

# Annual Report



2017-2018

## Heartbeat Victoria Council Inc.

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Established 1984  
Melbourne

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# About Us

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***Heartbeat Victoria Council Inc. is an association incorporated under the Association Incorporation Act 1981 (Vic.). It is a charitable institution and is endorsed as deductible gift recipient. Heartbeat Victoria Council Inc. is an umbrella organisation for Heartbeat Victoria Affiliates and Branches which provide heart peer support groups across Victoria. Heartbeat Victoria is a voluntary organisation.***

Support groups are an important first step for people who are recovering from a heart event or adjusting to living with heart disease or a heart condition. They provide a place for people to come together, learn about their condition and speak to others in a similar situation to themselves. Most of all they provide friendship and support for ongoing heart health and wellbeing.

Peer support can be delivered in many ways: from structured support groups, telephone calls, via the internet, home or hospital visits, going for walks together, having regular coffees or dinners to informal catch ups. For a person living with heart disease or recovering from a heart event, becoming a member of a heart peer support group can have many benefits.

Being part of a support group can:

- Help you understand your condition
- Help you feel more motivated and make healthier life style choices
- Help you feel less alone
- Help you feel more in control and informed about your condition
- Provide ongoing heart health education and support
- Provide social and exercise activities
- Help you feel a sense of belonging and community connection.

## ***My Heart My Health***

***Ongoing life style changes are required to keep a healthy heart***

# President Report

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Heartbeat Victoria Council Inc. (HBVCI) is the longest running organisation providing peer support for people with a heart disease or condition, their families and carers in Victoria. The structure of HBVCI with a Board of Management providing overarching support to its members and in particular, its Branches and Affiliates, means that they are able to benefit from shared policy and procedures, common insurance policies, bulk purchase of marketing items, a shared website, social media presence and joint training and development opportunities.

The last twelve months have continued to be busy, productive and challenging for the Board of HBVCI as we worked together to provide a strong foundation for Heartbeat Victoria and its members. Four new board members joined our Board during the year namely Daryl Peter, Crisanthi Kunaratnam, Lillian Moyle and Meredith Crowe who have successfully brought new knowledge, skills and capabilities to the Board. It also supported the action to create four sub-committees to not only increase the skill focus with regard to various projects but spread the workload more evenly throughout the Board. Subsequently, a Governance Committee, a Finance and Audit and Risk Management Committee, a Grants and Fundraising Committee and a Communications and Marketing Committee were established. I am pleased to report that each committee has embarked on and now working on several projects.

In October 2017, the Board held a Planning Day to create a new five-year ambitious Strategic Plan. This Strategic Plan and Development Strategy continues to build on the 2010-2014 and 2015-2017 Strategic Plans to provide a strong foundation for the future. For over 30 years, HBVCI has contributed positively towards the support and assistance of people with heart disease and their carers. This work has heavily relied not only on the passion and enthusiasm for change but a steadfast commitment to the cause together with the altruistic nature of the Board of Management and Management Committees and members of Affiliates and Branches, all of whom are all volunteers. We do this with an awareness of the challenges presented in an environment which continues to experience health reform, the development and introduction of new technologies and medical interventions alongside lifestyle impacts on health.

The Board is well aware that the workload which dedicated volunteers have undertaken to achieve this year has been remarkable. Realistically, we recognise it is not sustainable. There is an urgent need to obtain resources which could fund a small executive team to assist with regulatory compliance, communications and supporting groups to resolve issues/concerns and access additional resources, including the provision or facilitation of

training and development activities. This action is a priority which the Board is currently working to secure for the ongoing sustainability of Heartbeat Victoria.

HBVCI and its Affiliates and Branches have established a range of positive formal and informal partnerships and collaborations for which we are grateful. These partnerships and collaborations cannot be underestimated. Combined efforts add value with the result that even more people with heart disease or a heart condition are being supported. With this comes stronger referral mechanisms which contribute to the development of integrated health and community services providing a variety of services which include:

- training for members
- the purchase of equipment for cardiac or emergency services for local community health centres
- the development of systems that support the provision of high quality peer support programs and activities
- building community understanding and awareness of the risk factors of developing heart disease, and
- even more importantly, encouraging involvement in lifestyle activities aimed at preventing heart disease and/or further problems.

In November 2017, we held our first Delegates Meeting for the year, together with a luncheon and major raffle draw attended by 25 representatives from the Affiliates and Branches including several guests. Delegates Meetings are always a great opportunity to be updated on how each Affiliate and Branch is progressing, receive training, share experiences, swap stories and catch up with old friends and meet newcomers. I would like to thank Board members Lynda Andrews and Louise Zambello for their enormous amount of work in sourcing some of the raffle prizes and picking up and dispatching of prizes to raffle winners. I would also like to thank the Affiliates and Branches for their support of this fundraising effort. Our sincere appreciation also goes to our major sponsors Nuttelex Pty Ltd [Nuttelex], Onkaparinga, Jason, RACV and HelloWorld Shepparton. Mr Ian Mc Nally, Managing Director, Nuttelex has supported HBVCI for many years and continues to be a consistent generous donor. This year, Nuttelex generously agreed to pay for a banner for each Affiliate and Branch. Banner signs are just one more way to help us promote HBVCI mission and vision to our communities. Thank you once again for your continuing support.

VicSuper, Blackburn Branch, continues to support HBVCI through a Community Partnership Program of staff giving. I thank the staff involved in their generous support of Heartbeat Victoria and look forward to continuing and expanding our partnership in supporting those with heart disease.

HBVCI continues to have a close working relationship with The National Heart Foundation and would like to express our thanks to Tess Pryor and other staff who have provide valuable information and resources to Affiliate and Branch Committees and members. The HBVCI Board looks forward to continuing and expanding on this close working partnership and we hope to further develop on this relationship in the coming year as we consider further opportunities for people with heart conditions, carers and community groups.

I will not be standing for the position of Board President for 2018-19, so I take this opportunity to thank the current Board members for their individual dedication and contributions made while working towards our charitable purpose and strategic actions for HBVCI. Special appreciation is portrayed for the many years of dedicated service and contributions to the work of HBVCI made by two retiring Board members namely Ted Williams [Heartbeat Epworth Inc.] and Arthur Fennell [Heartbeat GV Branch]. We wish them all the best in their future endeavours.

In May 2018, the Board welcomed Chris Kunaratnam, as Treasurer; we appreciate the work Chris has done in a short period in her new role. I would like to acknowledge the work of Board member Meredith Crowe for her leadership in the development, implementation and formatting of results of the successful Heartbeat Victoria Members' Survey conducted in May 2018. Thank you, Meredith.

The success of the Board and the support of my position has been made possible by the demonstrated commitment, operational vision and many hours of dedicated work contributed by our Board Secretary, Louise Zambello. I sincerely thank Louise for the use of her skills and expertise in the many hours of extra work she implemented to drive the progress of the HBVCI Board and that of its members.

Most importantly, I would like to acknowledge the valuable voluntary contributions of Affiliate and Branch Management Committees and their members for the range of services they provide through Heartbeat Victoria peer support groups across the State. The value of this is immeasurable as we pursue an effective and better outcome for our members and our communities.

I wish the incoming President and Board members who are strongly committed to give their time to support to the governance, strategies and actions much success in working towards Heartbeat Victoria's vision and objectives. The Board of Management, Heartbeat Vu members' engagement and participation are critical as HBVCI moves forward with new frameworks and directions to achieve the best outcomes for every Heartbeat Victoria member across the State of Victoria.

**Robyn Fennell**  
*President 2017-18, Board of Management*

# Strategic Plan | 2018-2021

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One of the first tasks of the newly elected Board of Directors after the Annual General Meeting will be to continue with the development and execution of the HBVCI Strategic Plan 2017-21. The current Plan represents outcomes of the HBVCI Board Strategic Planning session held in February 2018 which reviewed achievements against the 2015-2017 Strategic Plan and built on previous strategy plans and assessment of the environmental context in which HBVCI is operating.

For over 30 years, HBVCI has contributed positively toward the support and assistance of people with heart disease their family and carers. This work has relied on passion, an enthusiasm for change, and commitment to the cause by Board members, Management Committees and members of Branches and Affiliates, all of whom are volunteers. The Strategic Plan and Development Strategy 2018-2021 continues to be ambitious for a voluntary organisation, aiming to guide the continued transformation and development of our organisation as we grow, evolve and adapt to the changing needs of our peer support members and the wider community. As our retiring President has already mentioned above, we do this with an awareness of the challenges presented in an environment which continues to experience health reform, the introduction of new technologies and medical interventions alongside lifestyle impacts on health. We remain committed to achieving our **Vision** and providing good governance at all levels of the organisation including: compliance with legislation and continuing to improve our communication and brand awareness and maintaining and developing strategic alliances to enable timely support to potential and existing members and to secure financial support aimed at reducing the administrative burden volunteers are carrying.

## OUR APPROACH

This Strategic Plan and Development Strategy has been developed to reflect our vision, purpose (mission) and values. It focuses on the outcomes that HBVCI aims to achieve over the period 2017-2021. By retaining a strong outcome focus we will more easily be able to demonstrate to members, partners and all our other stakeholders, the value of the work we do as we 'live out' our values and work to achieve our vision. We will continue to support, establish and deliver peer support programs across Victoria, alongside fundraising to improve access to equipment and other resources that support the delivery of cardiac and emergency services. We are committed to maintaining our relationships with existing partners and developing new partnerships and an understanding of our role with local and statewide or national community, not for profit and philanthropic organisations and governments. We will continue to focus on building and maintaining a sustainable organisation with a capable governance structure and revenue base that utilises available resources effectively. This strategy aims to reflect

these commitments, take forward previous successes and build on these over the next four years. Emphasis will be given to:

- Ongoing investment in our Board and Members capability and culture.
- Capitalising on systems capability and seizing technology opportunities.
- Building our brand and expanding our footprint
- Development of strategic partnerships, alliances and collaborations
- Ensuring quality peer support programs are delivered that meet community needs and improved engagement.

## OUR OBJECTIVES

### OBJECTIVE 1

#### Good Corporate Governance

*Bring together our vision, values and planning to ensure that our mission is explicit, understood and implemented utilising good practice systems and approaches at all levels of the organisation*

- Ensure the financial sustainability of HBVCI
- Build the capacity of HBVCI and ensure its sustainability

### OBJECTIVE 2

#### Community Profile

*Increase Heartbeat Victoria's Membership, Profile and Reach*

- Communicate and promote Heartbeat Victoria's vision, mission and values to appropriate stakeholders
- Identify opportunities that will enhance Heartbeat Victoria's network and growth

### OBJECTIVE 3

#### Community Engagement

*Collaborate, Partner and Engage with Others*

- Maintain and build relationships with like-minded organisations and networks

## OUR PRIORITIES

- Act as the coordinating body and serve impartially the Affiliates and Branches of Heartbeat Victoria.
- Assist in the formation of new Branches across Victoria and source opportunities across Australia.
- Provide a network that supports Cardiac Rehabilitation and promotes maintenance of wellbeing.
- Provide activities in peer support that encourage help seeking behaviours, build capacity and empower individuals.
- Provide information and support to people with heart disease, through social interaction, education, meetings and activities.



- Promote, assist and support heart health education programs within the community and appropriate research programs.
- Develop partnerships with other Heart Health related organisations and provide funds for cardiac equipment to enhance health care services
- Provide the opportunity of volunteering within local Health Services where appropriate.

## Board Secretary's Report

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### GOOD CORPORATE GOVERNANCE

Good corporate governance is important because it is a system of rules, practices and processes by which an organisation is directed and controlled. It instills policies and assists in maintaining the cohesiveness of an organisation. An organisation can have many different stakeholders and in the case of Heartbeat Victoria to name but a few we have board members, Branches and Affiliates, our volunteers, sponsors, government at all levels, the Victorian community, organisations such as Chronic Illness Alliance, the Heart Foundation and health providers. Corporate governance helps to balance the interest of each of these stakeholders.

With that in mind, Heartbeat Victoria Council Inc. (HBVCI) was established in 1984. HBVCI is incorporated under the Association Incorporation Act 1981 (Vic.). A not for profit charitable organisation run by volunteers, HBVCI is registered with the Australian Charities and Not-For-Profit Commission (ACNC). HBVCI is the umbrella organisation of 7 Branches and 3 Affiliates. Branches comprise Ararat, Ballarat, Grampians, Goulburn Valley, Knox, Latrobe Valley and Sunbury. The Affiliates are independently incorporated namely Bendigo, Epworth and Sunraysia. Heartbeat Victoria Council Inc. follows its Rules of Association [amended on 27 August 2015]. The Rules were amended under the Associations Incorporations Reform Act (2010) to replace the Constitution of Heartbeat Victoria Council Inc. 1984. The Rules can be downloaded from Heartbeat Victoria's website [www.heartbeatvictoria.org.au](http://www.heartbeatvictoria.org.au).

### BOARD MEMBERS

At the broadest possible level, a board has two fundamental responsibilities to ensure compliance and to improve performance. Under common law, board members have a responsibility to act honestly, exercise reasonable care and skill and understand their fiduciary duties whilst performing their necessary tasks on behalf of the organisation. A board also has a legal and moral responsibility to manage their organisation in the best interests of the community it serves. With this in mind, all Board members of HBVCI take their individual roles seriously and go to great lengths to demonstrate professional ethical behaviour at all times in their

responsibilities to the organisation, in their professional relationships with each other and in their professional service to the community.

With this in mind, four highly skilled and experienced professionals were appointed to the Board of Management this year. As mentioned below under the heading of Financial Sustainability, we have welcomed a new Treasurer, Crisanthi Kunaratnam. The remaining three new board members namely Lillian Moyle, Meredith Crowe and Daryl Peter joined us during the year and came with diverse professional skills and experience which include social media, fundraising, People and Culture, Information Technology, corporate governance, grant applications, organisational strategy and health and wellbeing.

Two board members, namely Ted Williams and Arthur Fennell who have been on the Board for many years are retiring and will not seek nomination at the HBVCI AGM on 13 September 2018. They are to be congratulated for their tireless voluntary efforts over many years. Both have been awarded a Life Membership from their respective Branch and Affiliate. The Board wishes them good health and an enjoyable retirement.

## **FINANCIAL SUSTAINABILITY**

The role of a treasurer particularly in not for profits has evolved over the last few years and now encompasses a greater range of responsibilities. Far from being predominantly a cash controller, today a treasurer is often expected to be an integral part of the organisation, overseeing and advising on financial decisions. A Victorian psychologist, Dr John Gora stated recently that if a group finds someone who has the ability for critical appraisal, can contribute to strategic planning and can be creative about generating funds, *then they have probably found the perfect treasurer.*<sup>1</sup> Understandably, we were disappointed, but I hasten to add here that the Board were empathetic when Alex Huang stepped down from this role due to ill health in early 2018. It took some time to find a replacement. We are now pleased to have Crisanthi Kunaratnam on board who has many years of professional financial experience and expertise. We look forward to working with her during 2018/19.

## **POLICY AND PROCEDURES MANUAL**

Policies and procedures are designed to influence and determine all major decisions and actions and all activities that take place within the boundaries set by them. Procedures are the specific methods employed to express policies in action in day-to-day operations of the organisation. Together, policies and procedures ensure that a

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<sup>1</sup> Our Community, <https://www.communitydirectors.com.au/finance/?articleId=2898>, August 2018

point of view held by the governing body of an organisation is translated into steps that result in an outcome compatible with that view. The Board is pleased to report that the Heartbeat Victoria Policy and Procedures Manual containing practical information and useful templates which was finalised and distributed to all Branches and Affiliates in July 2017 now has a following and the feedback we are receiving is that its contents have proved invaluable to those Branches and Affiliates that have embraced the Manual.

### **WEBSITE AND SOCIAL MEDIA PLATFORMS**

Yet again, this year the Board has continued its work on improving the communication and promotion of Heartbeat Victoria's vision and mission through its website and social media presence. HBCVI has been posting articles of interest regularly on its Heartbeat Victoria Facebook page and is pleased to report that there has been a spike in "Followers" and "Likes" in the last few months and queries via Messenger. There is also evidence that the website is receiving more "Hits" and contact being made by email to [info@heartbeatvictoria.org.au](mailto:info@heartbeatvictoria.org.au) with requests for information and calls made to our dedicated telephone number.

### **IMPROVING OUR OUTREACH**

Maintaining relationships is understandably a priority for most not for profits. Newsletters are an effective way to not only inform our members about what Heartbeat Victoria is up to and educate readers, but also attract new readership. HBVCI also sees the advantages of maintaining relationships with its Branches, Affiliates, volunteers, sponsors, government, local professionals etc on an ongoing basis. With this in mind, the creation of an electronic database containing all interested parties is well under way and once complete, will no doubt revolutionise the way we can reach our audience. The Board has received feedback from some Branches and Affiliates that not only are they distributing *Heartbeat Happenings* HBVCI's quarterly newsletter to their members, but they are also circulating the newsletter to their local community health centres, gymnasiums, medical practitioners and various local organisations.

### **MEMBERSHIP GROWTH**

Some Branches and Affiliates continue to experience difficulties obtaining/retaining volunteers to take on office bearer positions and in turn growing their membership databases, a common theme reported by many not for profits. As the umbrella organisation of 10 Branches and Affiliates, HBVCI has taken its role seriously and ensured that all three Delegates Meetings held during the year were not only to fulfil its constitutional and statutory requirements and an opportunity for members from all over Victoria to come together to share experiences, but also contained an educational component on maintaining existing members, attracting new ones, maintaining relationships with local health professionals and organisations in their areas. Having said this, there is certainly evidence that some Branches and Affiliates are robust, healthy and growing and that the Heartbeat Victoria "formula" works.

The Board continues to emphasise the importance of volunteer involvement with the Cardiac Rehabilitation Programs that take place in local community health services and the fostering of links with local medical practices as being one of the best ways of raising awareness of the value and benefits of belonging to a heart peer support group. Representatives from the Board of Management have visited a couple of struggling Branches and Affiliates during the year to assist with creating stimulating and informative calendar of events, recruitment of further members and office bearers and the strengthening of links with local health services.

In July 2017, Knox Branch went into voluntary recession due to the difficulties finding volunteers to take on office bearer positions, a decline in membership and in turn fractured links with local health services. The Board of Management would like to especially thank and acknowledge the enormous amount of energy and time Board Member, Lynda Andrews has put into the re-establishment of this Branch. The Board is pleased to report that this is one Branch which is robust, healthy and growing. Read more about Knox on page 24.

In July 2017, it was identified that there was a need and desire to establish a group in Sunbury. The Board is pleased to report that Sunbury is well and truly up and running and its membership is growing steadily. Read more about Sunbury on page 27.

**Fundraising:** Heartbeat Victoria's major focus and objective is to promote and foster peer support groups so people, particularly those who are isolated and alone, can share experiences and receive social and emotional support. A secondary objective however is to raise funds to provide cardiac and/or emergency equipment and enhance the delivery of care services in local health services. One of the main challenges of putting on a fundraising event is the sheer effort and coordination that goes into its planning and execution. All Branches and Affiliates are to be commended for their fundraising efforts.

**Nuttelex Pty Ltd:** HBVCI acknowledges the long association it has had with the McNally family and their organisation, Nuttelex. Once again, a special thank you is extended to Mr Ian McNally from the Board of Management for yet again contributing financial support in relation to the creation and distribution of banners for each Branch and Affiliate.

## **WHAT IS PEER SUPPORT AND ITS IMPORTANCE IN RELATION TO CARDIOVASCULAR DISEASE?**

There seems to be no one, universally accepted definition of peer support:

*"Peer support is a system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful. Peer support is not based on psychiatric models and diagnostic criteria. It is about understanding another's situation empathically through the shared experience*

*of emotional and psychological pain. When people find affiliation with others they feel are 'like' them, they feel a connection. This connection, or affiliation, is a deep, holistic understanding based on mutual experience where people are able to 'be' with each other without the constraints of traditional (expert/patient) relationships." (Mead, 2001)<sup>2</sup>*

Peer support can be provided in a range of ways:

- One-on-one or in a group
- By volunteers or paid employees
- Peer-led or facilitated by a health professional (for example, a psychologist or psychotherapist)
- In person, on the phone or via the internet
- Through workshops or social activities
- In ad hoc or ongoing formats

Each model or variation no doubt has merit and can be appropriate for different individuals and at different stages of the recovery process.

Cardiovascular disease [CVD] is a major cause of death in Australia. CVD was the main cause for 480,548 hospitalisation in 2013/14 and played an additional role in another 680,000 hospitalisations. CVD claimed the lives of 45,392 Australians (nearly 30% of all deaths) in 2015 – deaths that are largely preventable<sup>3</sup>. Evidence based research proves that people with heart disease who attend peer support, experience improved health and wellbeing, are less likely to be readmitted to hospital and are more compliant in management of the risk factors associated with heart disease.<sup>4</sup> Heartbeat Victoria peer support groups offer a place for people who have suffered a heart event, their family and carers to share experiences, be offered comfort and hope, socialise, be educated on how to reduce the risk factors to prevent a further heart event, learn about what to eat and the importance of exercise.

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<sup>2</sup> Centre of Excellence in Peer Support, <http://peersupportvic.org/index.php/2014-12-15-22-41-58/2014-12-15-22-59-27>, Mead 2001 [downloaded August 2018]

<sup>3</sup> The above statistics taken from Heart Foundation Victoria website, <https://www.heartfoundation.org.au/>

<sup>4</sup> <http://ctb.ku.edu/en/table-of-contents/implement/enhancing-support/peer-support-groups/main>

The Board of Management takes this opportunity to thank all stakeholders connected to HBVCI. The Board of Management is looking forward to continuing its work with the Affiliates and Branches in the forthcoming year by providing further resources and training, assisting with the re-establishment and/or creation of new links with health services in their local communities and identifying opportunities to generally spread the word about the benefits of joining a Heartbeat Victoria peer support group. To everyone involved in some way or another with HBVCI we congratulate your dedication to the Heartbeat Victoria cause and thank you sincerely for your tireless efforts during 2017/18. We look forward to maintaining existing and creating new relationships to fulfil HBVCI's mission and vision in 2018/19

**Louise Zambello**

*Board Secretary*

*on behalf of Board of Management Heartbeat Victoria Council Inc.*

# Treasurer Report | 30 June 2018

## HEARTBEAT VICTORIA COUNCIL INC.

### Statement of Financial Performance

Income and Receipts	2017/18	2016/17	NOTES:
Government Grants	\$0.00	\$0.00	
Donations			1. A generous donation of \$1,325 from Nuttelex funded the printing of raffle tickets.
• Vic Super	\$1,300.00	\$1,300.00	
• Donations	\$1,565.40	\$1,480.00	
Other Receipts			2. VicSuper continued its long-standing practice of donating to HBVCI.
• Raffle Tickets Sales	\$19,558.00	\$6,551.00	
• Membership Fees from Branches	\$3,523.50	\$3,797.90	
• Sale of goods	\$0.00	\$25.00	
• Interest Received	\$891.95	\$1,079.28	
• Funds to buy Raffle prize	\$5,000.00	\$0.00	3. The raffle was not profitable to HBVCI and hence the Board determined not to proceed with another raffle
• Other Income	\$676.88	\$2,000.00	
	<b>\$32,515.73</b>	<b>\$16,233.18</b>	
<b>Expenses/Payments</b>			4. Other income included a \$5,000 transfer from the Term Deposit to pay for the raffle major prize and Other expenses included a \$5,000 transfer back to the Term Deposit account from raffle ticket sales.
Assets purchased < \$5000	\$0.00	\$1,297.00	
Consultancy	\$1,650.00	\$5,078.80	
Consumer Affairs Fees	\$0.00	\$55.80	
Raffle/ Fundraising Expenses	\$20,896.95	\$11,273.70	
Administration costs			5. Current year Consulting fees related to HBVCI Board Strategic Planning day and development of the 2018-21 Strategic Plan.
• Insurance	\$2,329.63	\$2,718.82	
• Hall Hire & Catering	\$435.48	\$267.00	
• Travel expenses	\$455.24	\$1,272.24	
• Postage, Printing & Other Admin costs	\$4,344.96	\$4,123.51	
Transfer to Term Deposit	\$5,500.00	\$0.00	
	<b>\$35,612.26</b>	<b>\$26,086.87</b>	
<b>Net surplus / (deficit)</b>	<b>(\$3,096.53)</b>	<b>(\$9,853.68)</b>	

# Treasurer Report – 30 June 2018

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## HEARTBEAT VICTORIA COUNCIL INC.

### Statement of Financial Position

Assets	2017/18
<b>Current Assets</b>	
Raffle Account	\$1,802.82
General Account	\$3,007.87
Term Deposit / Cash Reserve Account	\$43,525.09
Merchandise	\$1,485.00
<b>Total Current Assets</b>	<b>\$49,820.78</b>
 <b>Fixed Assets</b>	
Equipment	\$900.00
<b>Total Fixed Assets</b>	<b>\$900.00</b>
 <b>Total Assets</b>	<b>\$48,335.78</b>
 <b>Liabilities</b>	
Creditors and accruals	\$0.00
Borrowings	\$0.00
Provisions	\$0.00
 <b>Total Liabilities</b>	<b>\$0.00</b>
 <b>General Assets</b>	
<b>Balance at start of year</b>	<b>\$51,432.31</b>
<b>Balance at end of year</b>	<b>\$48,335.78</b>

### Treasurer's comments:

A small deficit was reported for the year, largely due to the cost of running the raffle. The cash at bank provided the resources to enable HBVCI to continue to provide peer support for people with cardiac-related issues.

HBVCI does not have any creditors or borrowings.

HBVCI will be looking to obtain other sources of funding in the forthcoming year to continue to provide its valuable services and look to expand its services.



# Branch Updates

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## Heartbeat Victoria | Ararat

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Ararat remains a small group of 8 members. They meet bi monthly on the third Tuesday of the month for lunch and a chat at their local RSL Club. Lunch is followed by a meeting. A small number continue to attend exercises together every Friday morning at the East Grampians Health Service.

During the year the President and Treasurer of Heartbeat Victoria Council Inc. visited the group to assist with re-establishing old and fostering new relationships with health professionals in their local area. Plans are underway to assist with the creation of a Calendar of Events to attract not only new members, but possible office bearers to share some of the committee positions.

## Heartbeat Victoria | Ballarat

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Heartbeat Victoria Ballarat Branch membership is small but active with members meeting monthly. They meet for dinner at 6pm at the Midlands Golf Club in Invermay Park [Ballarat], then have a guest speaker or a presentation on some health-related issue.



*Photo: Pillow Pals used in training members to become accredited CPR Champions (Photo supplied by Ambulance Victoria)*

One monthly presentation this year was given by Heartbeat Ballarat accredited cardiac rehab nurse, Linda Macaulay who trained members to be CPR Champions. Using an innovative 4 Steps to Life program developed by Ambulance Victoria, members watched an informative video and received practical training utilising Pillow Pals. Pillow Pals are an innovative training aid that can be used on the floor or on a table to practice breaths and CPR technique.

All present received answers to common questions and a good debriefing session followed. Heartbeat Ballarat now offers CPR Champions Training to local community groups, church groups, sports and recreation clubs and plans to offer CPR training opportunity to Heartbeat Ballarat members several times annually.

In May 2017 Heartbeat Ballarat ran a tournament to raise money for the Ballarat Health Service and St John of God Hospital. The money raised purchased new steps to help boost heart and lung patients on their rehabilitation journeys. The purpose-built steps, were officially declared in use in Ballarat Health Services' Queen Elizabeth Centre gym for National Heart Week. They arrived after the efforts on the greens for Ballarat District Bowls Division's Annual Heartbeat Bowling tournament. This seemingly simple piece of equipment will play a vital functional aid for a range of patients from heart to lung and stroke to people with acquired brain injury.



*Photo: Heartbeat Ballarat Barry Nixon, Shayne McGenniskien and bowlers Bill Rowe and Marilyn Blake step up*

The primary purpose is building people up, to everyday functions like getting on and off buses stepping up curbs or from cars and doorways.

Heartbeat Ballarat appointed a Communications Officer, Barry Nixon, during the year who is not only producing a bi-monthly Newsletter "Tickertalk", but is on a mission to improve the marketing of the Branch. Accordingly, Ballarat has increased their social media presence and is posting regularly on Facebook.



Heartbeat Ballarat celebrated a Christmas in July meal with Heartbeat Bendigo Branch members at Donegan's Farm at Gordon.

*Photo: Christmas in July 2018 with Heartbeat Bendigo*

### **PERSONAL STORY**

*When Shayne McGenniskien had his heart incident, the mental toll that followed completely shocked him. Shayne had been involved with cardiac peer support group Heartbeat Ballarat long before he realised he would need the help. His next door neighbour had a heart transplant and Shayne did what he could to help raise money and awareness. But his own experience was nothing like he had expected. "I had none of the pointers.*

*Mine was brought on by stress,” Shayne said. “Something a lot of people don’t realise how having a heart incident can have such an impact mentally on you, even in rehab.” Two in three people who experience a cardiac incident do not go back to full-time work afterward, according to Heartbeat Ballarat.*

*Barry Rowe was 49 when he had his first heart incident. Now a Ballarat Health Services volunteer, he never went back to a full-time job. Recovery was tough and there were days when he knew he could not cope with work commitments. Peer support in Heartbeat Ballarat has been crucial for Barry the past 11 years. Barry’s journey has been different to Shayne’s. He had a long family history of heart disease and knew he was high risk. Both relish the chance to share their stories, experience and resources in the support group. The collective offers ongoing support after working their way through BHS’ cardiac rehabilitation gym at the Queen*

*Elizabeth Centre “Cardiac rehab has the skills and support to learn to start moving again,” Barry said. “The group also helps on diet and addressing knowledge and skills to keep going. Once you have had a heart incident, you can understand how disabling it can be.”*

*Heartbeat Ballarat offers one-on-one and group support for individuals and extended family affected by cardiac illness.*



*Photo: Linda Macaulay with Shayne McGennissen*

*Shayne said having families involved can help them to understand what might be going on and understand their own feelings. The group also raises funds money to help improve cardiac services at BHS Base Hospital and St John of God Ballarat Hospital. BHS cardiac nurse Linda Macauley, who is also Heartbeat Ballarat Vice-President, said two in three Ballarat families are, or will be, touched by a cardiac incident. Lynda said support services were important, and so too was awareness and prevention. “That’s our family, friends or work colleagues you know,” Lynda said. “This is why it is really important to see your GP, get your blood pressure under control and to get moving.”*

## Heartbeat Victoria | Bendigo

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We have welcomed several new members this year, but sadly we have also seen many leave us. The year has been quite busy for the committee, arranging luncheons, barbeques, Christmas Luncheon etc. These have received valuable feedback from members who supported us and attended. The barbeques at Lake Weeroona and Crook Street Park were very enjoyable with good attendances, and we hope to continue with others in the summer months. Christmas Luncheon at the Bendigo Pottery was excellent, lovely food and great raffle prizes.

Our local annual raffle was also a successful fundraiser, and we thank all for your support, both those who sold and those who bought tickets. The major prize of three night's accommodation in Tasmania was kindly donated by our Secretary Shan Welham. All winners of the prizes are Heartbeat Bendigo Branch members. Tickertalk, our newsletter, continues to be developed, enveloped and distributed by our valued volunteers; we reach out to over 300 members with our newsletter every two months.

In September, President, Frank Ward and Treasurer, Nola Ward had the pleasure of presenting a cheque for \$20,000 to Bendigo Health Foundation for assistance with the purchase of a Fluoroscopy Machine for the Cath Lab. If you happen to visit, look for our plaque on the wall in the foyer, beside the lifts, as recognition of that donation.



*Photo: Right to left: Frank and Nola Ward*

The last twelve months has been active for our social committee organizing varied outings. These included Melbourne Theatre trips to see spectacular musicals, a Mystery trip incorporating a cruise on the Yarra River, a ride on the “Big Wheel” and time at D.F.O at Essendon, a day trip to view the beautifully painted silos with lunch at Warracknabeal and a visit to “Kookas” biscuit factory.

Summer fashion showing by “Blumes Fashions” and a Winter show presented by “Kays Fashions” and a night of music and frivolity was once again a very popular night at Redesdale performed by the Redesdale Revellers. Once again, Morning Music at the Capital Theatre followed by social luncheons at the Foundry Complex continues to be popular.





For “Christmas in July” last year we travelled to Creswick to “The Maze” where we feasted on delicious Christmas fare and, just recently our Christmas in July for 2018 was at Donegan’s Farm in Gordon where we enjoyed the company of Heartbeat Ballarat members.

## Heartbeat Goulburn Valley

Heartbeat Victoria Goulburn Valley Branch continues to operate a successful heart peer support group with 82 members. The calendar of events is circulated to members in January each year which outlines the Heartbeat GV Branch Dinner meetings, speakers, walks and social activities for the year. The Heartbeat GV Newsletter, “Goulburn Valley Heartbeat” is circulated monthly to all members by email or post which keeps all members up to date with group activities, heart educational material and summary from guest presenters. An addition to our meeting this year is hearing a member’s life or heart health story. This helps us know and understand our members and also learn from their experiences.



*Photo: Branch dinner meeting*

Mid-month walks around Lake Victoria Shepparton and walks in other communities such as Numurkah and Tatura are well attended and enjoyed. These walks serve as a reminder and motivation to exercise and are followed by social get together over lunch or dinner, with birthdays for the month acknowledged. We continue to have a team of nine volunteers who assist staff at the GVH Cardiac Rehabilitation Program. The presence of volunteer members wearing their Heartbeat branded polo shirts,

branded polo shirts, branded coffee mugs and presentation provided every eight weeks, raises the profile and benefits of Heartbeat GV Branch and was successful in attracting new members to the group.

The Heart Foundation and Ambulance Victoria are running a program to build confidence and capacity to respond to cardiac arrest through the Heart Safe Communities initiative. Tatura was chosen as a first community to pilot this program. Heartbeat GV Branch took the opportunity in March 2018 to be involved in a presentation called “Chain of Survival” as part of the program. Content covered in the presentation included recognising a medical emergency, calling 000, CPR and defibrillation awareness. The thirty-five members who participated in this presentation found it a very beneficial learning experience which enhanced their confidence in how they would respond to such a situation and use a defibrillator.

In April 2018, some members who had had heart attacks and their carers took part in a research program conducted by the National Heart Foundation as part of their heart attack patient and carers program. Research Company U1 were engaged to undertake the research on behalf of the National Heart Foundation.

HBVCI conducted a survey of all its members in May /June 2018 and a large number of Heartbeat GV members participated. Our delegates have attended all Heartbeat Victoria Inc. Delegates Meetings and gained valuable information to share with our Heartbeat GV Branch members and enjoyed the opportunity to share with members of other Affiliates and Branches.

Heartbeat Victoria GV Branch is working hard on expanding its presence and reach within the Goulburn Valley communities. This has been done by holding an information stand at Bunnings during Heart Week, speaking at a range of services clubs and developing working relationships with other health services who provide similar services e.g. Primary Care Connect Shepparton and Numurkah Health. Distributing our information pamphlets to the community is important. Members have helped to distribute these to their GPs and community centres.



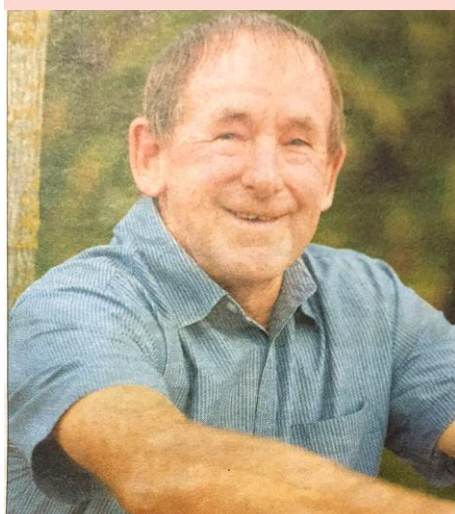
*Photo: Heart Safe Community Educator Scott, instructs Tyler in CPR*

At present our fundraising efforts include collection and sale of aluminum cans, raffle ticket sales, a Bunnings BBQ and donations. We are very grateful to all members for their support of these activities and for their generous donations. We purchased an Oximeter for GVH Cardiac Rehab costing \$1,379.43. The committee is currently researching the donation of equipment to GVH Cardiac Rehab of an Electro diagnostic Unit. Funding also assists with the ongoing administration costs associated with operation of our Branch.

Heartbeat Victoria Goulburn Valley Branch is proud of the heart peer support service they provide to people of the Goulburn Valley.

### GETTING HIS SECOND WIND

*After a heart attack scare, Mooroopna's Lance Brown made a few healthy changes to his life. Mooroopna's Lance Brown thought he was fit and healthy until he collapsed while participating in a triathlon in Melbourne three years ago. Lance had just completed the swim component of the competition and was in transition ready to start the cycling leg when he blacked out. When he woke up he was surrounded by people who had used a defibrillator to revive him. "They said I'd had a heart attack and I sort of came to and knew everything that was going on, so it just didn't seem like it was a heart attack – it was hard to believe it in some ways."*



*Photo: Lance Brown*

*Lance mentioned that before he had the heart attack he had been training to compete in a half Ironman triathlon and had noticed he was short of breath. "I was having a lot of trouble on the bike. I was running short of breath early in rides I was doing and I went to the doctor about it and they said I had asthma and so I just thought it was that and never thought any more about it." Lance has a family history of heart problems and believes this was a contributing factor in his heart attack. When he had his heart attack he was taken to The Alfred Hospital in Melbourne where doctors ran several tests and performed a double bypass.*

*Lance says he feels much better now and is more focused on cycling rather than combining it with swimming and running. Most weeks he rides about 100 km to 150 km on the various cycling circuits across Greater Shepparton and also enters the occasional charity ride. "Just on the bike I notice a lot of difference because I was running short of breath on the start of the ride and now I'm not doing that, so I feel better in myself".*

*When Lance returned to Greater Shepparton after his heart attack, he started Cardiac Rehabilitation at Goulburn Valley Health. "They were really good ... they guided me and made me take it a bit easier. A lot of people don't do that; they don't think rehab is worth worrying about and I sort of thought that to start off with. It didn't seem much, but I think it helped me a lot." These days Lance is also careful about his diet. Before he started training for triathlons, his eating habits were not perfect but have become better when he*

*is focused on physical activity. "I've changed a little bit. I've cut down on salt. I watch my heart rate a lot now."*

*Lance also joined Heartbeat Victoria Goulburn Valley Branch after being visited by the Branch President. "He encouraged me go along to the Goulburn Valley Branch which offers its members with heart conditions, family and carers' peer support. The heart support group meets monthly providing members with speakers about health and wellbeing. It's a great follow on after attending Cardiac Rehab; you meet with others, share experiences and social activities. It has kept me motivated to make the changes to maintain a healthy lifestyle.*

*I am now President of Heartbeat Goulburn Valley Branch and enjoying the opportunity to support others in this friendly group and my community." Lance alerts to the importance of regular check-ups with his own GP. He also reminds others, especially if there is a family history and they think they are fit to have regular heart health assessments with their own doctor.*

## Heartbeat Victoria | Grampians

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Another year has come and gone and it has been an eventful and successful year for our little group. We have had a variety of guest speakers and entertainers during those meetings, from Tai Chi by the ladies at Grampians Health, to armchair visits to other places via photo nights. Members also enjoyed our singing sessions with Jeff on button accordion and Alan on guitar. A highlight was our Christmas dinner where everyone met at the National Hotel and enjoyed a meal and drink and conversation.

A sad note was the loss of long-time member, Laurie Bennett; our thoughts were with Roma at that time. Despite some members having health problems, and not attending every meeting our membership is pretty constant, and I thank all the members who have helped over the past twelve months, particularly Secretary, John, and Treasurer, Kathleen. Elva's pumpkin soup deserves a special mention as a staple of our dinner nights, but all food brought along is welcomed by all and I thank all who donate. We are in the process of deciding where our next donation should go and discussions are in progress with Stawell District Health.

I feel that our biggest problem is the size of the Branch and that we seem to be unable to grow our membership to any great extent. We are hoping that Heartbeat Victoria and the new Board will have some ideas in that regard. Finally, it remains just to thank all of the members and wish you all a healthy and happy year to come.



## Heartbeat Victoria | Knox

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Heartbeat Knox Branch was re-established in December 2017. Since then members have been working very hard to re-establish the presence of the newly formed branch to the Knox community. Each month a representative from Heartbeat Victoria Knox can be found making a presentation at the cardiac rehabilitation departments of Angliss Health, Lilydale Community Health, Wantirna Health and Victorian Rehabilitation Centre. The focus of each presentation is about the stages in recovery from a heart event which includes surgery, rehabilitation and maintaining a lifestyle to promote a healthy heart.



*Photo: Wantirna Health*

Heartbeat Victoria Knox Branch's peer support group is an excellent way for members to meet and make new friends while sharing experience and offering support. The support group also provide members the opportunity of learning how to improve their diet and motivate people to exercise. Over the past six (6) months the group has also been busy developing relationships with a number of groups within the community. In particular Knox Community Health medical staff have been very generous in providing speakers for our monthly meetings. We have also built relationships with State and Federal Members who have been very supportive in printing some of our leaflets and newsletters.

Heartbeat Victoria Knox Branch meet on the first Tuesday of the month at Knox Tavern for lunch. At each meeting we regularly have a guest presenter which is followed by the usual formalities for running a Heartbeat Victoria peer support group. Over recent months speakers' topics have included a Medical Intensive Care Ambulance (MICA) paramedic from Ambulance Victoria, the benefits of Tai Chi and a Health and Wellbeing presentation. At

these presentations, our members gain valuable information and have an opportunity to ask questions for the management of their own particular health condition. We have recently added the following events to our list of activities including a Gym Group, a Tai Chi Group and a Walking Group.

This financial year, Heartbeat Victoria Knox Branch was very fortunate to receive a Community Development Funding Grant from Knox City Council. These funds were beneficial in assisting our branch with printing brochures and the cost of community house rental. In 2018-19 we are intending to apply for a Community Partnership Funding Grant to assist with the ongoing operational costs.

Our AGM was held on 07 August 2018.



*Photo: Knox Branch Committee  
Back row from the left: Ian Andrews, Lynda Andrews,  
Pat Riley Yvonne Neiger  
Front Row: Jill Lockwood and Alice Collins*

## Heartbeat Victoria | Latrobe Valley

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Heartbeat Victoria Latrobe Valley Branch has 6 members who hold a meeting every second Thursday of each month at the Morwell Club and then afterwards share lunch. It's a perfect time to share experiences, socialise and catch up on all the news. David Leonard, President, has been busy during the year establishing and maintaining links with various health professionals.



*Photo: David Leonard, President, Heartbeat Victoria Latrobe Valley Branch*

Every sixth Thursday of the month, David gives a presentation at Latrobe Valley Regional Hospital to the cardiac rehab groups. The Hospital has a couple of cardiac programs, namely:

- **Cardiac rehabilitation phase 2:** for people with any heart condition who are medically stable, post AMI, stent etc. This is a 5-week rolling program providing twice weekly exercise and education sessions with the aim of improving physical function and self-management of a heart condition.
- **Heart failure rehabilitation:** for people with stable chronic heart failure.

The 8-week rolling program provides twice weekly exercise and education sessions and aims to improve physical function and self-management of a heart condition.

Latrobe Community Health Service with branches in Morwell, Moe, Traralgon and Churchill is also another health provider that the Heartbeat Victoria Latrobe Valley Branch has developed a good working relationship with this year. Regular physical activity or exercise is an important part of keeping fit and healthy and Latrobe Community Health recognises that everyone has different needs and abilities, thus this health service offers a number of different exercise options. Heartbeat Victoria Latrobe Valley Branch now regularly visits and supplies Heartbeat Victoria pamphlets to participants enrolled in the Fit for Life program, a light exercise program for anyone who is suffering from a chronic illness.

David has also connected with a local cardiologist and approached several local medical practitioners with Heartbeat Victoria marketing literature. David has been a member of Heartbeat Victoria for some years and one thing he has noticed in the last couple of years is that despite greater awareness on how obesity, the onset of type 2 diabetes, high blood pressure and smoking can increase the chance of suffering a heart event that there is plenty of evidence that more people in the Latrobe Valley are now experiencing these medical conditions at a younger age and are suffering from heart events as a result, thus more reason to keep up the work and the message that Heartbeat Victoria Latrobe Valley Branch is spreading.

This year Heartbeat Victoria Latrobe Valley Branch has donated 6 Oximeters to the Latrobe Valley Regional Hospital funded from the money the group raised from selling raffle tickets in relation to the Heartbeat Victoria Council Inc. 2017 Annual Raffle.



*Photo: Wrist mounted pulse oximeter*

Pulse oximetry is a non-invasive method for monitoring a person's oxygen saturation ( $SO_2$ ). This safe, convenient, non-invasive, inexpensive pulse oximetry method is valuable for measuring oxygen saturation in clinical use. The most common application is by a sensor device is placed usually on a fingertip. The sensor is attached to the finger which in turn is attached to the device via a cable.

The device shows the oxygenation of the blood, the pulse rate and the pulse waveform along with several indicators of device specific information.

Heartbeat Victoria Latrobe Valley Branch are also pleased to report that they plan to increase their social media presence by creating a Heartbeat Victoria Facebook page. Latrobe Valley covers a huge area and David also has plans to visit Warragul which is approximately 45 kilometres west of Morwell and another offshoot of the Latrobe Community Health Service.

## Heartbeat Victoria | Sunbury

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Heartbeat Victoria Sunbury Branch held an Information Night in October 2017; with over 30 people turning up including potential members and health professionals, the obvious next step was to hold an Inaugural Meeting in November 2017. At that meeting our membership database commenced with 8 people. Since then our membership has grown steadily each month and as I write this report, we now have 23 members. The Sunbury Branch meets every second Tuesday evening of the month. Our first meeting was held at Goonawarra Medical Centre. We soon outgrew this venue and currently we are meeting at a very comfortable and well-appointed meeting space at AVEO Retirement Village.



*Photo: Heartbeat Victoria Sunbury Group meeting | February 2018*

The format of our meetings is a short housekeeping session, then a presentation with questions followed by supper and socialising. The presentations have been varied and interesting and not always health-based. We figure that sometimes it's just relaxing to enjoy something entertaining and stimulating rather than be told what to eat and be motivated to keep exercising! The latter is important of course, but it is nice now and again just to sit back and enjoy something

different. That said, through our association with Sunbury Community Health, we have had a CPR demonstration and presentation from the local cardiac nurse, an exercise session from the physiologist from Sunbury Community Health and a Tai Chi exhibition where we were given an opportunity to try out a few moves. Suffice to say we slept well that night!

We've shared dinner where we all pitched in and provided a plate of food and other highlights were a fascinating photo presentation by a local photographer and a speaker from *beyondblue*.

During Heart Week, we set up a table at Bunnings Sunbury and grabbed the opportunity to hand out pamphlets. To get the message out, maintain current membership and attract new members, our President continues to create and preserve relationships with



*Photo: Leon from beyondblue giving presentation to Heartbeat Victoria Sunbury Branch at their August 2018 meeting*

other local organisations and health providers by giving various presentations including the cardiac rehab program at Sunbury Community Health, U3A, Sunbury Policy Community Register and Citizens Advocacy.

We were excited when the President of Sunbury Branch was interviewed recently by Sunbury Radio 99.3FM. More presentations are organised with 5 Probus organisations located in Sunbury. In November 2018 our President has been asked to be a guest speaker at the Masonic Lodge Sunbury Branch Information Night. Every little bit helps to get the message out about the benefits of cardiac peer support.

On the agenda is a collaboration with four local organisations with a similar mission of supporting people and encouraging social inclusion to assist with the hosting of a free afternoon tea on 30 October 2018 for local residents. A representative from Seniors Rights Victoria will speak on Elder Abuse. Preparations are already in hand to form a collaboration with some local not for profit/charitable organisations with a similar mission and vision to Heartbeat Victoria and the Hume City Council to host a free morning tea with musical entertainment in 2019. Sunbury is up and truly running!

### ***A Personal Story***

*"My participation and involvement with Heartbeat Victoria is certainly worthwhile and has encouraged me to reassess and further research my medical condition, prompting much needed dialogue and conversation with my treaters. A year ago, I wouldn't have been ready; timing is everything."*

*Cheers, Pete*



# Heartbeat Victoria | Sunraysia

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This year Heartbeat Sunraysia Inc. commenced with the same people standing for the executive positions on the committee with the regular band of helpers.

Heartbeat Sunraysia Inc. held its Annual Fashion Parade which was a great success once again thanks to Lorraine's Fashions for their clothes and models, the Vines Retirement Village for allowing the Branch to hold it there and the many people who helped out. The branch sold numerous tickets for the HBVCI Annual State Raffle. Many members were keen to take tickets and sold them at the local Mildura and Red Cliffs Markets.

In December a Christmas Dinner was held which was well supported by all 18-20 members enjoying a delicious meal and a fun evening together.

In February we voted on putting in two Publicity Officers to work towards changing the way we do things at Heartbeat Sunraysia Inc., so instead of concentrating on fundraising alone we decided it was time to get back to the basics of "heart peer support" which is after all Heartbeat Victoria's primary mission.

In April 2018, Robyn and Arthur Fennell meet with the Executive in Mildura to share ideas and resources to improve Heartbeat Sunraysia Inc. program and marketing. This was a great help to the group.

Since then a number of Guest Speakers have given presentations, monthly coffee mornings and dinner meetings have been held and all been very successful.

Heartbeat Sunraysia Inc. now has two Publicity Officers, Elaine and Gail who are working towards gaining more members through local publicity.

Heartbeat Sunraysia Inc. is looking forward to increasing its membership base within the next year and also providing a great place for people who have suffered a cardiac event, their family and carers to come together to share experiences, be educated on heart health and socialise.



*Photo: HB Sunraysia Branch with their new banner*

# The Heart Foundation

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During 2017/2018, Heartbeat Victoria and the Heart Foundation continued their productive and positive relationship that began in 2012. The relationship grew even stronger in 2018 with the following key activities and appointments:

- **HEART FOUNDATION ADVISORY COMMITTEE:** Robyn Fennell was appointed as the Consumer Representative on the National Heart Foundation of Australia Board's Heart Health Committee. The Committee is chaired by cardiologist Dr Jenny Deague with its role to advise the Board on clinical issues and heart health issues, including consumer materials developed by the Heart Foundation. Robyn is the first consumer representative to be appointed to the Committee.
- **TATURA AND THE HEART SAFE COMMUNITY PROJECT:** The Heart Foundation began its Heart Safe Community project which aims to increase survival rates in out of hospital cardiac arrest. Tatura was selected as the first pilot site. A key aspect of the program involves community workshops to give individuals the skills and confidence to step in and take action if they witness an out of hospital cardiac arrest. Heartbeat Goulburn Valley Branch volunteered to host one of the first workshops to allow critical feedback and allow the Heart Foundation to fine tune its messaging. Heartbeat members have taken a proactive role in supporting the project, providing local knowledge and important community links to facilitate uptake in the community.
- **HEART FOUNDATION MEMORIAL AND THANKSGIVING SERVICE:** This annual event was held at St Patrick's Cathedral, East Melbourne on Sunday 6 May 2018. Heartbeat Victoria Secretary Louise Zambello played a significant role in the ceremony, reading out names of loved ones who had lost their lives and also doing a reading in Italian as part of the service. Approximately 400 people participated in the event.
- **HEART WEEK CELEBRATIONS:** Both Heartbeat Sunbury and Heartbeat Goulburn Valley Branches set up information stands at Bunnings for Heart Week in early May and handed out Heart Foundation information around heart health and information about local Heartbeat peer support services.
- **HEART FOUNDATION RESEARCH:** Goulburn Valley Heartbeat members also volunteered their knowledge and experiences for a Heart Foundation research project focussing on heart attack survivors and their carers. Dr Elise Margetts, researcher for the project also presented at the May 2018 Heartbeat delegates meeting.
- **COMMUNITY ENGAGEMENT:** We continue our relationship with Tess Pryor, formerly Heart Foundation's Community Engagement Officer, now Coordinator Heart Health (Patient Support) who provides Heartbeat office bearers, members and Board members with advice, resources and encouragement whenever needed.

## Our Sponsors and Supporters | Thank you

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*HBVCI would like to express and extend their sincerest thanks and appreciation to all the sponsors and supporters that have assisted our organisations over the years.*



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