

# Heartbeat of our community

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A SECOND Heartbeat event for the Wangaratta Grit and Resilience Program will be held on Thursday, November 11.

This program is a community-led initiative which aims to better address and improve mental health and wellbeing, and support for those affected by suicide in the Rural City of Wangaratta.

To be held at the Wangaratta Rovers Football/netball Club rooms from 5.30pm to 7.30pm on November 11, the Heartbeat will bring together program participants and community members to celebrate achievements, and offer an opportunity for much-needed social connection. The evening is open to any interested community members who would like to hear about Grit and Resilience activities from those involved, and to find something they would like to be a part of or to start.

There will be light refreshments on offer, entertainment provided by activity participants, and the opportunity to meet other like-minded people from across the Rural City of Wangaratta.

This event follows the first Heartbeat, which took place in July, when the Grit and Resilience team launched the three program action plans: 'creating connections', 'including and involving' and 'postvention'.

Each of the action plans outline the activities the team will work with the community to deliver.

"While we couldn't bring community together in July to share in a single event, the Grit and Resilience team hit the road, meeting with community members for a cuppa and chat at various locations across the Rural City of Wangaratta," Bek Nashwebster, Grit and Resilience Program coordinator said.

"As a result of the first Heartbeat, 15 activities were started by community members nominating to participate.

"The Heartbeat on November 11 will be an opportunity to come together, to share the progress that's been made so far, and to celebrate what has been achieved. We are so excited to be bringing people together."

The event will be held in line with current COVID-19 requirements. Following the direction of Victoria's Chief Health Officer, only fully vaccinated individuals may attend.

Bookings are essential and can be made on Eventbrite using the following link:

<https://bit.ly/3vdfbm4>.

\* If this media article causes you any distress, please phone Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467.