



Heartbeat Victoria Council Inc.

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BOARD OF MANAGEMENT

President: Linda Macaulay

Secretary: Barry Nixon

Treasurer: Karen Saccuzzo

Board Members: Mark Braybrook; Robyn Fennell; Gail Newton; Kevin Reid

VISION: To be an excellent and well recognised peer support organisation which assists in improving the emotional, social and physical wellbeing of people living with heart disease or a heart condition.

MISSION: To advise and promote associated support groups in conducting peer support activities for people living with heart disease, to ensure they have a better understanding of the impact of their heart disease or condition; how they might seek ongoing services and support in their local area; and how to raise funds to improve cardiac services.

A Message from the Board



Season's Greetings to everyone from the Board of Heartbeat Victoria Inc. We hope that members are able to have an enjoyable Christmas and summer break.

We send our best wishes to the many members whose communities have been affected by the recent Victorian floods and wish you well for the recovery phase.

It was very disappointing that due to the floods we could not catch up in person for the planned Members Gathering on October 16 in Bendigo but hopefully we will be able to catch up next year. Due to the unavoidably late postponement of the Gathering, the caterer (Whisk Catering in Bendigo) had already prepared some items for the event but they were able to be donated to the Flood Relief Centre set up in Bendigo at that time, so nothing was wasted.

You may have noticed, from the Board of Management list to the left, that there has been a bit of a shuffle of positions on the Board. Unfortunately, the elected Board Secretary, Amanda Adams, has had to resign her position as she will shortly be moving to the Northern Territory to take up a teaching position in the remote and small Daly River Nauiyu Community 250kms south of Darwin. Thanks, Amanda, for so willingly taking on the role of Secretary of the new Board and we wish you well in your exciting new venture.

Barry Nixon (previous President) has been appointed by the Board as the new Secretary and Linda Macaulay (previous Assistant Treasurer) has been appointed as President. A replacement Assistant Treasurer is expected to be appointed soon.





Heart Health

Some valuable information from the Heart Foundation

Your heart medicines

Information about commonly prescribed heart medicines



Key takeaways

- People may need to take heart medicines to manage their blood pressure and cholesterol if they have a moderate or high risk of a heart attack or stroke following a Heart Health Check.
- Most people who have had a heart attack, angina (chest pain) or been diagnosed with a heart condition will need to take medicines.
- Common heart medicines include medicines to manage blood pressure and cholesterol, to prevent blood clots forming and to prevent and treat angina.
- The medicines you take will depend on your heart condition. Medicines are prescribed to suit your individual needs. Your doctor or pharmacist is the best source of information about your medicines and what they are for.

For more information: <https://www.heartfoundation.org.au/bundles/support/heart-attack-medication>

Driving and travelling after a heart attack

Explore our guide for driving and heart attack recovery



Key takeaways

- Before you start driving, you need to check with your doctor.
- There are suggested waiting times before driving again.
- You can usually travel straightaway as a passenger in a car, train, tram or bus.

For more information: <https://www.heartfoundation.org.au/bundles/support/recovery-driving-after-a-heart-attack>

What's Happening

What's been happening at some of our branches and affiliates lately?

Sunraysia

Our October meeting saw us having a guest speaker – the first one we've had in a long time. Our guest speaker was Emma Bath, who is the Cardiac Liaison Nurse/Project Co-ordinator at the Mildura Base Public Hospital. She spoke with us about our experiences when we or our family members have a cardiac attack. She is very keen to get more support for everyone in this area.

We are back in the Hospital doing our Rehab talks which usually run every 9 weeks, the last one for the year being just last week. Elaine and Jeff Gregory do these talks on behalf of Sunraysia Heartbeat.

Back in October we donated another defibrillator, this time to the Meringur farming district. We were very proud to hand over a cheque and to see the installation of the defibrillator onto the wall at the Meringur Community Pioneer Park.



(L to R) Jacob McEwan (Rural Vic Ambulance), Annette Lambert (Millewa-Carwarp Landcare) and Jeff Gregory (our President)

Goulburn Valley

Heartbeat GV Branch has been able to hold most of the activities on its calendar of events since September. The floods certainly had an impact, with our Numurkah walk and luncheon cancelled.

We had 28 members attend our October meeting and were able to meet GV Health's new Executive Foundation Director Claire Ewart-Kennedy.

Our November meeting was an evening fundraising social dinner at the home of Jenny and Max Hyland. It was lovely setting in a room that accommodated the 29 who attended. All those present had a very enjoyable night and sang the praises of the beautiful setting and food provided.



Hosts: Jenny and Max Hyland



*Dr Jennifer Coller
Consultant Cardiologist*

A bonus was the attendance at short notice of Dr Jennifer Coller, Consultant Cardiologist, who now resides in Shepparton with her family. Dr Jennifer gave an outline of the new directions in cardiac services now available at GVH, and mixed and spoke with Heartbeat members. Members were very appreciative to hear of the new emphasis centred around the support of Chronic Heart Disease in Goulburn Valley and surrounding regional areas.

Our last Coffee Morning had 13 in attendance, and we have welcomed four new members to our Branch.

Ballarat

Heartbeat Ballarat partners with Heart Foundation Walking and Ballarat Community Health to run four walks each week. Walks commenced 4 years and one month ago and participation has grown to include 63 regular walkers. Walkers are referred via all three Ballarat Cardiac Rehabilitation programs. Ballarat members have completed 5,461 walks combined. Three outdoor walks and one indoor walk are held each week, rain, hail, or sunshine.



Indoor walkers



Outdoor walkers. Beanies and coats recommended.

Barry, Deb, Trish and Maria at Star Spanner



nurse experienced in community nursing and case management, with post graduate qualifications in gerontology. Kelly had lots of tips and tricks to help Heartbeat members navigate the health care system and access local services and resources - and the Seniors menu was delicious too.

In early November Ballarat Vice President, Bernie Brisbane and a bus load of 50 headed to Boort and a tour of Star Spanner Farm. It was a great day out with an excellent lunch in Wedderburn on the return journey and Star Spanner Farm was amazing. The giant mozzies we could have done without. A top day out, assisted by Social Connections, My Aged Care, Brown Hill Seniors, and a Smarty Grant that paid for hire of the bus. Partnering with other organisations for social connection activities has helped increase awareness of Heartbeat in Ballarat.

Kelly Healy was a popular guest speaker at Heartbeat Ballarat's Meeting, Meal, and Kelly night, held at Golf House Hotel on November 16th. Members filled the room. Kelly Healy is an awesome local



Please send us your latest news for inclusion in the Autumn 2023 edition of Heartbeat Happenings which will be published in March (please send to Vivien@heartbeatvictoria.org.au by no later than **Friday February 10, 2023**)