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**LIFT THE LID**  
*on mental illness*



**Rotary**  
Districts of Australia



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



## **Australian Rotary Health Latest News**

### **A Message for the New Year**



Australian Rotary Health (ARH) extends its thanks to all who supported health research in 2019 and wishes everyone a Happy New Year, although tragically for many Australians, the year hasn't started on a very positive note.

Chairman Gregory Ross, the Directors, CEO Joy Gillett along with ARH staff express our condolences to all Australians who have been affected by both the bush fires and drought that has decimated our country over the past weeks.

We join others in thanking all the volunteers and emergency services out there on the frontline, risking their lives to keep us safe. We are thinking of all of you during this especially difficult time, and hope we will find some relief soon.

If you need some support, the Australian Psychological Society has compiled a range of resources to help Australians to prepare and recover from the threat of bushfires. [Click here](#) for details.

Lifeline is also available to listen to your distress 24/7: **13 11 14**.

## **A Quick Glance at New ARH Research Findings**

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- 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.](#)
  - ARH Mental Health Research Grant recipient [Professor Helen Herrman](#) and colleagues conducted the first study of a mental health youth participation intervention in an out of home care (OoHC) setting. The Bounce Project was found to improve mental health knowledge, skills and networking opportunities. Participants reported that the study gave them a platform to contribute to system level change. [Read Journal Article.](#)
  - A University of New South Wales study led by ARH Postdoctoral Fellowship recipient [Dr Louise Mewton](#) (below) found that brain games
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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. Further information will be published soon.



*"I wish there was some space in there for me to say just how important this Fellowship has been for my career and how grateful I am to Rotary Health for funding me! Having this Fellowship has meant that I have been able to focus on my own research and develop an independent program of research that has been really successful. Through the training my Fellowship has afforded, I've learnt so much from both my mistakes and my successes. I have received nearly \$10 million in research funding as a chief or associate investigator, published 48 journal articles, received a UNSW Scientia Fellowship and received several highly competitive awards (including a NSW Young Tall Poppy Award and early career researcher awards from the largest national and international societies focused on substance use). None of this would have been possible without the support of Rotary Health."*

**- Dr Louise Mewton, Postdoctoral Fellowship**

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## **In Case You Missed It: New Mental Health Research Grant Projects for 2020**



Nine new Australian Mental Health Research Grant projects, focusing on the mental health of young Australians will begin in 2020, with funding awarded from Australian Rotary Health.

[Find Out More](#)

## **ARH Voted Top Ten Charity**

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We are very happy to announce that we have won \$500 in the [My Giving Circle](#) December charity giveaway!

Thank you to My Giving Circle for the opportunity and to everyone who voted for Australian Rotary Health.

Your support helps us to fund even more vital research into the mental health of young Australians.

[List of Winners](#)

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## Farewell to Terry



On **Friday December 20, 2019**, it was our Corporate Manager Terry Davies' last day working at Australian Rotary Health. We presented Terry with a clock for his many years of dedication to our cause, and wished him the very best as he heads into retirement!

You will be missed Terry!

## Improve Your Mental Fitness This Year

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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](#)

## Book Fair Fundraiser

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Over the past few years the [Rotary Club of Mount Gambier](#) has hosted a Book Fair, donating the profits to a deserving cause of their choosing. The \$5,000 that they raised last year is being donated to Australian Rotary Health's "Lift the Lid on Mental Illness" campaign and we are incredibly grateful!

During each year, books for the Book Fair are generously donated by local libraries, schools, people downsizing and those who wish to pass on a beloved book to someone else. Any books that are not suitable for sale are recycled. A wonderful community effort!

## **Thank You to the Bowden Brothers**

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We are so grateful to [The Bowden Brothers](#) for supporting Australian Rotary Health while on tour!

Our Director Brian Beesley presented them with a Companion award recently to show our appreciation.

## **Indigenous Health Scholarships Are Now Open**

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**Indigenous Health Scholarship  
applications open now!**



Applications close **February 14, 2020.**

[Apply Now](#)

**Rural Nursing Scholar Spotlight:  
Patricia Thompson**

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*"I feel strongly about providing care and emotional support to drought affected farmers and others in times of crisis by listening and honouring their needs. Many members of our community are burdened with complicated life stressors which impact on mental illness. An important aspect of rural nursing I feel strongly about is understanding that therapeutic communication is essential to assist in times of psychological distress."*

- Patricia Thompson, Rural Nursing Scholarship

Sponsored by: Rotary Club of Sale, VIC

[More About Patricia](#)

## **Upcoming ARH Events**

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

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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

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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](#)

## 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](#)

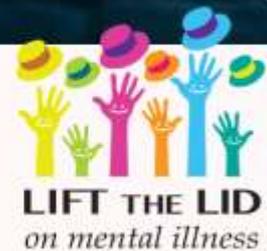
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Send all news or event items to: [news@arh.org.au](mailto:news@arh.org.au)

## Thank you for supporting research in 2019



**Rotary**  
Districts of Australia



Please consider supporting mental health research this year to help

[#Liftthelidonmentalillness](https://www.instagram.com/liftthelidonmentalillness)

[Donate Now](#)

[Visit Our Website](#)



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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:**

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