

HeartBeat Ballarat & HeartBeat Ballarat Walking Group
Newsletter January-February 2026

WELCOME TO 2026

HeartBeat Ballarat & HeartBeat Ballarat Walking Group hope you had an enjoyable Christmas and New Year catching up with family and friends.



The three pillars of heart trauma recovery, rehabilitation and ongoing care remain regular exercise, peer support and social connection. We support regular exercise by facilitating four supervised walks, one indoor and three outdoor. A second indoor walk is being planned for a Thursday morning at Delacombe Town Centre.

Peer support is more than just a few members talking to new patients at rehab clinics. Quoting the words of Christine Rees, President of Heartbeat Victoria, who visited our Indoor Walk at the Badminton Stadium before Christmas. Christine says,

“Peer support is not easy to describe but to see you in action it is amazing. The Tuesday group were a happy, communicative and energetic bunch of people doing great things for their hearts and mental health. That type of peer support cannot be taught but is a tribute to people who are generous of spirit.”



Finally, social connection is so important in maintaining and supporting mental health. This is the reason we arrange regular social activities for our members.

We look forward to your continued involvement with HeartBeat in 2026 and we welcome new members to join in.

2026 MEMBERSHIP FORMS and MEDICAL FORMS

Membership covers the period 1st January to 31st December in 2026. To be covered by insurance with Heartbeat Victoria walkers must complete a 2026 Membership Form and pay the membership fee of \$20.00. The Heartbeat Victoria Insurance only covers members on our registered walks. Currently the Heartbeat Victoria insurance does not cover our social events.

A new Membership Form for 2026 is available from Committee Members Mark, Barry, Anne, Bernie, Helen, Lyn, Leigh and Alan. The membership fee should be paid when your 2026 membership form is returned to our Treasurer Anne. Details of payment options are on the form.



Once we receive your membership form with payment a new name badge will be provided if you do not already have one.

YOUR NAME

You will be asked to complete an emergency medical information card that will slip in the back of your name badge. The card and its content will only be accessed in the case of an emergency to assist paramedics and doctors.



HeartBeat Ballarat & HeartBeat Ballarat Walking Group Newsletter January-February 2026

EMERGENCY INFORMATION

Name _____ DOB _____
Address _____
Insurance _____ Policy# _____
IN CASE OF EMERGENCY NOTIFY:
Phone _____ Phone _____
Name _____ Phone _____
Name _____ Phone _____
Doctor _____ Phone _____

Medical Conditions _____
Medications _____
Allergies _____
Blood type _____ Pregnant Y N Due _____



Ballarat Heartbeat currently own a well-stocked First Aid Backpack and a large defibrillator. These are bulky to carry so they are kept in a car at the location of a walk or activity. Five of our members recently attended a training session on CPR and using a defibrillator. The membership fee you pay includes covering insurance with Heartbeat Victoria and providing items such as defibrillators, first aid kits, occasional venue and equipment hire and administration costs.

We use our Facebook page **Heartbeat Ballarat & Heartbeat Ballarat Walking Group** to communicate information about our events and walks. There is a question on our new form about Facebook to help us provide information for you.

During 2026 we will try sending our Newsletter and Bulletins to you as a bulk email.

Fawkner Park Walk and Baker Institute Research Facility

The Baker Institute is Australia's first medical research institute tackling the deadly trio of cardiovascular disease, diabetes and obesity.



The next walk in Fawkner Park (opposite the Alfred Hospital) is to be held on Tuesday, 20th January 2026. You are welcome to join some of our members on a train trip, walk, a presentation and

cuppa with researchers at the Baker Institute next to the Alfred Hospital. The researchers share their latest findings giving us an opportunity to be involved in world class medical research and provide feedback on the projects. We then share lunch and the train trip back to Wendouree.



Guest Speakers: We need your suggestions.

Over the years we have had some amazing guest speakers and presentations at some of our dinner meetings. We try to arrange presenters to cover topics of interest to our members and their health and well-being.

Please let our committee members know of topics or presenters who would be suitable for our HeartBeat Ballarat Walking Group dinner meetings.

In the latter part of 2025, we had several of our members have falls at home or on our walks. Resulting in cuts, severe bruising, broken bones and loss of confidence. Consequently, we are currently negotiating with professionals to make a presentation on Fall Prevention at our evening dinner meeting on Wednesday, 18th February 2026.

HeartBeat Ballarat & HeartBeat Ballarat Walking Group Newsletter January-February 2026

We would like the speakers to address the following aspects:

- Eliminating Trip Hazards.
- How to fall doing the minimum damage to yourself.
- Strategies for getting yourself up after a fall.
- What to do if you have a fall and can't get up.
- What precautions to take to prevent further falls.
- Medical treatment and community resources available before and after a fall.



Please put your thinking caps on and give us your suggestions for other presentations and guest speakers at our dinner meetings.

AGED EXPO Friday 30th January 2026 Ballarat North Sports Club 10:00 AM - 1:00 PM

We have a promotion table booked for this event. At past events we have successfully promoted HeartBeat and recruited new walkers.



We would like to have two people on the table at each shift.

Shifts: Set up 10:00 to 11:00 11:00 to 12:00 12:00 to 1:00 Pack up
Please let Barry or Alan know if you are to do a shift on our table.

COMING EVENTS

Dinner to celebrate with those who have birthdays in January.

Sunday, 18th January 2026 at 6:30 PM. Cattle Yards Inn, Latrobe Street

Please write your name in the Blue Activity Book or contact Lyn Webb. RSVP by 11th January so a final booking can be made.

HeartBeat Sausage Sizzle on Friday 30th January 2026 at Creswick Rd Bunnings. We need volunteers on 2-hour shifts throughout the day 9:00 to 4:00 Contact Barry or Alan if you can help on our roster.

Walk and Picnic Lunch 11:30 at Buninyong Botanic Gardens Monday, 2nd February 2026. BYO lunch. RSVP by 26th January. See Blue Activity Book or contact Lyn Webb.

Afternoon Tea on Thursday 26th February 2:00 at Rust'n'Gold Café 202 Albert St Sebastopol. RSVP by 20th February in the Blue Activities Book or contact Lyn Webb.

Special Activity Barry would like to invite you to join with him in celebrating his birthday with dinner and an Old Cemetery Night Tour on Saturday 24th January 2026. 6:30 PM for Dinner at Ballarat North Sports Club. Meal and drinks at own cost. 9:00 PM Old Cemetery Night Tour Cost \$30.00 per person to be paid in advance. Please write your name in the Blue Activity Book or contact Lyn Webb. RSVP by 11th January so a final booking Can be made.

HeartBeat Ballarat & HeartBeat Ballarat Walking Group Newsletter January-February 2026


RESEARCH IS IMPORTANT

Heart Foundation Victoria and the Baker Institute play crucial roles in facilitating cardiac research projects. HeartBeat Ballarat Walking Group has already been involved in some of this work. Our partnership with the Baker Institute through our participation in the Falkner Park Walking Group and presentations is important. Please consider coming on the next walk Tuesday, 20th January. See Alan for info.


The 39TH ANNUAL HEARTBEAT BOWLS TOURNAMENT

This event was held on Sunday, 4th January at the City Oval and Midlands Bowls Clubs. Leigh, Jilly and Alan attended on behalf of HeartBeat Ballarat Walking Group. So far, these annual tournaments have raised \$190,000 to support Heart Rehab at St John of God Hospital, Ballarat and Grampians Health at Ballarat Base Hospital. The 40th HeartBeat Bowls Tournament next year will be an amazing achievement and hopefully bring the total amount raised over the years to \$200,000.

We hope many HeartBeat walkers will be able to attend as spectators in 2027 to celebrate this amazing 40-year achievement. The likely date will be Sunday 3rd January 2027. Put it in your diary now.



Cardiac Rehabilitation
Everyone has a right to evidence-based care




If they don't know they CAN'T go!

People are **twice as likely** to participate if a health professional discusses cardiac rehabilitation before they leave hospital

Provide patients with written information about cardiac rehabilitation and encourage them to visit www.heartfoundation.org.au/recovery-and-support/cardiac-rehabilitation.

Many can benefit:

- ✓ After a heart attack
- ✓ Following a heart surgical procedure
- ✓ People with heart failure



Almost **2 in 3** heart attack patients "miss out" on being advised to attend cardiac rehabilitation⁵

Low cost & saves lives


Economic impact
Modelling has shown that increasing referrals to 65% over 10 years could result in **\$86.7m savings in healthcare costs**²

Reduced interventional costs

Angiogram + Stent	= \$16,000 per patient ³
Coronary Artery Graft Surgery	= \$38,000 per patient ³

Other benefits


- 2100 fewer myocardial infarctions⁴
- 34% reduction in hospital readmissions²
- 26% mortality reduction²



Offer choice

Flexible services will increase participation

- ✓ At a hospital
- ✓ At a community centre
- ✓ Home-based services
- ✓ Mobile and internet-based services
- ✓ Telephone services
- ✓ Access to A Pathway to Cardiac Recovery. Standardised program content for Phase II Cardiac Rehabilitation




Shorter waiting times improve patient benefits.⁵

Benefits to patients

During cardiac rehabilitation patients will be supported to improve health related behaviours that will see:


- ✓ Improved knowledge and confidence
- ✓ Support to improve heart health e.g. healthy eating patterns and regular exercise
- ✓ Improved self-management of heart condition
- ✓ Reduced anxiety/depression
- ✓ Improved quality of life
- ✓ Support for psycho-physical recovery



Quality services

Quality service delivery starts within 28 days after leaving hospital and includes:

- ✓ Assessment and goal setting
- ✓ Depression screening
- ✓ Smoking cessation education
- ✓ Medication education and review
- ✓ Ongoing management plan
- ✓ Risk factor management
- ✓ Structured supervised exercise
- ✓ Psychosocial wellbeing



References

1. Heart Foundation Heart Attack Survivor Survey 2018
2. Driscoll A, Hinde S, Harrison A, et al. Estimating the health loss due to poor engagement with cardiac rehabilitation in Australia. *International J of Cardiol* 2020 May 3; 317: 7-12. doi.org/10.1016/j.ijcard.2020.04.086
3. NSW Health. Cost of Care in Hospitals. 2016 https://www.health.nsw.gov.au/Hospitals/Going_to_hospital/cost-of-care/Pages/default.aspx
4. Heart Foundation. Data and Evaluation Unit. Unpublished report 2015
5. Santiago de Arujo Rio C, et al. (2019) Interventions to promote patient utilisation of cardiac rehabilitation. *Cochrane Database of Systematic Reviews*, 8(2), 189. <https://doi.org/10.1002/14651858.CD007131.pub4>

Created by the Heart Foundation in conjunction with ACRA National-2021 Review date 2023

Cardiac Rehabilitation is essential for recovery after major heart trauma.

Cardiac rehabilitation programs support your recovery from a recent diagnosis and surgery or procedure as you adjust to learning to live with a heart condition.

People who attend a cardiac rehabilitation program have improved health and wellbeing and reduce their risk of having heart problems in the future.

Many heart patients do not complete the full rehab course.

HeartBeat Ballarat & HeartBeat Ballarat Walking Group
Newsletter January-February 2026

January 2026						
Sun	Mon	Tues	Wed	Thurs	Friday	Sat
				1	2 Walk Botanic Gardens 10:00	3 Victoria Park Walk 9:30
4 HeartBeat Bowls Tournament	5	6 Walk Paul's Wetland 10:00	7 Lake Esmond Walk 10:00	8	9 Walk Botanic Gardens 10:00	10 Victoria Park Walk 9:30 Gong Gong Walk and Picnic 11:30
11	12	13 Indoor Walk Badminton Centre 10:00	14 Lake Esmond Walk 10:00	15	16 Walk Botanic Gardens 10:00	17 Victoria Park Walk 9:30
18 January Birthday Dinner 6:30 Cattle Yards Inn	19	20 Indoor Walk Badminton Centre 10:00 Fawkner Park Walk 12:00 and Baker Institute	21 Lake Esmond Walk 10:00	22	23 Walk Botanic Gardens 10:00	24 Victoria Park Walk 9:30
25	26	27 Indoor Walk Badminton Centre 10:00	28 Lake Esmond Walk 10:00	29	30 Walk Botanic Gardens 10:00 HeartBeat Table at Aged Expo Ballarat Nth 10:00-1:00 Bunnings Sausage Sizzle 9:00 to 4:00	31 Victoria Park Walk 9:30

