



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



## Welcome Autumn

Just like that Summer is over and Autumn is in.

As the cooler weather comes in, it's time for your annual flu vaccine!

We are currently waiting for stock to arrive, so keep an eye out for our annual flu vaccine clinics.

We will keep you updated via our website and social media.

## Easter Colour Competition

The Easter bunny is out an about!

Come inside VMC and collect our exciting colouring competition page!

Bring your artwork back to the clinic with your name and phone number!

Winners announced on 11<sup>th</sup> of April!

## Christines Pilates



Christine makes Pilates fun, dynamic, and challenging – all while improving strength, flexibility, and posture!

With two different classes to choose from to help fit your wants and needs.

Mat Based and Therapeutic Movement and Stretch.

Call to book in for these amazing classes. For all new patients, you'll need to book a 40-minute appointment with Christine prior to joining.



Easter Hours	
Good Friday	CLOSED
Easter Saturday	CLOSED
Easter Sunday	CLOSED
Easter Monday	CLOSED
Tuesday 22nd April	Normal hours resume



## Public Holiday

The clinic will be closed on the 10<sup>th</sup> of March due to the Labour Day public holiday.

## Farewell



We sadly bid farewell to our lovely receptionist's Rachel and Olivia. We wish Rachel and Olivia the absolute world on their next adventure!

## Welcome

A big warm welcome to our newest member of the VMC receptionist team Felicity. We couldn't be more excited for Felicity to start.

## **World Kidney Day – March 14<sup>th</sup> 2025**

Your kidneys work hard every day to keep you healthy, filtering waster, balancing fluids, and regulating blood pressure. But did you know that 1 in 10 people worldwide have some form of kidney disease?

Early detection is key! Many kidney conditions show no symptoms until they reach an advanced stage. Regular health checks, maintaining a balanced diet, staying hydrated, and managing conditions like diabetes and high blood pressure can help protect your kidneys.

This World Kidney Day, take a moment to care for your kidneys! Book a check-up with your GP and start small steps toward better kidney health.

Your health, your future. Take care of your kidneys today!

For more information head to:

<https://kidney.org.au/> or to become an organ donor head to:

<https://www.donatelife.gov.au/>





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## Discover Havening Techniques: A Gentle Approach to Trauma Recovery and Emotional Well-being

Are you looking for a simple yet effective way to manage stress, reduce anxiety, and build emotional resilience? Havening Techniques is a neuroscience-based psychosensory approach designed to help the brain process and release stress, anxiety and traumatic memories.

Facilitated Having sessions provide support to individuals dealing with:



- Stress and anxiety
- Trauma and past distressing experiences
  - PTSD
  - Grief and loss
  - Relationship issues
- Chronic pain and emotional overwhelm
- Confidence and self-esteem challenges

### Self-Havening for Stress Management and Self-Care

In addition to facilitated sessions, you can also use Self-Havening at home to help calm the nervous system and promote well-being. Follow these simple steps:

1. **Find a quiet space** where you can sit comfortably.
2. **Apply gentle, soothing touch** stroking your arms from shoulders to elbows, gently rubbing your hands together like you are washing them or stroke your face in smooth downward motions.
3. **Engage your mind in a positive distraction**, such as imagining a peaceful place, humming a tune, or repeating a calming affirmation (e.g., "I am safe and at ease").
4. **Breathe deeply** and continue for a few minutes until you feel a sense of relation.



Havening can be a powerful tool for self-care, but for deeper emotional processing and support, a guided session may be beneficial. If you'd like to learn more about how Havening can support you, you can book a guided session or read more about it at [www.havening.org](http://www.havening.org)

Elise Heerde | Counsellor | Certified Havening Practitioner

Book now for In-Person appointments at Vineyard Medical Centre or Online at [www.elseheerde.com](http://www.elseheerde.com)



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# STAFF PROFILE

## Rudy Gonzalez

Rudy's extensive clinical experience include holding the role of Director of Clinical Services at Cairnmillar Institute, General Manager of Practice and Sector Development at Victorian Foundation for Survivors of Torture (Foundation House). He was the founding Executive Director of Lighthouse Institute, an attachment and trauma informed knowledge centre that provided clinical supervision, training and consultancy to practitioners and organisations working with survivors of trauma, as well as conducting research on trauma informed systems.

He is a Board approved supervisor and member of the APS. Rudy has previously held the role of Director of Care services at Lighthouse Foundation, as well as roles in child youth and family services and therapeutic communities in forensic settings.

He was a lecturer with the School of Psychology and Social Sciences at Victoria University, and an Honorary Fellow of University, and an Honorary Fellow of University of Melbourne. His work as a leader was recognized in 2013 receiving the SACS and Leadership Victoria Award for Excellence for Executives working in Not-for-Profit organisations.

### **Rudy's areas of interest include:**

- Child and Adolescent Mental Health
  - Trauma Oriented Practice
  - Family work
- Organisational Mental Health and Wellbeing
- High performance psychology with coaches and sports people
  - Leadership Development
  - Culturally Inclusive Practice
  - Clinical Supervision

### **Clinical Expertise**

Rudy has extensive experience as a psychologist, clinical supervisor and manager in work with children, young people, families and communities impacted by trauma. His clinical work across his life span, has included trauma informed work in family services, forensic mental health with youth and adults, child and adolescent mental health, trauma services out of home care, homelessness services and private practice.



Call to book your appointment today!



March 2025 Issue



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# Sarah's Crafts

## Leprechaun Craft

### Supplies

1. Paper Roll
2. Paint
3. Gold & Glitter paper
4. Black foam paper
5. Small black buttons
6. Small googly eyes
7. Small orange pom poms
8. Large orange pom poms
9. Black Sharpie

### Method

1. Add green to the bottom of the paper roll. First cut a stripe of green glitter paper to wrap around the bottom of your paper roll.
2. Make the leprechaun's hat. Make the hat by wrapping green glitter paper around to form a roll. Glue a strip of black on top and then glue a gold glitter paper buckle on top of this.
3. To make the buckle. Cut out a square and then fold over so you can make a slip mark with scissors in the centre. Then you can cut a small square in the centre of the gold square.
4. Make the bottom of the hat. To make the bottom of the hat cut out a circle from your green glitter paper. You can trace around something that is circle to get the shape or use a circle puncher. Glue the top of the hat to the green glitter paper circle.
5. Paint the top of the paper roll for the leprechaun's face. Now start adding your large orange pom poms to make the beard. You can start with one in the middle and then glue more all the way up the side of the paper roll.
6. Make the face. Glue on the googly eyes, pom pom nose, black button and add two small pink circles with paint for the cheeks. Then glue the hat to the leprechaun paper roll.
7. Add a smile with a black sharpie!

