively involved in research and is in the final stages of completing her PhD in chronic liver disease through the university of Melbourne and Austin Health

Ryma will be working monthly on a Tuesday and will commence working here at VMC on the 4<sup>th</sup> of February!





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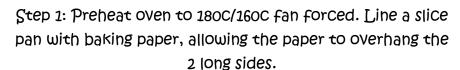
Fax: 9216 5699

# Sarah's Kitchen

### Cornflake Crackle

## Ingredients:

- 1. 125g butter, Chopped
- 2. 1 Cup brown sugar
- 3. 3 Cup Cornflakes
- 4. 2 packet chocolateof your choice,chopped coarsely
- 5. Sea salt flakes to sprinkle



Method

Step 2: Place the butter and sugar in a large saucepan over medium heat. Cook, stirring, until the butter melts and the mixture is evenly combined. Bring to the boil.

Cook, stirring, for a further 30 seconds or until thickened. Reduce the heat to low. Add the cornflakes and stir until well combined.

Step 3: Spoon Cornflakes mixture into the prepared slice pan. Use the back of the spoon to spread evenly. Place a sheet of baking paper over the top, then press paper to flatten mixture and cover any holes. Remove the paper and bake the slice for 5 minutes. Set aside for about 20 minutes to cool slightly.

Step 4: Place the chocolate in a microwave safe bowel. Microwave on medium, stirring every minute, until melted and smooth. Pour the chocolate over the cornflake mixture. Use a palette knife to smooth the surface. Sprinkle with salt. Place in the fridge for 1 hour or until set.

Step 5: Lift slice out of the pan. Cut or break into shards to serve. Enjoy



