

HeartBeat Victoria Ballarat Branch Newsletter September - October 2026

Hearbeat Walkers Welfare

As we get older the cold and wet of Winter can take a toll on our ageing bodies. Several of our Heartbeat Walkers have recently passed away, had heart trauma events, had cancer diagnoses or succumbed to severe flu or pneumonia. We send our deepest condolences to the family and friends of those who have passed.

To those dealing with ongoing medical issues we send our thoughts and best wishes for speedy recoveries and hope to see you back walking with us soon.



SPRING IS HERE!

After a long, cold Winter Spring has finally arrived. We look forward to more sunny days and warmer temperatures.

We have many new members so please wear your name badges on each walk and activity so they can get to know you, and you get to know them.

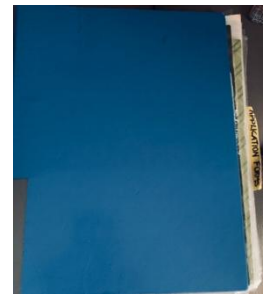


Prolonged absence from walks.

Please let our walk organisers know by sending a text to Alan
0423774312

The Blue Activities Folder

Look for it at each of our walks. Unfortunately, last month we had a change of venue at the last moment and were unable to contact some of our participants. We apologise to those involved. The issue was discussed at our last committee meeting and as a consequence we have suggested that when entering your name in the Blue Activity Book, if you do not have access to our Facebook Page, please include your phone number so we can notify you if there is a sudden change of venue or time.



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.

Into the Woods Musical



Saturday 5th September Matinee Performance at 1:30 PM.

At Her Majesty's Theatre, 17 Lydiard Street, Ballarat Central.

A group booking has been made. Contact Barry ASAP if you wish to attend.

Tickets are \$50.00

Dinner to Celebrate September Birthdays

Thursday 10th September 6:00 PM at the Freight Bar, 49 Mair St South. (On the corner of Peel Street) Please write your name in the *Blue Activity Book* available at each walk or contact Lyn Webb. RSVP by 3rd September so a final booking can be made.



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September Committee Meeting

Wednesday 16th September 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.

September Walk 'N' Coffee

Monday 21st September. 11am. A walk around Western Oval in Pleasant Street South, followed by a cuppa at Cobbs Canteen 119 Pleasant Street South.



Cars can be parked between the children's playground and toilets/pavilion in Pleasant Street.

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



3rd Kevin Tolhurst Memorial Walk

Tuesday 6th October at 10:00 AM at the Badminton Stadium, Dowling Street, Wendouree. A short service to remember and celebrate the lives of the Heartbeat Walkers we have lost over the years will take place at 10:00 o'clock and will be followed by a cuppa.



Dinner Meeting with a Guest Speaker

Wednesday 7th October at 6:30 PM at Black Hill Pub 502, Peel Street North, Black Hill.

The guest speaker's name and topic are yet to be confirmed.

Please write your name in the [Blue Activity Book](#) available at each walk or contact Lyn Webb. RSVP by 1st October so a final booking can be made.



October Birthday Brunch Celebration

Sunday 25th October at 11:00 AM at Café Al Nord, 100 Simpson Street, Ballarat North.

Please write your name in the [Blue Activity Book](#) available at each walk or contact Lyn Webb. RSVP by 20th October so a final booking can be made.

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.*



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.



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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.

Third Kevin Tolhurst Memorial Walk

6th October at 10:00 AM at the Badminton Stadium, Dowling Street, Wendouree.



Former Heartbeat Ballarat member, volunteer, passionate walker, and patient advocator Associate Professor Kevin Tolhurst AM passed away suddenly in October 2023.

Based in Creswick, Kevin walked regularly with Heartbeat Ballarat. He also shared his lived experience with new cardiac patients as a lived experience volunteer educator and was BBQ Captain Bernie's 2nd chef at Bunnings Heartbeat Ballarat

Sausage Fundraisings.

Prior to his passing Kevin shared his Heartbeat realisations.

"My wife and I attended most of the monthly meetings held by Heartbeat where we were able to talk to people with a wide range of heart related issues and their family support members. Guest speakers covered a wide range of issues, most related to living with heart disease.

These meetings were incredibly useful for my wife and me. I started to better understand how I could live a full life with heart disease. I better understood what questions I should be asking of my GP and cardiologist. I also understood that heart disease experience is unique to each person, but there are some common elements.

Through my involvement with Heartbeat, I was urged to enrol in a rehabilitation program which I did. The rehabilitation program was a combination of education and exercise. I particularly found the supervised exercise useful to discover what my new body was physically capable of. All of this helped reduce my uncertainty and anxiety.

I made some good friends at Heartbeat and have benefited greatly from their peer support and the support of the health professionals who work with Heartbeat.

Four years on, I still deal with some anxiety related to my heart condition, but now manage to have a reasonably normal life. When I travel remotely, or in the bush by myself, I carry a satellite emergency locator beacon with me.

Thanks to Heartbeat and the medical profession, my life is relatively normal."

Christmas Break Up Dinner

Save the Date in your diary. Saturday 12th December at 6:00 PM at Ballarat Memorial Sports Club, 89C Cuthbert's Road, Alfredton. The booking sheet for this dinner will be in the Blue Activity Book from the 1st October. Payment of \$35 per head must be paid at time of writing your name on the list. (*place money in an envelope with your name and hand to Lyn, or one of our walk organisers please.*) There is no limit on numbers this year.

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Sepsis and its impact on the function of your heart.

Sepsis is a severe condition that occurs when the body's response to an infection damages its own tissues and organs.

The initial infection can be anywhere in your body.

Sepsis is a medical emergency and can be fatal if not treated quickly. If you suspect you or someone else has sepsis, call triple zero (000) for an ambulance.

The symptoms of sepsis vary.

They can include:

- fever or low temperature
- chills
- uncontrolled shaking
- rapid breathing
- rapid heart rate
- tiredness
- headache.

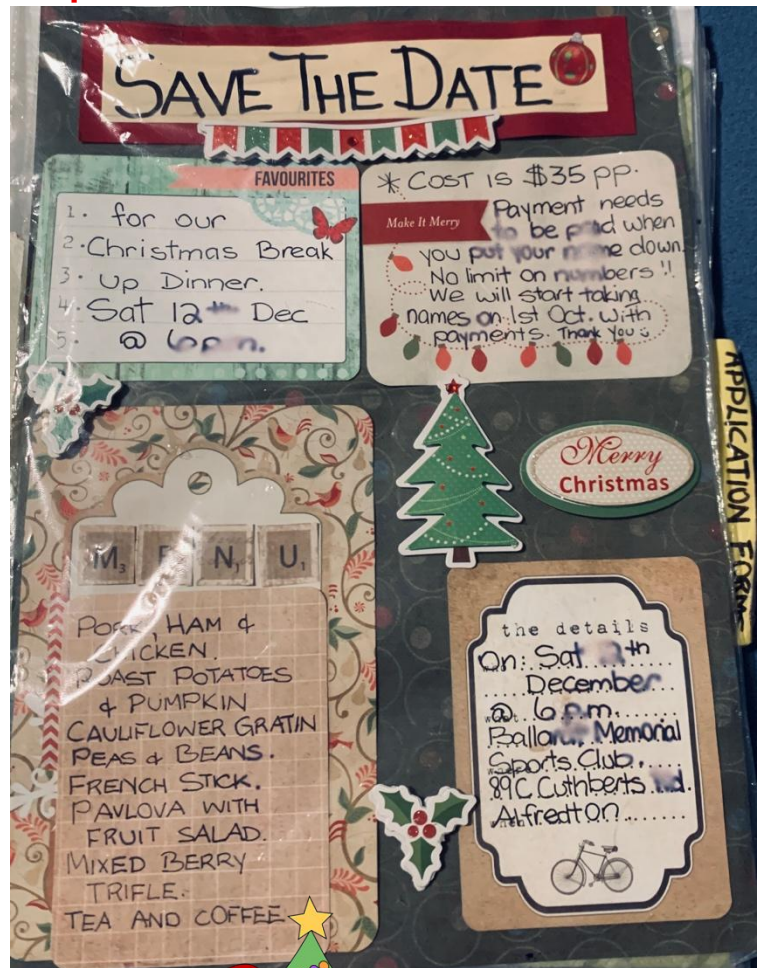
Other symptoms of sepsis can include:

- confusion or anxiety
- nausea and vomiting
- difficulty breathing
- mottled skin
- a sudden drop in blood pressure
- drowsiness or impaired consciousness
- chest pain
- reduced urine.

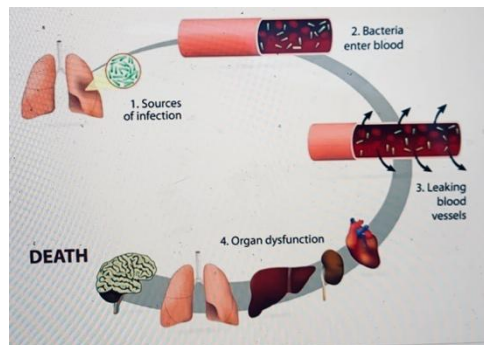
Symptoms of sepsis are not specific. They can vary from person to person, and sepsis may appear differently in children than in adults

Anyone can get sepsis. People at higher risk include:

- those with weakened immune systems
- people aged over 65 years
- pregnant or recently pregnant people
- babies and very young children
- people with illnesses such as diabetes, cancer, AIDS, and kidney or liver disease
- people who have recently had surgery or another procedure
- people with cuts, burns, blisters or skin infections.



**There will be
Fun & Laughter
Music & Dance
Frivolity**



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Immediate treatment in hospital is vital. Sepsis often needs to be treated in the intensive care unit, where you can be very closely monitored.

It's important to get to hospital as quickly as possible – the risk of dying from sepsis increases with each hour that passes before treatment begins.

SEPTEMBER 2026						
Sun	Mon	Tues	Wed	Thurs	Friday	Sat
		1	2	3	4 Walk Botanic Gardens 10:00	5 Victoria Park Walk 9:30 In the Woods Musical 1:30 Her Majesty's Theatre
6	7	8 Indoor Walk Badminton Centre 10:00	9 Lake Esmond Walk 10:00	10 Indoor Walk Delacombe Town Centre 11:00 Birthday Dinner 6:00 Freight Bar	11 Walk Botanic Gardens 10:00	12 Victoria Park Walk 9:30
13	14	15 Indoor Walk Badminton Centre 10:00	16 Lake Esmond Walk 10:00 Committee Meeting 6:00	17 Indoor Walk Delacombe Town Centre 11:00	18 Walk Botanic Gardens 10:00	19 Victoria Park Walk 9:30
20	21 Walk 'N' Coffee Western Oval Pleasant St and Cobbs Canteen 11:00	22 Indoor Walk Badminton Centre 10:00	23 Lake Esmond Walk 10:00	24 Indoor Walk Delacombe Town Centre 11:00	25 Walk Botanic Gardens 10:00	26 Victoria Park Walk 9:30
27	28	29 Indoor Walk Badminton Centre 10:00	30 Lake Esmond Walk 10:00			

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OCTOBER 2026						
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				1	2 Walk Botanic Gardens 10:00	3 Victoria Park Walk 9:30
4	5	6 Indoor Walk Badminton Centre 10:00 3rd Kevin Tolhurst Memorial Walk	7 Lake Esmond Walk 10:00 Dinner and Speaker 6:30 Blach Hill Hotel	8 Indoor Walk Delacombe Town Centre 11:00	9 Walk Botanic Gardens 10:00	10 Victoria Park Walk 9:30
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25 Birthday Brunch 11:00 Café Al Nord	26	27 Indoor Walk Badminton Centre 10:00	28	29	30	31



**Christmas Dinner Breakup
Saturday 12th December at 6:00 PM**



The final Newsletter for the year will be just before Christmas.