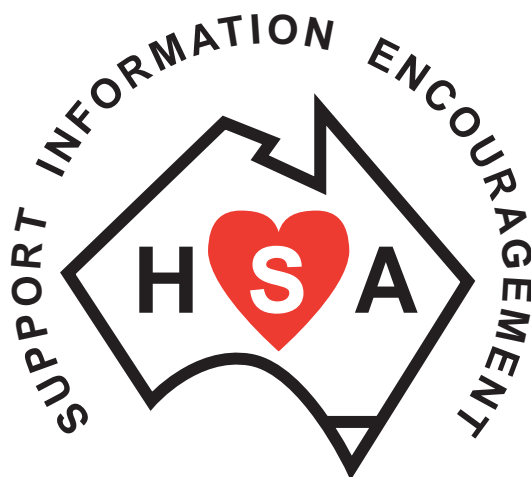


HEART SUPPORT AUSTRALIA



Annual Report 2005



Heart Support-Australia (HS-A), is a national, voluntary not-for-profit, heart patient support organisation. The central objectives of HS-A are to foster commitment to and an awareness in the Australian community of the needs and interests of the estimated two million Australians affected by cardiovascular disease/heart conditions and to provide support, information and encouragement to those persons.

HSA has 53 branches throughout Australia and development is continuous.

Patron Sir Richard Kingsland AO, CBE, DFC (outgoing)
Mr Richard Carleton (incoming)

National President Mr Richard McCluskey AM

Vice President/Director Mr Peter McIntyre (Resigned May 2005)
Mr Tony Arvidsson (From May 2005)

Directors Mr Peter Varricchio
Mr Brian Rawlins
Mr Graham Neville

National Secretary/Director Mrs Jill Forck

Members at Large Mr Maxwell Nancarrow OAM
Mr Rex Harding
Mr Tony DeChellis

Chief Executive Officer Mr Terry Melbourne

Administration Mrs Megan Miller

National Coordinator/Training Officer Ms Kerri Buzza

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Turner ACT 2601
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■ Life Membership

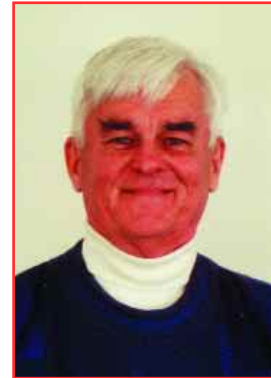
Every year Branches are encouraged to nominate members of their branch for life membership.

1991	Frank Kahler	2001	Pearl Simpson Margaret Waddell Dr John Gritton Heather McDougall Joyce Tuck Arthur Duke
1993	Roy Baker Maxwell Nancarrow	2002	Brian Rawlins Jim Wintle Cath Grimson Travis Ellis Ken Every Raymond Thompson
1994	Ken Rosewarne Anne Rosewarne Valerie Walker	2003	Henry Simpson Dawn Wilson Josie DeChellis John Kurrle Reginald Bloomfield Betty Martin
1995	Gerald Atkinson Annie Whitehead Albert Thrussell Fran Gardner Keith Cox	2004	Diane Rawlins James Scott Pat Krause Merv Raynor
1996	Margaret Sargent Robin Sargent Rex Harding Ronald Mumford Tony Ardivisnon		
1997	Bill Whitehead Howard Peak Neville Giblett Len Byrne Harold Kemsley		
1998	Leslie Reading Maurice Wright Elaine Wright Dr Darryl McGill		
1999	Hendrina Kioostermann Anthony Wilkinson		
2000	February AGM Elsie Bastow Don Ford Alex Gardner Harald Neugebauer Phyllis Schmidt		
2000	October AGM Terence Cahill Keith McKenzie James Hinson Peter Traynor Harold Pears		

■ President's Report

I am pleased to present my Report for Heart Support-Australia Ltd for the year 2004-2005. We continue to work at raising the profile of HS-A and on the development and dissemination of our Self Management Plan (SMP).

As usual, HS-A Branches continue to provide support to cardiac patients and their families. This work is much appreciated and on behalf of the Board of Directors I extend our thanks to all members. Maintenance of membership numbers is still causing some difficulties for branches. In some cases it has been found that amalgamation of smaller branches with larger branches has enabled both to continue to operate.



The revised Constitution of Heart Support-Australia was adopted by the membership at the Annual General Meeting in November last year. This document now better reflects the aims and needs of the organisation. I would like to thank both the working party and branches for their contributions to this project.

The introduction of the SMP to branches has progressed as finances permitted. Some training courses have been conducted by National Office staff but there is still much to be done. At the time of writing we have a submission with the Commonwealth Department of Health and Ageing seeking funding for a comprehensive training program. We hope for a positive response in the near future.

Furthering the aims and objectives of HS-A requires significant financial resources, both at national and at branch levels. At the national level we are actively pursuing corporate sponsorship to support specific programs or objectives, with some success. Branches are encouraged to explore the possibility of local area sponsorship to support local projects. We are not well positioned to seek support from State authorities at present. We are looking to establish State Secretariats each with an Executive Officer who will be best placed to negotiate with States for funding support.

National Office staff have worked hard to meet the legal requirements of the Company as well as supporting branches. We were required, at short notice, to find and relocate to new office premises just before Christmas. Our thanks go to Terry, Megan and Kerri for their sterling efforts throughout the year.

There have been some changes at National level. Firstly, Sir Richard Kingsland has relinquished the appointment of National Patron after many years of valuable service. We thank him for his interest and support. The Board invited journalist and television personality Richard Carleton to be our Patron and he has accepted. Mr. Carleton has experience as a cardiac patient and appreciates the work that we do. We look forward to a long and fruitful association. Secondly, our Vice-President Peter McIntyre resigned in May after five years service as a Director. Tony Arvidsson was elected Vice-President. Graham Neville from Perth Branch was appointed to the Board until the next AGM. I would like to thank my fellow directors for their participation and support throughout the year.

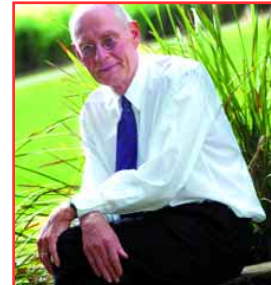
I can report that Heart Support-Australia continues to operate on a sound financial footing and is well placed to continue to provide support, information and encouragement to the Australian community.

Richard McCluskey

■ The Faces of our National Directors

Mr Tony Arvidsson - Vice President - Queensland

Heart Support-Australia is having an eventful year in Queensland, much of which is not emanating from our organisation although it impacts on it. I am referring to the Morris enquiry into Queensland Health and particularly the Bundaberg Hospital. The enquiry has identified the dangers of hospitalisation and the many tragic outcomes to patients many of which are preventable. The dangers include inadequate clinical skills, poor judgment and unfortunate "misadventure" by the medical profession. This predicament is however not solely related to Bundaberg, it is indicative, of a system that is unable to deal with health appropriately. The findings identify the importance of keeping out of hospitals and when an estimated 70% of hospital admissions are related to lifestyle, therefore preventable, we start to understand the fix to this predicament. HS-A has developed a Self Management Plan within the Project that goes to the heart of this subject and this plan has the potential to reduce hospital admissions and readmissions freeing the system for those non-preventable events. It is with ongoing disappointment that our organisation has not had this fully funded and endorsed by Governments for implementation. I believe this initiative is the single most important legacy Heart Support-Australia can offer our citizens and I urge every member of our company to assist in making this happen.



I also take this opportunity to welcome the Logan Branch of Heart Support-Australia and their very productive and enthusiastic members.

Tony Rosenskjold Arvidsson
Vice President
Heart Support-Australia

Mrs Jill Forck - Secretary - NSW

2005 has proved an exciting year for Heart Support Australia, with National Office staff settling into their new offices, the evolution of satellite branches, the opening of an enthusiastic new branch along with the activities of 17 branches in NSW. Our new branch in Wagga Wagga has now been fully trained in the new Heart Health Support Service course, as has the Orange branch. Hopefully many more of the NSW branches will be receiving training in the next 12 months, ensuring the quality of the services we provide.



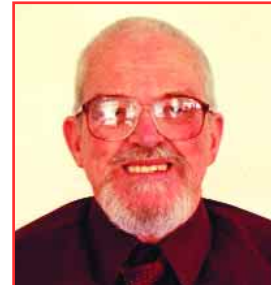
I was appointed as a consumer representative for the Consumer Health Forum of Australia on the Vascular Prosthesis Clinical Advisory Group and the Cardiac Prosthesis Clinical Advisory Group with representation on both. These groups acknowledge the importance of premium care for all consumers.

Future outcomes for HS-A in NSW is the prospect of the formation of a state executive who will continue to enhance the work of HS-A, providing information, support and encouragement. I look forward to continuing my active involvement in HS-A to assist in providing better health outcomes for people with heart conditions, working with the branches, national office and the national board in the pursuit of excellence for our organisation

■ The Faces of our National Directors

Mr Brian Rawlins - Director - Victoria

This past year has seen all Victorian branches flourishing. A new branch has been established at Corner Inlet and is going ahead. Mornington Peninsula looks very promising. Diane and I have visited San Remo, Wonthaggi, Monash and Knox branches. In the coming year we envisage multiple branch get-togethers i.e. Monash, Knox, Corner Inlet, South Gippsland and Castlemaine for a social day.



Mr. Peter Varricchio - Director - South Australia

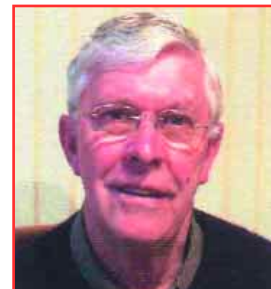
The South Australian branches (central, northern and western) still meet monthly and are doing well. The highlights of the year were the annual picnic held by the central branch, with the northern and western branches participating, with well over 300 attending including State politicians, Division of General Practice, Terry, Kerri and Megan. It was very successful.

For the first time all three branches took part in the Vietnam Veterans Day/Men' Health Expo held on 21-8-2005. There were over 20 health organisations handing out pamphlets and talking to Veterans and the general public regarding health issues and avenues of help. It was a great public relations opportunity. It enabled us to illustrate our presence to the community.

Mr Graham Neville - Director - Western Australia

Heart Health Support Service is provided by our volunteers to cardiac patients in two major teaching hospitals and two private hospitals in Perth.

There were two successful training courses conducted in Perth during the year by National Trainer, Kerri Buzza and interim Volunteer Manager, Jim Scott. The courses were comprehensive and members attending were introduced to the Self Management plan. There is a need to develop the country branches again, as heart patients from country areas need our support. The only country branch in WA at present, is in the South East region based at Esperance.

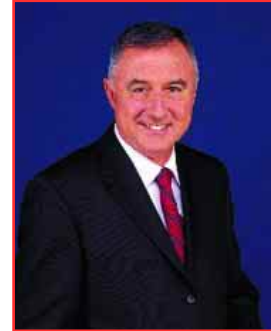


Peter McIntyre resigned in May as WA Director and his contribution over 4 years is very much appreciated.

■ Patron

Mr Richard Carleton

Richard Carleton was very happy to become the new patron for HS-A. In accepting this honorary position Richard said "By continuing with an active life after each operation he has shown Australians in a very public way that whilst prevention is miles better than the cure, heart disease need certainly not be a death sentence. The heart health industry in Australia gave me 15 years of extra life after the first operation and I'm hoping for 20 more after the second. The time has come to give something back. That's why I'm delighted to take up this position".



■ Chief Executive Officer's Report



This has been an interesting year for Heart Support Australia. We have managed to develop 4 new branches and 2 others are still in the pipeline this year. Unfortunately, for various reasons we lost 3 branches. As well as the branch's growth we have trained 11 branches in our new self management program. As you will be aware we have changed the focus of branch support services from "lay counselling" to the more appropriate terminology of "HEART HEALTH SUPPORT SERVICE". This new way of describing our services reflects more accurately what the branches provide through the platform of services that are provided.

In October of 2004 the National Office and Secretariat moved accommodation. This has proved to be a very successful move and all the staff have settled into the new premises.

We have made several submissions to the Commonwealth Department of Health and Ageing for funding for our two priority projects. The projects are: - to establish State Executives that can support the branches more effectively than is currently possible, and to establish our self management program for all branches to be able to be trained in this aspect of the services that we provide. We should hear from the Department soon.

Our Patron, Sir Richard Kingsland, has resigned from the Patronage of the organisation and we have been very fortunate to secure Richard Carleton as our new patron. Thank you Sir Richard for your years of support and welcome to Richard Carleton as our new Patron. This should assist us to lift the profile of the organisation and make us more marketable.

The coming year should be an exciting one for the organisation, with the potential to develop more branches and, when we receive funding from the Department of Health and Ageing, the development of State executives and the roll out of our self management training program.

I would like to thank my colleagues, Megan and Kerri for their tireless work. As you know we are a small secretariat and the workload is tremendous. I would also like to thank the National Directors for their wise counsel and a special thanks to Richard, the President, for his ongoing support and encouragement.

Stay well

Terry

■ Branch Information

ACT BRANCH now has over 100 members, most of who are actively engaged in the three hospital visiting programs and or one of the three walking groups and or the social and fund raising activities. The biggest news for the branch this year was the award of Medals in the Order of Australia, to Life members, Elaine and Maurie Wright. Both have devoted much of their time over many years to branch activities and heartiest congratulations are offered to them. A new project this year is the production of a booklet on local rehabilitation and emergency medical services for heart patients from 20 South East NSW towns and districts who have surgery at the Canberra Hospital. This project is sponsored by the Community Foundation of the Illawarra Mutual Bank, Wollongong.



ALBURY/WODONGA BRANCH meets monthly and conduct the NHF 'Let's walk it' program on Thursday afternoons. There is also a walking group in Wodonga that meets on Wednesdays and the Cardiac Rehabilitation walking program that is on every Thursday morning at 8am followed by refreshments if required. The branch provides a free pick up service for members and guests to attend meetings and functions.

BANKSTOWN BRANCH has many volunteers who attend to patients regularly at the Bankstown Health Service, as well as provide any assistance requested outside the hospital. The branch members are actively engaged in fundraising to help the Cardiac Ward to obtain the necessary equipment for the benefit and improvement of the recovery process of the patients. The efforts of the branch are greatly appreciated by the Hospital's Department of Cardiology. Whilst helping others, they also have fun by hosting BBQ's, guest speakers at their meetings and their annual Christmas party.



BRISBANE BRANCH membership has slowly climbed this year with weekly attendances at meetings averaging at approximately 45 members, who enjoy the relaxing activities. Relationships and co-operation with the Queensland University School of Medicine have been ongoing with third year students seconded to the branch for periods of seven weeks. A new project with the School of Medicine, now in the pipeline is due to start soon. Training in the Heart Health Support Service was undertaken in October with three other Queensland Branches.

BUNDABERG BRANCH has continued to provide support to heart patients though their involvement with the local hospital and the Heart Health Support Service. They are currently seeing approximately 600 heart patients annually as well as the hospital visits and are actively involved in the walking program which runs 3 days a week in conjunction with the Heart Start program. They acquired a new defibrillator through a grant from the Jupiter's Casino community fund and donated the use of this defibrillator to the Heart Start Program.



■ Branch Information

CABOOLTURE BRANCH, although established last year, are finally up and running, attending the training in October with three other Queensland branches. We look forward to hearing all their news in the next twelve months.

CENTRAL SYDNEY BRANCH continues to be active members of HS-A. The branch conducted a CPR group demonstration by the Royal Life Saving Society in August this year. They also run exercise classes every Monday at the Concord RSL. These classes are conducted by an accredited trainer. They walk every Thursday morning and meet monthly. Fundraising is by way of a gold coin donation at their walking program and from this fundraising, a donation of several pairs of dumb bells of varying weights was presented to the cardiac re-habilitation unit to assist with their program and under the guidance of our fitness leader the branch also purchased dyna bands and rodondo balls for use in the exercise class.

CORNER INLET BRANCH is our only new branch established in Victoria this previous year. They have received assistance from the South Gippsland Branch and we look forward to all their news in the next year.

CROPPERS/LIVERPOOL BRANCH has had some interesting excursions this year, visiting Mary McKillop Museum, the Jewish Museum and a Xmas in Winter BBQ. They have organised raffles to raise funds for equipment to be used in the Liverpool Hospital Cardiac Rehabilitation Unit. Regular Friday morning walking groups is still going very well and meetings are held on the third Friday of the month.



ECHUCA BRANCH continues to hold Bingo and raise much needed funds for various health organisations. This financial year the branch has been able to make the following donations of \$10,025.27 to the Royal Children's Hospital Good Friday Appeal, \$4,000.00 to the Rochester hospital Rehabilitation program, \$1,000.00 to the Tsunami appeal, \$1,000.00 to the Echuca Colleges Walking Program and \$75.00 to the Echuca Red Gum Centre, totally \$16,100.27. The branch has welcomed 37 new members this year and the branch has organised many trips and events which are enjoyed by all.



FAIRFIELD & DISTRICT BRANCH is a very active group with over 60 members. They are very active within the community, with the walking program on Wednesday and Friday mornings. They have also undertaken to meet with other support groups within the Sydney metropolitan area and have also been invited to advise their members to apply to sit on various committees. They also are a very social group, organising several outings throughout the year.

HERVEY BAY BRANCH keeps a steady membership base of around 24 members. They have enjoyed some wonderful social activities throughout the year including a combined 'Christmas in July' with Bundaberg and Maryborough Branches. They continue to meet on the 2nd Friday of the month.

■ Branch Information

IPSWICH & WEST MORETON BRANCH has just completed up to date Heart Health Support Service training, combining their training with the Brisbane branch, the Logan branch and the Caboolture branch. This training ensures that all members are up to date with the new training and self management programs and are able to be fully informed when assisting people within the health system. The branch also conducts a walking program 3 hours a week and organises several social activities for their members.



KERANG BRANCH meets on the third Monday of the month, exchanging ideas and learning about food, lifestyle changes and medical issues. They have had a successful year with an increase in membership and enjoyed many social get-togethers and many guest speakers at their monthly meetings. The branch has a trip to Maryborough planned for October and will be as successful as the other trips they have undertaken this year.

KYABRAM & DISTRICT BRANCH has approximately 30 members. They meet on a monthly basis and are still raising much needed funds with the picking and selling of the tomatoes. They make regular contributions towards the local health facilities. Two of their members attended the Heart Health Support Service training held in Orange this year to enable them to carry on visiting those in Kyabram that need assistance.

LAKE CARGELLIGO BRANCH has experienced some difficulties this year with membership and committee positions. They have become one of our first satellite branches with Orange branch being their parent branch. Rather than branches that are having difficulties closing down, we are instigating the satellite process so that the smaller branches can still operate under the umbrella of a larger branch, therefore enabling members to still experience the support and social activities involved.

LOGAN BRANCH is one of the new branches that have been established in this past 12 months. They will be attending training in October also with Brisbane branch, Ipswich and Caboolture branches. They would like to thank Brisbane branch for their assistance in establishing the branch and the support they have given since their opening. The branch meets on the 4th Tuesday of the month and has had several guest speakers. They have also held a trivia night, a Christmas in July and Tai Chi classes. We wish them luck for the coming year.

MANSFIELD BRANCH holds monthly meetings on the third Wednesday of the month with approximately 20 people attending on a regular basis. On the 4th Friday of the month they participate in a Hospital walk which is a very social event. The physiotherapist checks their blood pressure and pulse prior to the walk and half way through they usually stop for a cuppa and a snack. The branch also holds outings throughout the year that are attended by a majority of its members.

MONASH BRANCH continues to assist those in hospital after a heart event. They have a large pastoral team that visit the hospital on a regular basis and will be undergoing updated training this year. They have held several outings this year including a film and luncheon day in August.

■ Branch Information

ORANGE BRANCH has donated \$1000 to the Healthy Lifestyle Group to purchase an Oxygen Concentrator. They are also in the process of starting a Walking Program and have undertaken the updated Heart Health Support Service Training earlier this year. Visits to the Orange Base Hospital continue to assist heart patients. Their annual dinner in April this year was a great success with a guest speaker, Mr. John Massey from Ventracor talking on their new heart pump. The branch is now the parent branch for our first Satellite branch, Lake Cargellico.



PERTH BRANCH now has a membership base of 98, including the 18 new members that joined this year. The branch has 13 volunteers that attend four hospitals in the Perth Metropolitan area, including Royal Perth Hospital, Sir Charles Gairdner, Mount Hospital and Hollywood Hospital. Each hospital has a senior member as a Liaison Officer attached. The branch has undertaken 2 training courses throughout the year to ensure that member's training is kept up to date. The branch also started a Walking Program in June this year which is being enjoyed by all who attend.

ROCKHAMPTON BRANCH has continued to progress steadily this year, however have decided to hold their meetings on a quarterly basis rather than monthly. They continue to hear guest speakers at their meetings and various other activities such as viewing health videos etc.

SAN REMO BRANCH, although a small branch, meets regularly throughout the year, with attendances ranging from 8 to 12 members. Although the branch has not grown in numbers this year, the committee has provided a varied program for those who attend. This has included a Christmas Luncheon at the San Remo Hotel, a luncheon at Churchill Island Restaurant and speakers in the persons of a doctor speaking about coagulants, a representative from the Country Fire Authority speaking on keeping your home fire safe and many other varied and interesting speakers.

SUNSHINE COAST BRANCH continues to meet on the first Wednesday of each month at the Nambour Hospital. They continue to have a good working relationship with the staff at the hospital where they visit patients in the cardiac ward each week. Additionally, efforts have been made to inform local General practitioners and others, both of the branches existence and objectives, by inserting articles in relevant professional newsletters and publications. The branch has undertaken training this year to ensure that they are up to date with self management principles and very much enjoyed the new course.

SOUTH GIPPSLAND BRANCH has gained 23 new members this past year; bringing the total to 101 members. They continue to enjoy their monthly bus trips and social gatherings. The meetings are well attended, on average 17 or so. They have occasional guest speakers who talk on a variety of topics. Raffles and donations the past year raised over \$4,000.00. This money is used to provide the Korumburra Hospital Cardiac Rehabilitation Department with a blood monitor machine.



■ Branch Information

SUTHERLAND SHIRE BRANCH has had a busy year. The branch now has 109 members and has had many great speakers at their meetings, ranging from a Forensic Hypnotist to the NRMA road safety for seniors. They have been involved in Fund Raising with all proceeds buying equipment for the Cardiac Services at the local hospital. The branch provides active volunteers who work in the Cardiac Rehabilitation Unit and Cardiac Wards and speak at the Heart Lung Program. Their walking and Heartmoves Exercise programs continue, as do the Friday Friendship lunch on the last Friday of each month which is welcomed by many members. The Christmas and Heart Week luncheons attracted a large gathering of happy members and friends.



WAGGA WAGGA BRANCH is our fourth branch to open in this past year. They are an extremely enthusiastic branch that has already undergone training and have organised training for a further dozen members in late November. They currently have 26 members and aim to have a minimum of 50 by March 2006. Meetings are held on the 3rd Wednesday of the Month and a Social dinner meeting is held, including partners, on the 1st Wednesday of each month. Discussions have commenced with Wagga Wagga City Council with the aim of using the indoor basketball courts to conduct 'Back on Track' programs. This walking program would also be open to other support groups in the area.

WANGARATTA BRANCH currently has 38 members who enjoyed another great year of fellowship. Each week they join for their walking and they hold 'official' meetings on a fortnightly basis. There have been new members this year and all members have enjoyed activities including bus trips, guest speakers, fundraising activities and the highlight of the year has been the T'ai Chi sessions they attended each week.

WONTHAGGI BRANCH has received much support over the past year including support from the rehabilitation section of the hospital. The branch is very thankful for the encouragement of the Rehab staff of the Hospital in providing their meeting room and refreshments and the additional assistance and support. They have had several guest speakers to the meetings, which are attended by an average of 18-20 members.

■ Branch Locations

National Office

Canberra

NSW

Bankstown

Central Sydney

Coffs Harbour

Corowa/Rutherglen

Cowra

Croppers Liverpool

Deniliquin

Fairfield & District

Hunter District

Lake Cargelligo (Satellite of Orange Branch)

Macarthur

Merriwa (in recess)

Orange

Southern Highlands

Sutherland

Taree (in recess)

Wagga Wagga

West Wyalong & District

Victoria

Albury/Wodonga

Castlemaine

Colac (in recess)

Corner Inlet

Echuca

Frankston

Horsham

Kerang

Knox

Kyabram

Kyneton

Mansfield & District

Monash

San Remo & District

South Gippsland Region

Wangaratta

Warrnambool & District

Wonthaggi & District

South Australia

Northern District Heart Throbs

Central Adelaide

West Adelaide

Queensland

Brisbane

Bundaberg

Caboolture

Hervey Bay

Innisfail

Ipswich & West Moreton

Logan

Maryborough

Rockhampton

Sunshine Coast

Western Australia

WA State Executive - Perth

Perth

Eastern Goldfields

ACT

Canberra

Heart Support Australia gratefully acknowledges and appreciates the support of:

Commonwealth Department of Health and Ageing for funding our National Office Secretariat

Merck, Sharpe and Dohme for funding our 2005 Annual Report

Pfizer Australia for funding our quarterly Newsletter

ACT Health for supporting our AGM

The National Heart Foundation for supporting our AGM

The Heart Research Institute for supporting our AGM

Laerdal Pty Ltd as our first Corporate Member



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We recognise that Australians like to understand the benefits and the side effects associated with the medicines they take. We provide clear and concise information about our medicines in Consumer Medicine Information (CMI) leaflets.

CMIs are easy to understand and help you use your medicine safely and effectively by explaining

- What the medicine is used for
- When to take it, and when not to take it
- How to take it
- Possible side effects and what to do about them.

Ask your pharmacist or doctor for a CMI, or if it is a product manufactured by Merck Sharp & Dohme, you can either free-call our Medical Information Department on 1800 645 712, or visit the medicines section on our website www.msd-australia.com.au

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Healthcare professionals want access to high quality independent medical information, which is why we established the Merck Sharp & Dohme University Program (for GPs), the Pharmacy Educational Program, and the ASEAN Cardiovascular and Lipid Forum. And because healthcare professionals in remote areas of Australia have trouble accessing medical information, we provided the funding to establish the Rural Health Education Foundation. Using satellite technology, the Foundation now delivers distance education programs on a range of medical issues to healthcare professionals in rural and remote areas.

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Heart Disease	HIV/AIDS	Multiple Sclerosis
Obesity	Respiratory Disease	

In Australia, our clinical research team are working with hospital specialists in many cities to study the safety and effectiveness of the medicines.

The products we research, develop and manufacture have touched the lives of most Australians, from early childhood vaccines, antibiotics and HIV medicines, through to therapies for the treatment of many chronic conditions such as high blood pressure, high cholesterol, osteoporosis, glaucoma, asthma and Parkinson's disease.

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