

# Heartbeat Ballarat Members Newsletter June 2025

Heartbeat Ballarat is a peer support group, by cardiac patients for cardiac patients. Offering Peer Support, Exercise, and Social Connection. Heartbeat Ballarat members exercise, make great lifestyle choices, and live well with cardiac illness. Members walk, talk, and have cuppa catch ups weekly. Indoor and outdoor walking groups weekly. 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](http://www.heartbeatvictoria.org.au)

## Heartbeat Ballarat – Welcome Words by Christine Rees

### Board of Heartbeat Victoria



**Christine Rees**  
**President**

Welcome to our new members, I hope you will enjoy your involvement with Heartbeat Victoria and the Ballarat branch as we work towards better cardiac education, heart health exercise opportunities and lots of social connection activities to support and motivate all members living with cardiac challenges.

**Cardiac peer support is available locally by contacting [ballarat@heartbeatvictoria.org.au](mailto:ballarat@heartbeatvictoria.org.au). Or calling or messaging 0474 866 474, or 0447377159.** I would encourage you to reach out. Heartbeat Ballarat uniquely offers exercise opportunities via four weekly walks with cuppa catch ups, in cooperation with Heart Foundation Walking Program.

Heartbeat Victoria is grateful to members, branches and affiliates for their generous donations and community work. The benefit of your work is seen is the equipment for health services, hospitals, and community groups, improving the outcomes for cardiac patients.

I am really encouraged to see Heartbeat members participating in research projects. The five Ballarat members volunteering in new patient education and are sharing lived experience. This changes the dynamic where knowledge and expertise in health only comes from professionals, institutions, and authorities but with your help lived experience has a voice.

Thank you, Ballarat Committee and members, for welcoming Nick Kashyap and participating in Nick's research project. Heartbeat Victoria has built an alliance with the Baker Heart and Diabetes Institute where Mr Kashyap is a research assistant. Following his walks with Heartbeat Ballarat Walking Groups Nick has agreed to be a founding member of a new Heartbeat Walking Group to be established in Melbourne. I am sure the June Meet, Greet, and Eat meeting will be interesting with Mr Kashyap as guest speaker.



Thank you to all Ballarat members who have taken up official positions. I am very grateful for the work you do to keep our Ballarat branch growing and the local heart health services supported. I look forward to visiting Ballarat and meeting new members and renewing friendships with members I have previously met. **Christine Rees - President Heartbeat Victoria**

**HAPPENING THIS WEEK**  
**AT IRISH MURPHY'S**

**Heartbeat  
 Members  
 & friends  
 Lunch  
 Thursday  
 12 noon**

**Thursday  
 May 29<sup>th</sup> 12 noon**




**Heartbeat Social Committee**  
**Lyn, Leigh, and Alan**  
**Best contact Lyn 0410 335 285**

## Guest Speaker

### Nick Kashyap

BSc, Monash | MSc Biomedicine  
 and Health Science, Monash

*Nick has been walking Fridays at 10am.*

*Mr Kashyap is a research assistant at the Baker Institute.*



**A Meet, Greet, and Eat meeting for Heartbeat members and friends at  
 6pm on Tuesday June 24<sup>th</sup> at Lakeview Hotel, Wendouree Parade.**

Seniors and full menu available. Meals and drinks at own cost.

Reservation needed. Pay on the night. Comment below or talk to Leigh at walks. Ground level access.

Don't drive at night? We can arrange transport. Message Barry 0447377159.

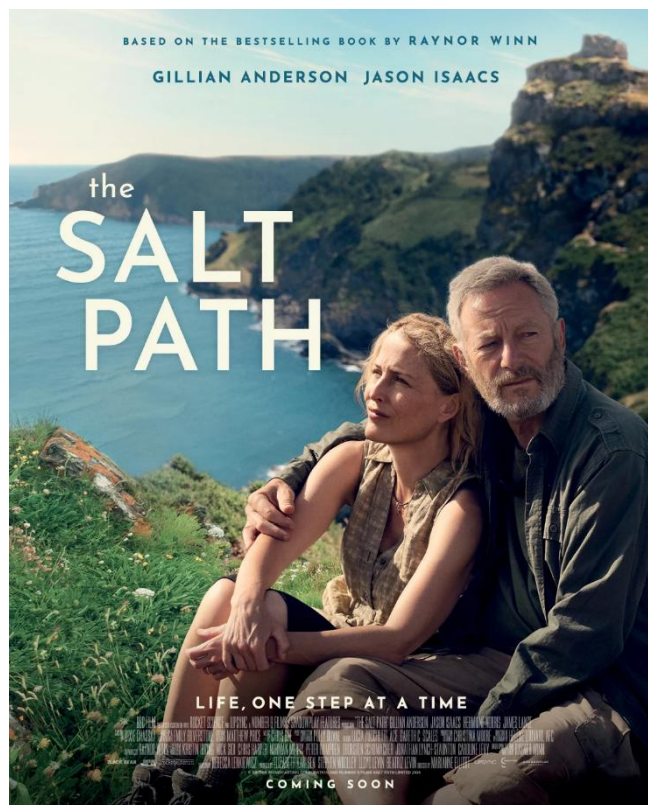
# HEARTBEAT SOCIAL COMMITTEE MOVIE EVENT FOR MEMBERS

All welcome. Ok, to book friends and family. \$10 each.

**Monday 9th June at 10am** Delacombe Showbiz is putting on a special showing of *The Salt Path* for Heartbeat. The cost is \$10 and pay on the day. The film is based on a true story and a book written by Ray Winn, the main character of the movie.

A married couple receive a bad health diagnosis and are left homeless after legal trouble, so they embark on the 630-mile (1,010 km) Southwest Coast Path, the longest uninterrupted path in England, from Minehead to Poole around the coast of Somerset, Devon, Cornwall, and Dorset.

Please let Leigh know if you will be attending.



## 1st Live Concert Group Booking from the new Heartbeat Social Committee THE HIT MAKERS

**Sat 05 Jul 2025, 07:30 PM**

Cash to Lyn or Leigh to secure a seat  
Wendouree Centre for Performing Arts

The Hit Makers - The Hits of Paul Anka, Gene Pitney, Roy Orbison & Neil Sedaka

A NOSTALGIC JOURNEY WITH THE HIT MAKERS, A TRIBUTE TO THE UNFORGETTABLE HITS OF THE 1950S AND 1960S. LED BY THE REMARKABLE GLENN STARR.

FEATURING A SELECTION OF HIT SONGS FROM MUSIC LEGENDS PAUL ANKA, GENE PITNEY, ROY ORBISON & NEIL SEDAKA. THE SHOW REINTRODUCES THE ENCHANTING MELODIES AND TIMELESS VOICES OF THESE FOUR MUSIC LEGENDS.

**Cash to Lyn or Leigh to secure a seat**

## Heartbeat Social Committee Live Concert Group Booking

### *The Hit Makers*

**Saturday July 5th 7.30pm**

**\$65 per person**

**Cash to Lyn or Leigh**





## Celebrating 30 years of Heart Foundation Walking

This video is a beautiful capture of everything that makes Heart Foundation Walking the wonderful program it is – as told by walkers and walk organisers from across the country.

30 years of Heart Foundation Walking

You might like to share this video with prospective walkers – a quick view is sure to inspire!

<https://youtu.be/GaTDc4EtNCs?si=3Um4Y8G5Wiwy7kh9>

## Men's Health Week (9-15 June 2025)

International Men's Health Week is all about communities, workplaces and organisations focusing on how they can improve the health of men and boys.

**We're using Men's Health Week to encourage men to join Heartbeat Walking. Please bring a friend during Men's Health Week and encourage him to join!**

Men's Health Week provides an opportunity to have a conversation with the special guys in your life about the importance of healthy habits, such as walking for a healthy mind, body and heart.

**Please bring a friend during Men's Health Week and encourage him to join!**

## Save the dates

### 2025 Ballarat Seniors Festival Community Events and Activities October 2025



Ballarat's Seniors Festival is about providing fun and good times with opportunities to participate in a variety of events and activities throughout October. The festival celebrates the important and diverse contributions of older residents in Ballarat and encourages community participation.

### **GREAT NEWS** Beginning

January 1, 2026, the Allan Labor Government will provide free weekend public transport for Seniors Card holders across Victoria.



**Afternoon tea at Sturt  
Street's ever evolving  
European deli –  
the Olive Grove**

**2pm on Thursday June 19<sup>th</sup>**  
1303 Sturt Street, Ballarat



**Heartbeats Big Mid-Year  
Members Event  
July 13<sup>th</sup> – 12 noon**



**Next Committee Meeting July 3<sup>rd</sup>**  
**5pm to 7pm Sebastopol Library**  
Note date change. Room wasn't avail.



**Baker Heart and Diabetes  
Institute experts have  
prepared a great series of  
FACT SHEETS** for use by both

patients and health professionals. You can download them or read online. Fact sheets on topics such as atrial fibrillation, carbohydrate counting and convenience meals.

The Institute is committed to providing credible, evidence-based health information regarding optimum approaches to the prevention and management of disease.

Search baker institute fact sheets or  
[www.baker.edu.au/health-hub/fact-sheets](http://www.baker.edu.au/health-hub/fact-sheets)

**Nick Kashyap, (from the  
Baker)** is currently recruiting

Heartbeat Ballarat folk to answer a few questions for a project he is working on. It's one signature on a consent form and one short phone interview. All via phone.

The study aims to explore how people self-managing cardiovascular disease use apps, the internet, and communications like email, text messages etc.

The goal is to design health apps that are more sensitive and effective in supporting patients living with cardiovascular disease.

Please call Nick and help with this study.

**Nick Kashyap**  
**03 9479 2251**



# 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.

# Men's Health Week June 9 to 15th

## – Bring a bloke to any walk!

June 2025						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b> Indoor Walk 10am	<b>4</b> 10am Lake Esmond Walk	<b>5</b>	<b>6</b> 10am Lake Gardens Walk	<b>7</b> 9.30am Vic Pk Walk
<b>8</b>	<b>9</b> 10am \$10 Movie <i>The Salt Bush</i>	<b>10</b> Indoor Walk 10am	<b>11</b> 10am Lake Esmond Walk	<b>12</b>	<b>13</b> 10am Lake Gardens Walk	<b>14</b> 9.30am Vic Pk Walk
<b>15</b>	<b>16</b>	<b>17</b> Indoor Walk 10am	<b>18</b> 10am Lake Esmond Walk	<b>19</b> 2pm Olive Grove <i>Afternoon tea</i>	<b>20</b> 10am Lake Gardens Walk	<b>21</b> 9.30am Vic Pk Walk
<b>22</b>	<b>23</b>	<b>24</b> Indoor Walk 10am  6pm Meal & Guest Speaker	<b>25</b> 10am Lake Esmond Walk	<b>26</b>	<b>27</b> 10am Lake Gardens Walk	<b>28</b> 9.30am Vic Pk Walk
<b>29</b>	<b>30</b>					

# Join members for Afternoon Tea at Beechworth Bakery

## Monday July 28<sup>th</sup> at 2pm / Names to Lyn

July 2025						
◀ June						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Indoor Walk 10am	<b>2</b> 10am Lake Esmond Walk	<b>3</b> <i>Committee Meeting 5pm to 7pm Sebas Library</i>	<b>4</b> 10am Lake Gardens Walk	<b>5</b> 9.30am Vic Pk Walk  7.30pm <i>The Hit Makers Concert WCPA</i>
<b>6</b>	<b>7</b>	<b>8</b> Indoor Walk 10am	<b>9</b> 10am Lake Esmond Walk	<b>10</b>	<b>11</b> 10am Lake Gardens Walk	<b>12</b> 9.30am Vic Pk Walk
<b>13</b> 12 noon <i>Christmas In July Bistro Lunch</i>	<b>14</b>	<b>15</b> Indoor Walk 10am	<b>16</b> 10am Lake Esmond Walk	<b>17</b>	<b>18</b> 10am Lake Gardens Walk	<b>19</b> 9.30am Vic Pk Walk
<b>20</b>	<b>21</b>	<b>22</b> Indoor Walk 10am	<b>23</b> 10am Lake Esmond Walk	<b>24</b>	<b>25</b> 10am Lake Gardens Walk	<b>26</b> 9.30am Vic Pk Walk
<b>27</b>	<b>28</b> 2pm <i>Afternoon Tea at Beechworth Bakery</i>	<b>29</b> Indoor Walk 10am	<b>30</b> 10am Lake Esmond Walk	<b>31</b>		