HeartBeat Victoria Ballarat Branch Newsletter
November-December 2026 January 2027

Melbourne Cup Day Tuesday Indoor Walk 3rd November 10:00 AM.



Melbourne Cup Day is **DRESS UP DAY**. The indoor walk is on, usual venue, usual time, come formal or costume. Hats and Fascinators encouraged. **Bring a small plate of food to share for morning tea**. Prizes to be won.
Usual $2 entry. All welcome to walk Tuesday November 3rd from 10am.

New Indoor Walk Trial Coming

After requests from some of our walkers our committee has decided to trial a second indoor, all abilities walk at the Badminton Centre on Fridays starting at 11:00. The usual $2 entry will apply.

The usual 10:00 o'clock Friday outdoor walk will continue in the Botanic gardens, followed by a cuppa at the Lakeview Hotel.

The first Friday Indoor All Abilities Walk will commence at 11:00 AM on 6th November and will then be held every Friday until the Badminton Stadium closes for the Christmas break on 18th December.



If you would like copy of Professor Ritchie's talk, contact Alan and he will provide a copy to you.

Help Needed on 27th December 2026

We have been allocated Sunday 27th December for a fund raiser sausage sizzle at Bunnings Creswick Road store, 8:00 AM to 4:00 PM. All profits will be donated to heart rehabilitation programs in Ballarat. If you are able to help at some time during the day please contact Barry, Leigh or Alan for further information.





Victoria Park Walk 7th November

Victoria Park will not be available for our 9:30 walk on Saturday, 7th November due to the Red-Hot Summer Tour concert. Alternative walk at Eureka Stockade Gardens, Eureka Street, Eureka. Meet at the carpark opposite the Eureka Swimming Pool at 9:30. Following the walk a cuppa will be available at the Rebellion Café in the Eureka Centre.

Please note: When you are unable to attend an activity, you have signed up for in the Blue Activity Book, please send a message to Lyn Webb (0410335285) so that numbers can be adjusted with the venue operators.

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Symptoms of Heart Problems

If you have chest pain, difficulty breathing or palpitations, or feel faint, sweaty or unwell, you could be having a heart attack. Call triple-zero (000) immediately and ask for an ambulance if symptoms are severe, getting worse or last longer than 10 minutes.

Heart attack symptoms can vary from person to person. Some people do not have any symptoms. Symptoms for men and women can be different. You may have mild chest pain or no chest pain at all, or for the pain to come and go.

Symptoms of a heart attack may include:

- chest pain — pressure, heaviness, tightness, squeezing or a crushing feeling in the middle of your chest
- pain in other areas such as your arms, shoulders, back, neck, jaw or stomach
- coughing, a choking sensation or difficulty breathing
- suddenly feeling dizzy, faint, light-headed or anxious
- nausea or vomiting
- a feeling of indigestion
- sweating or a cold sweat
- irregular or fast heartbeat (palpitations)



Heart attack symptoms in females

Females are less likely than males to have chest pain. They may experience:

- pain in the back, neck, jaw or both arms
- shortness of breath or nausea
- feeling very tired
- pressure or a tight feeling in the chest

If you or somebody you are with, gets symptoms of a heart attack or stroke, call 000 for an ambulance straight away. Immediate action can save a life.



Ballarat Heartbeat Walking Group Donation of Scales

With the support of Bunnings, we have been able to donate around 50 sets of digital scales to the Ballarat heart rehabilitation units. The scales are an essential part of heart rehabilitation programs.

Heart Rehab Sessions. We need help.

Some of our Ballarat HeartBeat Walkers attend Heart Rehab Sessions to talk to new patients in the rehab programs. Some talk about their own lived heart experience, some talk about living with heart patients and some talk about the value and power of participating in Heartbeat Walking and all it has to offer rehab patients and their families. We need additional volunteers to help share the load of participating in these rehab sessions. Talk to Barry for more information. Training will be provided.

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. If meals are involved, we try to choose venues that have a senior menu available or a variety of choices.

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November Birthday Celebration Dinner



Wednesday 11th November at 6:30 PM at Queen's Head Hotel, 146 Humffray St North, Ballarat East *Please write your name in the Blue Activity Book available at each walk or contact Lyn Webb. RSVP by 4th November so a final booking can be made.*

Committee Meeting

Wednesday 18th November at 6:00 PM Our Committee Members are Mark Vorstenbosch, Helen Sarra, Barry Nixon, Anne Gow, Bernie Brisbane, Lyn Webb, Leigh Miller, Ruth Close and Alan Bell. Please speak to any of the committee if you would like to raise an issue for discussion.

Walk and Picnic



Monday 23rd November at 11:30 AM at Kirks Reservoir, Ballarat – Daylesford Road. BYO chair and food to share, or your own food for your consumption. *Please write your name in the Blue Activity Book available at each walk or contact Lyn Webb. RSVP by 20th November so a final booking can be made.*

Christmas Break Up Dinner

Saturday 12th December at 6:00 PM at Ballarat Memorial Sports Club, 89C Cuthbert's Road, Alfredton. Payment of $35 per head must be paid in advance. There will be **no refunds** because we must pay the caterers in advance. **Final bookings with payment must be made by 5th December.** *(Please place money in an envelope with the names of those going, along with any food allergies or special food requirements, such as, gluten free, vegetarian, etc. Hand the envelope with money to Lyn, or one of our walk organisers please.)* **There is no limit on numbers attending this year.**



Christmas Carols

Saturday, 19th December 7:00 to 9:30 PM at Ballarat Showgrounds. Entry is free. BYO chairs, rugs and nibbles. *Please write your name in the Blue Activity Book available at each walk or contact Lyn Webb. RSVP by 15th December so the final number is known.*

Annual HeartBeat Lawn Bowls Tournament

Sunday 3rd January 1:00 to 6:00 PM. The venues are City Oval and Midlands Bowling Clubs. The funds raised at this annual tournament, held by the Ballarat and District Bowls Association, are donated each year to the heart rehabilitation units in both Ballarat hospitals. 2027 is the 40th year of this tournament. An amazing achievement. It is hoped the total amount raised over those 40 years will reach $200,000 in 2027. That is an outstanding effort deserving of our support.

We ask that some of our walkers come and support these bowlers. You don't have to bowl. You just sit in the shade or in the clubhouse, barrack for a team of your choosing, buy raffle tickets and drinks at the bar, and enjoy the company of your fellow walkers. After the tournament, which is held at the two venues, all the bowlers come together at the City Oval Bowling Club to enjoy a free BBQ, the awarding of trophies and drawing of raffle winners.

It is important we support this annual tournament. Come for an hour or two or stay all day. The funds raised benefit us all. Write the date in your diary. Talk to Anne, Alan, Leigh, Bernie or Barry for more information. More details will be provided closer to the event.

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Birthday Lunch Celebration for December and January



Monday11th January 2027 at the Courthouse Hotel, 63 Brooke Street, Smythesdale at 11:30 AM. A senior's menu is available along with yummy cakes and slices. We will walk to the historical display opposite the hotel and other places of interest in the main street before our lunch. *Please write your name in the Blue Activity Book available at each walk or contact Lyn Webb. RSVP by 5th January so a final number can be booked.*

Sunday Walk and Picnic or Pizza or Ice Cream. Your Choice



Sunday, 31st January 2027 at 11:00 AM at De Soza Park, 410 Warrenheip Road, Buninyong.
Meet at the Rotunda. BYO Own chair, picnic to share or own food. *Please write your name in the Blue Activity Book available at each walk or contact Lyn Webb. RSVP by 27th January so a final number can be booked.*

For You Future Diary write the dates in now

Wednesday 17th February 2027 Dinner Meeting 6:00 PM, with a guest speaker. Our AGM will be a brief part of this meeting. We are currently negotiating with Gus at Table 48 as the venue with a similar menu set up to this year. Further information will be provided in the new year.

In March at a date yet to be set.
We are negotiating with Ambulance Victoria trainers to run a training session on CPR and using our defibrillators.



Heartbeat Ballarat Committee have agreed to purchase two new pocket-sized defibrillators. Elliott weighs only 680 grams and measures a tiny 16 x 15.5 x 4.8 cm Unlike our current large defibrillator they are easily carried in a pocket or small bag.

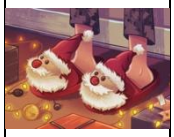
This will allow us to have these mobile defibrillators travelling with us in the front and back of each walk. Eliminating the need to run back to a car to get the heavy, bulky, large defibrillator we currently own.

Hopefully, we will never have to use CPR or the defib on one of our walkers. Our goal is to get many of our walkers knowing how to commence CPR and use the defib, if required, while waiting for the paramedics to arrive. More details to follow next year.

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N0VEMBER 2026						
Sun	**Mon**	**Tues**	**Wed**	**Thurs**	**Friday**	**Sat**
1	2	**3** Indoor Walk Badminton Centre 10:00 **Melbourne Cup Dress Up in your finest outfit**	**4** Lake Esmond Walk 10:00	**5** Indoor Walk Delacombe Town Centre 11:00	**6** Walk Botanic Gardens 10:00 **Indoor Walk Badminton Centre 11:00**	**7** Victoria Pk Not available **Walk at Eureka Centre 9.30am**
8	**9**	**10** Indoor Walk Badminton Centre 10:00	**11** Lake Esmond Walk 10:00 **Birthday Dinner Queen's Head Hotel 6:30**	**12** Indoor Walk Delacombe Town Centre 11:00	**13** Walk Botanic Gardens 10:00 **Indoor Walk Badminton Centre 11:00**	**14** Victoria Park Walk 9:30
15	**16**	**17** Indoor Walk Badminton Centre 10:00	**18** Lake Esmond Walk 10:00 **Committee Meeting 6:00**	**19** Indoor Walk Delacombe Town Centre 11:00	**20** Walk Botanic Gardens 10:00 **Indoor Walk Badminton Centre 11:00**	**21** Victoria Park Walk 9:30
22	**23** **Walk and Picnic Kirk's Reservoir 11:30**	**24** Indoor Walk Badminton Centre 10:00	**25** Lake Esmond Walk 10:00	**26** Indoor Walk Delacombe Town Centre 11:00	**27** Walk Botanic Gardens 10:00 **Indoor Walk Badminton Centre 11:00**	**28** Victoria Park Walk 9:30
29	**30**					

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December 2026						
Sun	**Mon**	**Tues**	**Wed**	**Thurs**	**Friday**	**Sat**
		1 Indoor Walk Badminton Centre 10:00	2 Lake Esmond Walk 10:00	**3** Indoor Walk Delacombe Town Centre 11:00	**4** Walk Botanic Gardens 10:00 **Indoor Walk Badminton Centre 11:00**	**5** Victoria Park Walk 9:30
6	**7**	**8** Indoor Walk Badminton Centre 10:00	**9** Lake Esmond Walk 10:00	**10** Indoor Walk Delacombe Town Centre 11:00	**11** Walk Botanic Gardens 10:00 **Indoor Walk Badminton Centre 11:00**	**12** Victoria Park Walk 9:30 **Christmas Break Up 6:00**
13	**14**	**15** Indoor Walk Badminton Centre 10:00 Bring a plate to share for morning tea	**16** Lake Esmond Walk 10:00	**17** Indoor Walk Delacombe Town Centre 11:00	**18** Walk Botanic Gardens 10:00 **Indoor Walk Badminton Centre 11:00**	**19** Victoria Park Walk 9:30 **Christmas Carols at Showground 7:00 to 9:30**
20	**21**	**22**	**23** Lake Esmond Walk 10:00	**24**	**25 Christmas Day** 	**26 Boxing Day**
27 **Bunnings BBQ Fund Raiser 8:00 to 4:00**	**28**	**29**	**30**	**31**		

From HeartBeat Ballarat and HeartBeat Ballarat Walking Group Have



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January 2027						
Sun	**Mon**	**Tues**	**Wed**	**Thurs**	**Friday**	**Sat**
					1	**2**
3 **40th Heart Beat Bowls Comp**	**4**	**5**	**6** Lake Esmond Walk 10:00	**7** Indoor Walk Delacombe Town Centre 11:00	**8** Walk Botanic Gardens 10:00	**9** Victoria Park Walk 9:30
10	**11** **Birthday Lunch Courthouse Hotel Smythesdale 11;30**	**12** Indoor Walk Badminton Centre 10:00	**13** Lake Esmond Walk 10:00	**14** Indoor Walk Delacombe Town Centre 11:00	**15** Walk Botanic Gardens 10:00 **Indoor Walk Badminton Centre 11:00**	**16** Victoria Park Walk 9:30
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24	**25**	**26** **Australia Day** 	**27**	**28**	**29** Walk Botanic Gardens 10:00 **Indoor Walk Badminton Centre 11:00**	**30**
31 **Picnic & Walk Da Soza Park Buninyong. 11:00**						