

Who cares ?

## We Care!

We know that being diagnosed with a heart condition, or having a family member diagnosed, can be an isolating experience, but it doesn't have to be. How do we know? Because we've been there!!

Heart Support – Australia (HSA) has fully trained lay counsellors who have all experienced the trauma associated with having a heart condition: either as a patient, a spouse/partner or as a parent of a child.

Talking to a HSA lay counsellor is about sharing the thoughts, emotions and fears that you think no one will understand. Being a member of HSA will introduce you to a supportive, positive and motivated group of people who will show you that you are not alone in your experience.



(Partly Sponsored by City of Canada Bay Council)

## Who is Heart Support – Australia?

Heart Support – Australia is the only National heart support organisation of its kind in Australia. HSA provides, in collaboration with medical practitioners, allied health professionals and community organisations, an organized approach to the enhancement of quality of life for the more than 2 million Australian and their families affected by cardiovascular disease and heart conditions.

HSA is a national, volunteer, not-for-profit organisation committed to the establishment of self-help management programs and the adoption of nationwide information and rehabilitation initiatives for people with a heart condition.

Our motto **“Support – Information – Encouragement”** is exemplified in the services provided by Volunteer Lay Counsellors, who offer a free of charge support service for heart patients and their families (not conditional upon membership). The organisation has branches throughout Australia.

HSA is primarily a service provider and not a fund raising organisation. However, all HSA branches raise funds as they see necessary for the maintenance of their branch and assistance with their community service activities. Funds acquired by the National cover the administrative costs associated with projects undertaken by the Office and the overall administration of branches.

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## BRANCHES

Heart Support – Australia branches are established by people who are interested in offering support, information and encouragement to others and benefiting from the support of a network of people who have the experience of a heart event. This can be achieved in many ways.

Each branch has monthly meeting to provide a forum for discussion, education and support. Branches organize regular educational programs where speakers attend to provide information on popular and relevant topics. Social activities for members and visitors are also popular. People can get involved in social activities in a supportive and understanding environment.

Most branches offer a Lay Counselling service. Volunteer Lay Counsellors are specially selected and have experienced the effect of heart trauma either as a patient, spouse/partner or parent of a child with a heart condition, which enables them to empathise with their clients. Volunteer Lay Counsellors undertake training conducted by Heart Support – Australia. The training focuses on listening skills, exploration of options and confidentiality. It also stresses the mandatory requirement that Lay Counsellors must not give medical advice.

Walking programs are a very popular activity which many members organize and partake in. Branches work closely with health professionals to offer a walking program and assists people in regaining and maintaining their health after a diagnosis of a heart condition or surgery. Many branches organize walks for their members on a regular basis.

Branches across Australia work with health professionals, their Heart Foundations and community groups to assist in cardiac rehabilitation programs a various levels, and assist in health promotion activities like Heart Week highlighting the benefits of a healthy lifestyle.

## HSA Membership Application

*Please note: Spouses/Partners and parents of children may choose to become either an Ordinary or Associate Member.*

*(\* An Ordinary Member has National Voting Rights. An Associate Member has Non Policy Voting Rights). Please tick which applies -*

- Ordinary Membership \$11.00
- Associate Membership \$ 5.50
- I have a diagnosed heart condition (Ordinary)\*.  
I underwent surgery on \_\_\_/\_\_\_/\_\_\_ at the  
\_\_\_\_\_ Hospital.

Nature of operation or condition: \_\_\_\_\_

- I am the spouse/partner of a person with a heart condition. (Ordinary/Associate)\*
- I am the parent/guardian of a child with a heart condition. (Ordinary/Associate)\*
- I am a relative/friend/interested person.  
(Associate)\*

**FULL NAME:** Mr/Mrs/Ms

\_\_\_\_\_

**DATE OF BIRTH:** \_\_\_/\_\_\_/\_\_\_

**OCCUPATION:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_

**POSTCODE:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**ASSIGNED TO BRANCH:** \_\_\_\_\_

In accepting membership of Heart Support – Australia Ltd (HSA) I agree to abide by its Memorandum and Articles of Association.

\_\_\_\_\_

(Signature)

**PLEASE SEND APPLICATION TO:**

*Secretary:  
Heart Support – Australia, Central Sydney Branch.  
C/-45 Constitution Road, Ryde, NSW, 2112.*

## CENTRAL SYDNEY BRANCH

This branch of Heart Support – Australia was formed in March 2000 in Central Sydney Area Health Service with the support of Concord Hospital.

We are a young branch, with about 50 members. We hold formal meetings approximately every six weeks at Concord RSL. Other activities include Exercises Class held at Concord RSL and Walking groups - around the foreshore of Concord Hospital. After the walk the group gathers for morning coffee chats. Our activities are closely associated with Concord Hospital's Cardiac Rehabilitation service.

The Central Sydney Branch has a Lay Counselling service and the Manager is John Pomroy. For all enquiries for this service please contact John.

If you would like more information about our group or meeting dates and times please contact:

John Pomroy (02) 9743-4990  
Grahame Barter (02) 9807-2256  
Jan Gregory (02) 9807-3353  
Elizabeth Uno (02) 9819-6219



Do you have a

# HEART PROBLEM?



Central Sydney Branch

HEART SUPPORT – AUSTRALIA Ltd (HSA)  
ABN 34 008 629 221