

www.heartsupport.org.au

ANNUAL REPORT

HEART SUPPORT AUSTRALIA
2019 - 2020

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Heart Support Australia Ltd

ABN 34 008 629 221

50 Launceston Street, Phillip ACT 2606

02 6253 0097

heartsupport@heartnet.org.au

www.heartsupport.org.au

2020

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About Heart Support Australia

Mission

To help facilitate the transition from hospital to home and ongoing support for people who have been affected by a cardiac event, and to reduce their risk of a secondary event, particularly in non-metropolitan areas of Australia.

Vision

To be a first choice nationally recognised provider of peer support care for cardiac event survivors, and to reduce their risk of a secondary event through support, information and encouragement.

Philosophy

HS-A believes that patients who:

- Have undergone surgery; or
- Have inoperable heart defects; or
- Have any other heart condition

require a positive health enhancement effort for the rest of their lives. Members and clients are encouraged to take active and willing roles as responsible members of the community and assume a reasonable amount of responsibility for the management of their own health; ideally through programs which encourage lifetime motivation, compliance and maintenance.

HS-A has the potential to reach all Australians who have or may be developing cardiovascular disease or other heart conditions and their families and carers. HS-A promotes within this target group, awareness and informed management of the physical and psychosocial aspects of their particular condition. We therefore have a very keen interest in cardiac rehabilitation.

The organisation is committed, in collaboration with Federal and State Health Departments, Community Health Organisations, Hospitals, Cardiologists, Physicians and General Practitioners, to the establishment of maintenance programs and eventual adoption of nationwide information, education, lifestyle and rehabilitation initiatives for heart patients and their families.



Our Values





Introducing our Patron

Dr Ross Walker **MBBS (Hons) FRACP FCSANZ**

Dr Ross Walker is a leading Australian cardiologist, with a focus on preventative cardiology and a passion for people and health. He graduated from the University of New South Wales in 1979 and commenced specialist training in cardiology.

He has written seven books on preventative health topics and is a regular contributor to medical journals and publications.

Ross is also a regular presenter on television and radio. He has a national program on 2GB, 4BC, 6pr and 3AW on Sunday nights.

Ross was the first cardiologist to introduce coronary calcium scoring to Australia in 1999. He has a medical practice in Lindfield, Sydney.

Ross asks “Have you noticed that most people in our society are constantly tired, gaining weight (despite the health industry’s increasingly strident recommendation for low fat diets) and are stressed beyond belief?”

“Our everyday, modern environment of synthetic and convenience food, technology that reduces physical effort and exercise – from the car you drive to work to the remote control for the television – not to mention the stresses and strains of the corporate and business world are all to blame”.

Top tips from Dr Walker for managing cardiovascular health are*:

1. A healthy, natural-based diet:

- Based on a Mediterranean diet, rich in fruits and vegetables
- 10 to 15 nuts per day
- Avoid processed foods including refined carbohydrates and trans fatty acids
- Avoid cholesterol-lowering margarine

* *Eagle Natural Health, Eagle Natural Health Expert Voice Podcast with Dr Ross Walker. 2019*

2. Coronary calcium score assessment for all males at 50 years old and females at 60 years old
3. Consider supplementation:
 - Multivitamins and omega-3 supplementation for those over 30 years old.
 - CoQ10 for 20 and 30 year olds. Ubiquinol, the active form of CoQ10 for older people.
 - Other targeted supplements such as magnesium orotate, garlic, bergamot polyphenolic fraction, Vitamin K2
4. Exercise: Three to five hours every week of moderate exercise.
5. Ensure good quality sleep. Seven to eight hours per night of good quality sleep.
6. Remove unhealthy addictions. Being healthy isn't possible if people are addicted to alcohol, recreational drugs or smoking.



Message from the Chief Executive Officer

In many ways this financial year of 2019 – 2020 was a year of two halves. Until December, life for everyone in Australia was business as usual except for those poor farmers who were living through a very severe drought.

And then December and the bushfires came with an almighty punch and rocked the country. The south east of Australia was particularly affected and although Canberra was spared from fires, we suffered terribly from smoke, being described as the most polluted city in the world. By the end of February most of the fires were out and we all gave a big sigh of relief.



And then we met COVID 19.

At Heart Support Australia we had our own issues and events. In August Amy Squires resigned as the CEO after a successful two years of continuing to manage the head office of HS-A. The Board considered appointing a new CEO but then started moving in a different direction and so Monica Glasgow was appointed as acting Manager. She was supported by Ebony Hunter, the Administration and Branch Liaison Manager. Shoukat Khan continued in the position of National Program Facilitator. Director, Kelli Sadler very kindly also gave Monica assistance. Many thanks to you all for keeping HS-A going.

In the early part of 2020, the Board began to look at the sustainability of Heart Support Australia and was concerned that it was not viable. Since losing more branches including Port Macquarie and Albury/Wodonga we were down to seven branches and interest groups: Maryborough, Caboolture and Surrounding District, San Remo, Dubbo, Illawarra, Darwin and Perth. The Board approached the Heart Foundation for a possible merge, which was positively considered. It was then decided to hold a special meeting of the members to put the idea of a merge with “a like-minded organisation.”

In the meantime, the staff at Head office continued to promote its work and the Healthy Heart program.

With most of the world in turmoil from COVID, the Board continued and held a Special General Meeting in May for all members. At this meeting, conducted in the now familiar Zoom setting, the Board provided the following resolutions:

Resolution 1

It is resolved that HS-A undertake discussions and negotiations with a 'like-minded' organisation (as determined by the HS-A Board) with the view to merging with the organisation.

Resolution 2

If Resolution 1 is carried, it is resolved that the HS-A Board is empowered to undertake all activities and make all decisions to enable the merger and (as appropriate) wind-up HS-A in accordance with the provisions of the HS-A Constitution.

Resolution 3

If Resolution 1 is not carried, it is resolved that HS-A be wound-up in accordance with the provisions of the HS-A Constitution.

The members were unanimous in voting against all three resolutions and wanted to continue as it has for the past thirty years.

As a result of this meeting and the votes, all Board members then resigned. A call for a new Interim Board was made, to be appointed by the outgoing Chair.

An interim board of the minimum of three directors was formed over the next couple of weeks and consisted of Mark Sackley (Chair), Steve Dunchouk (president of Caboolture Branch) and Tracey Smith (leader of the Illawarra Interest Group). They appointed me as the interim CEO. Alison Brook joined us for a short time later in the year.

I started on Monday 22 June. Canberra was slowly adjusting to a COVID free, but still restricted lifestyle and we were able to return to work in our Phillip office.

I think most people will be pleased to forget 2020 and it certainly has been hard for Heart Support Australia but the members had faith that we can keep going and it is up to me and my staff to prove they were right.

This organisation has always been dear to my heart since I worked for HS-A for a short time in 2018. I am delighted to now have the privilege of building it into a truly national organisation. We head into 2021 with a new permanent Board, a hardworking and efficient staff, an excellent strategic plan and lots of great ideas. I also appreciate the support I have received from the Branch presidents and their members.

I hope I will be at the 2021 AGM talking to many more members, branches and interest groups. Expansion is the key to our regeneration.

Many thanks go to Steve Dunchouk, Tracey Smith and Alison Brook for your time spent on many Zoom meetings. Unfortunately, our Chair, Mark Sackley, who has been instrumental in ensuring that HS-A continues and had every intention of continuing as a Director, had a relapse in his health and had to withdraw. We all wish him a complete recovery and thank him greatly for stepping up and supporting the organisation.

Judy Ford

CEO



BRANCH REPORTS

DUBBO Branch NSW

We have been blessed during the past year with a steady increase in membership. From 11 active members and 8 passive we now boast 15 active members and 9 passive. (ie: spouses and acquaintances)

The core of our branch is the enthusiastic Walking group and the follow on Coffee Club. These gatherings produce great friendships and opportunity to help and uplift one another.

BBQ lunches are our popular way to celebrate members Birthdays, and on these occasions all contribute to providing food and refreshments.

With assistance from our new CEO , we look forward to gaining entry to the world of service clubs in the new year, and also create opportunities to work more in our local hospital and surrounding retirement villages.

Once again we give thanks for the expertise of our Board and Head Office staff as they continue to steer the good ship "Heart Support Australia".



Alan Warwick

President-- Dubbo Branch

CABOOLTURE & DISTRICTS Branch QLD

Firstly, and foremost a thank you to the outgoing committee members for all their help these past months and to members and their friends for their help throughout the year.

I began compiling this report by reviewing the material one accumulates from different sources but mostly from our monthly meeting minutes. Both committee and general.

I was going to review the year that was. My first year as president, as one normally does. After a while it dawned on me that it cannot be a simple report.



This report is about the ending of one decade and the new beginning of another. Each, in history will be seen as two distinctive periods. Before, during and somewhat later, after as the Pandemic that stopped the world.

2019 was a busy year for our branch. Having taken on once more a challenge to source funding, purchase defibrillators and then distribute them around other worthy groups that were more likely to have need of such equipment.

The end of the year was a time for some of us to relax for a bit with time away then to return for the branch AGM and then the national AGM.

The branch AGM saw a change in the well-established management team and once again a special thanks to Gilbert Nielson as outgoing president for his tireless efforts over many years.

The remaining committee was extended by one with an addition of Col Prideaux who's cartooning skills were a welcome interlude during public outings and Gilbert remaining on board as past president and our public relations organiser. With Cecil, Robert and John once more filling out the team.

We endured the difficulties of banking that came with the new arrangements from a centralized system and finally resolved the access issues that plagued us from the outset.

Gilbert and I attended the Wesley Hospital Research Foundation talks on Heart valve replacement and Gilbert had the opportunity to see what was done to his heart whilst on the operating theatre.

The branch received a welcome and thankyou from the Wesley Foundation for its past support towards Heart Research which was heartening and humbling within the esteemed peers present on the night.

We, as a branch took part in an expo at one of our local retirement village, well, a closed community, with all its bells and whistles which gave us an insight to future opportunities of expanding Heart Support functioning and possible interest groups within these communities.

The national AGM which Gilbert, Cecil and myself attended saw a number of Life membership certificates being presented and our branch being awarded Heart Hero Status from national office but the weekend was overshadowed with the gloomy prospect of a possible demise of Heart Support as an organization.

We returned, having re-established friendships with other branches and national office staff, to plan for our possibly final Christmas lunch in December.

The beginning of the new year and decade started out for the branch in February with preparations for hospital visits, a review of possible public avenues to rebuild the membership notwithstanding the up and coming options for the future of the organisation as seen by the then operating board of directors.

At about the same time the Pandemic was confirmed (Covid 19 due to its

identification and classification in 2019) the board of the time were preparing their final assault on the remaining branches.

The suggestions of the board to close or amalgamate the branches with another organisation were defeated and subsequently a new board of interim directors took up the challenge.

We now have a new CEO, Judy Ford at the helm, who brings with her a wealth of experience in volunteering and fund raising which in turn is allowing Monica to begin working within her field of social media management.

I urge all members to start looking in to the national site as stories of how we are going and who we are as an organisation are now being added to every few weeks. A growing source of resources and material for all.

Since the beginning of this year, a most memorable decade to date, we all have undergone a fair amount of change with restrictions, varied levels of isolation, shortages, albeit temporary, cancellation of meetings and a heightening of anxiety for some and maybe even a sense of loss of freedom for others or both.

Our ring-around to members, though infrequent, a welcome interlude to the isolation.

Society is rapidly changing and at a rapid pace both in social interaction and in medical interventions/treatments.

We, as a peer support group, still have a function to perform in offering support to each other and the community for heart disease, in its many variations, is still one of the biggest killers across the world let alone Australia.

No matter how many interventions or medications people will still be in need of moral support, answers to questions and an avenue to express their concerns, frustrations, and finally, maybe, become members to pass their experiences to others in need and, in so doing, improve their own recovery.

I promised to keep this short.

So much more to add but, time is limited so,

I thank you all for participating in today's Annual General Meeting via this new avenue of access during these trying times.

Finally, I also would thank the committee, and the members for their support throughout last year for we can only do what we do when we work as a team.

Stephen Dunchouk

President

MARYBOROUGH Branch QLD

This is probably the most difficult report that I have ever attempted to write. 2019 had a big finish with our monthly Branch Meeting, our Christmas Party and my departure to Brisbane for The AGM in Canberra all happening on one day. The positive side was that I had an extended break at the end of 2019 because the Maryborough Branch did not meet again until the last week in February 2020. By this time Covid-19 was a regular news item. Unlike the SARS Virus which was little heard about and in most cases was a nil event. The Covid-19 threat however was taken very seriously. By the middle of March which was only two weeks later, all social life in Maryborough was in suspension. The February 2020 meeting was the only activity that we managed to have.

The consequences of this pandemic was that for the most of 2020 there has been no activity in Maryborough Branch of HS-A to report. Be that as it is to the best

of my knowledge no member has been personally affected by Covid-19 except that the sudden cessation of public life has had negative psychological impact on members. A common comment is that it has left a lack of motivation do anything. No doubt we all have that feeling from time to time without the added pressure of Covid-19. Because our period of lockdown has been over it for a considerable period it is common now to meet members of the Maryborough Branch while out shopping.

As the year draws to a close the Maryborough

Dianne Robinson

THEN



Keeping check on people's health . . . Endeavour Foundation nurse Ron Cousemacker tests Dianne Robinson's blood pressure at the foundation's mobile clinic. The clinic will be outside the Maryborough Neighbourhood Centre until Friday running tests for weight, blood pressure and cholesterol levels as part of Health Week in Maryborough. The tests are followed by a counselling session and the cost is \$1.

Cardiac group battles to dispel myths about heart conditions

Too many people know too little about heart attacks.

But the Maryborough branch of the Cardiac Association of Australia, involved in this week's Good Health Expo, is one of the 16 branches formed to increase public awareness of such heart conditions.

And branch president Frank Kahler said that the group's participation in Maryborough's expo on Thursday and Friday, along with 140 other clubs, hoped to provide the public with all the necessary information about caring for the heart.

By Clare Smith

National president Max Nancarrow said that the association had formed three years ago because too many people were misinformed about heart attacks and other heart conditions.

Mr Nancarrow said that the association's branches like Maryborough were important as they provided the public with the correct information about the heart.

"It is necessary to dispel the many myths and misconceptions about the heart," he said.

Mr Nancarrow said the branches also provided support

and counselling for heart patients.

He said the association aimed to decrease the number of people suffering more than one heart attack.

The Cardiac Association's Good Health Expo stall, at the Maryborough Showgrounds, will display pamphlets and general information about the heart, and show videos on heart surgery.

The Maryborough branch also provides a counselling service to help those recovering from heart conditions.

For further information the Maryborough branch can be contacted on 21 5257.

Consistometer can measure how

Branch is attempting to regroup. The effective control of Covid-19 in Queensland has allowed life to return to a degree of normality. In a Covid-19 controlled way of course. We are planning to have our last meeting for 2020 on the 27th November, 2020. With this idea in place the room in the Bauer/Wiles building at the Maryborough Base Hospital has been booked for that date. Additionally all the fourth Fridays of the month in 2021 are booked for meetings. I am hopeful that our morning teas for the Heart Rehabilitation Group will also resume.

I look forward to seeing everyone at the AGM on the 25th November, 2020 and a positive outlook for everyone in 2021.

Ed Francis

President



Dianne Robinson

(with Ed Francis)

NOW

SAN REMO Branch Victoria

The HS-A San Remo Branch has had a relatively quiet year since the last President's Report at our AGM on 5 September 2019, compared to the activities of previous years, due essentially to the presence of the coronavirus Covid - 19 world wide pandemic, and the enforced Victorian Government lockdown in late March 2020, and still current during September 2020 .



Our current membership is 12, and the meetings we were able to hold prior to the Covid - 19 lock down, were well attended as usual, with 10 to 12 members participating at our meetings and/or outings.

The HS-A San Remo Branch has not been able to meet since early March due to the severe Covid -19 restrictions, including outings limited to one person, and then only for four (4) specific reasons of acquiring food, getting exercise, medical visits, or as a nominated carer person, and all to be conducted within 2 hours and a 5 kilometre radius from their home, and thus missing the seven meetings scheduled for the months of April to September inclusive.

Different types of Covid - 19 restrictions have been put in place by the Victorian Government over these 7 months, as the population experienced the sweeping effects of the first and then second waves, and also different restrictions applied for regional areas compared to metropolitan zones.

This has had the obvious significant effect of restricting face to face meetings and other planned activities, for more than half of our usual yearly programme.

However, in the months including our September 2019 AGM, and prior to the pandemic restrictions being put in place, we are able to report as follows:

a) We conducted our AGM on Friday 5 September 2019 where the following were appointed :

President / Secretary :	John Charlett
Vice President :	Ian adair
Treasurer :	Jim Young
Minute Secretary :	Sue Young
Media Officer :	Julie Box

We were most fortunate to have as our AGM guest speaker, Dahra Zamudio, Physiotherapist, Bass Coast Health, who spoke excellently about exercise, rehabilitation, physical parameters, physical techniques, body warnings, motivation, and resources.

A thank you gift, an artistic woman's side profile portrayal prepared by our esteemed resident artist (Vice President Ian Adair) was presented to Zamudio and warmly received.

b) Jim and Sue Young made arrangements with the Bass Coast Health (BCH) for our members to be present on 25 September 2019 at the Phillip Island Health Hub (THE HUB), so that BCH could acknowledge the donation made by HS-A San Remo Branch of \$616 for the purchase of " Steppers " as suggested by their Cardiac Nurse Karen Billman.

This was an excellent opportunity to witness our donation in action, and also promote the benefits of HS-A membership for those completing their rehabilitation courses at THE HUB.

c) Our October 2019 General Meeting dealt with HS-A San Remo Branch and National Office business matters and many other forward planning matters .

d) Our November 2019 General Meeting dealt with many business matters including Christmas Luncheon, Raffle opportunity, Heart week proposals, Guest speakers, Branch subscriptions, National Office insurance, re-validation of CBA Debit Card issued through National Office, Heart Hero nomination,

We were then expertly addressed and informed by our guest speaker, Dr Greg Kossena, Pharmacist of Cowes Pharmacy, who advised us on many matters pharmaceutical concerning heart patients and their medications, and answered many questions from the gathered members .

e). The HS-A San Remo Branch traditionally meets for a Christmas Luncheon for our December gathering, and once again this enjoyable social outing, where we get the opportunity to exchange pleasantries and personal experiences in an informal setting was held, once again, at the very popular George Bass Hotel, Bass .

A fitting conclusion to a busy year of service, information and encouragement.

f) We record the loss of our dear and much respected member Una Lyons, who died on the 19 December 2019, after many years of service and support to the HS-A San Remo Branch, and our luncheon was possibly the last time she enjoyed an outing.

g) The February 2020 Meeting, after the Christmas / New Year recess over January, was and always has been, a forward planning meeting for the new year .

At this meeting the following HS-A Meritorious Service Certificates were presented to the following HS-A San Remo Branch members;

+ Ian Adair

+ Sue Young

h) Our March 2020 Meeting dealt with many matters including :

+ San Remo " Walk for the Kids " arrangements (Jim and Sue Young attended

planning meeting)

- + Discussions with IGA San Remo Store re HS-A San Remo Branch promotion table opportunity
- + Guest speakers during 2020.
- + "Walk for Kids" Royal Childrens Hospital, Fund raising event with HS-A stall to promote HS-A activities (allied health)
- + Media opportunities 2020.
- + Membership - raffle - promotion tables (street and stores)

I, along with other HS-A Branch Presidents, have been invited to attend via zoom, several meetings of the HS-A National Office Interim Board, and their AGM, when all positions (Interim Board and Interim CEO) will be declared void, and new appointments made, is to be held on Wednesday 25 November 2020.

For your information the new Board and CEO may be drawn from members of the Interim Board and the current Interim CEO.

There is much at stake at this HS-A National Office AGM for the future, and if you have any comments or questions please contact me, preferably on 0412 313 591.

I also wish to advise that the AGM for HS-A San Remo Branch, due to the Covid - 19 restrictions in place, has been postponed (to at least February 2021 subject to restrictions allowing it then), and this is based on 75% (at least) of our HS-A San Remo Branch members agreeing to AGM postponement.

This postponement is in accordance with the HEART SUPPORT - AUSTRALIA PTY LTD Constitution dated July 2018, and the HS-A San Remo Branch Treasurer's Report to the 30th June 2020, has been submitted to the HS-A National Office CEO.

In closing, I wish to thank those members of our HS-A San Remo Branch that keep us energized with excellent afternoon tea and refreshments, Vice President Ian Adair for his support and wise counsel, Jim Young for his continuing dedicated and efficient service as our Treasurer, Sue Young for her efforts in recording the minutes of our meetings, and of course all the Branch members for your attendance, support and dedicated assistance when called upon during the year, you are all much appreciated.

John Charlett

President

Perth WA Branch

I know it's been said many times, but this year has been a year like no other. Even apart from the Covid pandemic, it's been a challenging year within Heart Support Australia. This report is on the 2019-20 financial year, so the Covid era is only part of the year reported on, but even in those few months Covid-19 had a great impact on the organisation.

Nationally:

In November I attended the national Annual General Meeting in Canberra. It was convenient for me, because I happened to be in Canberra at the time, for family reasons. Once again, the national AGM was a good opportunity to find out what's happening in HSA nationally and in other parts of Australia. We had declined to only having a few branches still operating, and most of the members are "online" members whose contact with the organisation is through the HSA website. The Board was to assess the medium-term to long-term sustainability of the organisation, and bring recommendations to a Special General Meeting in 2020.

Due to closed borders etc., the Special General Meeting on 1st May was held as a "Zoom" video-conference. There had been two earlier briefing sessions on the Board's proposals; the briefings were also held as Zoom conferences.

Although the organisation was not insolvent, the Board considered that it wasn't sustainable in the long term, unless there was additional funding available. The Board's recommendations were for HSA to join a "like-minded organisation"; if that wasn't agreed to, the Board recommended that HSA be dissolved. Both motions were rejected by the meeting.

Because the Board's recommendations were not accepted by the Special General Meeting, the Board resigned, effective from 15th May. An Interim Board has been appointed, and has welcomed the Branch presidents to take part in the Zoom Board meetings. I've referred to the process as a "National Cabinet" of Heart Support.

In Perth:

The Perth branch had monthly meetings up until March, and continued to have very low attendance at meetings, but still some meetings were good opportunities for discussions on health issues. If decisions are needed when we don't have a quorum, the Committee has made the decision behalf of the Branch. Because of the Covid lockdown, our usual meeting room hasn't been available, and I believe that to have a meeting elsewhere in that time would have been a breach of the public-health directives.

It was planned to run the Healthy Heart Program in August, but unfortunately there wasn't enough interest to make it viable.

Once again there were six issues of our Branch Newsletter. I've continued to include health-related information, using sources which should be reliable. During 2020 the Newsletter has been particularly important for two reasons:

- It's been important to circulate reliable information about Covid-19, because people with heart disease are at much greater risk from that virus than the "general population"; people in the over-60 age group are also particularly vulnerable because of age.
- Without being able to have face-to-face meetings, the Newsletter has been our main way of communicating with our members.

Complimentary copies of the newsletter are sent to cardiac rehabilitation teams in three large public hospitals.

Unfortunately, due to changed circumstances, Fay Bahemia hasn't been able to continue with her contributions to our Newsletter. The material she had contributed was very much appreciated.

In an article in the June Newsletter, "Life in the age of the coronavirus", I reported on some research which had just been published in Lancet, which is a leading British medical journal. The Lancet article described a meta-study combining data from different studies on the use of Hydroxychloroquine to treat Covid-19. Unfortunately, a few days later Lancet retracted their article, because it seemed to be based on manufactured data rather than real research. While my report on the Lancet article was only part of the information in the Newsletter which gave reasons why people shouldn't use a prescription-only drug being advocated by some politicians, I published a clarification in the August Newsletter.

Our hospital visiting service continued until mid-March, when the Covid-19 situation made it inappropriate. WA Government orders on Covid-19 meant we wouldn't be allowed to do hospital visiting, and then the HSA Board ordered that all face-to-face meetings and hospital visiting had to stop.

We thank the Uniting Church in the City, for having made the meeting room at Wesley Church available to us on the occasions when we did have meetings. Thank you to the members for the support you have given. In particular thanks to Graham Neville for his work as Branch treasurer; to Dave Robinson for his work in the hospital visiting program, and to Fay Bahemia for her willingness to present the Healthy Heart Program.

I also thank all of our Branch members for their continued interest, whether or not you are able to attend meetings.

David McAndrew

Secretary and Acting President.

The Illawarra Heart Support Group

Report September 2019 to June 2020



The Illawarra Heart Support Group

Meets the first Monday of each month (public holidays excluded)

Inaugural meeting held The Banksia Room, Ribbonwood Centre Dapto 1- 2.30 pm
2nd September 2019

Mission Statement

Our mission is to provide a positive, friendly and supportive place to meet and share information focussed on heart health and wellness.

Vision

To establish a sustainable Heart Support Group in the Illawarra creating social support networks for improved quality of life and psychological well being.

Introduction

One in six Australians are affected by cardiovascular disease, including coronary heart disease, heart failure and cardiomyopathy, accounting for more than 4.2 million Australians (ABS 2016).

Sadly, people living with heart disease are at risk of social isolation, loneliness and depression.

Two heart health nurses, Leah Aitken and Tracey Smith, identified the lack of support for people diagnosed with a heart condition, living in the Illawarra district, after leaving hospital. This gap prompted the idea to commence The Illawarra Heart Support Group. Research recognises support groups as a powerful way to improve wellbeing and help people living with a chronic illness.

Initial planning was for the group to meet once per month, with guest speakers of interest including staff from the National Heart Foundation, local cardiologists, heart health nurses and allied health professionals. The group provides a safe and friendly place to express feelings, share experiences and relax while aiming to improve wellbeing and help people living with heart disease.

The first meeting of The Illawarra Heart Support Group was held on Monday 2nd September. The meeting was well represented with 26 attendees plus five staff members from the Illawarra Heart Health Centre, The Wollongong Hospital (TWH).

The second meeting held Monday 4th November with 16 attendees with guest speaker Andy Mark, health promotion officer from the National Heart Foundation, focussing on healthy heart diet.

The third meeting held Monday 2nd December with 16 attendees with guest speaker Anthony Tyson, Exercise physiologist from The Wollongong Hospital, discussing the benefits of regular exercise.

Two more meetings were held in our new location at 'Josie's Place' Kanahooka in February and March 2020, average attendance 12 members, We had guest speaker, Liz Lucas, in February, a connecting care nurse from Grand Pacific Health and in March, Marie Lucas (no relation), an occupational therapist from a local Wollongong company. Meetings were cancelled April to June due to Covid-19 recommendations.

The attached report includes photos and a collation of the 'feedback evaluation forms' completed at the first three meetings. This information has helped to evaluate the meetings and allowed comment and discussion by group members to assist in the success and sustainability of the Illawarra Heart Support Group.

Photos from meetings 1, 2 & 3.

P





“Josie’s Place” - New venue for 2020

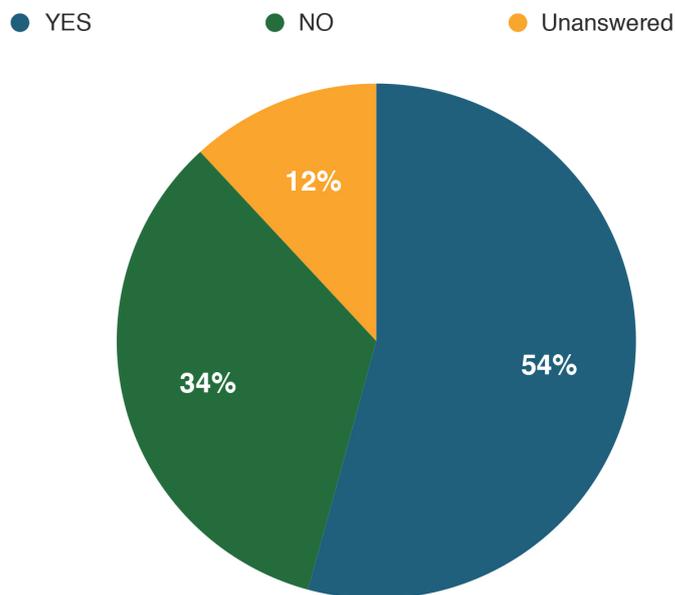


Tai Chi at Lake Illawarra

Feedback Form Evaluation Report

From the first three meetings, fifty-eight evaluations forms were distributed with forty-nine returned, 84.48% return rate.

Q: Have you been diagnosed with heart disease?

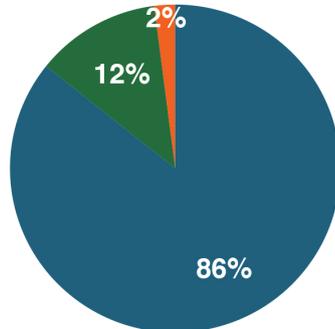


Outcome: Over half of the members attending have been diagnosed with heart disease with 34% having support from loved one.

Plan: To ask the members who did not provide an answer if they can complete their form. Keep up to date records for future planning.

Q: Did you find the venue:

● GOOD ● AVERAGE ● BAD
● Unanswered

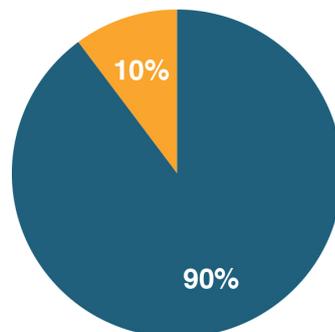


Outcome: 44 evaluated the venue as “good”, with 5 answering “average”.

Plan: To determine any negative aspects of the venue as viewed by the members and suggestions for an alternative location.

Q: How would you rate the first meeting?

● GOOD ● BAD ● AVERAGE

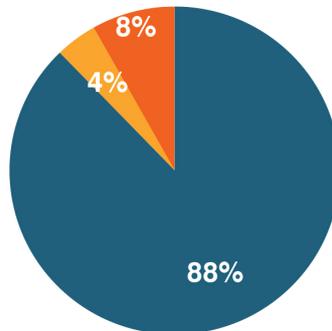


Outcome: 90% rated the meetings as “good”.

Plan: To assess meetings with follow up evaluation forms and review six months from December meeting (June 2020)

Q: Would you consider attending monthly meetings?

● YES ● NO ● Unanswered ● Maybe

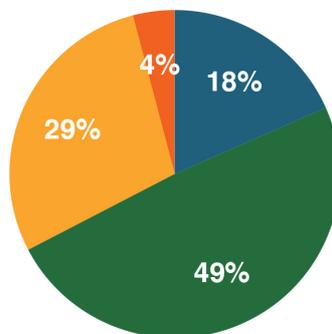


Outcome: 88% positive response to attending regular monthly meetings.

Plan: To form a committee to initiate strategies to sustain regular member attendance.

Q: Would you consider being a committee member of the group ?

● YES ● NO ● MAYBE
● Unanswered



Outcome: There has been interest by four regular attendees and a positive percentage of “maybe’s”

Plan: To form a committee to provide group leadership for planning and sustainability

Open ended questions

There were two open-ended questions intended to provide an opportunity to share feelings, suggestions and comments about the newly formed group.

Q 1: Are there any topics you would like to hear at future meetings?

First meeting:

- * *Side effects of heart medications; effects of different medications to control fast heart rate/AF*
- * *What to look for prior to having problems, post operation stress; mental acceptance of my issues; psychology-pacemaker, medication, diet, exercise, pharmacy; psychologist*
- * *Pacemaker info, there's very little out there; the different problems of the heart and what treatment is done for each problem; symptoms, discomfort or issues post op*
- * *Anything to do with being healthy and motivated; healthy lifestyle, dietician; diets, food and nutrition (salt issues)*

Second Meeting:

- * *Medications/after surgery care*
- * *medications*
- * *pacemaker info*
- * *any heart health topics*
- * *cardiologist/medications concerns*
- * *medication/public trustee*
- * *rehab groups/health moves*
- * *any related topics*

Third Meeting:

- * *pharmacist/side effects*
- * *any - info is wealth*

Q: Do you have any comments at this stage?

First meeting:

- * *The support group set up is a very important step to a heart event recovery*
- * *Very nice group, friendly, nice seeing some familiar faces*
- * *Venue and time suits me as not far from Kiama*
- * *It is so good that these support meetings have been instigated. Well done ladies!*
- * *A talk maybe on the mental aspect of having a foreign body keeping you alive!*
- * *Visit by a doctor who is familiar with heart issues (bypass. valve replacement etc) and recovery symptoms. GP is not that familiar with recovery*
- * *Talk about anxiety*

Second meeting:

- * *Move venue for suitable exercise*
- * *same talks eg healthy eating - repetitive*
- * *presenter not much on info*
- * *Don't stop this group*

Third meeting:

- * *this group needs to be advertised*
- * *if you're on a good thing, stick to it.*

Outcomes: The educational interests from the group include information about heart medications, presentations from a cardiologist and cardiac devices. The general overall comments about the group are positive.

The consensus of the group members is to re-address the evaluation forms within twelve months. The group agreed the best way to evaluate group success in the numbers attending regularly and feedback of the benefits of the group. Consider attending the QOL evaluation of each member early in 2020 and follow up 2021.

**Most importantly, we thank everyone for being a part of the
Illawarra Heart Support Group!**



Tracey Smith

Group leader



The Healthy Heart Program

As a secondary prevention of Heart Disease in Australians who have undergone a Cardio-Vascular Disease-CVD events, the Healthy Heart program was started by the Heart Support Australia in May 2019 as an 8 week peer support program in Canberra. The Healthy Heart Program objectives aim to provide a peer support information & education in a rehabilitation-oriented setting to improve cardiac outcomes of the Australian's with heart disease. Recent national Cardiology, Allied medicine and scientific clinical evidence indicate that rehabilitation is not accessed or referred to Australians who have suffered Heart Disease events. Evidence Based Medicine recommendation of level 1 grade A is given by the National Health Medical Research Council that undertaking a Cardio-vascular disease secondary prevention and cardiac rehabilitation post cardiac event significantly improves quality of life and lowers hospital readmissions and thereby reduces mortality and morbidity and improves CVD outcomes.

The following is a list of Healthy Heart program activities and Secondary Prevention of CVD educational sessions that were undertaken between July 2019-June 2020:

- Organise, develop and review Healthy Heart Program presented by the Perth HS-A branch in July-October 2019
- Conducted 8 weeks Healthy heart program at Bellerive Retirement Village" in Woden, ACT starting Late June 2019 to Late August 2019
- Conducted 8 weeks of Healthy Heart Program at "Marigal Gardens Retirement Village" Kambah ACT starting Late August 2019 to October 2019
- Conducted 8 weeks of Healthy Heart program at "Goodwin Retirement Village" in Ainslie, Canberra
- Performed a weekly Hypertension (Blood Pressure) check session at the Bellerive Retirement Village in Woden, ACT from July-August 2019
- Delivered Healthy Heart presentation in assembly at the Canberra College, Woden July 2019
- Delivered a CVD Secondary Risk prevention lecture at the Goodwin Retirement Village, Ainslie, ACT in August 2019
- Conducted lecture at The COTA titled "Matters of the Heart" on Secondary CVD prevention on the 14 August 2019
- Conducted a second public lecture titled "Signs & Symptoms of CVD in Australian Women-Heart Language" at the COTA in September 2019
- Conducted a seminar in Yass, NSW "Restart a Heart-Cardiac Arrest Emergencies" thru Mark Sackley in September 2019
- Prepared a HS-A information paper on "Atrial Fibrillation" topic at the Australian Parliament in September 2019

- Presented a lecture on the “CVD in Women” at the Goodwin Retirement village in September 2019
- Participated in a SBS radio interview on Heart Attack-Signs & Symptoms in September 2019
- Presented a yearly Australian CVD data/statistic to all HS-A branches and the HS-A AGM in November 2019
- Meeting with Abbott representative on Australian introduction of “MitraClip, CardioMEMs and Pressure Wires” for Secondary CVD procedures in Heart Failure & Valve disease in December 2019
- Contributed as Australian scientist representing HS-A to the international article by ‘The Economist-Intelligence Unit titled “THE COST OF INACTION: SECONDARY PREVENTION OF CARDIOVASCULAR DISEASE IN ASIA-PACIFIC” in January 2020
- Review of AIHW document “Patient experiences in Australia by small geographic areas in 2017–18” for planning & understanding issues in regional/remote areas for HS-A programs delivery February 2020
- Participated in the cholesterol roundtable discussing new data brought forward by an upcoming Baker report by Baker Heart and Diabetes Institute, Melbourne 18th March 2020
- Drafted guidance which the HS-A can issue to Branches in respect of COVID-19, March 2020
- Undertaken a survey of HS-A members on “Understanding of Covid 19 for Heart Disease patients” if information is needed by branch members between February-April 2020
- Participated representing HS-A in the Baker Institute report titled “CODE RED: Overturning Australia’s Cholesterol Complacency report” May 2020
- Participation in the development of Australia’s CVD Policy Solutions Report Experts Advisory Committee for Cholesterol, sponsored by Amgen, May 2020 onwards

Discussion & Analysis:

The Healthy Heart program was presented successfully at several venues and nursing homes in Canberra and was received with passion from participants and they responded by the positive benefits to their Cardiac conditions and a typical comment was “ I learnt a lot about my heart condition, medication adherence and risk factors in a collaborative group participation” “understanding the various Cardiac conditions and the underlying disease process, the risk factors, medication actions and value of diet and exercise really helped me to be a supportive Carer”.

Healthy Heart program attendees were given information on Heart Anatomy and Physiology and the beneficial role of medications on lowering their LDL-Cholesterol

levels and taking medications prescribed by their healthcare providers for control of Blood Glucose, and Blood pressure to control their Hypertension. Participants were happy to understand the differences between a Myocardial Infarction-Heart attack and Cardiac Arrest, and women welcomed to know the differences in signs and symptoms differences in women for Heart attack in Men Vs Women. All participants understood the significant Heart Circulation function related Cardiac events such as Angina, Heart disease and Coronary artery disease and Electrical function related events as Atrial fibrillation and its manifestation in Stroke. Having a healthy Mediterranean diet and physical activities relationship was emphasised to improve quality of life.

Responses from the participants to the Healthy Heart program was very encouraging and all have mentioned it has helped them in keeping regular heart specialist/GP visits, medications adherence and compliance and understanding medication side effects, have a positive attitude towards mental health in lowering stress through and develop communication with friends and family. Several of the participants have reported that they had obtained Blood Pressure measurement devices and were very happy to monitor their Blood pressure.

The highlight and success of peer collaborative approach is an example of one participant is presented: Mrs X had very high blood pressure (BP) 200/90 with palpitations and thought there was no cure for her condition had been invited by her friend to attend the Healthy Heart program (HHP) and was so convinced by our educational approach and peer recommendation to seek therapeutic intervention that she consulted a specialist physician and was prescribed medications. The positive outcome of lowering her high blood pressure and her overall health improvement within days she felt better, and her husband complimented us on her condition improvement. She is now regularly taking medications and measures her BP twice a day.

There is unmet need for providing Australians with secondary CVD risk prevention information and educational support and the Healthy Heart program must further developed to be available online and be customised and presented for primary prevention also as the incidence of Diabetes, Stroke and Heart disease in Australia is increasing.



NOMINATIONS FOR HEART SUPPORT AUSTRALIA BOARD OF DIRECTORS

Stephen Dunchouk



Married; Wife - Patricia and three children, 2 grandchildren.

Born: 16 June 1952 Wollongong NSW.

Schooling: Figtree Primary School, NSW, Ukrainian Language and cultural school (Saturdays, 7 years), Dapto High School. NSW

Bilingual: English and Ukrainian

In 1969 commenced an Indentured Apprenticeship in Refrigeration. (1970-74)

Ultimo College, Sydney- Refrigeration trade certificate.

Worked with different companies in Wollongong then moved to Tom Price WA as Refrigeration and Air Conditioning Technician for Town Maintenance in 1976.

Changed occupation and worked as Emergency Services officer – shift relief, (Security and Ambulance Officer) for Hamersley Iron (4 + years)

Moved to Queensland in 1989 and continued as Refrigeration and Air Conditioning Technician in and around Brisbane, SE Queensland including a period as warranty agent for Mitsubishi Electric.

Owner operator of S&P Refrigeration: family business. (closed)

Volunteer background:

- Junior Red Cross at primary school
- Ukrainian Assoc. Dance ensemble -Wollongong
- Tom Price Tennis Club- Juniors instructor/junior coach/Club Captain.
- Tom Price /Hamersley Iron Volunteer Fire and Rescue ,8 years. (7-year WA service medal).
- Tom Price CB Club President/secretary/vice president.
- Nameless Festival, committee organiser for Stalls -electrical distribution-event communications, parade organiser, event's organiser and night time security. (8 + years.)
- St John Ambulance Aust. Volunteer Ambulance Service Officer (Grade 2), Assistant Instructor (WA)-founding member of Tom Price Sub Branch. (4 years).
- St John Ambulance First Aid Services, Queensland, Volunteer, Superintendent,

(OIC) Caboolture Division, founding branch member. First Aid Instructor(lapsed) (Order of St John, Service Medal + two clasps) Retired 2009.

- St John Ambulance Australia Historical Society, Member
- The Abbey Museum and the Abbey Medieval Festival (Friends of the Abbey) Caboolture member from 1991 to present.

Member of:

- Ukrainian Association Brisbane. (current)
- Ukrainian Seniors Group Brisbane. (USB) (current)
- Radio 4EB 98.1 Community Ethnic Radio- Ukranian Group. (current)
- Heart Support Australia. Ltd. 2008-member, Vice President, Secretary and current President (life member) (2019-), interim board member (2020-)

Since having my first Heart attack in 2007 and a double bypass (CABG) I have been a keen advocate of Heart Support Australia in returning the support and good will I received during my recovery.

This was extended when I was laid low with Throat Cancer in 2012-13 which led me to early retirement from my normal working employment and reduced my volunteering duties.

Currently: Retired (of sorts)

Darryl Iseppi

Darryl Iseppi was born in Toowoomba and grew up on a farm. He attended school in Bowenville and Dalby before coming to Brisbane to study medicine and then changing to Commerce.

Married to Laura with two children from his first marriage - Gemma and Terry (twins aged 24), he lives in Brisbane and runs several companies including an Aboriginal Medicine based Cosmetic company and a Jewellery Business.

In November 1983, Darryl Iseppi commenced working for Arthur Andersen & Co in their Financial Consulting Division. Here Darryl specialized in Audit, Corporate Governance, Stock Exchange listings and Fraud Investigations.

By April 1984 Darryl was acting as Manager on several jobs and in January 1985 took over the Worldwide Audit management of a \$500,000 Audit fee client listed on the ASX with over 30 subsidiaries worldwide.

1984 also saw Darryl rewrite the Arthur Andersen FASTS (Firmwide Audit Training



System) Bookkeeping manual and associated examination material. Later Darryl rewrote the audit manuals for Trust Accounts Audits and wrote a new program for Superannuation Audits when Occupational Superannuation came in.

When the commencement of the Insurance and Superannuation Commission (ISC) and the start of a new breed of Super Funds (known today as Self Managed Super Funds) Darryl updated his Audit Program for these and provided some to a number of firms with which he had association. These firms included Arthur Andersen, Grant Thornton, and others.

In 1989 Darryl commenced his own Accountancy practice which today he is now selling to concentrate on other ventures.

Now retiring from Public Practice, Darryl is a former Chartered Accountant, is still currently a Registered Company Auditor although he will cease that work this year and has years of experience in the Charity space.

Formerly the Auditor (until the years of rotation required him to cease) of Karuna Hospice Limited - an end of life Hospice service, he understands the Government Grant process health organizations go through.

He is a Past District Governor of Rotary having over 35 years of Rotary experience, many of which as a Director on the District Board of a Public Company Limited by Guarantee.

He also sits on the Board of another charity – We Care- A Legacy of Christopher Robert Geraghty, an organisation specializing in help to children facing end of life and supporting them and their families.

Fern Linden-Smith

Fern has held positions in senior management in NSW in both university and public sectors. She has extensive experience in HR and Finance management, Administration and Strategic Planning. She has held positions on a number of Boards including the Board of Governors at the University of New England, the Children's Cochlear Implant Centre Foundation and the Australian Cord Blood bank Foundation.



In her working career she was the Director of Administration and Finance for the NSW's Department of Women and then went on to chair the Premier's Council for Women.

Before retiring she worked as a Family Counsellor for the Motor Neurone Association of NSW and then managed the Client Support portfolio for MS Australia.

She is a carer for her husband who had a significant heart attack in 2017 resulting in a triple bypass. He has recovered and able to return to a normal active lifestyle. However, they are conscious of the need to monitor his health and are very diligent regarding his ongoing care.

Fern has been extensively involved in many community support projects locally, nationally, and internationally. Fern lives with her husband in Oxenford in Queensland.

Rowley Tompsett

Rowley has served community organisations for over 40 years as a volunteer—and as a professional administrator in both the Royal Life Saving Society and the Scout Association. He has held positions in Lions International, the Royal Life Saving Society, Australia Resuscitation Council, Australian Council for the Teaching of Swimming & Water Safety, National Safety Council, the Scout Association, WA Women's Hockey Association, ADF Hockey Association, Women's World Cup 2002 Ltd, ACT Women's Hockey Association, ACT Hockey Association, Hockey Australia, Rotary International, Rotary Down Under Editorial Board, the National Youth Science Forum and ShelterBox Australia Ltd.



Rowley holds diplomas in Business (Governance), Government (Management) and Administration Studies and an advanced diploma in Personnel Operations Management.

He is a Fellow of the Institute of Community Directors Australia, a Fellow of the Australian Institute for the Teaching of Swimming & Water Safety, and a Companion of the Royal Life Saving Society. He also holds the Royal Life Saving Society's Service Cross and Australian Service Order.

Rowley retired from full-time service in the Royal Australian Air Force at the end of 2011 but transferred to the Air Force Reserve and still works part-time. He was appointed as a Justice of the Peace (ACT) in the ACT Supreme Court in 2003.

Recently he suffered a heart attack from which he recovered quite quickly but it has reminded him that life is precious. He saw a sign for Heart Support Australia on a car door and contacted the organisation. When he found out that there was a call for directors, he quickly put his hand up.

Balance Sheet

Heart Support Australia Limited

As at 30 June 2020

30 JUN 2020

Assets

Bank

ACT1 OPG - 9000	30,335.70
ACT2 OPG - 28019027	1,065.94
Caboolture 1902	3,884.88
HSA Bundaburg 1929	6,210.42
HSA Ltd Gift Fund 9794	22,984.04
Maryb OPG - 2946	2,430.24
Nat Debit Card 9542	0.56
Nat Savings Grant 7212	456,857.62
Nat. Cheque 5210	40,590.54
P Mac OPG 2521	716.04
Perth OPG - 3441	1,693.08
PMac OPG - 2514	15,130.05
San Remo 3836	2,276.41
Total Bank	584,175.52

Current Assets

Bank Guarantee	12,100.00
Employee Receivable	1,971.80
Petty Cash	490.00
Prepayments	3,732.63
Total Current Assets	18,294.43

Fixed Assets

Computer Equipment	10,507.73
Less Accumulated Depreciation on Computer Equipment	(798.64)
Less Accumulated Depreciation on Plant & Equipment	(1,865.92)
Plant & Equipment - At Cost	6,808.13
Total Fixed Assets	14,651.30

Total Assets **617,121.25**

Liabilities

Current Liabilities

Accounts Payable	18,646.18
GST	(6.96)
Provision - Branches Re-Opening	3,038.27
Provision - Staff Annual Leave	6,158.45
Total Current Liabilities	27,835.94

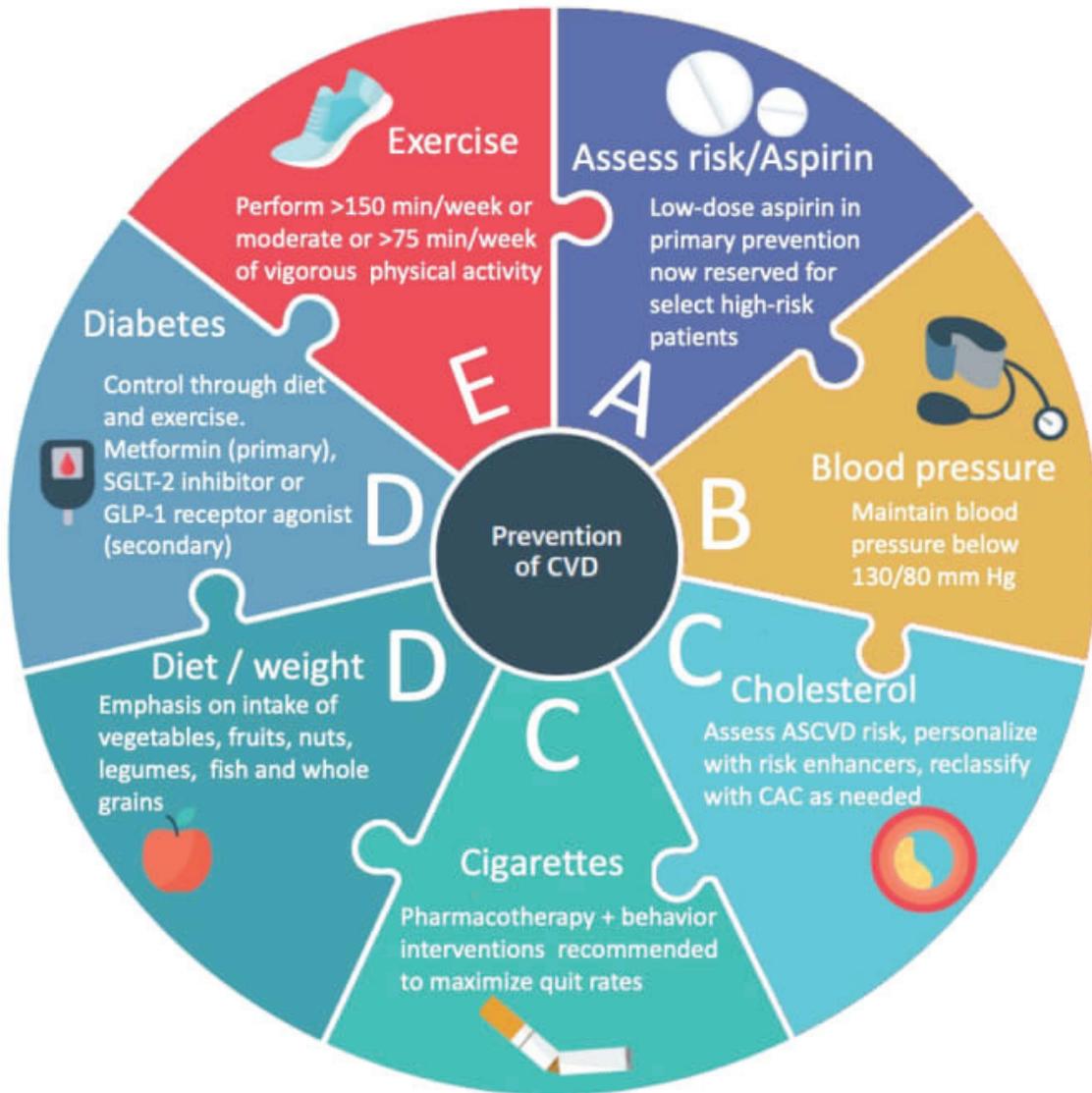
Non-current Liabilities

Balance Sheet

	30 JUN 2020
Member Funds	30.00
Total Non-current Liabilities	30.00
Total Liabilities	27,865.94
Net Assets	589,255.31
Equity	
Current Year Earnings	141,164.41
Retained Earnings	448,090.90
Total Equity	589,255.31



ABCDE of Primary Prevention: Lifestyle Changes and Team-Based Care



Heart Support Australia Ltd

ABN 34 008 629 221

50 Launceston Street, Phillip ACT 2606

02 6253 0097

heartsupport@heartnet.org.au

www.heartsupport.org.au

2020