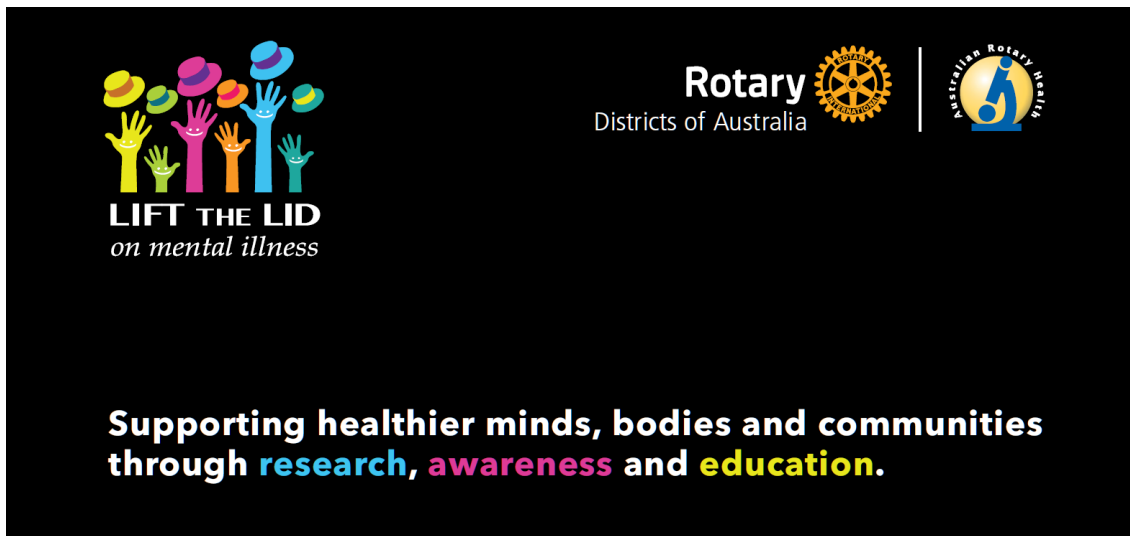




Australian Rotary Health Latest News

New Research Projects Starting this Year

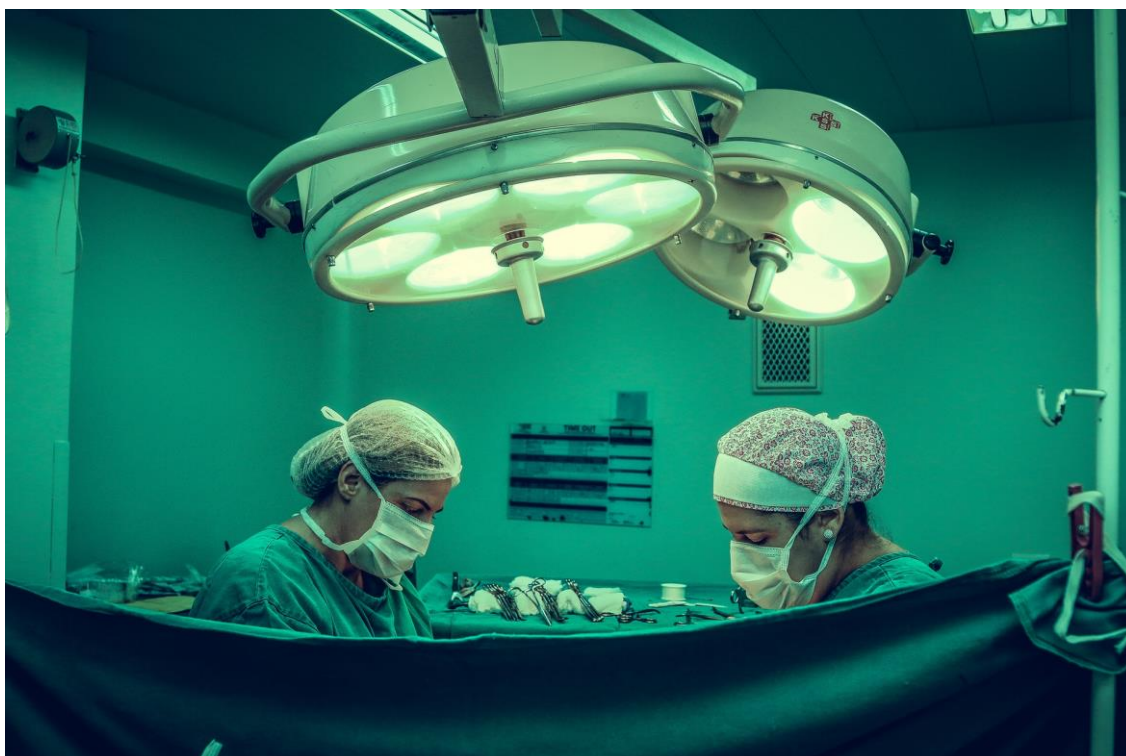
Action Planning for Engaging Parents in Child Behaviour Interventions



Many parents are open to starting online interventions to learn how to help their child with behaviour problems, but due to a variety of challenges, they often don't see it through until the end. A new study funded by Australian Rotary Health (ARH) aims to address the problem of 'drop-out' by finding the best way to keep parents engaged.

[Find Out More](#)

Predicting Recurring Bowel Cancer in Patients



A new PhD project funded by Australian Rotary Health will review four potential markers associated with recurring bowel cancer, in a bid to predict which patients are more at risk of the deadly cancer coming back after surgery.

[Read Article](#)

Latest Research Findings

Program Helps Dyslexic Children Cope Better



A recent Australian Rotary Health (ARH) funded study has revealed that a new mental health program is effective in reducing the use of unhelpful coping strategies among children with dyslexia.

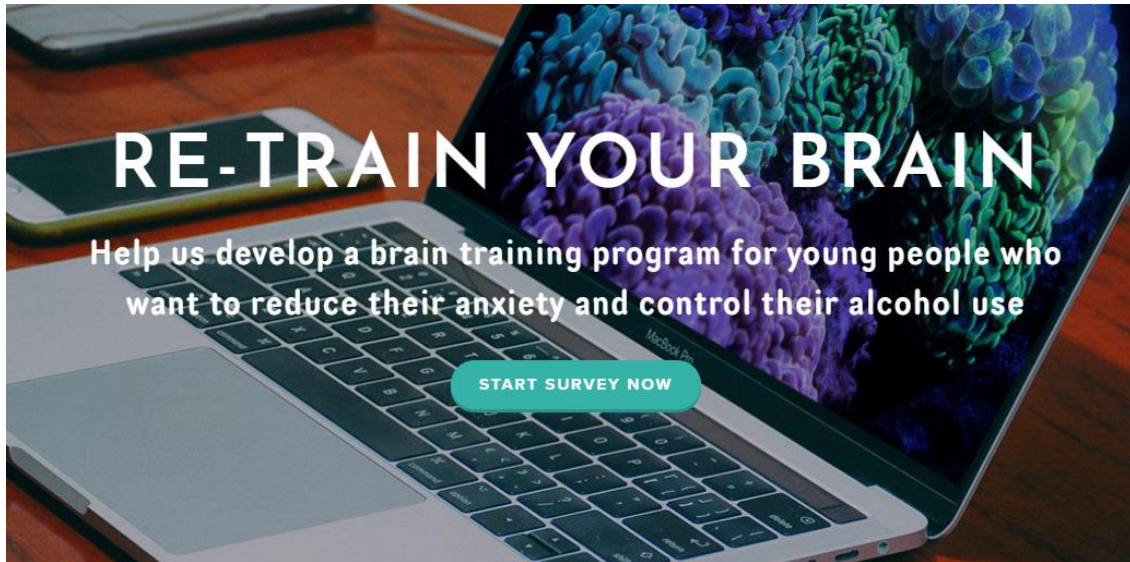
[Study Results Here](#)

Recent Research Findings Summary

- ARH Mental Health Research Grant recipient [Dr Mark Boyes](#) and colleagues from Curtin University found that children with dyslexia who used the 'Clever Kids Program' were much less likely to use unhelpful coping strategies like avoiding problems, not telling people about their problems, and blaming themselves for their problems. Children also reported higher self-esteem and parents said their children had fewer emotional and peer problems. [Read more.](#)
-

- A University of New South Wales study led by ARH Postdoctoral Fellowship recipient [Dr Louise Mewton](#) found that brain games are capable of strengthening areas of the brain that have been associated with mental illness. These same areas of the brain have also been associated with our ability to plan, judge and strategise. [Article here.](#)
- A study at Flinders University by ARH Mental Health Research Grant recipient [Professor Tracey Wade](#) and colleagues found that more time spent using image-based social media platforms such as Instagram and Snapchat was associated with significantly higher disordered eating behaviours in young adolescents. [Read more.](#)

Participate in ARH Research



Australian Rotary Health Postdoctoral Fellow Dr Katrina Prior is looking for participants aged 18-25 years old to provide feedback on a new cognitive training program for anxiety and alcohol use.

[Complete the Survey Here](#)

In Memory of Associate Professor Helen O'Connor



We are very saddened to hear of the recent passing of Associate Professor Helen O'Connor.

Helen was awarded an Australian Rotary Health Mental Health Research Grant in 2017 for her project 'Reducing body dissatisfaction and internalised weight stigma in young women with obesity. The everyBODY study.'

Helen has been a dietitian and researcher for over 20 years and for the last 10 years she has focused on helping young women with healthy eating and becoming more physically active so they can achieve and then maintain a healthy weight.

We offer our sincere condolences to Helen's family, friends and colleagues.

Rotary News

Dirt N Dust Run Success



2019 was a big year for South Bunbury Rotary's Dirt N Dust Run, with \$60,000 raised for Australian Rotary Health and other beneficiaries. This year, they plan to do even better!

[Read More](#)

Congratulations Laurie!



Congratulations to Laurie Barber for receiving a Medal of the Order of Australia (OAM) in the Australia Day Honours List for service to the Port Macquarie community.

Laurie served on the board of Australian Rotary Health from 2013 to 2016.

Very well deserved!

[Read More](#)

Lady Gaga and Rotary Breaking the Cycle of Mental Health



The [Rotary Club of Victor Harbor](#) continues to be a strong advocates for mental health awareness and research.

[#Liftthelidonmentalillness](#)

[Read Article](#)

Movie Gear Goes to Rotary



Some wonderful news for the [Rotary Club of Gloucester](#), who have been generously gifted an inflatable outdoor movie screen equipment to ramp up their fundraising efforts.

Their next event using the equipment will be the 'Mind Matter Marathon' in March, raising funds for Australian Rotary Health and Lifeline.

[Read Article](#)

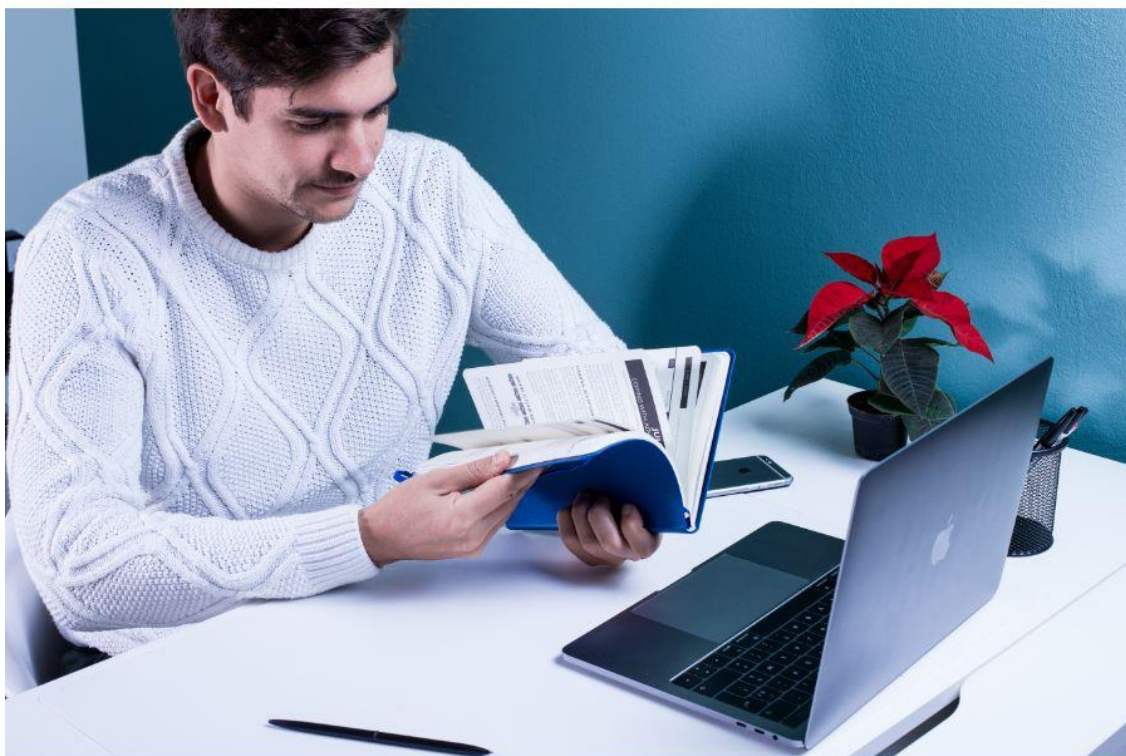
Local Rotary Clubs Play a Role in Jasmina's PhD Journey



Jasmina said the three-year Rotary Health scholarship was a critical element that allowed her to achieve a PhD goal. She has also had three opportunities to attend week-long international conferences.

[Read more](#)

Be Inspired By This Mental Fitness Diary



A new year and new decade is the perfect time to improve your mental health and work towards your goals!

[Resilience Agenda](#) is offering 10% off on their 2020 [#mentalfitness](#) diaries.

Just put in the code **LIFTTHELID** at checkout.

[Get Your 2020 Diary Here](#)

**Indigenous Health Scholarships
Close this Month!**



**Indigenous Health Scholarship
applications open now!**



Applications close **February 14, 2020.**

[Apply Now](#)

**Rural Nursing Scholar Spotlight:
Emily Rooney**



"Rural nurses play a big role in identifying the strengths and challenges that their communities face and contribute to finding opportunities to improve the overall health outcomes of these challenges. I have grown up in the East Gippsland area and look forward to giving back to my community during my 2020 graduate year at Bairnsdale."

- Emily Rooney, Rotary Club of Sale Rural Nursing Scholarship 2020

[More About Emily](#)

Upcoming ARH Events

Gloucester Mind Matters Marathon



Mental health is not a quick fix, in fact it is a marathon. So let the Rotary Club of Gloucester introduce you to the Mind Matters Marathon. This will be a fun yet challenging event on **March 7-8** where teams of people will walk a mile in “their” shoes and spend the night walking around the oval. Money raised for ARH and Lifeline.

[More Info Here](#)

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. The event runs from **15-20 March 2020**.

[Find Out More](#)

Melbourne Celtic Festival



[Melbourne Celtic Festival](http://www.melbournecelticfestival.com.au) is a family friendly event and all ticket proceeds (every cent) will be directed to Community Mental Health programs through Australian

Rotary Health which will focus on the bushfire affected areas as well as supporting the important welfare work of the Seafarer's Mission.

[Event Info Here](#)

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](#)

District 9550 and 9570 2020 Conference



Medical Adviser to the Board of Australian Rotary Health Professor Michael Sawyer OAM is a guest speaker at the 2020 District 9550 and 9570 Conference, which runs from **1-3 May 2020**.

[Register Today](#)

Dirt N Dust Run 2020



Join the team on **October 21-25** to cover 1,700km of dirty tracks in Western Australia, raising money for mental health projects.

[Find Out More](#)

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

In Australia, it's estimated that 45 per cent of people will experience a mental health condition in their lifetime



The three chronic conditions that contribute most to the disease burden in Australia are cancer, coronary heart disease and mental illness.

So why aren't we doing more?

Support mental health research today to help [#LifttheLidOnMentalIllness](#)

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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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