



# Heartbeat Victoria Goulburn Valley

NEWSLETTER  
AUGUST/SEPT. 2025

[www.heartbeatvictoria.org.au](http://www.heartbeatvictoria.org.au)  
My heart, My health

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**HEARTBEAT VICTORIA INC. No. A00015737N**  
**ABN. 76 073 229 523**

**VISION:** Every individual and family affected by heart disease has access to a compassionate community, vital resources, the highest quality care, enabling them to live empowered heart healthy lives.

**MISSION:** To foster an active, compassionate and inclusive peer support network in Victoria for individuals and families affected by all forms of heart-related issues.

Through our Community driven groups, we provide emotional support, share information, advocate for better health outcomes and raise funds for cardiac equipment and improved cardiac care.

#### VALUES

**Respect    Empowerment    Collaboration    Hope**

Hello All members and friends,

How plans change unexpectedly . Arthur and I were meant to be up north enjoying warmer weather but health and other issues can change life's journey. We helped Barbara settle into her new residence, put the car out of action by hitting a kangaroo and Arthurs health has had a couple of set backs. However this has enabled us to experience a winter at home and support the development of the Heartbeat Tatura Group and the walking program, which are very positive outcomes.

This is the first newsletter combining both Heartbeat groups. Big welcome to all our members and friends at Tatura and the Community House staff and GVH Community Health team for their ongoing support. As we get more sunshine again we hope more people will seek out the valuable services we are providing.

We have one more month of cold weather and our winter program, before spring emerges and we can get back to some evening dinner meetings again. Hope to see many of you again at the August luncheon.

Gerald and Marie are now neighbors of Myrna and Bob at Kialla Gardens. We wish them all may happy days in their new homes.

I am running out of time to get this information out so will wish you all well. Keep up all you are doing to maintain your health and wellness. Cheers Robyn.

"What's done is done. What's gone is gone. One of life's lessons is always moving on. It's okay to look back to see how far you've come but keep moving forward."

*Roy T. Bennett*

## AUGUST DIARY OF ACTIVITIES.

### NO DINNER MEETING ON FIRST MONDAY IN AUGUST



### NOTE CHANGE OF DATE AND VENUE, for winter program

**Lunch meeting Thursday August 7th at RSL Shepparton.**

We will resume usual Night meetings first Monday in September

Time to chat and socialise.

**Tatura members and Friends welcome**



### COFFEE MORNING CATCH UP, WEDNESDAY 20TH AUGUST 10.30AM

**DEGANI CAFÉ**  
**Riverside Plaza, Shepparton**  
**Easy parking.**  
**All welcome**  
**See you there.**

Don't forget we can provide transport .  
 Phone Kevin or Gerald.



**Member Welfare.**  
**Contact Jenny Hyland**  
**0422820491**

After a long illness Tom McClelland husband of member Margaret, passed away at Numurkah Hospital on July 9th.

A memorial Service to celebrate the life of Tom will be held at the Uniting Church, Quinn St Numurkah, on Monday July 28th at 11.00am.

Condolences to Margaret and Family.

All the best to members who have had a few health setbacks in last couple of months, including Arthur who has had two GVH admissions. Now going OK .

Hope all on the way to getting back to usual activities as we see more sunny and longer days occurring.

We wish Barbara all the best in her new care residence at Parkvilla Tatura.



### BIRTHDAY GREETINGS

#### *Birthdays in August*

**Ernie Poyner 1st**  
**Barbara Firth 4th**  
**Deanne Brown 14th**  
**Brian Heard 16th**

***Best wishes, good health and happiness.***

# SEPTEMBER DIARY OF ACTIVITIES

## September Dinner Meeting



**Monday Sept. 1st. Dinner 6.00pm**  
at  
**Peppermill Inn Conference room**

**7.00pm. Guest presenter:**  
**Dietitian GVH**  
**Heartbeat Tatura Group welcome.**

Time to chat and socialise.



**WATCH OUT  
FOR EVENTS  
DURING THIS  
TIME FRAME.**

See this web site  
for more  
info.  
Jean-  
halies.org.au/  
womens-health-  
week

Please mark this date and event in your diary.

**“High Tea”**  
At home of Carol Williams, Katunga  
Sunday October 26th 2.00pm.

Full details nearer the time  
This is a social and fundraising event for  
Cardiac equipment GVH



**COFFEE MORNING**  
**WEDNESDAY 17TH SEPTEMBER**  
**10.30AM**  
**BUTTER FACTORY CAFÉ**  
440/452 Wyndham  
Shepparton.

Friends welcome  
See you there.

Don't forget we can provide transport



## **BIRTHDAY GREETINGS**

***To all members with Birthdays in  
September***

**Robyn Fennell 6th**  
**Myrna Gretton 9th**  
**Kevin Reid 15th**

***Thinking of you on your  
birthday and wishing you  
the happiest of days***



## Heartbeat Victoria

### Goulburn Valley - Tatura Group News.

Following a successful “Heart Health Information Session” held on May 6th at Tatura Community House, as part of the Heart Foundation, Heart Health Awareness Week the community supported the commencement of walking programs and a Heartbeat peer support group for Tatura. This event was hosted by Heartbeat GV Branch with the support of staff at Tatura Community House, GVH, Community Health, Health Coaching and Women's Health Tatura. Heartbeat is very grateful for all the help and support provided by these organisations and the continued cooperation and assistance as we work together to provide new health and wellness support in the Tatura community.



### Heartbeat Tatura Walking Group

**Walk Organiser: Robyn Fennell**  
**Walk coordinator: Liz Mulchay**  
**Walk coordinator: Marg Gray**

**Walkers meet Tatura Community House every-Monday weekly 10.00am , except third Monday meet at.12MD,**



Our first walk commenced on Monday June 30th .Currently we have nine walkers plus leaders with the 1km walk the largest group. Already some of the walkers have expanded on the distance they can now walk.

This is a great start and participants are congratulated for joining this walking group in the winter. No doubt they will be rewarded with improvement in their health and wellness with this exercise.

Following the walk the group share a heart healthy morning tea together at the Community House and gain further benefits from the social connections.

Thank you to Alicja Najabar-Kaszkiel, Walk Program Officer, Vic. Heart Foundation, for all her help and on going support in establishing this walking group. We still have some aspects of the website documentation to master.

We welcome any new walkers and if Shepparton members would like to visit and see the progress of the group you are welcome to join us.

### The first Heartbeat Tatura Group meeting was held on June 25th at the Tatura Community House with ten present.

The first get together centred around planning for the future of the group. A calendar of events has been developed with monthly meetings planned for the third Monday monthly. It was also suggested that the walk be held at 12 midday, followed by, bring your own lunch to have together prior to the meeting .

At the July 21st .meeting eleven were present with four apologies. The information for health support included a video the “Heart and Circulatory System, how they work”, followed by information from Vic. State Gov. Better Health website, Talking with your Doctor, and “Health Direct” Question Builder , Sample questions you want to ask provided as handouts.

Candice Bianchini, RN. Health Coach, GVH Community Health also spoke about the Health Coaching Program now available in Tatura at the Community House, what is offered and how to book no referral required. This service is new to Tatura and resulted from the requests Candice received following her presentation at the May “Heart Health Information Session” organised by Heartbeat and Community health GVH. **NEXT HEARTBEAT TATURA GROUP MEETING Monday August 18th 1.30-300pm**

**AS THEY SAY, TRY TAT FOR THAT**

[Baker Institute](#) [Health Hub](#) <https://www.baker.edu.au/health-hub/fact-sheets/heart-failure>

## Heart failure

**What is heart failure?** The heart is designed as a muscular pump to push blood around the body. Heart failure is a condition where the heart cannot pump enough blood to match what the body needs.

There are two reasons heart failure occurs:

### Weak heart

The pump becomes weak and cannot squeeze hard enough (called Heart Failure with Reduced Ejection Fraction, HFrEF).

### Stiff heart

The pump becomes stiff and cannot draw in enough blood after each squeeze (called Heart Failure with Preserved Ejection Fraction, HFpEF).

There are about 50 per cent in each group at present, with the HFpEF group becoming more common.

Heart failure makes people short of breath, particularly when they walk, resulting in frequent trips to hospital.

When the heart can't squeeze hard enough, there are several drugs that have been proven to help, as well as special pacemakers and even mechanical hearts. However, there is currently no effective treatment for HFpEF, due in part to how little we understand about the condition.

### What are we doing about it?

Our [Heart Failure Research](#) laboratory is committed to understanding more about HFpEF. By carefully studying patient's heart function and blood pressure responses during exercise, they are able to confirm the presence of HFpEF. These exercise assessments are conducted using a range of techniques including cardiac ultrasound and heart catheterisation, for which the group is internationally recognised.

From these studies, they have developed models of the disease which allows them to better understand the condition, and this has led to the development of novel treatments that are currently under clinical trial.

Our [Metabolomics](#) laboratory has developed a plasmalogen-rich dietary supplement that halts heart failure progression in animal models by increasing blood plasmalogen levels and restoring damaged cardiac cells. Human clinical trials to test the efficacy of the patented supplement on a range of health outcomes will start in late 2025, and there are hopes that the supplement will be available sometime within the next two years.

## **BENIFITS OF WALKING** <https://walking.heartfoundation.org.au/benefits/>

**Walking for an average of 30 minutes or more a day can lower the risk of heart disease, stroke, type 2 diabetes and some cancers.**

### **Regular physical activity can help:**

- reduce your risk of heart disease and stroke
  - manage weight, blood pressure and blood cholesterol
  - prevent and control diabetes
  - reduce your risk of developing some cancers
  - maintain your bone density, reducing your risk of osteoporosis and fractures
  - improve balance and coordination, reducing your risk of falls and other injuries
- improve our daily mood which cumulatively leads to better mental health

### **Find your 30**

All adults aged 18-64 years should aim for 150 minutes of moderate physical activity each week. That's 30 minutes on five days of the week. It's considered 'moderate' if it takes some effort, but you're still able to talk comfortably.

### **Or start with 10**

If you can't find time for a 30-minute walk, try breaking your 30 minutes of walking into three 10-minute sessions on each of 5 days, is just as beneficial as doing the 30 minutes in one go!

If you're already finding your 30, you should consider picking up the pace, as people who are already active will benefit even more by exercising harder and longer.

For more health benefits, do 300 minutes of moderate activity each week, or 150 minutes of vigorous exercise. 'Vigorous' exercise means it requires more effort and makes you breathe harder and faster, for example, jogging where it becomes difficult to hold a conversation.

### **Some activity is always better than none**

When it comes to walking for heart health, some is better than none (and more is even better). If you're not physically active, start by doing 10 minutes of brisk walking, and gradually build up to the recommended amount.

Visit your GP or health professional for advice on how to safely build up your movement.

### **Have a heart condition?**

Walking with guidance or supervision is an important part of cardiac rehabilitation programs, and for people diagnosed with heart disease or recovering from a heart attack.

But it's important to speak with your GP to learn how to safely build up your activity.

For more information on ways to build up your walking after a heart event or surgery, visit [heartfoundation.org.au](https://heartfoundation.org.au).