



Australian Rotary Health Latest News

Hats Off to Supporters this Mental Health Month

Mental Health Month (October) is not over yet, so there's still a chance to get involved in Hat Day to help us **Lift the Lid on Mental Illness** and raise funds for much needed mental health research!

Here's some inspiration if you need ideas...



Rotary Club of Renmark held their 'Crazy Hats for Mental Health' fundraiser meeting this month to support and promote our 'Lift the Lid on Mental Illness' campaign.



The Rotary Club of Colac West had a successful Hat Night recently.

They were joined by Carol Smit (second from left) from the Ian Parker Bipolar Research Fund, who with Australian Rotary Health, co-funded PhD Scholarship recipients Melanie Ashton (second from right) and Lisa Furlong (left). The two of them, and Bipolar and Depressive Disorder Researcher Professor Michael Berk (middle) shared their research with the audience.

Melanie also had the opportunity to judge the hats worn during the evening with prizes given for the smallest, largest, most creative, most novel, and best handcrafted hats!





The Rotary Club of Brisbane Mid-City hosted the Lift the Lid Ball event on **Saturday October 12**, raising money for mental health research.

Special thanks to guest speakers Richard Roberts from Suicide Prevention Pathways and our very own Mental Health Research Grant recipient Professor Gin Malhi (below) who flew in from Sydney to give a talk on suicide.





On **Saturday October 12**, the Rotary Club Litchfield/Palmerston held their annual Lift the Lid 3 hour Sunset Cruise.

22 raffle prizes were given out at the event, to support Australian Rotary Health mental health research.



The Rotary Club of Boorowa ran their Beanie and Beret Competition at the recent 23rd Boorowa Irish Woolfest over the long weekend.



[Read Article](#)

It's estimated that 150 people participated in this year's Rutherglen Rotary Club Muscat Run, which raised money for our [#liftthelidonmentalillness](#) campaign.



[Read More](#)

Adelaide City Rotaract Club supported Lift the Lid twice this month through yoga on grass and at their club meeting.

They raised over \$300 for Australian Rotary Health to support mental health research in Australia.





The Rotary Club of Paddington held a Hat Day Breakfast recently to support mental health research. They raised \$250 that morning and we are very grateful for the support!



Rockhampton South Rotary Club also got into the Hat Day spirit at their presentation night.



Rotarians from District 9830 gathered at Hobart Town Hall recently for an evening of Hat Day fun!



The Rotary Club of Sandy Bay took Hat Day to the streets of Hobart CBD, Salamanca and Sandy Bay, shaking their tins to raise funds for our [#liftthelidonmentalillness](#) campaign, supporting mental health research.

Don't they look great?!



Thank you to all of our supporters so far!
To get involved, host your own Hat Day this month or donate today.

[Register for Hat Day](#)

Donations & Merchandise

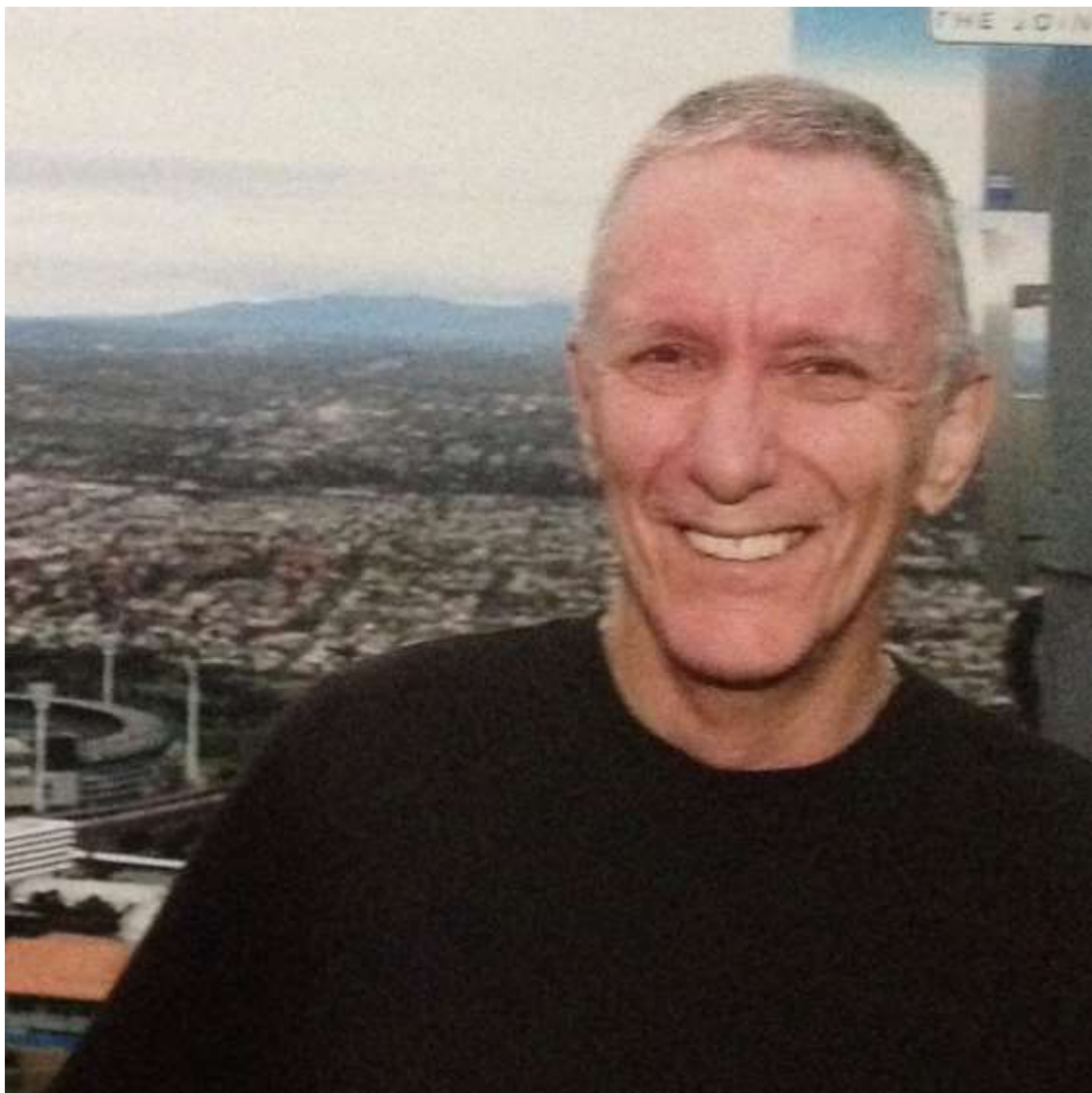
New ARH Director



District Governor Michael Buckeridge of D9570 and his wife Karen Buckeridge also supported Lift the Lid on Mental Illness this month.

As of today, Michael is now a member of the Australian Rotary Health Board of Directors. We look forward to working with him.

Support Glenn in His Virtual Bike Ride



Australian Rotary Health District 9810 Representative Glenn Tippet 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](#)

Thank you to the Rotary Club of Ballarat East



Immediate Past President Phillip Mann from the Rotary Club of Ballarat East was presented a certificate recently by ARH Director Jane Cox, in recognition of Club donations to Australian Rotary Health research over the years.

The level of contribution from the Club equates to \$500 per member and we are very grateful.

ARH Success Throwback



#Liftthelidonmentalillness

A horizontal banner filled with various colorful icons and symbols. From left to right, it includes: a gift box with a heart, a green cross, two hands holding a heart, a house with two people inside, a hand holding a coin, a hand holding a large heart with radiating lines, a hand holding a globe with a heart, a cat face, a hand holding a small house, a ribbon with a heart, a tree with multiple hearts, a money bag with a heart, and a hand holding a heart. There are also several floating hearts, a dog's head, and a hand holding a heart. The background is white with small black dots.

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

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

[Vote Now](#)

Indigenous Health Scholar Spotlight: Megan Torpey



"Through the combination of my previous public health training (Master of Public Health) and experience working in the Indigenous Health sector I hope to combine my medical degree to add to the breadth of my skills, allowing me to treat and medically care for my people as well as play a role in educating and preventing inappropriate and inequitable health outcomes within our mainstream health communities. Through these efforts, I hope to ensure that Indigenous patients experience evidence based medical care that is also culturally appropriate, empowering and compassionate."

- Megan Torpey, Indigenous Health Scholarship

Sponsored by: Keith Henning 'City to Surf'

[More about Megan](#)

Upcoming ARH Events

Support Hat Day During Mental Health Month



Your support during **Mental Health Month** in October, can help us to fund more mental health research, and ultimately improve many lives.

You can help **#LifttheLidOnMentalIllness** 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 jessica@arh.org.au

[Hat Day Website](http://hatday.com.au)

Eat Play Love: Reducing Your Risk of Dementia



Eat play love

- reducing your risk of

dementia



Maree McCabe

CEO Dementia Australia,

Boss magazine True Leader 2019.

Tuesday 29th October, 6.30 pm to 8.00 pm.

Latrobe Golf Club, Farm Road, Alphington.

\$45 per person, includes finger food on arrival. Drinks at bar prices.

Bookings: <https://www.trybooking.com/BFQTU>

Dementia is the second leading cause of death of Australians and the biggest killer of Australian women, surpassing heart disease.

The number of new cases of dementia is expected to increase to 318 people per day by 2025 and more than 650 people per day by 2056.

Dementia is the single greatest cause of disability in older Australians.

Brought to you by the Rotary Club of Ivanhoe,
in association with Dementia Australia.

Proceeds to Australian Rotary Health mental
health research and Dementia Australia.

Rotary
Club of Ivanhoe



[Learn More](#)

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

**Around one in 35 young Australians aged 4-17
experience a depressive disorder**



Rotary
Districts of Australia



We need to do more to help our youth.

Your donation to mental health research this month
for [#mentalhealthmonth](#) could make a huge difference to our future adults.

[Donate Now](#)

[Visit Our Website](#)



[Share](#)



[Tweet](#)



[Forward](#)



[Share](#)

Copyright © 2019 Australian Rotary Health, All rights reserved.

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

[Add us to your address book](#)

Want to change how you receive these emails?

[unsubscribe from this list](#)