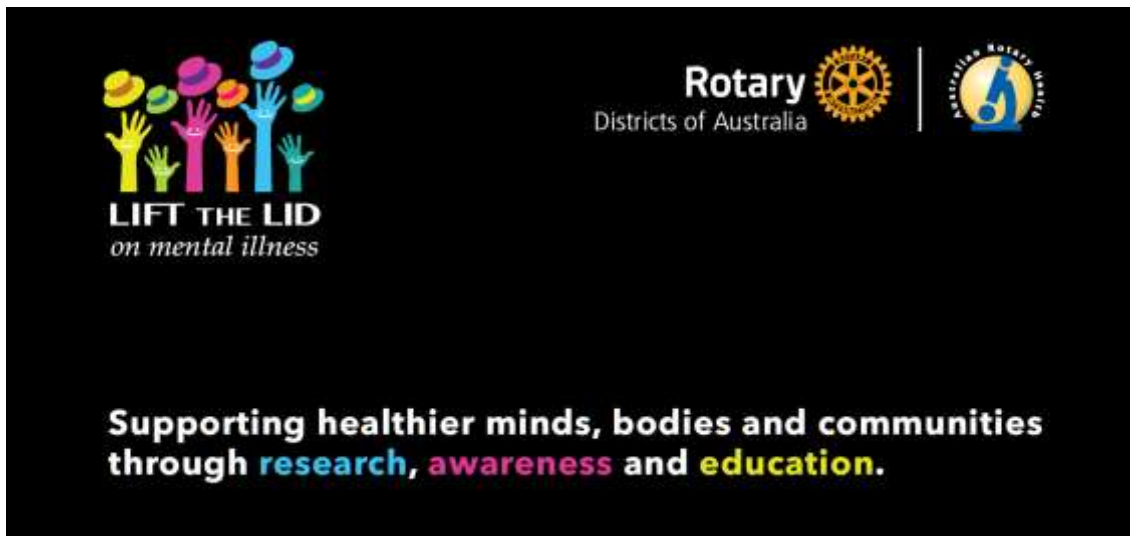




Australian Rotary Health Latest News

Finding Long-Term Solutions for Patients with Peanut Allergy



An Australian Rotary Health PhD Scholar is hoping to increase knowledge on long-term solutions and preventative measures for peanut allergy – which currently has the highest worldwide prevalence in Australia.

[Article Here](#)

How Surf Therapy May Help War Veterans With PTSD



New research funded by Australian Rotary Health (ARH) will investigate the benefits of a Surf Therapy intervention for combat veterans with Post Traumatic Stress Disorder (PTSD).

[Read More](#)

Health Consequences of Intimate Partner Violence For Children



Children exposed to family violence are more likely to have emotional and behavioural difficulties in middle childhood, according to new research funded by Australian Rotary Health.

[See What Professor Stephanie Brown Discovered](#)

ARH Becomes Bronze Mental Health First Aid Skilled Workplace



WE ARE RECOGNISED AS A
SKILLED WORKPLACE

MENTAL HEALTH FIRST AID AUSTRALIA

recognises

AUSTRALIAN ROTARY HEALTH

as a

BRONZE Mental Health First Aid Skilled Workplace

and acknowledge their demonstrated commitment to
developing Mental Health First Aid skills in their people.



Dr Shona Bass

CEO

MENTAL HEALTH FIRST AID AUSTRALIA

VALID UNTIL
14/05/2021

As you know, Mental Health is very important to us, which is why we are pleased to announce that ARH is recognised by Mental Health First Aid Australia as a BRONZE Mental Health First Aid Skilled Workplace!

Learn more about how your business can get involved by clicking the button below.

[MHFA Website](#)

Research Findings Throwback



From 2015-2017 [Associate Professor Marie Yap](#) was awarded an ARH Mental Health Research Grant to evaluate a tailored web-based parenting intervention called Partners in Parenting (PiP), aimed at preventing adolescent depression and anxiety problems.

"As an online program, Partners in Parenting can be used anywhere in the world where there is internet connection, at a time and place that suits the

parent. It can also reach parents who are uncomfortable attending group parenting programs but want more support in their parenting."

During her research project, Marie found:

- * Parents who received PiP became more skillful and confident in their parenting immediately after finishing the program, and at a 9 month follow up.
- * Parents who received PiP completed an average of almost three-quarters of the program. While 44% of parents completed all of the program. This suggests that parents liked the program.
- * 6 out of 10 parents who took part in the study said they had a mental health problem either in the past or at the time of the study. This suggests that parents with a mental health experience or history are motivated to do programs like PiP and can benefit from it.
- * Parents who received PiP benefited more than parents who received factsheets.
- * Parents reported that their teen's depression and anxiety symptoms had reduced 12 months after they started the program.
- * The study suggested that providing parents with credible information via the internet can benefit their teen's mental health.

Expressions of Interest for Mental Health Research Grants Now OPEN

**Play a role in improving the mental health
of young Australians**

Mental Health Research Grant Expressions of Interest Open Now



Rotary
Districts of Australia



Australian Rotary Health is calling for Expressions of Interest (EOI) for Mental Health Research Grants.

Projects must focus on the mental health of young Australians (aged 0 – 25 years) and be conducted within Australia at a recognised university, hospital or research institute.

Research grants are valued at up to **\$70,000 per annum + GST** for **1, 2, or 3 years**, and are available to Australian citizens, Australian permanent residents, and New Zealand citizens.

EOIs close on **Friday May 31.**

[Find Out More](#)

PhD Opportunities



PhD Scholarships Available Now



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

These include Dementia, PTSD, MS, Depression/Suicide, Prostate Cancer, Bowel Cancer, MND and more.

[Opportunities Here](#)

[Donate to Research](#)

ARH Chairman Gregory Ross Becomes Ruby Companion



We would like to commend our Chairman Gregory Ross on becoming an Australian Rotary Health Ruby Companion.

With the help of his club, the Rotary Club of North Baldwin, they have raised \$20,000 for youth mental health research. The majority of the funds came from their annual Golf Day.

Greg was awarded the Ruby Companion pin by PDG Jim Studebaker last week, celebrating with 120 guests.

Greg said it was a fantastic night and praised his Club for going to "another level" with their support.

Shoalhaven Emergency Services Community Awards Now Open



The Shoalhaven Emergency Services Community Awards are now open.

Funds raised from this program will go towards an Australian Rotary Health PhD Research Scholarship investigating Post Traumatic Stress Disorder (PTSD) in Emergency Services Personnel.

[Find Out More](#)

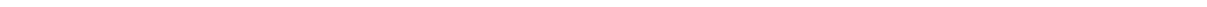
South Bunbury Rotary Ride for Charity



Members of South Bunbury Rotary Club took off on a 3 day 210km ride from Bunbury to Nannup on **May 3-5** to raise money for Australian Rotary Health and other local charities.

We praise them for their efforts and thank them for the support!

Supporting ARH in City2Surf



Dianne North from Rotary District 9675 is celebrating her 30th Sydney City2Surf this year and is hoping to raise \$3,000 for Australian Rotary Health research.

Please support Dianne and share her fundraising page around!

[Support Dianne](#)

A New Fundraising Idea For Your Club



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](#)

Indigenous Health Scholar Spotlight: Lily Coleman



"I am currently in the second year of a Sports and Exercise Science degree at University of Canberra. I plan to do a Masters of Physiotherapy specialising in Paediatrics. The inspiration for wanting to work in this field is due to two personal experiences. Firstly, I have been an interested observer of the various allied health professionals that support the management of my 10 year old sister's disability. Secondly, I have had two knee reconstructions, the last one was just after I was accepted into a junior contemporary dance program with Bangara Dance Theatre.

I am aware that my parents have relied on a combination of NDIS, Closing the Gap funding and pro-bono work to afford all the care and support for myself and my sister. I feel strongly about giving back and helping those in need in the community and having the opportunity to support Indigenous clients."

- Lily Coleman, Indigenous Health Scholarship 2019

Sponsored by: [Rotary Club of Tuggeranong](#)

[Learn more about our Indigenous Health Scholars](#)

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

**It's More Than Just Bike Rides
& Crazy Hats!**

Rotary
Eltham



invites you to
hear why



*It's more than just
bike rides and crazy hats!*

(but wear a crazy hat anyway for
crazy prizes!)



LIFT THE LID
on mental illness

Thursday 16th May 2019

Come and hear our special guest Gregory Ross, National
Chair of AUSTRALIAN ROTARY HEALTH explain the great work
of ARH, a leading funder of mental health research in
Australia. **Heidelberg Golf Club, 8 Main Rd Lower Plenty**

6.30pm for 6.45pm start

Tickets \$35p.p from www.trybooking.com/BCIGU

RSVP 12th May

Enquiries: Ken 0416 176 382

AUSTRALIAN ROTARY HEALTH

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

Time Warp Trivia



Rotary Club of Monash are pleased to present a fun trivia night to raise funds for Australian Rotary Health. Join them for a great night on **Friday May 17, 7pm.**

[Book Here](#)

Blue Moon Concert
Brisbane Water Brass Band

Blue Moon Concert

Brisbane Waters Brass Band



Saturday 18th May 2019

7.00 for 7.30 start

Cost: \$10.00 pp

Venue: Port Panthers

1 Bay Street, Port Macquarie



**Proceeds to Australian Rotary
Health
For Mental Health Research**

The Brisbane Water Brass Band to return to perform for Hastings residents on the night of the next Blue Moon. This year the Band will perform at Port Panthers Auditorium on **Saturday May 18** in a fundraiser for Wauchope Rotary.

Banish the Black Dog Ride 2019

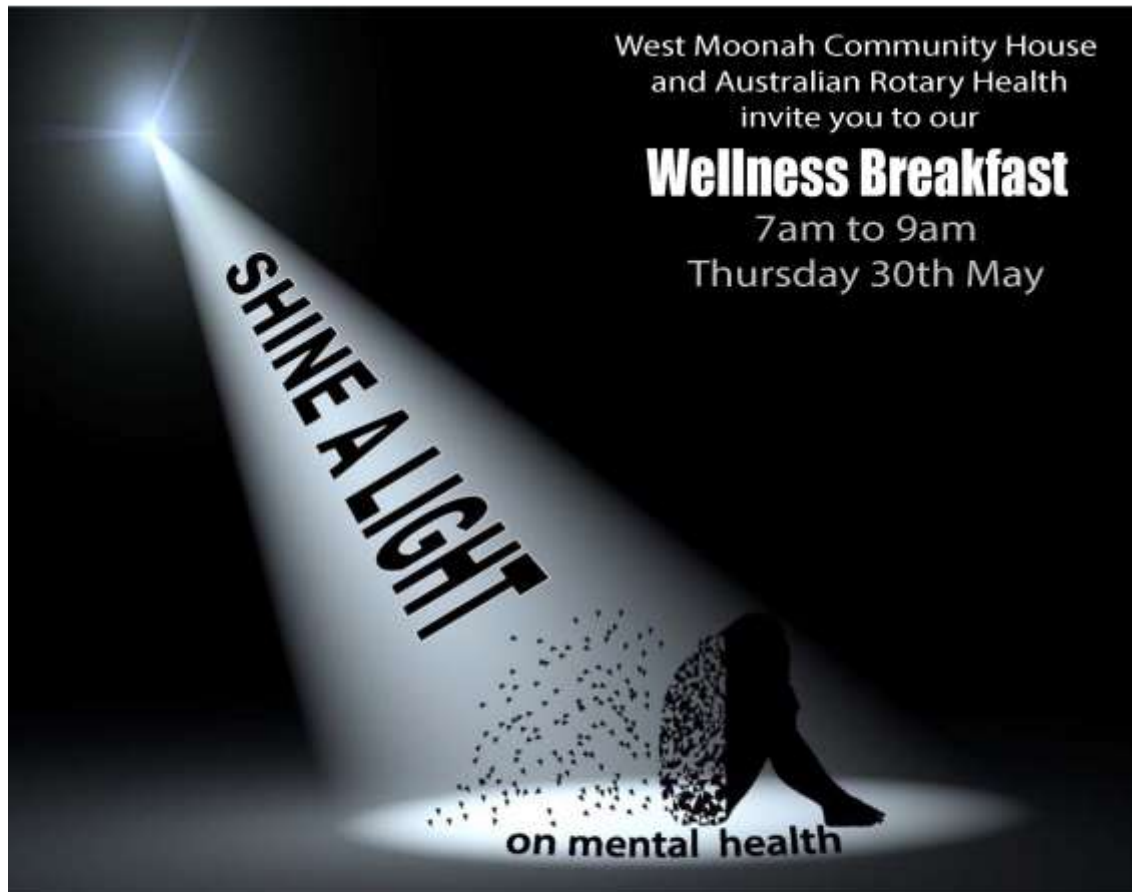


The Banish the Black Dog Charity Bike Ride is a relaxed cycling tour promoted by the Rotary Club of Townsville Central to raise awareness of mental health issues in their community, and to raise funds to aid research into the causes and treatments of mental health disorders.

This year, the ride will cover 260km over 2 days from **May 25-26**.

[More Here](#)

Wellness Breakfast



Blundstone Arena Function Centre

15 Derwent Street Bellerive

Tickets available at

westmoonahcommunityhouse.com/events/wellnessbreakfast

or phone 6273 2362



Start the day with a laugh
Special guest comic
Peter Rowsthorn

*From Kath & Kim, Who do you think you are,
I'm a Celebrity - get me out of here,
The Comedy Company and more.*

\$65 per person

*Includes full breakfast
and show*

**Silent Auction
Raffle**

MC John X

A fundraising event for West Moonah Community House and Australian Rotary Health



[Event Bookings](#)

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)

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](#)

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](#)

Lift the Lid Ball 2019



LIFT THE LID *on mental illness*

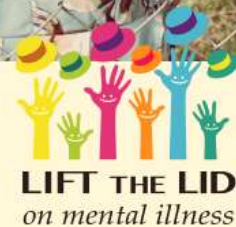
SAVE THE DATE: Saturday October 12.

The Rotary Club of Brisbane Mid-City will host the Lift the Lid Ball again this year at the Brisbane Convention and Exhibition Centre, to raise money for mental health research.

More information to come.

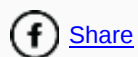
Send all news or event items to: news@arh.org.au

**Almost 1 in 2 will experience a
mental illness in their lifetime**



[Do More to Help](#)

[Visit Our Website](#)



[Share](#)



[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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