



2021 - 2022 Annual Report

Heartbeat Victoria Council Inc.

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In the spirit of reconciliation, Heartbeat Victoria acknowledges the Traditional Custodians of country throughout Australia and their connection to land, sea and community. We pay our respects to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islander people today. We issue this report acknowledging country.

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Introduction

The 2020-2021 Annual Report of Heartbeat Victoria Inc was presented at the 2020-2021 Annual General Meeting (AGM) which, with an extension approved by Consumer Affairs Victoria, was not held until 16 February 2022. While the Annual Report included the financial statements and some reports pertaining only to the 2021-2022 financial year, the President's and Board report covered matters pertaining to the period up to the time of the AGM.

At the AGM held in February 2022, all existing members of the Board resigned their positions and new members of the Board were duly elected for a period of two years.

Heartbeat Victoria

Heartbeat Victoria Council Inc. [Heartbeat Victoria] is an association incorporated under the Association Incorporation Act 1981 (Vic). It is a charitable institution and is endorsed as a deductible gift recipient. Heartbeat Victoria is the umbrella organisation for Heartbeat Victoria Affiliates and Branches that provide heart peer support across Victoria. Heartbeat Victoria is run by exclusively by volunteers.

As a leader in community-based peer support for those living with heart related conditions, we seek to raise awareness of the importance of community-based peer support in improving the quality of life for those living with heart related conditions.

Our Vision

To be an excellent and well recognised peer support organisation which assists in improving the emotional, social and physical wellbeing of people living with heart disease or a heart condition.

Our Mission

To advise and promote associated support groups in conducting peer support activities for people living with heart disease, to ensure they have a better understanding of the impact of their heart disease or condition, how they might seek ongoing services and support in their local area; and how to raise funds to improve cardiac services.

President's report



Heartbeat Victoria being relevant to the peer support and social and community connection needs of its members, is at the core of the work that the newly elected Heartbeat Victoria Council Incorporated Board has set as our focus.

Our 2-year term as the Board of Heartbeat Victoria Council Incorporated started in February with every Board member being newly elected. We are a broad mix of people who are either patients living with heart disease, family members of or carers of people who have survived cardiac trauma, employed health professionals and others, all committed to being truly representative of and relevant to all Heartbeat Victoria members.

Personally, I had the incredible privilege of having a body with a functioning heart for 49 years. For the past 17 years, whilst living with multiple cardiac challenges, I have had the even bigger privilege of receiving peer support from others, some with greater cardiac challenges, and some who, born with cardiac challenges, have never had the privilege of a healthy heart. Compassionate Heartbeat peer support members, who have helped educate me, improved my mental health, removed my fears, and encouraged wellness.

I am braver than I ever imagined, I value the knowledge gained, the empowerment received, and the social and community connections made. I know from direct personal experience that peer support and social and community connection is good for the heart.

The new Board has managed to do a lot in the few short months since we were elected and I thank all Board members for their commitment and passion for peer support for those living with heart related health issues. It has been a steep learning curve for many of us, in relation to governance issues in particular. However, we are particularly looking forward to the members gathering in Bendigo in October from which we hope to gain a better understanding of what Heartbeat members are seeking from Heartbeat Victoria and to plan how we can respond to those needs in the coming financial year.

Barry Nixon
President

The Board

President	Barry Nixon
Secretary	Amanda Adams
Treasurer	Karen Saccuzzo
Assistant Treasurer	Linda Macaulay
Board Member	Mark Braybrook
Board Member	Arthur Fennell
Board Member	Robyn Fennell
Board Member	Gail Newton
Board Member	Kevin Reid

Board report

In the short six months since the February 2022 Annual General Meeting, as new Board members of Heartbeat Victoria Council Incorporated, we have been familiarizing ourselves with our specific roles, whilst ensuring that all the governance responsibilities for Heartbeat Victoria, including legislative and financial, continue to be met.

Board members have:

- continued to make connections with those looking to Heartbeat for support;
- continued to communicate and share information with members, sponsors and partners through the Heartbeat Happenings newsletter;
- started work to improve the Heartbeat Victoria website; and
- explored ways to reestablish connections with members as Covid restrictions ease.

The Board acknowledges the passion, commitment and great work delivered by affiliates and branches for their respective communities, particularly in challenging times when community support and connection is vitally required. The Board thanks members for all they have done during 2021-2022 to assist those with heart-related conditions.

We are particularly pleased to be holding an in-person members gathering in Bendigo in October 2022 which will enable members from across Victoria to meet and share ideas and for the Board to identify the best ways to support members in the future.

Our affiliates and branches

Ballarat	Bendigo (Affiliate)
Goulburn Valley	Grampians
Knox*	Latrobe Valley (establishing)
South Gippsland	Sunbury**
Sunraysia (Affiliate)	

* Closed December 2021

** Closed February 2022

Our affiliates and branches have continued to provide much needed peer support for members with heart related health issues in what have continued to be very challenging times, when access to hospitals has been restricted and the ability to hold meetings and events has also been affected by restrictions related to Covid.

Regrettably, due to very low memberships, in December 2021 and February 2022 both Knox and Sunbury branches made the decision to close. We thank all those involved in those branches for the support that they have provided for members of their community and wish them well for the future.

Support services

Despite ongoing Covid related restrictions, affiliates and branches have continued to provide:

- Information and discussion sessions covering topics of relevance to members' health issues and sharing their stories.
- Tailored newsletters addressing heart-related community information.
- A point of contact (by phone) or email for people experiencing heart related health issues for the first time.
- Volunteering at cardiac rehabilitation programs to raise awareness of peer support available in the local community. However, access to these programs has been severely compromised due to Covid.
- Walking exercise programs to support exercise for heart health and maintaining motivation.
- Fundraising through a range of initiatives, for example, can collection recycling, Bunnings sausage sizzles and raffles.
- Social activities to support and connect members and share information.
- Regular dinners, meetings and forums with a variety of specialist speakers covering health and community issues.

Ballarat

Heartbeat Ballarat has resumed its weekly indoor and outdoor walking groups for members.



HB Ballarat pull up banners advertising Heartbeat Walking Groups are now displayed in Queen Elisabeth Centre cardiac rehabilitation gym, Ballarat Community Health branch, St John of God Hospital outpatients department, and in the waiting room of Ballarat's largest cardiology practice.

Heartbeat Ballarat and Heartbeat Ballarat Walking Group donated twenty one sets of scales to the Heart Failure Clinic at Ballarat Health Services.



Bendigo

Despite some continuing restrictions on meetings and social activities during the past year, Heartbeat Bendigo has managed to hold several fun activities for members including, more recently, music matinees at the Capital Theatre,



theatre trips to Melbourne, Christmas in July and normal Christmas events, Kay's Fashions and social lunches.



During the past year Heartbeat Bendigo also donated \$20,000 for the purchase of 12 new cardiac holter monitors for Bendigo Health, through fundraising events such as Bunnings sausage sizzles.

Goulburn Valley

Due to the impact of COVID-19 on the day to day living of people, February 2020 was the last time Heartbeat GV members met for their usual dinner and meeting at Goulburn Valley Health, having met there since the late 1980s.

Changes had to be made to how peer support was provided, especially due to the vulnerability of members during this time, implementing various forms of communication, including Zoom get togethers.

During 2021-22 and in their 36th year of providing Heartbeat peer support, members have been pleased to get back together for various activities, although in fewer numbers.

Volunteers trained to help at the weekly Cardiac Rehabilitation program at GHV have not been able to do this since the start of 2020 which has left a gap in getting information about Heartbeat GV to those attending.

However, the Branch activities continued to include dinner meetings, speakers, walks, luncheons, and coffee mornings, keeping in touch with those not well and requiring support, as well as fundraising, centred around aluminium can collecting and recycling, to support the purchase of cardiac equipment for GHV.

The importance of sharing experiences, fun and fellowship together and focusing on maintaining our health, continues to be a focus for Heartbeat Victoria Goulburn Valley Branch.



Members enjoyed a Christmas Dinner in December 2021 where they received a Healthy Heart tin of almonds sponsored by the Almond Board of Australia.

Grampians

Due to Covid and health issues for its Committee members, Grampians Branch is currently in recess. We wish them well for the future.

South Gippsland



South Gippsland Branch has 18 members and has been getting together monthly for a meeting and lunch at the Austral Hotel, Korumburra. As for most community groups, due to Covid, the Branch has not been able to organise the social bus trips monthly that it used to run and has not attracted any new members recently.

Sunraysia

We have had a much more exciting year, particularly during 2022. It has been wonderful to be back to our fundraising and having our monthly meetings again, which we have at Irymple Hotel where we have a meal before our meetings. We also have our monthly Cuppa catch ups at a different venue each month which are a great social time to chat with each other.

In the last 12 months we have donated 2 defibrillators and they have been placed in towns situated out of Mildura township, one at Carwarp Hall, which is on the Calder Highway approximately 30 kilometres out of town and the second at Underbool public toilet block which is on the Mallee Highway 1 hr 45 mins from Mildura Hospital.



We were also involved again in the Murray 2 Moynes cycle relay (Mildura to Port Fairy), which raises much needed funds for hospitals and health services nominated by the teams participating. Thank you again to the Almond Board of Australia for this great fundraising opportunity.

Hopefully 2023 is another great year for us and we can get some more members on board.

Our supporters

Our relationships with organisations such as the Heart Foundation and the Australian Centre for Heart Health enable us to improve our support and to broaden access to the latest evidence-based information for those living with heart related conditions. We thank those organisations for their generosity which is crucial to making information readily available for those living with heart-related conditions, no matter where they are located.



We also acknowledge and thank VicSuper staff for their financial support for our community work over many years.



Our financial report 2021 - 2022

These accounts are the final accounts for the 12 months ending 30 June 2022 for Heartbeat Victoria Council Inc (HBVCI).

Heartbeat Victoria Council Inc – Alone accounts, not consolidated

	30 June 2022	30 June 2021
Income/Receipts		
Revenue from Government grants	\$ 0.00	\$ 0.00
Donations and bequests		
<i>Vic Super (Aware Super)</i>	\$ 1,010.00	\$ 1,300.00
<i>Donations</i>	\$ 0.00	\$ 0.00
Other Revenue/receipts		
<i>Membership & Insurance Levy</i>	\$ 0.00	\$ 1,910.00
<i>Sale of merchandise</i>	\$ 100.00	\$ 99.00
<i>Other</i>	\$ 0.00	\$ 69.73
Other income (incl interest)	\$ 0.00	\$ 252.93
Total Income	\$ <u>1,110.00</u>	\$ <u>3,631.66</u>
Expenses/Payments		
Grants/ donations made in Aust	\$ 0.00	\$ 0.00
Other Expenses		
<i>Insurance</i>	\$ 1,604.74	\$ 1,824.65
<i>Hall Hire & Catering</i>	\$ 0.00	\$ 0.00
<i>Postage and Printing</i>	\$ 144.00	\$ 825.65
<i>Travel expenses</i>	\$ 0.00	\$ 0.00
<i>Grant disbursements</i>	\$ 0.00	\$ 4,600.00
<i>Other (Administration Costs)</i>	\$ 604.00	\$ 572.12
Total Expenses	\$ <u>2,352.74</u>	\$ <u>7,822.42</u>
Net surplus / (deficit)	\$ <u>(1,242.74)</u>	\$ <u>(4,190.76)</u>

HBVCI is reporting a loss of \$1,242.74, compared to a loss of \$4,190.76 for 2020/2021.

VicSuper (part of Aware Super) staff Workplace Giving Program continued its long-standing practice of donating to HBVCI, for which the Board is very grateful. This amount reduced to \$60.00 per month as of 6th January, 2022.

Membership and insurance levies were lower in 2022 due to fewer members this year.

The term deposit was closed on the 5th July, 2021 and transferred to the general account. No interest has been accrued from the General Account. The Board aims to improve the income by again creating an interest bearing term deposit account.

There were no hall hire, catering or travel expenses during the year given the slow resumption of activities due to COVID restrictions.

Balance Sheet

	June 2022	June 2021
Raffle Account & Cash Reserve Account	\$ 0.00	\$ 6.96
General Account	\$ 46,883.08	\$ 5,508.20
Term Deposit	\$ 0.00	\$ 42,327.40
Merchandise	\$ 0.00	\$ 1,192.04
Total Current Assets	\$ 46,883.08	\$ 49,034.60
Equipment	\$ 100.00	\$ 300.00
Total Fixed Assets	\$ 100.00	\$ 300.00
Total Assets	\$ <u>100.00</u>	\$ <u>49,334.60</u>
Creditors and accruals	\$ 0.00	\$ 0.00
Borrowings	\$ 0.00	\$ 0.00
Provision	\$ 0.00	\$ 0.00
Total Liabilities	\$ <u>0.00</u>	\$ <u>0.00</u>
Net Assets	\$ <u>46,983.08</u>	\$ <u>49,334.60</u>

Total cash reserves are \$ 46,853.08.

HBVCI continues not to incur any debts or liabilities.

Net asset position of \$49,394.60 continues to be strong.

Statement of Solvency

That based on our current level of cash holdings and current knowledge of future costs and in line with our spending history, we have adequate funds to pay our obligations and be trading solvent.

Karen Saccuzzo (Treasurer)



Robyn Fennell (Board Member)





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