



Australian Rotary Health Latest News

Mental Health Month is Over But Support Continues

As we leave Mental Health Month behind, this is a reminder that you can help [#Lifftthelidonmentalillness](#) any time of the year. Our mental health should always be a priority and donations to research are always needed and appreciated.

We still see photos coming in from supporters all across Australia, and as always, we are extremely grateful. Without your support, we would not be able to continue the work that we do.

Here are some more examples of some amazing individuals supporting Australian Rotary Health:



Click the image to watch a video montage of those who supported Hat Day in 2019
to help #LifttheLidOnMentalIllness

PEOPLE & PLACES

thecourier.com.au



Kathy Hancock (Daylesford) and Janine Hawker (Musk).

LIFTING THE LID

The community converged on The Pavilion at Victoria Park in Daylesford on Sunday for the third high tea hat party to raise funds for mental health research. Pictures: KATE HEALY



Colin Metcalfe, David Stagg and Denis Toner (Daylesford).



Helen Metcalfe and Gillian Freeman (Daylesford).



Far top - Mary Nield (Daylesford) and Jenny Russell (Helenyong); above - guest speaker Chris Soper and Malcolm Boodie (Daylesford) at the Daylesford Rotary Club event.



Val Arnesen (Daylesford) and Jill Johnson (Hepburn).



Fae Wilson and Valerie Porter (Daylesford).



Glen Heyne and Joe Pichen (Daylesford).



Shirley Harrington, Rosa Moody and Helen Hacker (Daylesford).



Peta Heyne (Daylesford) and Sue Miller (Musk).



Victor Steward, Bronnia Scarttle and Brett Millett (Daylesford).

[Daylesford Rotary Club](#) hosted a high tea hat day party recently to help [#liftthelidonmentalillness](#)

They donated \$2,195 to Australian Rotary Health to go towards mental health research.



The [Rotary Club of Redland Sunrise Inc.](#) celebrated [#hatday](#) with a hat parade and these two ladies were the joint winners for being the most creative!





[D'Entrecasteaux Rotary Club](#) hosted a Derby Day luncheon recently to raise funds for Australian Rotary Health mental health research and help [#liftthelidonmentalillness](#)

The guests were well-dressed, attending to a black and white theme and enjoyed fashion parades, a raffle, silent auction and race sweeps on the day.

They ended up raising over \$2,500!

The club was also delighted to recognise the work of Rosemary Bennett of Home Hill by presenting her with a Paul Harris Fellow. This award recognises meritorious service to community.



Rotary Melbourne celebrating Hat Day to help #Lifftthelidonmentalillness



During his promotions of Lift the Lid last month, for a bit of fun Australian Rotary Health Chairman Gregory Ross got his hands on the 2019 Lexus Melbourne Cup!

We thank all the Rotary Clubs who used this occasion to support Australian Rotary Health research.

Our Latest Awardees



Last week District 9810 ARH representative Glenn Tippet presented Diane Fisher from the [Rotary Club of Templestowe](#) with a gold companion award for her long term and very significant contributions to Australian Rotary Health research.

Thanks again Diane!



Earlier this month, District Governor Dianne North visited the [Parramatta.Rotary](https://parramattarotary.org.au/) and presented an Australian Rotary Health Companion certificate and pin to Honorary Member Nancy Moore.

We thank Nancy for all of her support!



Australian Rotary Health District 9670 Representative Chris Bartlett visited the Rotary Club of Cessnock recently to present a Companion award to Janette Jackson for her generous donations to Australian Rotary Health research.

Here she is with Chris (right) and Past President Vicki Steep (left).

Thank you for your support Janette!

ARH Indigenous Health Scholar Featured on the ABC



Support ARH With a New 2020 Diary



Looking for a new diary for 2020 or maybe a Christmas gift idea?

A percentage of Resilience Agenda's profits from their 2020 Mental Fitness Diary will be used to support mental health research through Australian Rotary Health, as part of their on-going commitment to support positive, proactive and preventative mental health awareness and action.

[Buy Your New Diary Here](#)

Bringing Clue Detective to School Libraries

Help us



LIFT THE LID
on mental illness

**by solving
Clue Detective
puzzles**

Clue Detective Puzzle Agency is keen to bring puzzles to school libraries to raise money for mental health research and [#Liftthelidonmentalillness](#)

[Find Out More](#)

We Need a Stronger Focus on Prevention



The Productivity Commission has revealed 3.9 million of us are living with mental illness, and it's costing the country an estimated A\$500 million per day.

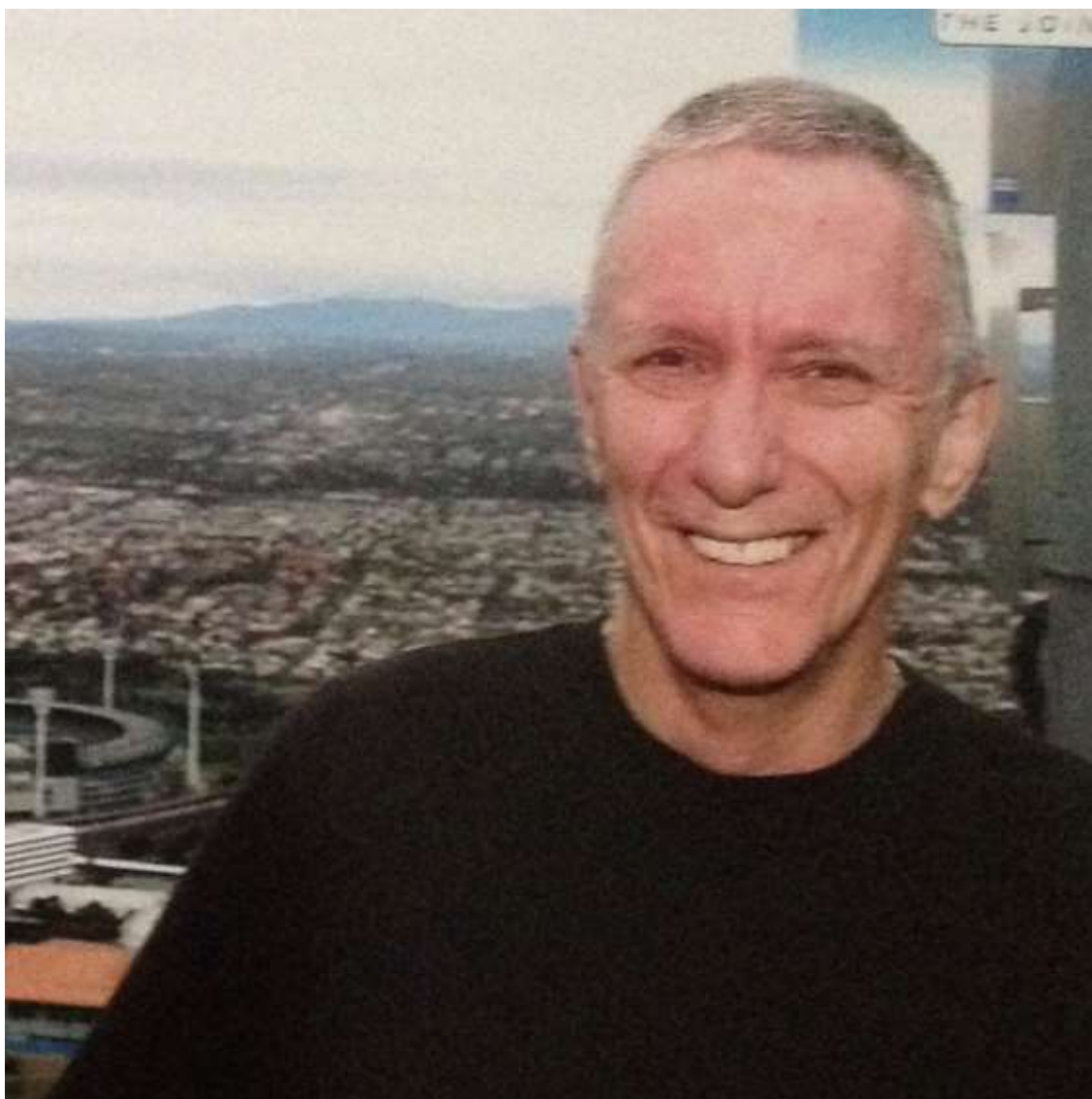
The draft report recognises services need to focus on children and young people, and covers prevention and early intervention as a key area for reform.

Young people, prevention, and early intervention is Australian Rotary Health's research focus. We need your help now more than ever.

[Read Article](#)

[Donate to Early Intervention/Prevention Research](#)

Support Glenn in His Virtual Bike Ride



Australian Rotary Health District 9810 Representative Glenn Tippett won't be able to attend the [Rotary Ride For Research 9810](#) next year, but has signed on as a virtual rider, where he does the kilometres on his bike at a time and place that suits him.

Glenn has challenged himself to ride 1000km before the ride starts in March. His fundraising target is \$1,000 (\$1 per kilometre). This money will be donated to research through Australian Rotary Health.

[Support Glenn](#)

Vote for Australian Rotary Health



We're giving \$50k to Charities in 2019

In 2019 MyGivingCircle is giving away \$50,000 in grants to charities.

Please consider voting for Australian Rotary Health so we can support even more important research!

[Vote Now](#)

Upcoming ARH Events

**Ride to Conference 2020 -
Rotary District 9790 "The Four Rivers Ride"**



Rotary District 9790 is raising money for Australian Rotary Health research again in 2020, at their Ride to Conference “The Four Rivers Ride” on **14-19 March**.

[More Info Here](#)

2020 Ride for Medical Research



Registrations are now open for the 2020 Ride for Medical Research – the 34th annual bike ride in support of Australian Rotary Health.

[Find Out More](#)

42nd AGFR Golf Tournament



For any golf enthusiasts out there, this may be the event for you.

This year the 42nd AGFR Golf Tournament is held at the 13th Beach Golf Course, Barwon Heads (VIC) on **19-24 April, 2020.**

Profits from the event will be donated to Australian Rotary Health in support of mental health research.

[Find Out More](#)

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

**Over a quarter of Australians aged 16-24
are experiencing a mental illness at any given time**



Evidence suggests that half of adult mental health conditions emerge by age 14.

Prevention and early intervention is critical to help [#LifttheLidonmentalillness](https://www.rotary.org.au/mentalhealth)

Donate to youth mental health research today.

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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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