



Supporting healthier minds, bodies and communities  
through **research**, **awareness** and **education**.



## Australian Rotary Health Latest News

**Congratulations to Postdoctoral Fellow  
Dr Erin Hoare**



Australian Rotary Health Postdoctoral Fellowship recipient Dr Erin Hoare was awarded the prestigious 2019 Fulbright Scholarship last week at Parliament House. This is an amazing achievement and we congratulate Erin and wish her all the best!

Erin is looking forward to the next 12 months mapping diet and physical activity for mental health on an international scale as she undertakes her research in Boston, USA.

## **Introducing Our New Funding Partner PhD Scholars**



A warm welcome to our newest Funding Partner PhD Scholars [Anna te Velde](#) (top left), [Rachel Teh](#) (top right), [Win Lei \(Nicki\) Swe Yee](#) (bottom left) and [Hyo Jeong \(Minnie\) Kim](#) (bottom right).

With support from Australian Rotary Health, the Rotary Club of St Ives and the University of Sydney, Anna te Velde's PhD project will focus on: **'Early natural history and clinical markers of motor severity, motor type and topography in infants with cerebral palsy.'**

Rachel Teh was awarded the Rotary Clubs of Chelsea & Mt Druitt & Val Henry 'Rob Henry and George Malone' PhD Scholarship this year for her project: **"Which one is the malignant mole? Scarless biopsy for early diagnosis of melanoma."**

Win Lei (Nicki) Swe Yee's PhD Scholarship is co-funded by Rotary Club of Kew, Jill & John Forsyth. Her project will look at: **'Peanut Specific Antibody**

**Diversity and Affinity During Peanut Oral Immunotherapy: for Therapy Monitoring and as Predictive Tool.'**

And Hyo Jeong (Minnie) Kim will investigate Bile Duct Cancer with financial help from the Rotary Club of Sandy Bay 'Michael Chivers' PhD Scholarship. Her project is called: **'Synthesis and Evaluation of Sialyltransferase Inhibitors.'**

We wish our new scholars all the best with their research!

## **Thank You From a PhD Scholar**



*"A big thank you to Australian Rotary Health for inviting me to speak about my PhD research at their recent Friends & Supporters Research Cocktail*

*Party. It was great to meet the many brilliant-minded individuals who collectively make ARH the successful organisation that it is today.*

*Also, a special mention to ARH Vice Chairman Mr Kevin Shadbolt OAM who originates from Rotary District 9830, the same district who co-funds my PhD scholarship, alongside ARH. I look forward to future opportunities to continue to share my research undertakings with the broader ARH community and particularly with the Rotarians from Rotary District 9830."*

- Jason Palazzolo, Funding Partner PhD Scholarship

## **Helping People With Cerebral Palsy Walk Further**



A new study funded by Australian Rotary Health and the Rotary Club of St Ives has found that exercise may help people with cerebral palsy walk a little further.

[Read More](#)

## **A Resource to Prevent Poor Body Image and Eating Disorders in Pre-schoolers**



Early childhood professionals are receiving training on how to disseminate a new resource that promotes positive body image and healthy eating patterns in young children, as part of a research trial funded by Australian Rotary Health.

[Read More](#)

## **An Integrated Parenting Intervention for Autism Spectrum Disorder**



Australian Rotary Health is funding a trial of the world's first integrated intervention for parents of children with Autism Spectrum Disorder (ASD), to help improve treatments for children with ASD.

[Read More](#)

**Does Dairy Affect Our Mood and Cognition?**



[Meghan Hockey](#) was awarded an Ian Scott PhD Scholarship from Australian Rotary Health this year to assess the possible differential effects of A2 dairy products, compared to conventional dairy products, on symptoms of depression and anxiety, and cognitive function, in women with low mood.

[Article Here](#)

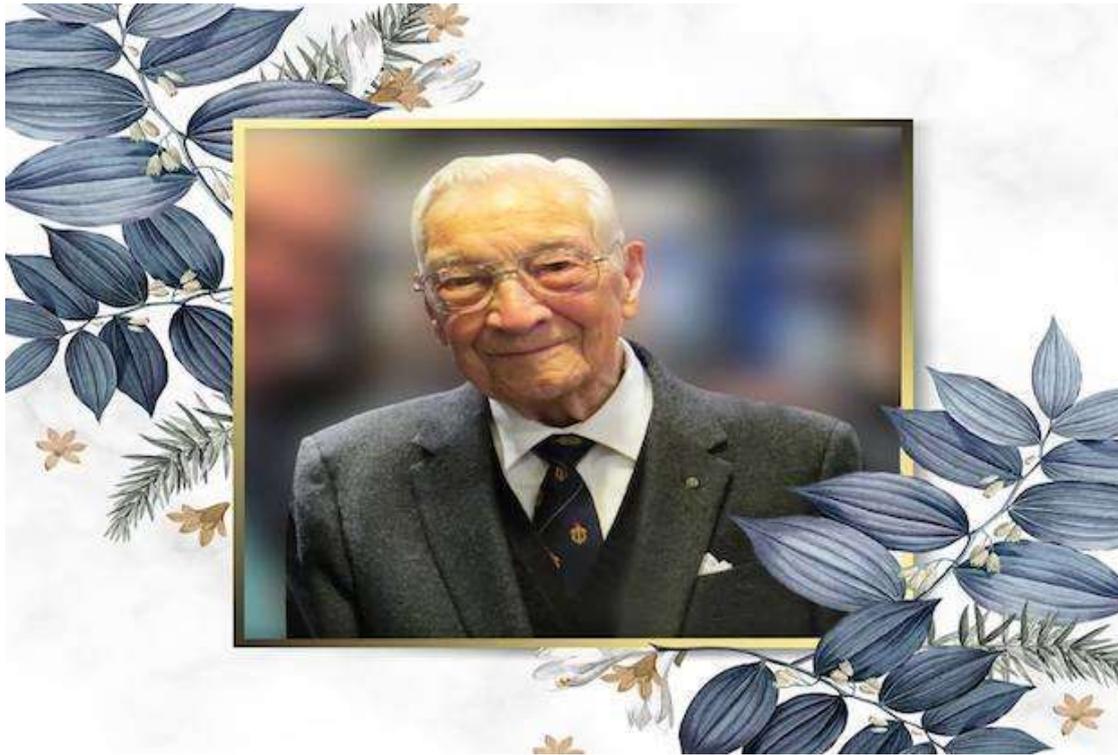
## **Employment Disadvantages for Depressed Youth**



Young Australians with a history of depression in adolescence are at a disadvantage when it comes to employment, according to a new study funded by Australian Rotary Health.

[Article Here](#)

## **Rotary Down Under Pays Tribute to Founder of National Magazine**



A beautiful tribute to Rotarian Paul Henningham, the founder of [Rotary Down Under](#).

Our CEO Joy Gillett OAM was one of his first staff members...

*"I would like to let people know that Paul has always been the most considerate and kindest person I have ever known. Back 50 years ago, when I was first employed at RDU, he joked that I was his 'adopted daughter'. He was such an extraordinary person, who genuinely cared about people and wanted the best for everyone.*

*"Nothing was too much trouble for him, and I knew if I did ask for something, he would do everything in his power to make it happen."*

[Read More](#)

**World Hearing Day**



To mark World Hearing Day on March 3, we shared this video of Emma Laird, one of our PhD scholars who is conducting research on hearing and mental health.

Click above to watch!

## **Supporters of ARH**

# Crosswords offer new career path

For many people, doing a crossword is a simple relief from the stresses of life. But for Drysdale's **CATHERINE EAGLESON**, crosswords became something much more profound. Here she tells how they helped empower her after she was diagnosed with a mental illness.

IF I had a dollar for every time someone has asked me "How did you start writing crosswords?" I could probably go on a holiday with the proceeds. However, I have to confess that the answer I have given them is not the whole truth. It all happened because I was diagnosed with a mental illness.

One day I was sitting at home and suddenly I hit the wall. I had experienced an enormous panic attack, and life as I knew it would never be the same again. Within a week, I was extremely unwell, having visual and auditory hallucinations. I was hearing voices and the ceiling was turning purple.

You don't want to admit something is wrong. I had been brought up to carry on, so that's what I did. I pretended everything was fine, essentially playing the imitation game. I didn't say anything to anyone. I kept going to work, and kept smiling. One day I just had to admit to myself and everyone else that I needed help.

When I first went to see my psychiatrist, she likened the panic attack or depressive episode to being hit by a Mack truck. I had been coasting along with my day to day life quite happily, and then one day, everything was in pieces.

Looking back, we deduced that I had probably already experienced several mini Mack truck episodes. They had happened when I was in my early

teens to early 20s, and although I had not been well, I managed to carry on. They weren't enough to tip me over the edge.

It was 18 months after being diagnosed with bipolar I realised I wasn't coping at work. I chose to leave, despite being encouraged to stay. There were also days I just couldn't function.

At my worst, I was having auditory hallucinations which are apparently a "textbook" symptom. In my case it was bad language and music playing over and over in my head and these terrible meltdowns where I would just cry.

The bad language was the worst. It never let up. I have never really been the one to use it.

And that's the thing with bipolar. A doctor friend once told me "It knows exactly how to get you ...".

The symptoms were pretty much the same each time, and would happen pretty much without warning. Something usually quite trivial would upset me. My husband Alex would say I would go quiet. It was like the calm before the storm. Then in my head I would hear the sound of shattering glass, like something like a large crystal vase been thrown against a wall and smashing to smithereens. Then the crying would start. It was very cathartic, but at the

same time very debilitating.

It was my intention to return to the workforce in some capacity, ideally in a library, which is what I knew. But one day my doctor delivered the news that knocked that idea on the head. I was told that as a bipolar sufferer I was seen as a liability by employers. The best I could hope to work was eight hours a week.

Not wanting to put myself in another high-pressure situation, I took his advice and started looking for an alternative.

I had already developed a passion for writing trivia questions and had run a number of fundraising trivia nights. One day an event was cancelled. In a very "bipolar moment" I decided to turn them into crossword and codeword puzzles. Not only was it something I could do at my own pace, it was a way of working through non-threatening problems I could actually solve.

In a short space of time I had two emails, one from a retired English teacher in Bendigo and one from a guy who commuted between London and Sydney. They both said my codewords were the best they had found.

Bipolar is very unpredictable. You go through peaks and troughs. When you are at a peak you have to make the most of the "good times". It was one of those times in 2013,



Catherine Eagleson created Clue Detective after being diagnosed with a mental illness.

I came up with the idea of marketing my puzzle portal to public libraries. Libraries offer Clue Detective puzzles as an online resource for patrons.

Current members of the Clue Detective Public Library Network include three libraries in New South Wales, four in South Australia, three in Western Australia, four in Victoria and three in Queensland.

I also received an invitation from the co-ordinator of the Portarlington Neighbourhood

House to run a puzzle club for seniors. This was very successful, running for three years.

In October 2006, I was invited to be the guest speaker at the Rotary Club of Drysdale, talking about writing crosswords. It wasn't long before I heard about the work of Australian Rotary Health. I knew that was where I wanted to be, eventually.

Clue Detective and Rotary have allowed me to turn my life around, and have become

intrinsically linked. I have recently taken on the dream role of co-chair for Australian Rotary Health for District 9780. I am making it my mission to raise awareness about mental illness.

So often when you suffer from bipolar, you feel helpless. I no longer feel this way. I feel empowered, and I am looking forward to what lies ahead.

To find out more about Clue Detective head to [cluedetectivepuzzles-online.com](http://cluedetectivepuzzles-online.com)

A lovely story on District 9780 Australian Rotary Health Committee Co-Chair Catherine Eagleson, who is the brains behind the [Clue Detective Puzzle Agency](http://cluedetectivepuzzles-online.com), raising money for mental health research!

[Download Article PDF](#)



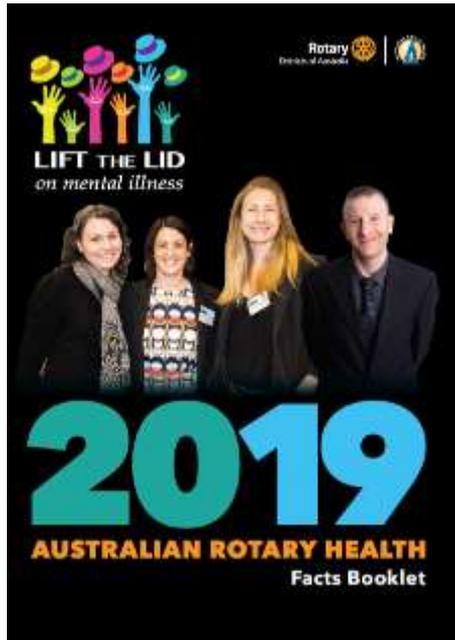
Congratulations to Neville and Patti Parsons (from [Wauchope Rotary - serving the Wauchope Community](#)) who celebrated their wedding last month!

We are also incredibly grateful for their \$6,000 donation to mental health and suicide prevention research, after requesting that wedding guests make a donation to ARH in lieu of wedding gifts.

This donation will directly support a Mental Health Research Grant project on using text messages to support people after a suicide attempt, led by [Dr Mark Larsen](#) at the Black Dog Institute.

Thank you and congratulations once again!

**2019 Facts Booklet Available Now**



Our 2019 Facts Booklet is available to read now on Issuu.

Hard copies are also available at the ARH office. Contact [admin@arh.org.au](mailto:admin@arh.org.au) to request a copy.

[Read on Issuu](#)

## Rural Medical Scholar Spotlight: Lachlan Jackson



*"I am so grateful for the experiences I have had while here in rural NSW, and am eternally grateful to the Rotary Club for awarding me with this scholarship, which has alleviated a significant portion of the financial burden that comes with studying medicine full time away from home. I have no doubt in my mind that the kindness and generosity I have experienced from the Rotary Club, and the wider rural community, will be remunerated in my medical career during the years to come."*

[Learn More About Our Programs](#)

## Adopt a Scientist



If you have some corporate connections and want to do some good, you might be interested in supporting our Adopt a Scientist campaign.

We are supporting nine areas of mental health research. Click below to learn more.

[Adopt a Scientist Today](#)

## Upcoming ARH Events

## Ride for Medical Research



Rotary District 9810 will celebrate the 10th anniversary of the Great Australian Bike Ride, at the Ride for Medical Research Nar Nar Goon to Grantville Ride to Conference.

The event will run from **March 17-22, 2019**, raising money for the Australian Rotary Health 'Rob Henry Memorial PhD Scholarship' for cancer research.

[Find Out More](#)

## The Ocean to the Outback

# Rotary Club of Victor Harbor



The Rotary Club of Victor Harbor is proud to organise the 'Ocean to the Outback' Ride to Conference event to raise funds for research into mental health.

They will be cycling 636km from Victor Harbor to Broken Hill over 7 days **(March 28 - April 4, 2019)**, arriving in time for the last Rotary District 9520 Conference.

[Register Here](#)



Got an event coming up? Rotarians can receive a special offer if they use [Humanitix](#) for online event bookings. The fees you pay will also be donated to Australian Rotary Health, if you nominate us as your chosen charity!

[Find Out More](#)

Send all news or event items to: [news@arh.org.au](mailto:news@arh.org.au)

**Mental illness is illness,  
as real as cancer, diabetes and heart disease.**



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You're receiving this email because you are keen to see recent research and programs Australian Rotary Health is making happen in the area of Mental Health and other General Health issues, including Rural and Indigenous Health.

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