



Heartbeat Victoria Ballarat

March 2025

NEWSLETTER

Heartbeat Ballarat is a peer support group, by cardiac patients for cardiac patients. Offering Peer Support, Exercise, and Social Connection.

Regular member meetings with a meal and guest speaker. Social activities, Aging Well excursions, movies and lunch, concerts, festivals, sports and events.

Facebook/Heartbeat Ballarat

Heartbeat Ballarat is a branch of Heartbeat Victoria, a registered charity with a forty-year history of supporting Victorian cardiac patients.

www.heartbeatvictoria.org.au



Heartbeat Ballarat supported and assisted by the

Honourable Catherine King,
Member for Ballarat

Message from the President:



As I step into the role of President, I want to begin by congratulating Bernie Brisbane for his exceptional service over the past two years. Bernie's generosity and dedication to the group have been extraordinary, and I'm thrilled that he has agreed to continue serving on the committee as Assistant Treasurer for another two years. The positive energy that Bernie brings to our group is truly infectious.

One of the things that excites me most about our community is the opportunity for all of us to help one another, especially welcoming new members. Even a simple word of encouragement can bring a fresh sense of vitality and happiness to our group. I look forward to getting to know more of you and contributing, as just a small cog, to the continued success of our collective efforts.

I'm particularly excited about the work of our new Social Activities Committee, led by Lyn. This initiative promises to foster even greater fellowship and fun, which I believe is essential to the spirit of our group.

I'd also like to take a moment to acknowledge the ongoing, dedicated efforts of Barry Nixon, Anne Gow, and Linda Macauley. Their unwavering service as office bearers on the Committee is deeply appreciated, as are the contributions of the entire 2025 committee.

Finally, I encourage all of us to continue showing the care and support that makes this group so special. The strength we gain from this community is invaluable. Let's enjoy our walks, conversations, coffees, and, of course, the simple yet meaningful rituals that bind us together.

Highlight

Welcome to the March edition of Heartbeat Ballarat and Heartbeat Ballarat Walking Groups Newsletter.

Bunnings and Heartbeat Ballarat jointly benefiting Ballarat heart failure patients. Bunnings Creswick Road donated the first ten of one hundred- and ten-bathroom scales donated to Grampians Health on Wednesday March 12th, 2025. Bunnings further assisted by offering Heartbeat Ballarat trade discount on the one hundred sets of scales purchased. Funds raised via Bunnings Sausage Sizzle held on Sunday December 22nd were used to purchase the donated goods. Assistant Treasurer Bernie and volunteer Steven delivered the scales to Cardiac Nurse Practitioner

Linda at Cardiac Outpatients at the QEC. The scales will be used at the QEC, and in the Grampians Health Harp Program, and at the specialist Heart Failure Clinic on the fourth floor of Ballarat Base Hospital. Bathroom scales prevent rehospitalizations when utilised by heart failure patients. There is a need for approximately 200-bathroom scales annually. If you would like to donate scales, please bring them to any walk or social activity. Electronic bathroom scales only required.

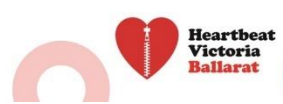
Thank you, Bunnings Creswick Rd & organiser Louise, for ongoing support of Heartbeat Ballarat.



Bunnings & Heartbeat Ballarat jointly benefitting 110 newly diagnosed Heart Failure Patients

Sincere thanks to Louise & Bunnings Creswick Rd for fundraising opportunities, generous donations, and trade pricing.

0447 377 159
ballarat@heartbeatvictoria.org.au
facebook.com/heartbeatballarat



Heartbeat Victorias quarterly magazine Heartbeat Happenings is attached to this newsletter.



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BOARD OF MANAGEMENT
President: Christine Rees
Vice President: Barry Wilson
Secretary: Vivien Williamson
Treasurer: Karen Sacuzzo
Board Members: John Allen; Elaine Gregory; Professor Andrew Murphy; Kevin Reid; Vanaja Thomas

VISION: Every individual and family affected by heart disease has access to a compassionate community, vital resources and the highest quality of care, enabling them to live empowered heart-healthy lives.

MISSION: To foster an active, compassionate and inclusive peer support network in Victoria for individuals and families affected by all forms of heart disease and heart-related health issues.

Through our community driven groups, we provide emotional support, share information, advocate for better health outcomes and raise funds for cardiac equipment and improved cardiac care.

© Heartbeat Victoria Council Inc. 2025



A Message from the President

Welcome to our new members. I hope you will enjoy your involvement with Heartbeat Victoria as we work towards better cardiac education, heart health equipment and lots of support for all those with a cardiac health challenge. Heart disease is not well covered in the media and is not discussed, regardless of being the most common cause of death in Australia.

A diagnosis of heart disease, or a cardiac condition, can be very stressful, further impacting your health. Cardiac peer support is available by contacting: hello@heartbeatvictoria.org.au

Heartbeat Victoria is cardiac peer support, during or after diagnosis, by heart patients for heart patients and their families or carers. Involvement with Heartbeat Victoria also gives the opportunity to give back to the system and make it stronger, by being involved with fund raising, research or education.

Thank you to all branch and affiliate members who have taken up official positions. We are very grateful for the work you do to keep our groups going and our heart health services supported.

During the summer, Heartbeat Victoria has been represented at Wellsprings Women's Health space to talk about having a Heart Health Check. This was an English as a second language group and was conducted with the help of an interpreter. If you have a group who would like to have a speaker visit, please contact any Board member.

Enjoy the cooler days, have a happy Easter and start preparing for the winter.

Christine Rees

Seating at Christmas in July Bistro Meal is limited to 40 places. **You can pay on the day, but you must tell Lyn that you are coming.** Meals and drinks at members own cost.



Heartbeat Victoria Council Inc. is the not-for-profit organisation that Heartbeat Ballarat is a branch of.

Regular Wednesday walkers will remember having met Connor. Connor is Dianne and Bill's grandson. Connor made a generous donation to Heartbeat fundraising. Thanks Connor!



Thank You Connor!

Heartbeat Ballarat appreciates kind & generous donation. We will put it to good use. THANKS!

0447 377 159
ballarat@heartbeatvictoria.org.au
facebook.com/heartbeatballarat



SAVE THE DATE

2025 Heartbeat Gala Christmas Dinner
Sat Nov 22 from 6.30pm at The Grand Bar
Restaurant Functions
203 Dana Street Ballarat Central, Victoria 3350
Members \$20
Non - members \$40
Tickets online
<https://www.trybooking.com/DABYQ>

Save the date Sat Nov 22nd
Christmas Gala Dinner on sale now

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Members \$20 Non - members \$40
Tickets online <https://www.trybooking.com/DABYQ>

Ballarat Ageing Well Expo 2025

This is a free event – no bookings required. The Ageing Well Expo will provide opportunities to explore options, support and services available locally to help us make informed choices as we age. Ageing Well would love to see people 55 years and over, carers or interested family members and friends.
When: Wednesday 26 March 10am to 2pm
Where: Mercure Ballarat - Hotel and Convention Centre
Accessibility: Accessible venue and staff assistance available.

Sat May 31st 7.30pm

Heartbeat Social Activities Event

Hall of Fame Icons concert brings two legendary tributes to the stage in a night of rock 'n' roll magic. Featuring Australian Eagles Show and the electrifying Money For Nothing: Dire Straits Experience, this event promises to be a night of good music.

Doors: 7:00 PM Session (1): 7:30 PM

Session (2): 8:50 PM Finish: 9:50 PM

Terminus Theatre Lydiard Street North cnr.

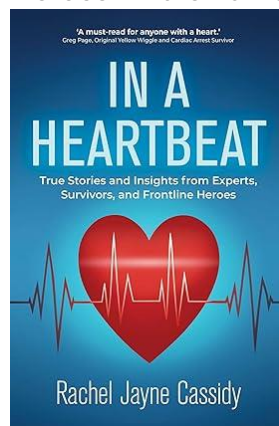
Nolan Street B, Ballarat VIC 3352

Concert is in Old Goods Shed Terminus Theatre (at Railway Station)

Tickets \$90 each. Cash to Lyn to book. Let Lyn know this week if you are interested.

In a Heartbeat: True Stories and

Insights from Experts, Survivors, and Frontline Heroes Kindle Edition \$9.99 on Amazon.



Kurt's 5 out of 5 stars heartfelt review of Rachel Jayne Cassidy's newly published book.

In a Heartbeat, reviewed by Kurt.


Highly recommend for anyone with a heart! Rachel Jayne Cassidy has certainly achieved something remarkable

here — experiencing a heart event herself and then using that experience to seek out information and stories to inform and inspire the public. Interviews with cardiologists and experts provided some amazing revelations and facts, and most importantly, the stories of everyday people who have survived all kinds of heart health events, as well as famous Australians like Greg Page, Paul Mercurio, and Greg Evans too. My biggest takeaway from the book is that I had so many misconceptions and common assumptions about heart attacks and heart health, but now I know when I'm brushing my teeth or getting ready for bed, I am acutely aware of all that is best to do to ensure my heart is healthy. Rachel Jayne has weaved together so many wonderful and unique stories that I simply could not stop reading.

← February		March 2025					April ►
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3	4	5	6	7 10am Lake Gardens Walk	8 9.30am Vic Pk Walk	
9 Kinky Boots 1.30pm Her Maj	10 11am Begonia Parade	11 10 am Indoor Walk 6.30pm Members Meeting 6.30pm Golf House Hotel	12 10am Lake Esmond Walk	13	14 10am Lake Gardens Walk	15 9.30am Vic Pk Walk	
16	17 \$10 Movie @ Showbiz DTC	18 10 am Indoor Walk	19 10am Lake Esmond Walk	20	21 10am Lake Gardens Walk	22 9.30am Vic Pk Walk	
23	24 12 noon March B'day lunch Ballarat Golf Club	25 10 am Indoor Walk	26 10am Lake Esmond Walk 10am – 2pm Aged Expo at Mercure	27	28 10am Lake Gardens Walk	29 9.30am Vic Pk Walk	
30	31						

*Those who touch our lives
stay in our hearts forever*

*We remember those in our
Heartbeat community who died
during the month of March
Our thoughts are with their
families and friends.*



JOIN OUR LOCAL BALLARAT WALKING GROUPS

4 locations – 4 weekly walks

There's a fun, **FREE**, easy way to feel happy and healthy
It's walking – and everyone is welcome to join in
Come along to our weekly walks for exercise and social
connection

TUESDAY WALK

10AM TO 11AM

INDOORS

Inside Ken Kay Badminton Stadium 407 Dowling Street Wendouree (Next to The Minerdome). Entry \$2 donation to Badminton Association. 45 min indoor walk, own pace and distance. All abilities encouraged to participate. Toilets on site. Seats available. Free onsite parking. Optional cuppa after walk. Most Tuesdays, except public holidays. Indoor walks not available during occasional badminton tournaments.

WEDNESDAY WALK

10AM TO 11AM

LAKE ESMOND

Meet at the main Lake Esmond entrance in Larter Street Ballarat East. Peaceful **FREE** Walk in Lake Esmond Botanic Gardens, own pace and distance, seats avail. Toilets on site. Pram & dog friendly. On the street parking. Optional cuppa at Lilly's Café in Eureka Centre after walk. Most Wednesdays except public holidays.

FRIDAY WALK

10AM TO 11AM

GARDENS AT LAKE

The group meets in front of Pipers Restaurant at 403 Wendouree Pde, Lake Wendouree. Peaceful **FREE** 30 to 45 min flat outdoor walk in Botanic Gardens. Own pace and distance. Toilets on site. Pram & dog friendly. Seats available. On the street parking. Optional cuppa in Pipers Restaurant after walk. Most Fridays, except public holidays.

SATURDAY WALK

9.30AM TO 10.30AM

VICTORIA PARK

The group meet near toilets, Sturt Street end of Victoria Park. A peaceful **FREE** walk on a walking track within tree filled Victoria Park. Own pace and distance, seats **NOT** avail. Toilets on site. Pram & dog friendly. On the street parking. Optional cuppa after walk. Most Saturdays, except public holidays. Victoria Park walks not available during occasional major concert events.

Heartbeat walks are registered with Heart Foundation Walking Program and supervised by Warren Faneco from Ballarat Community Health. Trained volunteers lead each walk. All welcome. Walks are free. Heartbeat Ballarat membership has an annual fee payable on joining and renewable each January.



Heartbeat Victoria Council Inc.

ABN 76 073 229 523

Address: P.O. Box 144, Parkville, Vic, 3052

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Email: hello@heartbeatvictoria.org.au

Tel: 0474 866 474

BOARD OF MANAGEMENT

President: Christine Rees

Vice President: Barry Nixon

Secretary: Vivien Williamson

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Professor Andrew Murphy; Kevin Reid; Vanaja
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Christine Rees



New Strategic Plan

At its meeting in December 2024, the Board of Heartbeat Victoria was excited to adopt its new Strategic Plan - *Together for Heart Health: Our Plan for the Future 2024-2027*. A copy of the Plan is included at the end of this newsletter.

The Plan was developed by the Board following a strategic planning workshop which considered the strengths of the organisation and the key issues it is facing and also considered information from Heartbeat Victoria's affiliates and branches about their current membership, meetings and activities, their involvement in cardiac rehabilitation and fundraising activities, the issues currently affecting them and how Heartbeat Victoria could best support them.

The Plan includes a new Vision and Mission and is based on the values of respect, empowerment, collaboration and hope.

The Plan includes the following three strategic directions:



Supporting and strengthening – To strengthen our foundation and expand our impact by supporting our network, fostering growth and enhancing the quality of peer support.



Fostering connections – To build and foster organisational and community connections and collaborative partnerships that will build cardiac related peer support.



Dynamic leadership – To provide dynamic and responsible leadership which will build capacity, elevate our impact, and guide our mission with clarity and purpose.

The Plan will be delivered over the coming three years via a detailed action plan based on goals identified in relation to the three strategic directions and the Board will report annually on the progress of implementation of the Strategic Plan.



Heartbeat Victoria has recently joined as an affiliate of the Global Heart Hub.

As an alliance of patient-driven organisations, Global Heart Hub believes that all people living with cardiovascular disease deserve the highest quality of care and equal access to recognised gold standard treatments.

Global Heart Hub works to raise awareness and understanding of heart disease, share best practices and treatment guidelines, uplift patient voices, and drive tangible change to policy and practice through a network of affiliates and advocates.

Affiliates of the Global Heart Hub:

- have the opportunity to connect with heart patient organisations and advocates from around the world to collaborate, share best practices, and be part of the global conversation on heart disease;
- can receive research findings, publications and resources that can be leveraged to meet their goals and gain access to direct support for training, workshops, and networking opportunities; and
- participate in global advocacy and awareness campaigns.

For further information: www.globalhearthub.org

Heart Health



Researcher spotlight: Dr Kegan Moneghetti



For Dr Kegan Moneghetti, exercising is in his blood. So it seemed only natural that this passion would spill over into his work as a cardiologist.

Today, we take a look at the motivations behind his breakthrough research into the power of exercise to identify and treat disease.

What does your research involve?

I've always had a passion for exercise. During my training as a cardiologist, I became fascinated by how powerful it can be to identify and treat disease. My research involves harnessing exercise to better diagnose, prognosticate and treat a variety of diseases. We are currently working on a study into how using exercise early in the rehabilitation process can improve outcomes for patients who have recently had a heart attack.

If you could find the solution to any one problem, what would it be and why?

Personalised recommendations for exercise training. The way that each individual responds to exercise is very different, yet we don't have a clear understanding of why. If we had a single test that could predict an individual's response, we would be able to personalise exercise recommendations. This would help people get the greatest health benefits from exercise in a time-poor and resource-limited society.

If you were invited to present your work anywhere in the world, where would you want it to be, and why?

The Institute of Sports Medicine in Rome. It has produced some of the seminal papers in sports cardiology and screening of athletes for sudden cardiac death. It would also encourage me to learn Italian which, despite my last name, is not very good.

Can you tell us something about yourself that many of us may not know?

I'm an avid hiker and trail runner, from the forest floor of the Otways, to making it to the summit of Mount Kilimanjaro; I'll take any excuse to get off the grid and into nature.

Early cardiac rehabilitation: the key to survival

A heart attack is a life-changing experience that can leave a person both physically and emotionally scarred.

Sadly, more than a quarter of heart attack survivors are readmitted to hospital within 90 days of discharge – a critical period when new problems arise, including second heart attacks. This is why regaining good heart function post-heart attack is crucial to quality of life and survival.

Filippo and Maria Casella Chair, Clinical Associate Professor Kegan Moneghetti at the Baker Institute, is leading groundbreaking research to prevent the progression of heart disease and enhance patient recovery following a heart attack.



Dr Moneghetti's work focuses on cardiac rehabilitation (CR), which involves exercise medicine, cardiac imaging and precision health, to reduce secondary heart events and improve the quality of life for heart patients.

"No matter your blood pressure or cholesterol level, once you've had a heart event, you've got heart disease. The plaque that caused the event remains, which means you're always at risk." – Dr Moneghetti.

Dr Moneghetti's CR program is a dynamic therapy combining supervised exercise training, heart healthy lifestyle education, behavioural interventions and counselling – empowering patients to take control of their health.

Despite significant evidence that patients who undergo cardiac rehabilitation have better recovery outcomes and a lower risk of secondary events, CR remains severely underutilised and inconsistently provided. Only one in four Australians with acute coronary syndrome receive optimal care - a gap Dr Moneghetti is determined to close.

Dr Moneghetti envisions a future where every patient receives a personalised CR program, enhancing their exercise capacity and health outcomes following a heart event.

"In a decade, we hope that after a heart attack, patients will undergo exercise tests and blood tests to receive a tailored CR program. This personalised approach could include varying lengths of aerobic activity based on their individual needs, ensuring each patient receives optimal care."

With your support, Dr Moneghetti and his team are continuing to advance CR research, bringing hope of better, earlier and more personalised interventions that empower patients and enhance heart health across the country.



The above article has been provided by our partner –Baker Heart and Diabetes Institute which, in addition to carrying out medical research focused on the diagnosis, prevention and treatment of diabetes and heart disease, publishes a wide range of informative research-based materials that support heart health

<https://www.baker.edu.au/-/media/documents/fact-sheets>



Do you have atrial fibrillation and are willing to practise yoga?

The Alfred hospital and Baker Institute are conducting a research project to determine if practising yoga three times per week reduces episodes of atrial fibrillation (AF).

Who can participate?

You may be eligible to participate in this clinical study if you:

- are 18 to 80 years old
- have AF that occurs periodically, or
- have persistent AF and on rhythm control medications
- have not undergone an AF ablation in the past 12 months
- are physically able to undertake yoga and willing to commit to regular practice.

What's involved?

This is a 12-month study where half of the participants will practise yoga (somewhere easily accessible from their home) and the other half will receive standard care. All potential participants will undergo a review by an AF specialist cardiologist in Melbourne at the onset and the end of the study. Testing will include:

- VO2 max — cardiopulmonary test on a treadmill or bike
- echocardiography (heart ultrasound)
- blood tests
- questionnaires.

All participants will also be asked to monitor their heart rhythm over the 12-month study.

If you are interested in participating, or would like further information, please contact:

Annie Curtin

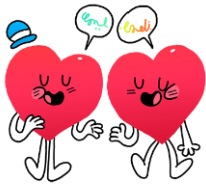
Clinical Research Coordinator

T: 0455 167 073

E:yoga-af@alfred.org.au

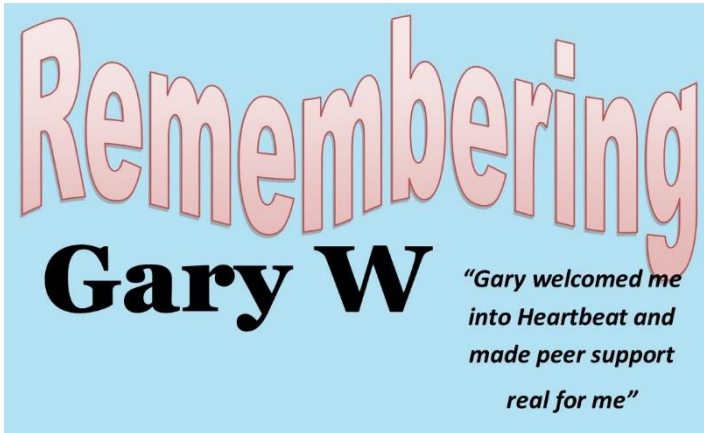
Further information and an application for the study can also be found via

<https://baker.edu.au/research/clinical-trials/yoga-af-study>



Heart to Heart

featuring one member's heart health or peer support experience



Remembering Gary W - A beginning and an end - by Barry Nixon

I discovered Heartbeat Ballarat, and cardiac peer support, at a cardiac patient information night that Cardiac Nurse Practitioner, Linda Macaulay, coordinated at Ballarat Health Services in 2011.

I was attracted to Heartbeat because two young people, Alex and Ketura, were manning the Heartbeat information stand at this event staged at Ballarat Base Hospital. I noticed Heartbeat had people of all ages involved.

It was hard to walk into my first Heartbeat Ballarat, Eat & Greet monthly meeting the first time. I walked in and there was a table of people seated about to have a meal, so I sat down at the next available seat.

I was opposite at guy called Gary and his young family. Gary and his wife Kevina, their daughter, Ketura (then Treasurer) and the young lady from the hospital information stand and their 15 year old son Matthew.

Gary said hello, reached out to me and made me feel very welcome. I forget the words, but I clearly remember how welcome Gary made me feel. Gary's wife had recently attended Cardiac Rehab in Ballarat after a cardiac event. As a young lady, she was terrified, and Gary came to Cardiac Rehab to support her.

They joined Heartbeat and the whole family became involved. Gary was terrific at signing up sponsors and the whole family volunteered their time at Heartbeat events.

Gary himself was a few years older than his wife. He lived with chronic illness and in the coming weeks I was able to reciprocate that friendship. Within a few weeks, Gary went into palliative care. I was able to visit him in the Gandara Unit at the Queen Elizabeth Centre.

Gary's last outing was to a Heartbeat Ballarat meeting. He wanted to come to the monthly Heartbeat meeting. Kevina organised for a maxi taxi and Gandara staff organised a wheelchair. Gary, Kevina and their children attended. I bought Gary his last beer that night.

Attending Heartbeat was very tiring for Gary and when he returned to Gandara he was happy, but exhausted. Within days, Gary passed from complications of cancer.

I was able to reciprocate the friendship that I had received at Heartbeat with his widow and young family in their hour of separation.

I regularly think of Gary because Gary was my peer support. Linda Macaulay, Alex, and I represented Heartbeat Ballarat at Gary's funeral.

Gary welcomed me into Heartbeat and made peer support real for me. I felt very welcome. I benefitted greatly from the social connection, shared information and friendship.

RIP Gary, a true Heartbeater, an Aussie character, mechanic, husband, father, and an inspiration to all who knew him.

What's Happening

What's been happening at some of our branches and affiliates lately?

Goulburn Valley

In November, a very successful Christmas themed fundraising evening event was held at the home of President Max and Jenny Hyland in Shepparton. Their very large entertainment room was set up beautifully to accommodate thirty members with the tables and the room decorated creating a magnificent Christmas atmosphere.



Members donated different foods and we all enjoyed a very delicious dinner.



Aside from the variety of food, there was lots of chatting and socialising which was a great way to share and celebrate Christmas together and, to add to the success, raise \$637.50 towards our cardiac equipment fundraising program.

In mid-January the Committee and members held a Planning Meeting to come up with identified actions to improve outcomes for members and expand our reach and what we offer through heart peer support activities in the Goulburn Valley community. This was a successful morning with sharing of ideas and actions to be implemented. Planning has commenced for an information afternoon meeting at Tatura Community House in conjunction with Heartbeat Goulburn Valley and

the Community Health Nurse, Goulburn Valley Health, also looking at possibility of forming a walking group.

We are continuing to hold dinner meetings on the first Monday of the month at the Peppermill Inn Hotel conference room Shepparton and this commenced in February. New member Lynn was welcomed at that meeting. Our first coffee morning for the year was a great success, with thirteen members attending. February also saw the release of our annual calendar of activities, with a couple of larger social events in the planning stage, yet to be added.

At the planning meeting we also decided to change the style of our meetings to be less formal format. We now have short reports from Committee members (in the areas for which they are responsible), with a full report from the Treasurer. This is proving successful and allows more time for heart health and wellness education and discussion.

In March we will commence our walks around Lake Victoria, followed by lunch. Members are also continuing to volunteer at Goulburn Valley Health's Cardiac Rehabilitation program, providing tea and coffee after the exercise program, as well as information packs and newsletters in relation to Heartbeat Goulburn Valley and the heart peer support it offers. A presentation about our branch is also provided during the eight-week program.

Ballarat

Melbourne Cup Day 2024 was dress up day for the Heart Foundation indoor walkers in Ballarat. Prizes for Best Lady, Best Man, Most Creative, and Least Effort.

It was a fun morning. Numbers were down due to members going to the Cup, but fun was up. Neil from Ballarat Badminton judged the winners. Glenda won the ladies competition. Ross won the men's competition. Thanks to Anne G for organising prizes and the photos.



Heartbeat Ballarat also held its AGM in February and has a new Committee comprising:

President:
Mark Vorstenbosch

Deputy Presidents:
Linda Macaulay and Helen Sarra

Treasurer:
Anne Gow

Assistant Treasurer:
Bernie Brisbane

Assistant Secretary:
Barry Nixon

Social Activities Committee:

Lyn Webb (Lead), Alan Bell and Leigh Miller

With the hotter days fading, walking is a good cost-effective exercise and easily done. Ballarat has some very active walking groups. These walks are a regular feature of the Ballarat program, usually finishing with a coffee and chat.

Bendigo

Bendigo Heartbeat is excited to have been able to facilitate a successful application for funding of a \$3500 Automated External Defibrillator for the Chum Street Uniting Church in Golden Square where the Heartbeat group holds its regular bimonthly meetings.



The Unit was generously donated by the Kangaroo Flat

Community Enterprise, which is a not-for-profit community organisation formed by residents of Kangaroo Flat and Districts to provide community input and resources into local initiatives, programs and facilities. Since its inception, the Enterprise has donated over \$800,000 to various not-for-profit community groups in the local area.

Heartbeat Bendigo has itself also recently donated \$10,000 to Bendigo Hospital to assist with the purchase of a medical grade treadmill for the Cardiac Rehabilitation area.

Due to a generous Volunteer Grant from the Federal Government, via Lisa Chesters MP (Member for Bendigo), Heartbeat Bendigo has been able to purchase some items to support the work of the group including:

- A cordless sound system and microphones for our General meetings; and
- A Square terminal which will enable payments for membership and social events to be made by card.

Sunraysia



At our November meeting, members enjoyed a visit from Bree from Ambulance Victoria, who came along to discuss her Heart - Safe Community role in the Mildura/Merbein area.

We held our annual Christmas Dinner on December 4th at the Red Cliffs Club and we all enjoyed a lovely meal together.

We didn't have any meetings or cuppa catch ups during December or January, but resumed them in February.

We will once again be involved with the Murray 2 Moyne cycle relay. It is to be held on April 5th and

6th. We extend a big thank you to Almond Australia for including us in this great fundraising event, which will benefit our group and other regional health charities.

We have started our planning for Heartbeat Sunraysia's 40th birthday celebrations, which will be held in September this year. Our members are enjoying reading and looking at all the old minutes and photos and the donations given by the group to our Sunraysia area during those 40 years are definitely a credit to everyone who has been involved.

Please send us your latest news for inclusion in the Winter 2025 edition of Heartbeat Happenings which will be published in May 2025 (send to vivien@heartbeatvictoria.org.au by Friday April 4, 2025.