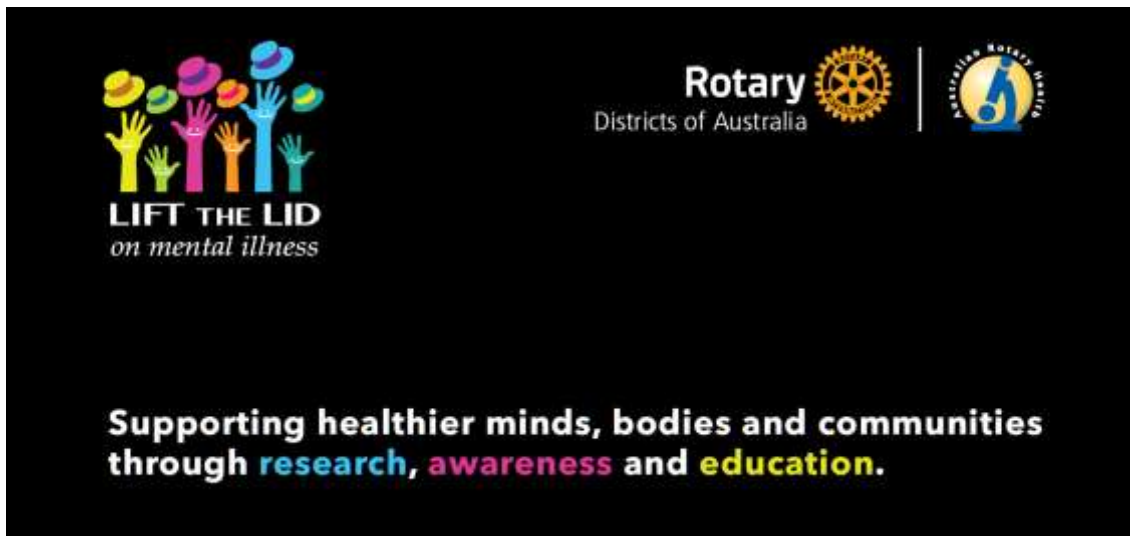




Australian Rotary Health Latest News

Tackling the Kokoda Trail for Mental Health



Don Burrowes has seen first-hand the devastating impacts of mental illness on a community and plans to do something about it this month by taking on the Kokoda Trail to raise money for mental health research.

Don hopes to raise \$5,000 for Australian Rotary Health to go towards research into Schizophrenia.

[Read ARH Article](#)

[Read Border Mail Article](#)

[Donate to Don](#)

Spotlight on Teen Suicides



Thanks to Australian Rotary Health and its funding, teens are being given the tools they need to navigate their way through the sometimes rocky and turbulent adolescent years.

Story by Charmaine Yabsley.

[Read More](#)

Differentiating Between the Common Mole and Early Melanoma



A PhD Scholar funded by Australian Rotary Health (ARH) is looking at non-invasive early detection techniques to differentiate between the common mole and melanoma.

[More Here](#)

Suicides by Young People More Likely to Occur in Clusters than Suicides by Adults



A study funded by Australian Rotary Health has highlighted the importance of targeting youth for suicide cluster prevention, after it was found suicides in young people were three times more likely to occur in a cluster than suicides by adults.

Lifeline: 13 11 14.

[Find Out More](#)

Looking at Cognitive Decline as we Age



[Kayla Corney](#) from Deakin University was awarded the Bing Taylor PhD Scholarship this year to investigate cognitive ageing and the interplay between biological, psychological and environmental factors.

[Read More](#)

Partners in Parenting Program Improves Teen Mental Health



Parents taking part in a recent study funded by Australian Rotary Health (ARH) have said that a new parenting program has helped to improve their teenager's mood.

[Research Findings Here](#)

Remembering Des Jones



Des (right) being presented with Life Membership of ARH by former ARH Chairman Terry Lees.

Sadly we have learnt of the loss of Des Jones (PDG 9800) who served as a Director of Australian Rotary Health from 2003 to 2007, and performed the role with passion and enthusiasm. During his term of office, donations from the Rotary areas he represented rose substantially partly due to his continuing efforts in promoting the organisation. He attended all board meetings and contributed very much to every discussion.

Following his term as a Director he continued to promote and support this organisation at all opportunities. In 2008 Des was awarded with Life Membership of ARH to recognise his efforts over many years.

We pass on our condolences to Des's wife Beryl and his family.

May he rest in peace.

Dr Siân McLean Presents Research at Victoria University



ARH Mental Health Research Grant recipient [Dr Siân McLean](#) presented her research on how social media and exposure to appearance ideal images leads to body dissatisfaction at Victoria University last week as part of the Ignite series.

Rotary Club of Victor Harbor Supporting Mental Health



The [Rotary Club of Victor Harbor](#) were recently presented with Companion Awards to acknowledge their efforts in the Ocean to Outback event, which raised \$67,500 to support Mental Health Research.

[Read Article](#)

Rotary Club Welcomes Talk from PhD Scholar



PP Marie Armstrong, Zhenyu Zhang, President Don Tee, and Sue Tee.

The [Rotary Club of Woy Woy](#) recently welcomed PhD student [Zhenyu Zhang](#) to their club, who gave an update on her research on Dementia.

Zhenyu's research aims to develop and validate an ontology to represent non-pharmacological treatment knowledge in Dementia care. She gave an excellent presentation on the plan for her 3-year research.

This project was the result of a decision to invest a bequest of \$10,000, made to the club by the late Eric Abrahams, into a research project with Australian Rotary Health.

Are You Getting Involved in Hat Day?



Is your Rotary/Rotaract Club or research team thinking of getting involved in Hat Day this year?

We are on the lookout for enthusiastic people based in the Sydney area to have their event or donation collecting filmed on a weekday morning during **Mental Health Week (October 7-11)**.

To express your interest, email: news@arh.org.au

[Register for Hat Day](#)

Research Findings Throwback



From 2015-2017, [Breanne Hobden](#) conducted research on depression management for individuals with comorbid alcohol dependence with an Ian Scott PhD Scholarship from Australian Rotary Health.

"One in two people seeking substance abuse treatment report depressive symptoms indicating that regular screening and monitoring of these symptoms should be considered in this setting," Breanne said.

During her PhD, Breanne found:

- In a general practice setting, approximately 1 in 15 people may be both depressed and be misusing alcohol, however, general practitioners only accurately identify 21% of these people.
-

- The rate of depressive symptoms is high in substance abuse treatment clinics, with 55% of patients in this setting screening positive for depression.
- Substance abuse clinicians are relatively aware of depression in their patients, being able to accurately identify 73% of those that report being depressed.
- Only seven studies have examined the best psychosocial treatment for co-occurring depression and alcohol misuse.
- The studies which have examined psychosocial treatment for co-occurring depression and alcohol misuse were generally poor quality and therefore stronger research is needed to inform clinical treatment.

[Donate to Research](#)

Indigenous Health Scholars' Success



Former Australian Rotary Health Indigenous Health Scholar Dr Vinka Barunga is now her hometown's first Aboriginal doctor.

[Read Article](#)

Indigenous Health Scholar Spotlight: Samantha Taylor



"When I complete my degree, I would like to work in a regional, rural or remote community, promoting Indigenous health, including preventative care, through education and various programs. I would like to be a role model, and encourage others, as I know that without the support of others I may not have continued in my course. This will increase the number of Indigenous Allied Health professionals and help to address the issue of limited access to Indigenous practitioners and physiotherapy services."

- Samantha Taylor - Indigenous Health Scholarship (Bachelor of Physiotherapy)

Sponsored by: Rotary Club of Waverley/Dr K Gan

[More About Samantha](#)

PhD Opportunities



PhD Scholarships Available Now



Australian Rotary Health is offering 15 PhD Scholarships in a range of health areas.

These include Suicide Prevention, Rural Mental Health, Dementia, PTSD, MS, Prostate Cancer, Bowel Cancer, MND and more.

[Opportunities Here](#)

Supporting ARH in City2Surf



Support Keith Henning OAM in City2Surf this year on **Sunday 11th August**.

Keith is raising money to fund an Australian Rotary Health Indigenous Health Scholarship for a year and will match the amount of money given on his donation page!

[Support Keith](#)

Support Mental Health Research Through Puzzles



Is your Rotary Club looking for a new fundraising initiative?

You can partner up with the Clue Detective Puzzle Agency to raise money for our [Lift the Lid on Mental Illness](#) campaign.

Contact Catherine on: cluedetective@zoho.com

[Visit the Website](#)

Your Greatest Gift



By supporting Australian Rotary Health in your Will it is the beginning, the start point of hope, in efforts to diagnose, treat or cure the diseases of mankind. Today's research is tomorrow's cure.

Contact the ARH office today to find out more about bequests - (02) 8837 1900 or admin@arh.org.au

Upcoming ARH Events

**2019 NSW Rotary Emergency Services
Community Awards Presentation Dinner**



Rotary
Districts & Clubs
of NSW



**NSW Emergency Services
Community Awards**

Recognising Community Service, Supporting PTSD Research &
Vocational Training Team - VTT- Disaster Preparedness

 The Rotary Districts and Clubs of
New South Wales cordially invite you to attend the

**2019 NSW Rotary Emergency Services
Community Awards Presentation Dinner**

Book Your Ticket: <https://www.rotaryescawards.org.au/awards-presentation-dinner/>

Event Details:
Friday 2 August 2019
6.30pm for 7.00pm start
The Grand Ballroom, Bankstown Sports
8 Greenfield Parade, Bankstown

Principal Partner

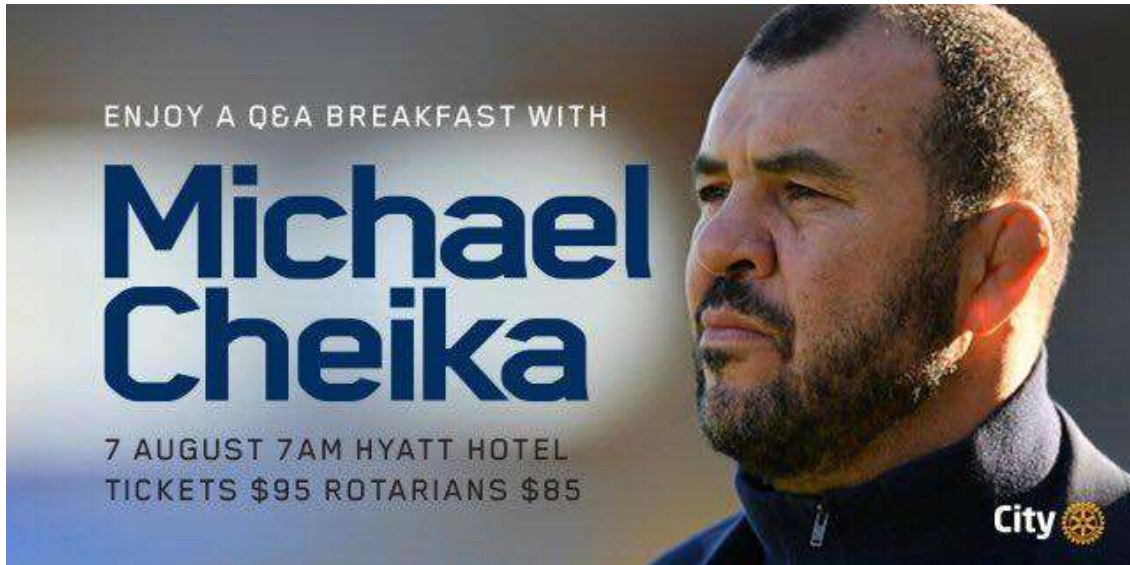

More information:
Morgan Free, Admire Events
resca@admireevents.com.au
02 9526 6803
Dress Code: Uniform with ribbons
or lounge suit/evening wear

The Rotary NSW Emergency Services Community Awards recognise and acknowledge the selfless Community Service of NSW Emergency Services Personnel while supporting an important Australian Rotary Health initiative “**PhD Research Scholarship into Post Traumatic Stress Disorder**” (PTSD) in Emergency Services Personnel (workers and volunteers).

The Awards Presentation Dinner is an opportunity for Rotary, the Emergency Services and New South Wales to celebrate the outstanding community service of Emergency Services personnel across the state.

[Event Details](#)

Fundraising Breakfast



Michael Cheika, coach of the Australian Qantas Wallabies will be speaking at a special Q&A breakfast at the Hyatt Regency Perth on **Wednesday August 7**.

Proceeds raised will support Australian Rotary Health and Rotary Club Youth support programs.

[Book Tickets](#)

Ferragosto Ball



The Rotary Club of Five Dock invites you and your guests to the 2019 Ferragosto Ball - a night of fine dining, music and dancing in celebration of the Italian Summer Festival, known as 'Ferragosto'.

Proceeds from the evening will be donated to Australian Rotary Health.

[Details Here](#)

Support ARH in City2Surf



City2Surf 2019 is coming up fast with the event held this year on **Sunday August 11.**

This year you can choose to support Australian Rotary Health by participating in [City2Surf](#) and raising money for health research or supporting individuals already signed up for the event.

If you have a City2Surf fundraising page for ARH this year, send the link to: news@arh.org.au so we can help promote it!

[Support ARH](#)

Lumiere Gala



A new shining light in the social calendar, the inaugural ***Lumière Gala*** is a night of elegance, entertainment and inspiration in support of the life-saving work of **Australian Rotary Health and Lifeline WA.**

[Learn More](#)

North Ryde Fun Run 2019



Organised by



SAVE THE DATE

Good for you,
Good for mental health

Beneficiary:



Centre for
Emotional
Health
COOLKIDS

Macquarie University Sport Fields
Corner Talavera and Culloden Rds, Macquarie Park.

Have fun with friends and family, dress up if you like in your favourite/funky/colourful outfits, enjoy a BBQ and support youth mental health projects including research funds through Australian Rotary Health and the Cool Kids Program at Macquarie University Centre for Emotional Health.

- 2km Walk
- 2km Run
- 5km Run
- PRAM PUSH
- Corporate Challenge

Cost: \$25 for adults
\$15 for students/children
\$10 for PRAM Push

Register online at: www.northrydefunrun.com.au

Support youth mental health research by joining the [North Ryde Fun Run](http://www.northrydefunrun.com.au) on **Sunday 25 August.**

[Register Online](http://www.northrydefunrun.com.au)

Strategies for Suicide Prevention



STRATEGIES FOR SUICIDE PREVENTION



The Rotary Club of Seaford is hosting the ***Strategies for Suicide Prevention*** event on **Sunday August 25**, with special guest speaker and ARH PhD candidate [Dr Angela Nicholas](#).

Angela is funded by Australian Rotary Health, made possible with proceeds from the Onkaparinga Seaside Walk for Suicide Prevention in 2017. Her PhD relates to the development of suicide prevention messages aimed at family members and friends of people at risk of suicide.

[Learn More](#)

Lift the Lid on Mental Illness



Your support on **World Mental Health Day (October 10)** or anytime during **Mental Health Month** in October, can help us to fund more mental health research, and ultimately improve many lives.

You can help #LiftTheLid on Mental Illness by:

- Hosting a Hat Day event
- Fundraising at your local Bunnings store or train station
- Asking your local coffee shop to donate \$2 from each cup of coffee sold

To register your event or find out more, head to hatday.com.au or contact the ARH office on (02) 8837 1900 or admin@arh.org.au

[Hat Day Website](http://hatday.com.au)

ARH Golf Day 2019



Join us at Camden Lakeside Golf Club on World Mental Health Day, **Thursday October 10**, to play golf, eat lunch, and raise money for mental health research.

[Learn More](#)

Lift the Lid Ball 2019



Saturday 12th October
Brisbane Convention & Exhibition Centre, South Brisbane

Support Research into Youth Suicide

Tickets: \$95 adults; \$75 students
Includes: drink & canapés on arrival, two-course dinner & entertainment

LIVE MUSIC & DANCING

Cash bar & Prizes
No hat. No Entry:
Event hats available for purchase

BRISBANE
convention & exhibition
CENTRE


LIFT THE LID
on mental illness

Rotary 
Club of Brisbane Mid-City

Tickets through [eventbrite.com](https://www.eventbrite.com) | search 'Lift the Lid'

The Lift The Lid Ball is on again during National Mental Health Week on **Saturday October 12** and this year the event is focused on Youth Suicide Prevention and Research.

With all proceeds going to Australian Rotary Health and their endeavour into Mental Health Research, our hope is to reach as many people affected by mental illness and its consequences.

[Details Here](#)

2019 Walk for Mental Health



The annual Walk for Mental Health is on again this year on Sunday October 13, raising funds for mental health research through Australian Rotary Health, so save the date!

[Event Info](#)

Dirt N Dust Run

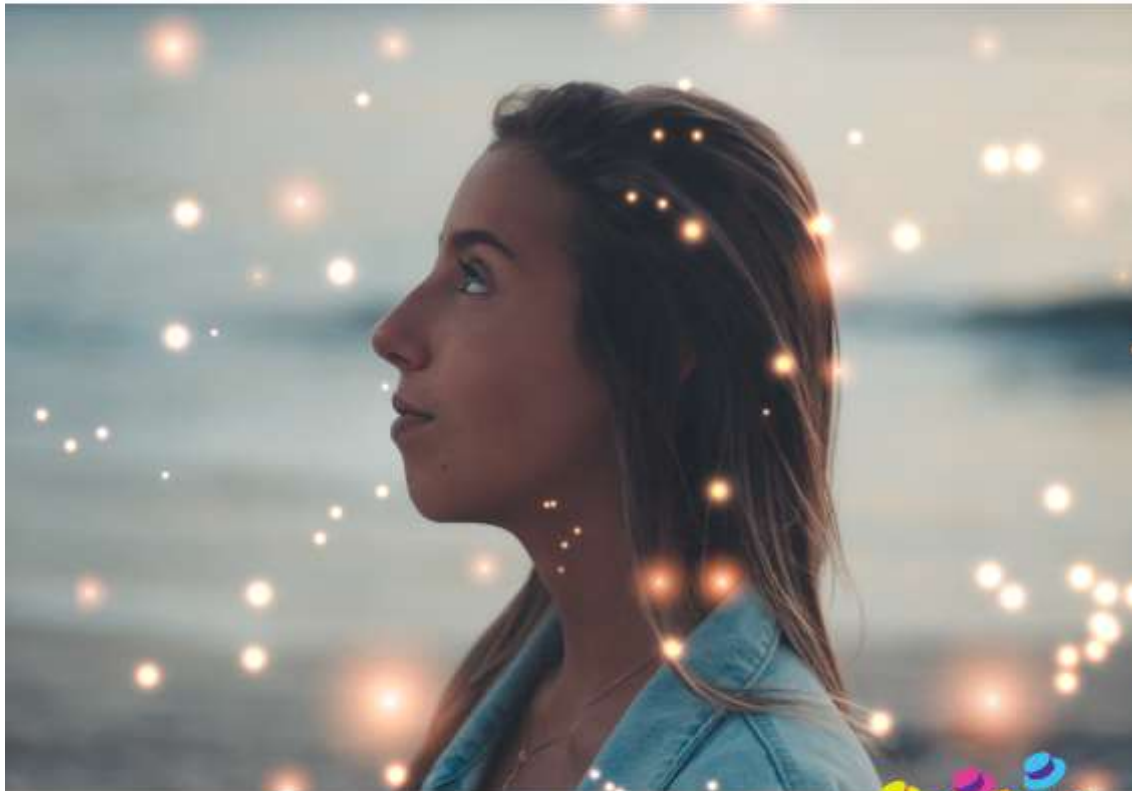


The Rotary Club of South Bunbury are holding their Dirt N Dust Run event this year on **October 23-27**, to raise money for mental health research through Australian Rotary Health.

[Find Out More](#)

Send all news or event items to: news@arh.org.au

Young people are more likely to experience a mental illness



Rotary
Districts of Australia



[Support Youth Mental Health Research](#)

[Visit Our Website](#)



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[Tweet](#)



[Forward](#)



[Share](#)

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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.

Our mailing address is:

Australian Rotary Health
PO Box 3455
Parramatta, NSW 2124
Australia

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