

Heartbeat Victoria Council Inc.

Edition 1/2017 (March)

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Asst. Treasurer – Arthur Fennell

Editor – Adrian Cloonan

Board members -

Lynda Andrews

Alex Huang

Dr Rudy Lopes

Dr Ojas Mehta

Ted Williams

VISION: to be an excellent and well recognized peer support organisation that 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 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.



“Heartbeat Happenings”

President’s Report

The Heartbeat Victoria (HBV) Board of Management has been busy since our November 2016 AGM. Recent resignations of several Board Members lead to an extensive recruitment program which now results in a Board of ten members.

These members have a wide range of skills and experience to lead the organisation and provide direction and support to all Affiliates and Branches.

Our focus at present is to develop a plan and scope for a HBV website. This should be up and running in eight weeks. We are starting small with further actions to be added as the site develops. The use of technology is the way of the future and we need to embrace this to be accessible and helpful to our large client base.

Most groups will have produced a calendar of activities for the year and will be providing programs of education, social and other activities. Following the production of the manual “Heart to Heart- a guide to fostering successful HBV Inc. peer support groups”, we are running a further workshop for all members. This workshop will be held in Melbourne on 27 April 2017 from 11.00am -2.30pm on “practical ways to strengthen your peer support group”. I would encourage as many members as possible to support this day. This will be a practical work shop with members being able to take back planned actions

to support the ongoing development and progress of Affiliates or Branches.

New Board Members and two delegates from HBV Mildura Inc. will attend. A Delegates Meeting will also be held during the day.

It is important to develop a strong association with your local Health Service, especially the Cardiac Rehabilitation Program, as this is often the source of potential new members. If you need help with this, please contact me for a discussion (HBV Goulburn Valley runs a very successful Heartbeat Volunteer Program with our local Cardiac Rehab program).

I thank all members for their patience as we worked to establish Heartbeat Victoria Council Inc. on a sound footing. We now have the structures, appropriate governance and skilled leaders on the Board with the enthusiasm to promote and spread the vision and objectives of our great organisation.

Watch this space!

**Robyn Fennell, President,
Heartbeat Vic. Council Inc.**

Calling on you

We plan to publish four newsletters annually. Articles supplied by members are particularly welcome - eg. personal heart health stories, activities from groups or fundraising events and photos. Please email to Adrian Cloonan - acloonan@tpg.com.au).

Heart Health Week

30 April to 6 May 2017

What is your group doing to promote the importance of heart health in your community? There is still a lack of understanding of the symptoms of heart attack and the importance of immediate presentation to emergency services by ambulance.

A diagnosis of a heart condition or event means you have heart disease and need to reduce your risk factors and maintain a healthy lifestyle.

The Heart Foundation Victoria website has many excellent articles about heart health management.

Some awareness ideas –

- * Article in local paper
- * Display at local Health Service or shopping centre
- * Organise a Cardiac Nurse to speak at your May meeting
- * Team up with Cardiac Nurse to provide free Heart checks

How are you (after your heart event)?

Lost weight?

Exercising more?

Drinking less alcohol?

Eating healthier?

Socialising more?

Enjoying your interests/hobbies?

Participating in life?

Reporting in

The Board has agreed to trial new reporting actions for Affiliates and Branches.

This will require LESS reporting and REDUCE the workload of office bearers.

Affiliates – continue with annual submission of financial statements as at 30 June to HBV Treasurer. Secretary to complete Annual Report form following AGM and attach associated reports to HBV.

Branches – submit Financial Statements to HBV Treasurer by 31 December and 30 June. Secretary to complete the half yearly report as at 31 December and following AGM and attach associated reports.

Some of this information is required to obtain our annual insurance quote and verify activities carried out by volunteers in each group.

For Branches the financial reporting is an additional requirement and forms part of our regulatory compliance with ACNC and Consumer Affairs Victoria.

The Policy and Procedures Manual provides guidance. The associated forms will help reduce the time to complete tasks.

Your assault on salt!

Salt seems to be in many pre-prepared foods.

So – **DO NOT ADD** that pinch of salt to your cooking and **DO REMOVE** salt shakers from your dining table.

Baker Heart and Diabetes

Institute - looking for participants

A – heart failure prevention in breast cancer patients

B – Pro@Heart (16-23 yo's involved in ultra-sporting activities)

C – reducing the risk of coronary artery disease in families

Interested? Go to - baker.edu.au/research/clinical-trials

“Sons of the West”

A FREE men's health community initiative of the Western Bulldogs

The 10 week x 1.5 hrs program is based around themes of healthy eating, physical activity and mental health.

Each week, I rock up to my local football ground to join 80+ blokes of all ages. We listen intently to lectures then get out on the oval with instructors.

Lots of banter; warm-ups; then ball skills (soccer and AFL style); run-through tasks; warm-down exercises – then a piece of fruit and catch up time.

Talk about getting back into the game of life! (And I don't even barrack for them).

Could your local sporting group do the same and adopt this program?

Adrian Cloonan – Editor