

HeartBeat Victoria Ballarat Branch Newsletter July – August 2026

VALE

Christine Vorstenbosch



It is with deep regret Heartbeat Ballarat & Heartbeat Ballarat Walking Group mourn the passing of Christine Vorstenbosch. Our thoughts and love go out to husband Mark, their family and their gorgeous dogs. Christine lived with chronic heart disease for many years and participated in almost 400 walks with Heartbeat. She attended numerous social events; guest speaker talks, and she supported her fellow walkers over her years with Heartbeat Ballarat. We will miss her lovely smile and companionship. Christine was aged 72 years.



A large number of our Heartbeat Members attended Christine's funeral to celebrate her life, mourn her loss, support her family and friends and support each other in this time of grief and loss. This is the Peer Support we talk about so often at Heartbeat Ballarat. We would like to thank our walkers who donated to the purchase of the magnificent heart-shaped wreath and flowers at the funeral.



Many of our Heartbeat people joined Chris's family and friends to celebrate her life with song and dance at the Munster's Arms Hotel following the funeral.

Rest in Peace Christine. Heartbeat Ballarat will miss you.



Heartbeat Ballarat greatly appreciates the support received from BigginScott Ballarat Real Estate. This newsletter is printed with assistance from very helpful staff.

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Are you looking after your health?

In Australia cardiovascular disease and strokes account for around 30% of deaths each year.

Heart Disease and Stroke. How are they related?

- The biggest cause of death from heart disease and stroke is the progressive blocking of blood vessels with a build-up of fatty substances and cellular waste (plaques).
- Plaque build-up in the arteries supplying blood to your heart muscle can trigger angina or a heart attack.
- Plaque build-up and blood clots in arteries supplying blood to the brain can cause a stroke.
- You can reduce your risk of heart disease and stroke by making healthy lifestyle choices and having regular medical check-ups.

Five Tips for a Healthy Life

1. Make time for a health check.
2. Eat Well A bad diet can lead to high blood pressure, high blood cholesterol, diabetes, heart disease and stroke.
3. Stay Active. **Walk, Talk, Coffee, Repeat**
4. Avoid Alcohol or Reduce your intake.
5. Be Smoke Free Quit ASAP



Heartbeat Ballarat & Heartbeat Ballarat Walking Group can help you with all these preventative measures.

- We provide the incentive for regular exercise through our 5 walks each week and occasional special social walks.
- We provide peer support. We encourage each other to follow healthy lifestyles. We help when things get tough and celebrate our successes.
- We meet socially to maintain a connection with our Heartbeat Friends and our community.



Sharing lunch and celebrating our June Birthday walkers while strengthening connection to our community at the North Star Hotel last week.

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The **100 Plus Hearts Project** is a global community quilt initiative created by Australian textile artist Ronda Hazell (also known as the Anakie Quilter). Its mission is to raise awareness of women's heart disease by collecting unique, handmade fabric heart patches from makers worldwide, each representing a woman's heart health story.

Each square on the quilt is accompanied by a story of a woman's journey with her heart disease diagnosis. The note can be handwritten or typed, reflecting her emotions, the challenges she faces and the support she receives.

Participants in this project come from many countries around the world.

The quilt was displayed during June in Daylesford.



Ronda has recently joined our Heartbeat walking group and walks several days a week. Have a chat with her about the project. You are welcome to write a note about your health journey. Rhonda will make a square for you.

COMING EVENTS

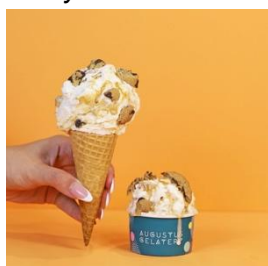
The purpose of our social events is to provide peer support and connection to community. Both as important as being active to support your heart health and well-being. How many events you attend is your choice.

We try to spread these events across different days of the week and at different times to allow people who have fixed commitments to attend. During the Winter months we try to have less evening events. If meals are involved, we try to choose venues that have a senior menu available or a variety of choices.

Walk, Talk and Ice-cream to celebrate July Birthdays in Bridge Mall

Monday 6th July at 2:00 PM. Shop 2/ 15 Bridge Mall Norwich Plaza, Ballarat Central. Meet outside the ice-cream shop, we will walk through the mall looking at some of the architecture and history of the buildings

Please write your name in the [Blue Activity Book](#) available at each walk or contact Lyn Webb. RSVP by 3rd July so a final booking can be made.



**WALK
TALK COFFEE
REPEAT**

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July Committee Meeting

Wednesday 15th July 6:00 PM

Our Committee Members are Mark Vorstenbosch, Helen Sarra, Barry Nixon, Anne Gow, Bernie Brisbane, Lyn Webb, Leigh Miller and Alan Bell.

Please speak to any of the committee if you would like to raise an issue for discussion by the committee.

Christmas in July Lunch

Sunday 26th July 12:00 PM Ballarat Golf Club Bistro. 1800 Sturt Street. Food and drink are at own cost.

Please write your name in the [Blue Activity Book](#) available at each walk or contact Lyn Webb. RSVP by 22nd July so a final booking can be made.

Lunch to Celebrate August Birthdays

Monday 17th August 12:00 PM at the Queen's Head Hotel, 146 Humffray St North.

This hotel has recently been sold and the new owners also own and run Irish Murphy's.

Please write your name in the [Blue Activity Book](#) available at each walk or contact Lyn Webb. RSVP by 14th August so a final booking can be made.



Heartbeat Victoria Members Meeting on Zoom

Wednesday 29th July The venue and time is yet to be confirmed. Ballarat has been asked to host this meeting over zoom to share with other Heartbeat members and branches how we run our walking groups, do peer support and connect with our community. Link to join meeting will be published.

Please write your name in the [Blue Activity Book](#) available at each walk or contact Lyn Webb. RSVP by 27th July so final numbers can be confirmed.

Indoor Walk at Bunnings Creswick Road, Ballarat Sunday 31st August at 11:00

This is an indoor walk for winter weather wandering the aisles in the warmth and the dry while looking at all the fascinating goods. Bunnings have toilets, an indoor café for food and drinks, and the usual charity sausage sizzle will be outside the entrance.

Please write your name in the [Blue Activity Book](#) available at each walk or contact Lyn Webb. RSVP by 29th August so final numbers can be confirmed with Bunnings.

Current Research being done by the Heart Foundation and the Baker Institute



Australia's world-class cardiac research sector unites over 230 scientists across 26 national laboratories, pioneering artificial intelligence (AI) diagnostic tools, gene therapies, and revolutionary imaging techniques to combat cardiovascular disease—the country's second leading cause of death.

Cardiovascular research focuses on preventing, diagnosing, and treating heart disease—the leading cause of global mortality. Recent clinical studies highlight that over 99% of cardiac events are linked to common, identifiable risk factors, emphasizing the shift toward early detection and precision medicine.

Heart Foundation and the Baker Institute in Melbourne are involved in funding and research projects related to cardiac disease and diabetes. These institutes have lots of fact sheets and information on their projects. Worth a search if you have time on a cold, wet Ballarat wintery day.

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JULY 2026						
Sun	Mon	Tues	Wed	Thurs	Friday	Sat
			1	2	3 Walk Botanic Gardens 10:00	4 Victoria Park Walk 9:30
5 Walk and Ice-cream 2:00 Bridge Mall	6	7 Indoor Walk Badminton Centre 10:00	8 Lake Esmond Walk 10:00	9 Indoor Walk Delacombe Town Centre 11:00	10 Walk Botanic Gardens 10:00	11 Victoria Park Walk 9:30
12	13	14 Indoor Walk Badminton Centre 10:00	15 Lake Esmond Walk 10:00 Committee Meeting 6:00	16 Indoor Walk Delacombe Town Centre 11:00	17 Walk Botanic Gardens 10:00	18 Victoria Park Walk 9:30
19	20	21 Indoor Walk Badminton Centre 10:00	22 Lake Esmond Walk 10:00	23 Indoor Walk Delacombe Town Centre 11:00	24 Walk Botanic Gardens 10:00	25 Victoria Park Walk 9:30 Christmas in July Lunch 12:00 Ballarat Golf Club
26	27	28 Indoor Walk Badminton Centre 10:00	29 Lake Esmond Walk 10:00 Heartbeat Members Zoom Meeting	30 Indoor Walk Delacombe Town Centre 11:00		

