

C MMUNITY news

Dear Cheryl

I hope you're keeping well as we settle into the colder months.

In this Winter edition of *Community News*, we're excited to share some inspiring stories and opportunities to get involved:

- A new **collaborative walking group** with Heartbeat Victoria and the Baker Institute, helping our community stay active and connected
- A chance to receive **patient advocacy training** through our partnership with Hearts4Heart
- How your everyday **shopping at IGA Ritchies** can give back to vital research through their Community Benefits Program
- Our new ambassadorship with renowned chef and previous host of Masterchef Australia **Gary Mehigan**
- A spotlight on **Dr Daniel Donner's research** into heart failure and metabolic health
- And a powerful story from **Justine Philips**, whose lived experience supports this year's **Tax Appeal** and reminds us why this work matters

As always, we welcome your feedback and suggestions — your input helps us shape a newsletter that reflects our shared goals and values.

Wishing you warmth and wellbeing this winter. We hope you enjoy the edition.

With my sincere thanks,



Daniel Olasoji
Community and Content Coordinator
Community & Corporate Relations Department
Baker Heart and Diabetes Institute

Get involved



Baker/Heartbeat Walking Group

We are looking to start up a collaborative walking group in partnership with Heartbeat Victoria peer support groups.

If you would be interested in joining a walking group in the Melbourne area, please complete the below survey. More information will be coming shortly!

[Complete the survey here](#)



Hearts4Heart advocacy training

The Hearts4Heart Advocacy Training Academy is designed to empower individuals with lived experiences of heart disease to drive change in policy, research, and advocacy. This program provides training in committee participation, equipping you with the skills to share your story effectively and influence decision-making. The program runs from Apr to Dec 2025.

[Get involved](#)



Ritchies IGA Community Benefits Program

By shopping at your local Ritchies IGA, you can help support research here at the Baker Institute. We are proud to share that we are part of their Community Benefits Program, where you can select Baker Institute as your charity of choice to receive the proceeds from your weekly shop.

[Find out more](#)

Institute updates

The solution is in front of you

With focused research, we can unmask the unrecognised, under-detected risks that make millions worldwide vulnerable to developing heart and brain injury after sudden cardiac events.

If people are aware of their individual risk, they can take preventative steps to protect their heart from future events, with the help of doctors armed with new knowledge, medicines and devices for treatment.

Dr. Daniel Donner and his team have set research goals which aim to reduce the number of people whose lives are impacted each year by heart attack and cardiac arrest, including those who had no obvious risk factors prior to the event.



Gary Mehigan Joins the Baker Institute – A Fresh Take on Heart Health and Food



Chef Gary Mehigan has joined the Baker Institute as an ambassador, using his experience with Atrial Fibrillation to raise awareness about heart health. Through this partnership, he'll share practical lifestyle tips and easy, nutritious recipes that support wellbeing. Combining culinary skill with expert health advice, this collaboration promises inspiring content.

Stay tuned for more recipes and insights to help you live well.

[Read more](#)

Refer a friend



We welcome participation by all community members impacted by the medical areas we study. Engagement includes focus group discussions, research reviews, interviews, surveys and much more. If you know someone, please share!

[Express interest here](#)

Community spotlight: Siba's story



When I was pregnant with my second child, I was misdiagnosed as having gestational diabetes

I was unfortunately allergic to an ingredient in the insulin and was put on another drug called metformin that ended up making me go into diabetic ketoacidosis.

The pediatrician said if I was one hour later getting my son out he would have been stillborn and then in terms of diabetic ketoacidosis if you don't treat it within 24 hours you can die as well.

So that was the state I was in and they were sending me home with a newborn. So I was terrified. I didn't want to pick him up. I hated being left alone with him because I was worried about whether I could care for him.

I got involved with the Baker Institute's trial run by Associate Professor Neale Cohen.

I am patient zero for a new pump and monitoring system.

Over time this new system learns my body. It's like having a functioning pancreas and it's been brilliant.

All that maths, injections, all that, I don't have to do that anymore.

I don't have that anxiety anymore!

[Watch Siba's story here](#)

Looking to share your lived experience story?

Sharing your experience with heart disease or diabetes is crucial for research. Whether you're a patient, caregiver, or healthcare professional, your story offers valuable insights. It can significantly contribute to research efforts, guiding new discoveries and treatments. By sharing your story, you play a pivotal role in advancing medical understanding and improving outcomes for others.

[Share your story with us](#)

Save a heart this tax time

Justine's life was saved thanks to CPR and critical heart research after she collapsed unexpectedly at home. Your support this tax time helps fund lifesaving research at the Baker Institute. Donate today to help save more lives.

[Donate here](#)

Your resources

Renowned chef Gary Mehigan, in collaboration with the Baker Institute, is crafting a series of heart-healthy recipes aimed at promoting better wellbeing.

The first in this collection is his flavorful Grilled Chicken Skewers, offering a delicious and nutritious meal option. This partnership combines culinary expertise with evidence-based health advice, ensuring each dish supports a healthier lifestyle.

Stay tuned for more inspiring recipes that make healthy eating both simple and enjoyable.

[Check out Gary's recipes](#)



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