



Rotary  
Districts of Australia



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



## Australian Rotary Health Latest News

**When the Worst Time of Your Life  
is After Your Baby is Born**



3 women talk candidly about their post-natal mental illness.

Originally published on the [Essential Baby](#) website.

[Article Here](#)

## **Using Social Norms to Engage Parents in Child Behaviour Interventions**



New research funded by Australian Rotary Health suggests that while the majority of parents are enthusiastic about online parenting programs, more parents are likely to use the programs if they recommended by other parents.

[See What Dr Ohan Found](#)

## **Tackling Drug Resistance in Cancer Patients**



The news of drugs being ineffective can be devastating to patients going through cancer treatment, which is why a PhD scholar funded by Australian Rotary Health is determined to find a way for them to overcome drug resistance.

[Read More](#)

## Research Findings Throwback



From 2014-2016 [Dr Carolyn Schniering](#) from Macquarie University was awarded an Australian Rotary Health Mental Health Research Grant to test whether a new treatment for anxiety and depression in adolescents called Chilled Plus is effective when given over the internet.

***“This study made a real difference to the students that we treated. It made me so happy to see people using the techniques to beat their anxiety and depression.”***

During the project Dr Schniering found:

- Anxiety and depression are serious problems in adolescents, however very few people receive the right help to overcome these problems.
- New treatments have been developed that target anxiety and depression together in adolescents, such as Chilled Plus, at the [Macquarie University Centre for Emotional Health](#), however these have only been available face-to-face with a therapist.
- This study showed that the program for anxiety and depression, Chilled Plus, could be delivered to adolescents over the Internet with no significant loss in effectiveness compared to traditional treatments face-to-face.
- Results showed that compared to adolescents who did not receive the treatment, adolescents who completed Chilled Plus showed significant improvements in anxiety and depression.
- Delivering the program over the Internet, with only phone support, has a lot of benefits for young people with emotional problems, including better access, increased flexibility and reduced cost.
- Further efforts are needed to inform people in the community about the burden of anxiety and depression in adolescents, and the treatments that are available.

## **Expressions of Interest for Mental Health Research Grants Now OPEN**



## Taking Expressions of Interest (EOIs) for Mental Health Research Grants



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](#)

## Rotary Rides Canberra Five Peaks Challenge



*Riders enjoying pink lamingtons at the Lakeside Food Stop.*

On **Sunday April 28**, 267 cyclists took on the Rotary Rides Canberra Five Peaks Challenge, hosted by Woden Rotary.

The 2019 event raised money for Australian Rotary Health, ShelterBox and local charities.

We thank them for their support!

## **The Rotary Club of Victor Harbor Take Their Fundraising to Over \$60K!**



*Rotary Club of Victor Harbor president Mark Cox and wife Leonie*

Read all about the Rotary Club of Victor Harbor's fundraising journey for their Ocean to Outback event by clicking the button below.

Since the article was published, club president Mark Cox says they've now raised over \$60,000 for Australian Rotary Health mental health research!

A tremendous effort!

[Article Here](#)

## 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](#)

## Do You Enjoy Doing Puzzles?



As a puzzler, you can support Australian Rotary Health's Lift the on Mental Illness campaign through the Clue Detective's Puzzling for Mental Health Initiative.

\$43.95 will give you a puzzle membership for a whole year, with \$8.79 per sale going to ARH research!

[Join the Clue Detective's Puzzle Club Today](#)

[Donate to Research](#)

## **Indigenous Health Scholar Spotlight: Stevie Raymond**



*"Once working as a Dietitian, I could see the prevalence of diabetes in the local community and the long waiting lists for people to be seen by a diabetes educator due to the lack of services in rural area. As one of the few Indigenous dietitians in Australia I could see the need for an Indigenous diabetes educator and have since enrolled in the Graduate Certificate of Diabetes Education so I can improve wait time and provide more culturally appropriate services in my rural area. The demand of Indigenous people being 3 times more likely to have diabetes than non-Indigenous Australian is a driving force for me to become a diabetes educator and I have always thrived on seeing past dietetic clients reach those life changing 'light bulb' moments in understanding the disease."*

- Stevie Raymond, Indigenous Health Scholarship 2019 recipient - Graduate Certificate of Diabetes Education.

Sponsored by: Rotary Club of Parramatta (NSW).

[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

### Bookfest Noosa

# BOOKFEST NOOSA

## Big 3-Day Sale on again!

**Fri 3rd May - Sun 5th May 2019,  
9am - 5pm**

**Noosa Leisure Centre  
Wallace Dr, Noosaville**

- Quality Books at Bargain Prices
- Children's Corner with Books
- BBQ and Drinks Stand
- Hidden Prizes

And on display  
will be the finalists'  
entries to our  
**2019 Primary  
Schools Students'  
Competition**

Fundraising  
to support  
**Mental Health  
Research and  
Suicide  
Prevention**



**Rotary**   
Noosa Daybreak

**Rotary**   
Districts of Australia



**For more information Phone 1300 791 226**

**#bookfestnoosa**

**[www.noosadaybreakrotary.org](http://www.noosadaybreakrotary.org)**

[Rotary Noosa Daybreak](#) are fundraising for Australian Rotary Health mental health research at their Bookfest event in May!

Mark it on your calendar.

## 2019 Charity Cycle Ride



Building on the success of the 2018 inaugural Charity Cycle Ride, South Bunbury Rotary Club will be riding again this year on **May 3-5** to raise money for Australian Rotary Health and other local beneficiaries.

Registrations open now.

[Details Here](#)

**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](http://www.trybooking.com/BCIGU)**

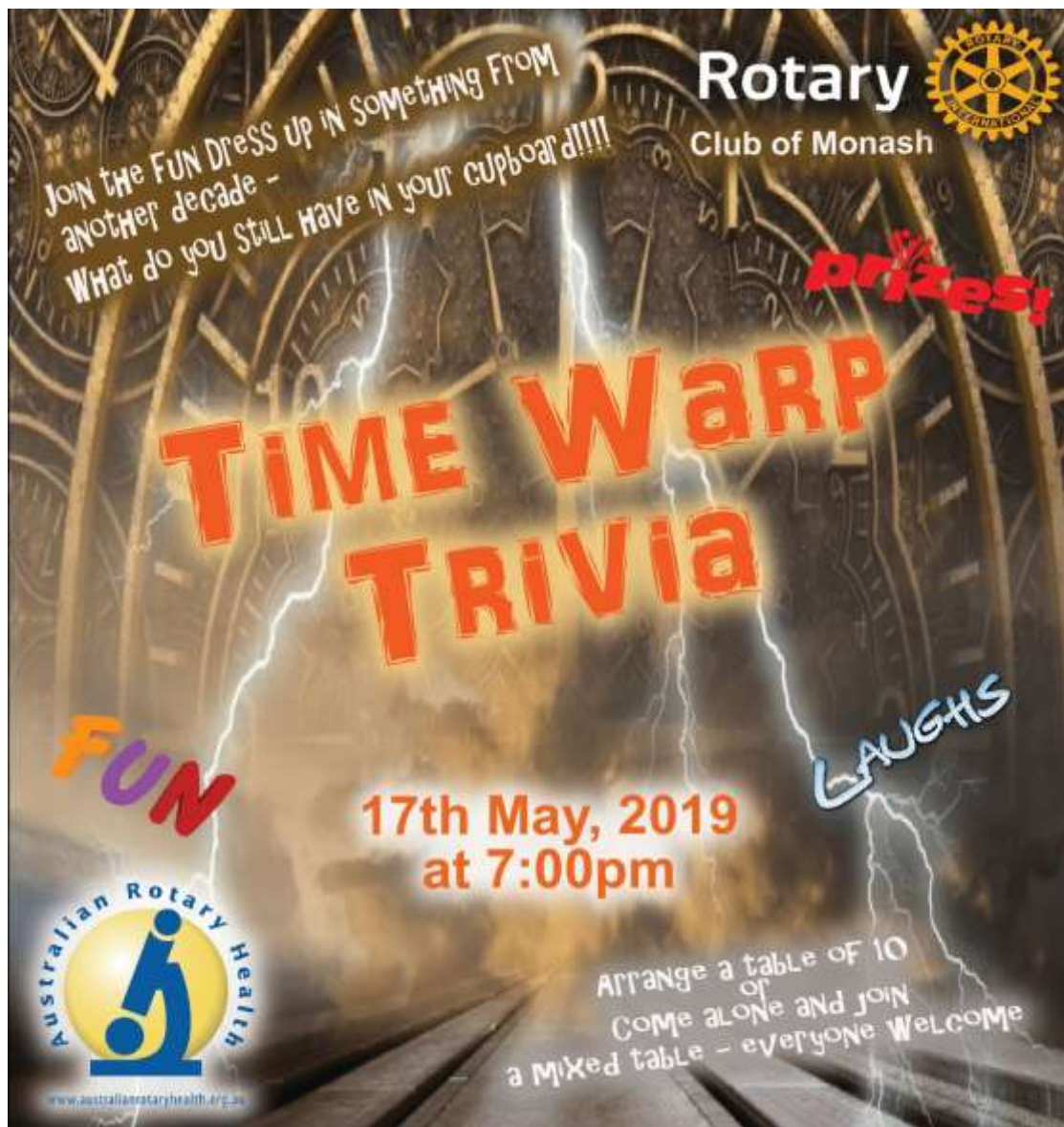
**RSVP 12th May**

**Enquiries: Ken 0416 176 382**

**AUSTRALIAN ROTARY HEALTH**

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## 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](#)

## 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](#)

## 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](http://hatday.com.au) or contact the ARH office on (02) 8837 1900 or [admin@arh.org.au](mailto: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](mailto:news@arh.org.au)



**At least 45% of us will experience  
a mental illness during our lives**



**Rotary**  
Districts of Australia



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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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PO Box 3455

Parramatta, NSW 2124

Australia

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