



**GOULBURN VALLEY
BRANCH**

PRESIDENT: Max Hyland, M. 0412 992 271

SECRETARY: Robyn Fennell, M. 0427 241 724

TREASURER: Arthur Fennell, M. 0428 875 790

Peer support groups provide a place for people to come together, learn about their condition and to speak to others in a similar situation to themselves.

Peer support complements and enhances other care services by delivering emotional, social and practical assistance for managing the condition and staying healthy.

JUNE / JULY UPDATE ACTIVITIES FOR YOU

MY HEART MY HEALTH

Hello, all members and Friends,

We are still in Tatura haven't managed to get away from this very cold weather yet. If all going well will be good to at least head to a warmer climate for all of July. Hope you have managed to ward off all the winter bugs and have kept up to date with all the necessary vaccines. See attached information sheet for RSV Immunization and have a chat with your GP about this.

Recently two of our previously very active Heartbeat members have passed on, Albert Kellock and Bev Ralph. Jenny Hyland has sent condolences to both families on behalf of members.

Our recent Coffee mornings held in Shepparton for May and June have been well attended and enabled those present to have a good chat and catch up. **Reminder for June LUNCH.**

**JUNE 18th LUNCH 12MD at Milestone Café and Bistro. 7723
Goulburn Valley Highway Kialla.**

This is a social event, and we have several members already booked in to attend. If you haven't booked, could you please phone Gerald M 0408 54720 or Robyn M 042724 1724. The venue is warm, and we have a separate room to meet in. Please let us know if you require transport.

SEE YOU THERE



JUNE / JULY UPDATE ACTIVITIES FOR YOU

HEARTBEAT GV BRANCH - TATURA GROUP.

We are really pleased to announce we have a small Heartbeat Group that has commenced meeting in Tatura, and also have two walking groups starting on June 23rd.

This is a copy of what I put into the Tatura Bulletin for May edition.

HEART HEALTH INFO SESSION

More than 20 community members gathered on Tuesday 6th May for a well-attended Heart Health Information Session, at Tatura Community House, held in partnership with Heartbeat Victoria - Goulburn Valley Branch and GV Health.

The session coincided with **Heart Week, The Heart Foundation, National Heart Health Awareness Week -May 5-11th 2025. “Never miss a beat”**, The event provided presentations that focused on understanding heart disease risk factors, the importance of prevention, and how to take practical steps towards a healthier lifestyle.

Cardiovascular disease (CVD) is an umbrella term that includes heart and blood vessel diseases (e.g. coronary heart disease), and stroke, is one of Australia’s biggest health problems. CVD accounts for one in four of all deaths, claiming the life of one person every 12 minutes.

Never miss a BEAT by booking a Heart Health Check. It's a 20-minute check up with your GP to assess your risk of having a heart attack or stroke in the next five years and discuss steps you can take to lower your risk.

Heartbeat Victoria Goulburn Valley Branch secretary introduced their peer support group activities and emphasised the power of community connection and shared experiences and ongoing health and wellness education for people living with or at risk of heart disease. The benefits of regular walking were also highlighted, with discussion about forming a local walking group in Tatura to cater for different fitness levels and abilities.

Guest speaker Candice, Registered Nurse, Health Coach, GV Community Health gave an insightful presentation on health coaching sessions available in Shepparton, including how these can support the management of heart-related risk factors. Candice encouraged attendees to discuss heart health assessments with their GP and make use of free support programs.

The event concluded with a delicious and informative heart-healthy afternoon tea, giving attendees the chance to connect and share ideas.

Thank you to all who made this such a successful event

JUNE / JULY UPDATE ACTIVITIES FOR YOU

If you are interested in joining a **Heart Peer Support Group** or a **walking group**, both events held regularly in **Tatura**, please contact **Tatura Community House** on **5824 1315**.

Heartbeat GV Tatura, heart peer support, first planned get together is **Monday June 2nd 1.30-3.00pm**, Afternoon tea included. This was well attended and five people present joined **Heartbeat Tatura Group**, so from here we will expand.



JULY 2025 No Heartbeat activities in Shepparton

I will send out an August/ September newsletter to keep you all informed of our activities. Keep warm and well, don't forget to keep up the exercise.

See you on Wednesday June 18th 12MD.

Cheers Robyn