



# Heartbeat Victoria Ballarat

## HEARTBEAT BALLARAT 100% volunteer cardiac peer support, by patients for patients

For General Support please call  
0447377159 or 0474866474

Peer support complements and enhances other care services by delivering emotional, social and practical assistance for managing cardiac conditions and staying healthy. 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 heart peer support group:

- Helps you understand your condition
- Helps you feel more motivated and make healthier lifestyle choices
- Helps you feel less alone
- Assists you to feel more in control and informed about your condition
- Provides ongoing heart health education and support
- Provides social and exercise activities
- Helps you feel a sense of belonging and community connection

Annual Membership Fees	
Cost	\$15 per member
Payable	During January to bank direct or at walks or at February AGM meeting
Due Date	1 <sup>st</sup> January 2025
Bendigo Bank	BSB 633000 ACC 157262353

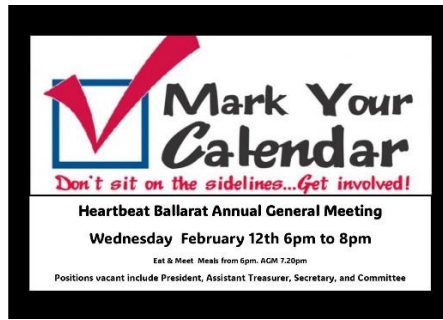
## Notice of the 2025 Annual General Meeting of Heartbeat Victoria Ballarat Branch

Dear Heartbeat Ballarat member,  
This is to advise you of the upcoming Annual General Meeting of the members of Heartbeat Ballarat. The details of this meeting are as follows: Wednesday February 12th, 2025, at 6pm / Dining Room, Golf House Hotel, Doveton Street Ballarat. Meals from 6pm. AGM from 7pm

At the meeting, members will have the opportunity to:  
Find out about and ask questions about Heartbeat Ballarat's operations and finances  
Speak about any items on the agenda  
Vote on any resolutions proposed.

At the meeting, members will be asked to vote to:  
Accept the minutes of the last annual general meeting  
Accept the annual financial statements  
Elect a President, Deputy President, Treasurer, Secretary, and Committee (Appointment is for a two-year term) (Nomination forms and Position Descriptions are available from Secretary.)

Regards. Barry Nixon  
Retiring Secretary



**Heartbeat Victoria Council Inc. Ballarat Branch**  
**Annual General Meeting. Wednesday February 12<sup>th</sup>, 2025**  
**Election of Office Bearers and Committee Members**

Nomination Form																
<b>Name:</b>																
<b>Position:</b>	<p align="center">I accept my nomination for:</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr><td style="width: 20px; height: 20px;"></td><td style="padding: 2px;">President</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td style="padding: 2px;">Deputy President</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td style="padding: 2px;">Treasurer</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td style="padding: 2px;">Deputy Treasurer</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td style="padding: 2px;">Secretary</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td style="padding: 2px;">Deputy Secretary</td></tr> <tr><td style="width: 20px; height: 20px;"></td><td style="padding: 2px;">Committee Member</td></tr> </table>			President		Deputy President		Treasurer		Deputy Treasurer		Secretary		Deputy Secretary		Committee Member
	President															
	Deputy President															
	Treasurer															
	Deputy Treasurer															
	Secretary															
	Deputy Secretary															
	Committee Member															
	<p align="center">Name and signature of Nominee</p> <p>Name:</p> <p>Signature:</p> <p align="right">Date:</p>	<p align="center">Name and signature of member nominating another member for position</p> <p>Name:</p> <p>Signature:</p> <p align="right">Date:</p>														
<p align="center"> <b>Please return your nomination form to the Branch Secretary, Barry Nixon by hand or via email</b>  <b><a href="mailto:barry@heartbeatvictoria.org.au">barry@heartbeatvictoria.org.au</a> by Tuesday February 11th 2025</b> </p>																



**Volunteer List**  
 FRIDAY JAN 17<sup>TH</sup> Creswick Road

**8am** set up, sales from 9am:  
 Bernie, Barry, Alan, Leigh, Arthur, and Ross  
 (Ok, to finish at 11am)

**11am** start and clean up:  
 Ruth, Norm, Anne, and Jilly  
 (Sales stop 4pm, clean up finishes 5pm)

Apron and gloves provided.  
 Ok, to bring a chair, water bottle etc.  
 Hats recommended.



**Volunteers Needed**

One hour every month to talk to new cardiac patients at cardiac rehabilitation education sessions

- *Must be a cardiac patient*
- *Must believe in cardiac peer support*
- *Must believe in cardiac rehabilitation*

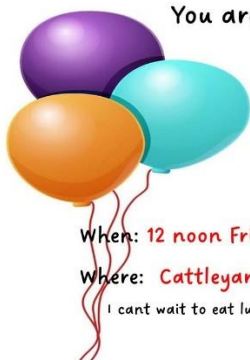
Speaking requirement is to attend Outpatients with one or two other experienced Heartbeat members and promote Heartbeat Ballarat by speaking for 3 to 5 minutes. Maximum volunteer time requirement is 30 minutes, once every four weeks. Bernie and Barry currently do educational talks. Previously, Kevin Tolhurst, Julie Jules, and Caroline Barnes also spoke to new patients. Practice and training available. Shirt provided. Fuel costs can be paid. If you would like to know more about proposed volunteer role and commitment and believe you can assist please speak to Bernie and or Barry.



**Wed March 26th**  
**Aged Expo**  
**Mercure**  
 Promotional table promoting cardiac peer support and walking group  
 Set up 9am to 10am  
**Shift 1. 10am to 12**  
**Shift 2. 12noon to 2pm**  
 Pack up 2pm

**Four Walks Weekly**

- Tuesday 10am**  
**Ken Kay Stadium**  
**Wendouree**
- Wednesday 10am**  
**Lake Esmond**  
**233 Larter St, Ballarat**
- Friday 10am**  
**Pipers at Lake**  
**403 Wendouree Parade**
- Saturday 9.30am**  
**Victoria Park**  
**Sturt Street, near toilets**



You are invited to

**Barry's**  
**Birthday**  
**lunch**

When: 12 noon Friday Jan 24th

Where: Cattleyards Inn

I cant wait to eat lunch with you and celebrate

## Memory & Legacy Donations to Heartbeat Victoria Ballarat Branch

### Memory & Legacy Donations to Heartbeat Victoria Incorporated Ballarat Branch

This is a very meaningful way to celebrate your life or the life of a loved one. Your gift can ensure we will be able to peer support Ballarat and Greater Grampians folk with heart disease and their families for many years to come. Many people choose to support our work in recognition of the services we have provided to a member, family, or friend.

#### Donations in lieu of flowers

One way to celebrate the life of a loved one is to ask family and friends to make a charitable donation in lieu of funeral flowers.

All Ballarat funeral directors will be happy to facilitate this on your behalf by collecting donations in lieu of flowers, handling the administration and passing on your donations. Heartbeat Ballarat can also accept donations directly from a loved one's family. All gifts received in memory will be acknowledged in writing with a receipt as soon as possible.

#### Legacy Donations

Leaving a gift in your will is the most meaningful donation you can give. This will ensure that even when you're gone, you can continue to make a difference to local Ballarat and Western Victorian people living with heart disease.

#### How to leave a legacy?

We advise that you speak to your solicitor about drawing up your will or making an amendment to an existing will to include Heartbeat Victoria Incorporated Ballarat Branch. Please also inform your family of your decision.

You will need to give your solicitor our charity name, registered address and ABN number which we have outlined below.

### Heartbeat Victoria Council Incorporated – Ballarat Branch

#### Bendigo Bank BSB 633000 Account 157262353

Heartbeat Victoria Council Inc. ABN 76 073 229 523

Address: P.O. Box 144, Parkville, Vic, 3052

Facebook: [www.facebook.com/HeartbeatVictoria](http://www.facebook.com/HeartbeatVictoria)

Website: [www.heartbeatvictoria.org.au](http://www.heartbeatvictoria.org.au)

Email: [ballarat@heartbeatvictoria.org.au](mailto:ballarat@heartbeatvictoria.org.au)

Tel: 0447377159 or 0474 866 474

When including a legacy donation in your will, you will need to consider how much you wish to leave, and by which means. You may choose to leave a residuary donation – all or a proportion of your estate; a pecuniary donation which is a fixed sum of money or a specific possession like an antique or painting.

Your solicitor will be able to advise you on all aspects of a legacy donation and ensure the wording of your will is accurate and legal.

## 2025 Heartbeat Ballarat Membership Survey

HEARTBEAT BALLARAT 100% volunteer cardiac peer support, by patients for patients. Peer support complements and enhances other care services by delivering emotional, social and practical assistance for managing cardiac conditions and staying healthy. As a person living with heart disease or recovering from a heart event, did becoming a member of Heartbeat Ballarat cardiac peer support group benefit you?

**We have five quick questions to help us understand our members, community and their needs better.**

*You can tick multiple answers in questions 1 to 5.*

### 1. What is your relationship to Cardiac Illness?

- Aortic aneurysm / valve stenosis
- Arrhythmia
- Atrial fibrillation / flutter
- Bradycardia
- Cardiomyopathy
- Congenital heart disease
- Coronary artery disease
- Heart attack
- Heart failure
- Heart valve disease
- High blood pressure
- Mitral regurgitation / stenosis
- Pericardial effusion
- Pulmonary embolism / stenosis
- Supraventricular tachycardia
- Ventricular fibrillation
- Wolff-Parkinson-White syndrome
- Care partner
- Family member
- Health professional
- Patient support worker
- Patient support volunteer
- No cardiac illness
- Prefer not to say
- Other

### 2. What are your preferred methods of communication?

- Email
- Social media
- Phone call
- SMS (text)
- Other

### 3. What would you like to hear more of through our communications?

- Exercise and social connection opportunities
- Ways to get involved
- Social events (Christmas Gala, bus trips, movie / theatre nights, and group activities)
- Fundraising and volunteer opportunities
- Living well & cardiac illness symptom management
- Medications & treatments
- Research updates
- Advocacy & policy changes (e.g. PBS/MBS/NDIS/My Aged Care)
- Other

### 4. Have you participated in any of the following with Heartbeat Ballarat?

- Donated to or fundraised for Heartbeat Ballarat
- Followed on social media (e.g. Facebook or YouTube)
- Visited our website ([www.heartbeatvictoria.org.au](http://www.heartbeatvictoria.org.au))
- Walked with Heartbeat Ballarat Walking Groups
- Attended a Meet & Greet meal with guest speaker
- Attended Christmas in July or Christmas Gala meal
- Attended an AGM in person
- Other

**3. How did you learn about Heartbeat Ballarat?**

- At Cardiac Rehabilitation
- Grampians Health
- SJOG Hospital or Outpatients
- Ballarat Community Health
- Cardiologist
- GP
- Allied Health Professional
- Aging Well Dept at Ballarat City Council
- Ballarat Times Community pages
- Facebook
- Internet search
- Friend told me
- Other

What age category are you in now?

- 25---44
- 45---64
- 65---84
- 85---104

Any other comments?