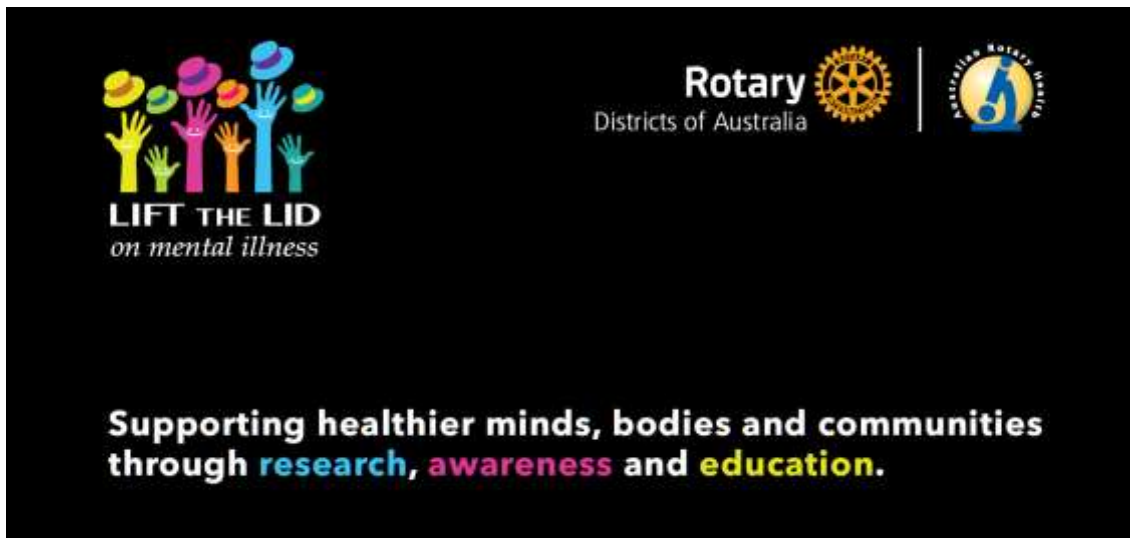
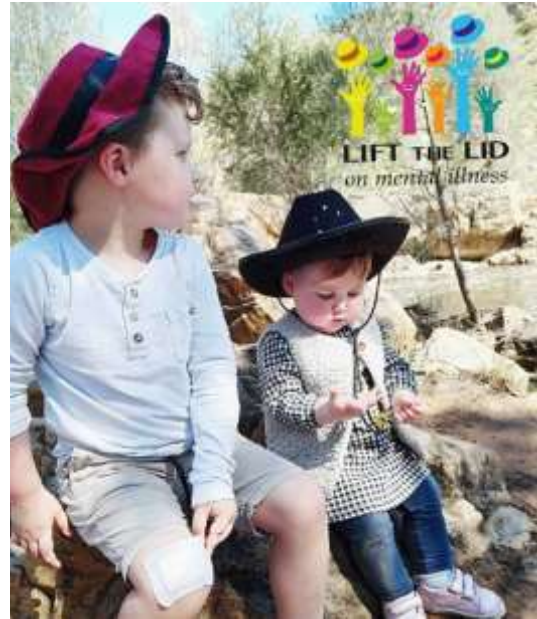




Australian Rotary Health Latest News

Hat Day Enthusiasm!





With Hat Day almost **3 weeks away**, we have seen a lot of Hat Day enthusiasm already on Instagram and the registrations keep pouring in!

Did you know that 1 in 5 Australians suffer a mental illness every year & about half of us experience a mental illness in our lifetime?

Australian Rotary Health is a charity working with these Aussies in mind, funding mental health research for better prevention strategies, interventions and possibly even a cure for mental illness.

Help **‘Lift the Lid on Mental Illness’** by hosting a **Hat Day** fundraising event on **October 10** (World Mental Health Day) or make a donation anytime during October.

If you need a Host Kit mailed to you or have any enquiries, contact Promotions & Mental Health Research Manager Jessica Cooper on jessica@arh.org.au or **(02) 8837 1900** to find out more.

[Register for Hat Day](#)

Donations & Merchandise

Read Our ARH Spring Update 2019



Our Spring Update 2019 is now available to read on Issuu!

If you would like a hard copy, email: admin@arh.org.au or call: (02) 8837 1900.

[Read Online Now](#)

Ride for Medical Research Continues Supporting ARH after 34 Years



After raising more than \$1.1 million dollars from their bike ride events for Australian Rotary Health research over the years, Rotary District 9810 are showing no signs of slowing down as they prepare for the 2020 Ride for Medical Research 'Silos, Plains, Lakes & Art Tour.'

[Read More](#)

Rotary Walk for Mental Health 2019



To register for the walk or make a tax deductible donation please visit mooloolabarotary.org/walk
Registrations on the day from 6.30am behind Mooloolaba Surf Life Saving Club. Walk commences 8am

The [Rotary Walk for Mental Health](#) at Mooloolaba Beach (QLD) is on Sunday 13th October 2019, supporting mental health research through Australian Rotary Health.

Register today to help [#Liftthelidonmentalillness](#)

[Register Here](#)

The Bowden Brothers Supporting ARH on Tour



[The Bowden Brothers](#) had a full house at their 'Steady and Strong' album launch concert on the 7th of September and raised \$1,000 for the Australian Rotary Health Indigenous Health Scholarship program!

They will continue to collect donations on their Red Centre tour - next stop is Tennant Creek.

[Event Details Here](#)

Mum's Desperate Attempts to Help her Son Targeted by Vicious Bullies



Changing classes to get him away from his 'frenemy' only gave Max a temporary reprieve.

"I spoke to other parents experiencing similar problems and one told me about the [Cool Kids - Taking Control](#) program," she says. She mentioned it to her son's psychologist and they endorsed the program.

Australian Rotary Health is currently providing funding to Dr Sally Fitzpatrick from Macquarie University to test the Cool Kids - Taking Control program and the research team are now recruiting families to be involved in the study.

[Read Article](#)

Diet, Gut Microbiota and Mental Health



A new research study funded by Australian Rotary Health will explore how diet influences gut microbiome and how this may impact our mental health.

[Read More](#)

Personalised Treatment Options for Bowel Cancer Patients



As a surgeon, [Dr. Atandril Das](#) became frustrated by the number of cancer patients who did not respond well to the ‘standard cocktail’ of chemotherapy agents. Now, with a PhD Scholarship from Australian Rotary Health, she hopes to improve patient outcomes by providing personalised treatment options.

[Article Here](#)

World Suicide Prevention Day



**WORLD
SUICIDE
PREVENTION
DAY** ● ● ●
10th September



World Suicide Prevention Day was on **September 10** and it was a time to remember those lost to suicide, encourage those who are contemplating suicide to reach out, and acknowledge the people out there contributing to suicide prevention (including our amazing researchers!)

For help call Lifeline: 13 11 14.

Here are some ARH research projects focussed on preventing suicide...

Hearing the Stories of Suicide Survivors



A new research project funded by Australian Rotary Health will seek a solution to suicide by listening to the stories of those who have attempted to take their own life and finding out what helped them to survive.

[Read More](#)

Contributors to Thoughts of Suicide in Young Australians



When statistics show that more than eight people die by suicide in Australia each day and around 65,300 attempt suicide each year, research into how to prevent suicide is more critical than ever.

Australian Rotary Health has awarded funding to researchers across the country who have a passion for learning more about suicide and how to best support people who are suicidal.

[Dr Tonelle Handley](#) from the University of New South Wales is one of these researchers and was awarded the Geoffrey Betts Postdoctoral Fellowship from 2014-2016 to look at contributors to thoughts of suicide across diverse groups, with a particular focus on young Australians.

[Read More](#)

[Donate to Suicide Prevention Research](#)

Women's Health Week



[#WomensHealthWeek](#) is a week dedicated to all women across Australia to make good health a priority.

During the week of **2-6 September, 2019**, we acknowledged these four Australian Rotary Health funded researchers for their contribution to women's health.

[Angela Clapperton](#) is investigating suicide & increasing episodes of non-fatal intentional self-harm among young women in Victoria.

[Associate Professor Helen O'Connor](#) is working on reducing body dissatisfaction and internalised weight stigma in young women with obesity.

[Lucy Marsh](#) is looking into the prevalence of, and risk factors for, depression in young Australian women.

[Rebecca Blackmore's](#) research focusses on perinatal mental health in women of refugee background.

Research Findings Throwback



From 2015-2017 we awarded an Ian Scott PhD Scholarship to [Reneta Slikboer](#) from Swinburne University of Technology.

Reneta's project focussed on reward sensitivity theory in Trichotillomania - a psychological disorder that leads people to compulsively and uncontrollably pull out their own hair.

[#LifttheIdonMentalIllness](#)

[More About Reneta's Research](#)

[Donate to Research](#)

Indigenous Health Scholar Spotlight: Alyssa Lampton



"Becoming a registered nurse is the first step towards how I can use my role to give back to my community and other communities. Being an aboriginal woman, I see the health issues that are affecting our culture. I see it in my family, and I see it in the community around me, I want to be able to be that one person that has opened their eyes to how they can help themselves in order to better their health."

- Alyssa Lampton, Indigenous Health Scholarship

Sponsored by: [Rotary Mareeba](#)

[More About Alyssa](#)

PhD Opportunities Close Next Month



Australian Rotary Health is offering 16 PhD Scholarships in a range of health areas.

One of these scholarships is the 'Joan E Swanson' PhD Scholarship, investigating Migraines.

Applications close **Monday October 21st, 2019.**

[Opportunities Here](#)

Upcoming ARH Events

A Celebration of Quilts



The Patchworkers and Quilters Guild of Victoria is hosting 'A Celebration of Quilts' on **September 21-22, 2019**. The event will be supporting Australian Rotary Health and Wellways.

[Details Here](#)

Downton Abbey Charity Movie Night



You are invited to spend an evening at Downton Abbey with the [Rotary Club of Berwick](#) on **Saturday 21st September**. \$10 of every ticket will go to the Australian Rotary Health program Lift the Lid on Mental Illness.

[Find Out More](#)

Bowden Brothers Band Tour

2019
BOWDEN
BROTHERS

RED CENTRE **TOUR** Gloucester **TO** TENNANT CREEK

LIGHTNING RIDGE BOWLING CLUB - FRI 20 SEPT
8 - 11:30 PM

BOURKE PORT OF BOURKE HOTEL - SAT 21 SEPT
8 - 11:30 PM

CHARLEVILLE BUSH CARAVAN PARK - SUN 22 SEPT
5 - 7 PM

LONGREACH STOCKMAN'S HALL OF FAME - WED 25 SEPT
6 - 8 PM

MOUNT ISA RED EARTH HOTEL - FRI 27 SEPT
7 - 10 PM

BARKLY HOMESTEAD - WED 2 OCT
5 - 7 PM

TENNANT CREEK ANYINGINYI REC CENTRE - SAT 5 OCT
5 - 7 PM



bowdensontour@gmail.com

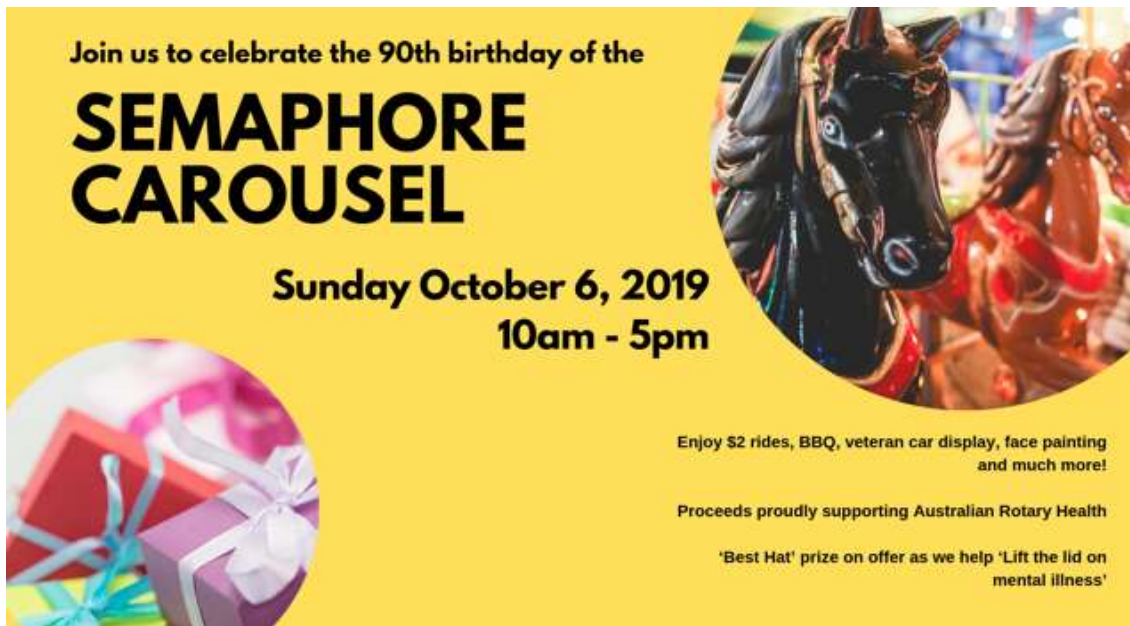


See the Bowden Brothers this **Friday September 20** or **Saturday September 21** to support Australian Rotary Health Indigenous Health Scholarships.

[Friday Event Details](#)

[Saturday Event Details](#)

Semaphore Carousel Turns 90



Join the Rotary Club of Henley Beach and five of their partner clubs on **Sunday October 6** at the 90th birthday of the Semaphore Carousel.

This year they are fundraising for the Australian Rotary Health Lift the Lid on Mental Illness campaign, supporting mental health research.

[Learn More](#)

Rotary Club of Hawthorn Fundraising Hat Day Luncheon

The Rotary Club of Hawthorn

Fundraising

Hat Day Luncheon

- Dress to Impress -

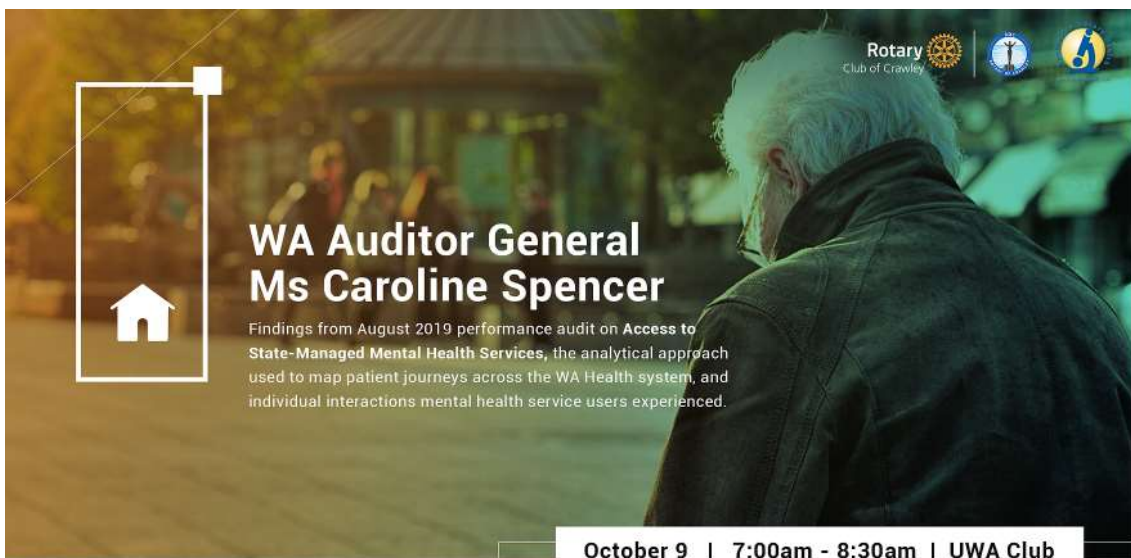
Guest Speaker
Leigh Woodgate
'The Woman from Snowy River'

The Rotary Club of Hawthorn are celebrating Hat Day on **Tuesday October 8** at their fundraising luncheon!

Leigh Woodgate "the Woman from Snowy River" will be guest speaker for the event, sharing her inspirational personal story of Winning Against the Odds.

[More Info](#)

Breakfast with the Auditor General
Access to Adult Mental Health Services in WA





WA Auditor General
Ms Caroline Spencer

Findings from August 2019 performance audit on **Access to State-Managed Mental Health Services**, the analytical approach used to map patient journeys across the WA Health system, and individual interactions mental health service users experienced.

Rotary Club of Crawley   

October 9 | 7:00am - 8:30am | UWA Club

To recognise National Mental Health Week, the Rotary Club of Crawley (WA) and Australian Rotary Health invite you to join us for a breakfast on **Wednesday October 9** with the Western Australian Auditor General, Caroline Spencer.

[Further Details Here](#)

Hat Day 2019 to 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 **#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)

ARH Golf Day 2019

SPONSORSHIP PROPOSAL

Sponsors will assist Australian Rotary Health in raising funds to improve the health of all Australians.

Three levels of sponsorship are available:

Silver Package: \$1,000 plus GST

- A team of 4 players including use of golf carts, lunch, dinner and drinks
- Golf Course signage and a players Gift Pack are also included

Gold Package: \$2,500 plus GST

- As above PLUS 4 Guests for lunch and drinks after the game

Major Donor: \$5,000 plus GST

- As above PLUS 4 Guests for lunch and drinks after the game
- PLUS Clubhouse signage
- PLUS Recognition as a Corporate Companion of Australian Rotary Health

Australian Rotary Health is a multi-District program of the Rotary Districts of Australia.

A registered charity, it has donated well over \$23 million to research in Australia by Australians.

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

PROGRAM

Ambrose Event (team of 4 players) and every player shares a cart. There's great prizes and special events: nearest the pin; longest drive and lots, lots more!

Lunch is included.

7am
REGISTRATION

•
7.45am
TOURNAMENT BRIEFING

•
8am
SHOT GUN START

•
10am
REFRESHMENTS ON COURSE
PURCHASE AVAILABLE FROM FOOD AND BEVERAGE CART

•
1pm
PRE-LUNCH DRINKS (CASH BAR)

•
1.30pm
BUFFET LUNCH & PRESENTATION

•
2.30pm
FINISH

Australian Rotary Health
For information, please contact:
Terry Davies
Phone: (02) 8837 1900
Fax: (02) 8635 5042
Email: terry@arh.org.au

AUSTRALIAN ROTARY HEALTH GOLF for RESEARCH

Lakeside
Golf Club Camden
50 Raby Road, Gledswood Hills

**Thursday
10th October, 2019**



LIFT THE LID
on mental illness

Rotary
Districts of Australia

Sponsorship Proposal

Support mental health research on World Mental Health Day (**Thursday October 10**) by joining us at our 'Golf for Research' event. There will also be prizes for the best hat!

Sponsorship opportunities available or \$400 for a team of four players.

Contact Terry for details: terry@arh.org.au

[Learn More](#)

Lift the Lid Sunset Cruise



Can you help raise money for Lift the Lid during Mental Health Month this October?

The Rotary Club of Litchfield/Palmerston Inc. invites you to support Lift the Lid on Mental Illness by joining them on a 3 hour sunset cruise on board the Spirit of Darwin on **Saturday October 12.**

Your support will help to raise much needed funds for mental health research.

[Event Details Here](#)

Lift the Lid Ball 2019



The Rotary Club of Brisbane Mid-City presents

The Lift The Lid Ball

YOUTH SUICIDE RESEARCH &
PREVENTION

Saturday 12th October, 7pm

Brisbane Convention & Exhibition Centre, South
Brisbane

• Dinner • Prizes • Music & Dancing •

All proceeds to Australian Rotary Health: Mental
Health Research and scholarships

australianrotaryhealth.org.au

Tickets: \$95, \$75 (students), \$900 (table)

Available through the club and on-line | No hat, No Entry

rotaryclubofbrisbanemidcity.org



For bookings:

email: themidcitymonitor@gmail.com

Phone: 0410 288 527 (Lisa)

Proudly supported by:



Rotary 
Club of Brisbane Mid-City



LIFT THE LID
on mental illness

The Lift The Lid Ball is on again during National Mental Health Week on
Saturday October 12 and this year the event is focused on Youth Suicide
Prevention and Research.

With all proceeds going to Australian Rotary Health and their endeavour into Mental Health Research, our hope is to reach as many people affected by mental illness and its consequences.

Mental Health Research Grant recipient Professor Gin Malhi will be one of the guest speakers.

[Details Here](#)

Rotary Club of Brisbane Taylor Bridge Trivia Night 2019



The Rotary Club of Brisbane Taylor Bridge (QLD) is partnering with Clue Detective Puzzle Agency this year, to raise money for ARH mental health research.

Come to their annual trivia night on **Saturday October 12** as your favourite Cluedo character or detective.

[Find Out More](#)

2019 Walk for Mental Health

A combined Community Service event by the Rotary Clubs of
Alexandra Headland, Maroochydore and Mooloolaba.



WALK FOR MENTAL HEALTH

To promote awareness and remind people
suffering in silence that they are not alone

SUNDAY, OCTOBER 13

Walk starts Mooloolaba Surf Club at 8am.

Return walk to either the Alex Surf Club (4km)
or the Maroochydore Surf Club (6km).

Walk finishes at Mooloolaba Surf Club.
Sausage sizzle available to help raise more funds for this great cause.

**REGISTER online at www.mooloolabarotary.org or at
Mooloolaba Surf Club on the day of the walk from 7am.**

Children under 15 accompanied by an adult welcome and walk for free.
Bring your water bottle to fill up at the Unity Water Station.

\$30 ENTRY
INCLUDES
A FREE
T-SHIRT

Major Sponsor

Stewart
property



Proudly Supported By:



CR130369A

The annual Walk for Mental Health is on again this year on **Sunday October 13**, raising funds for mental health research through Australian Rotary Health. Register today!

Event Info

Health and Wellbeing Expo



FREE – FREE – FREE

Australian Rotary Health
Rotary Club of Ulverstone West
Rotaract Club of Central Coast
Australian Rotary Health

HEALTH & WELLBEING EXPO

GNOMON PAVILION – WHARF PRECINCT – ULVERSTONE
FRIDAY 18TH OCTOBER 2019 – 10AM–2.30PM
MAYOR JAN BONDE AMBASSADOR EXPO 2019

FREE ENTRY – FREE BROCHURES – FREE ADVICE

AUSTRALIAN HEARING free hearing checks, BLOOM HEARING SPECIALISTS free hearing checks, AUSTRALIAN ROTARY HEALTH medical research, APIA INSURANCE, BEYOND BLUE mental health information, CENTRAL COAST COMMUNITY SHED, CARE FORWARD HEALTH & HOME CARE, CARE BEYOND CURE, CARERS TASMANIA, DELTA THERAPY DOGS trained for patient care, DEMENTIA AUSTRALIA, FOOTPRINT PODIATRY, EARNWORK NORTH & NORTH WEST, FAMILY BASE CARE, HOSPICE CARE, INDEPENDENT LIVING CENTRE equipment for disability support, LUNGS IN POOR SHAPE respiratory support, Mt. St. V. NURSING HOME & THERAPY CENTRE, NEW MORNINGS MENTAL HEALTH SUPPORT, RURAL HEALTH TASMANIA, RACT TRAVEL, SIDS & KIDS support, TASMANIAN PERPETUAL TRUSTEES estate planning, PERSONAL HELPERS & MENTOR (PHaMe), PARA QUAD ASSOCIATION TASMANIA support for spinal cord injury & physical disability, SAFE CHOICES family violence, SPIRIT OF MANDALA, WHITE RIBBON domestic violence, WELLWAYS TASMANIA mental health, North West Environment Centre—caring for our environment.

Launceston BMW
Apia
Maveric Work Wear & Accessories
Harcourts Ulverstone & Penguin
ULVERSTONE RAILWAY SUPERMARKET IGA Everyday
CAMERONS
HARVEST MOON
novA
CENTRAL COAST COUNCIL
pier01
TRAVEL by RACT
Ulverstone Football Club

Australian Rotary Health, the [Rotary Club of Ulverstone West](#), and [Rotaract Club of Central Coast TAS](#) invite you to this year's Health and Wellbeing Expo on **Friday October 18.**

Free health checks and support advice will be available from a wide range of exhibitors.

[Find Out 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](#)

Bulldust N Back Trial



The BulldustNBack Trial is a 4-day motoring adventure, exploring the WA outback, attracting participants of all ages who are interested in having fun! AND it's all to raise money for Kids with Cancer and Mental Health.

[More Info](#)

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.

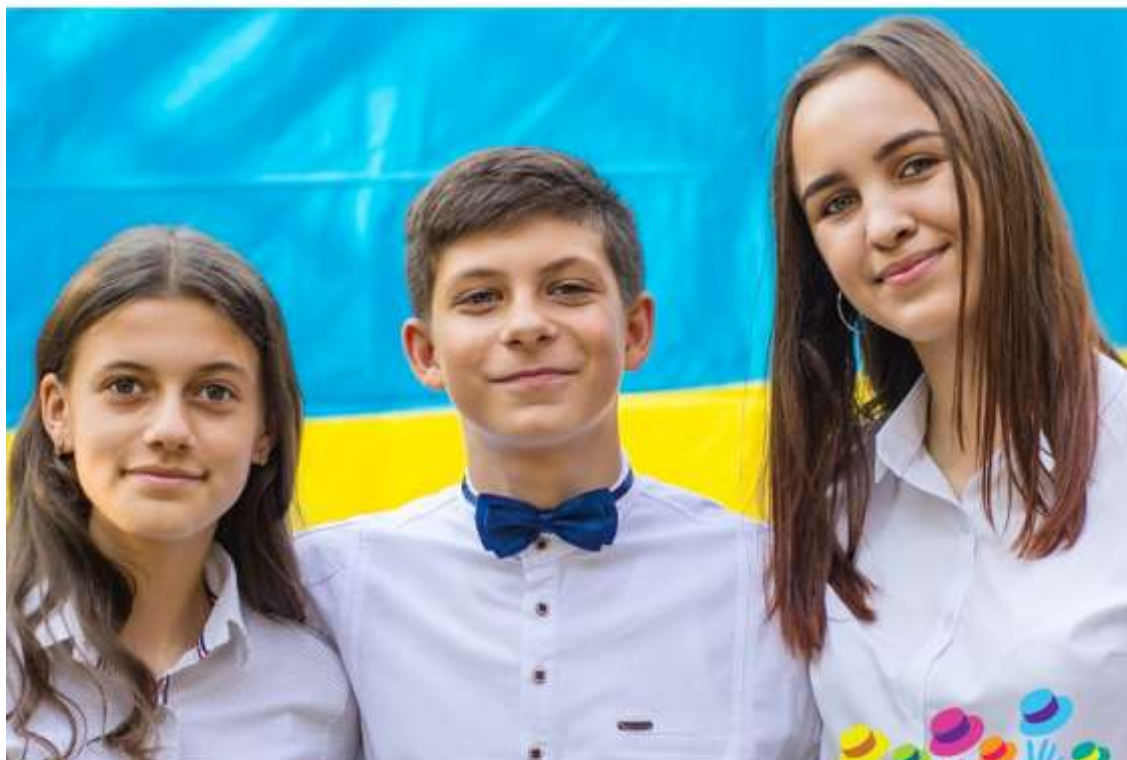
This year the 42nd AGFR Golf Tournament is held at the 13th Beach Golf Course, Barwon Heads (VIC) on **19-24 April, 2020.**

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

One in seven young Australians experience a mental health condition



13.9% children and adolescents aged 4-17 years experienced a mental disorder between 2013-14, which is equivalent to an estimated 560,000 Australian children and adolescents.

Help [#Liftthelidonmentalillness](#) for our youth by supporting youth mental health research today.

[Donate Now](#)

[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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