



Australian Rotary Health Latest News

Australian Rotary Health 2018-2019 Annual Report



Our 2018-2019 Annual Report is available to read now on Issuu!

This publication is a summary of our research funding, research highlights, events, supporters and other happenings over the 2018-2019 Rotary year.

If you would like to request a paper copy, contact our office on: (02) 8837 1900 or admin@arh.org.au

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ARH at SMHR2019

Media and Presentation Training Workshop



Every year, coinciding with the SMHR conference, we host our Media and Presentation Training Workshop for PhD candidates and early career

researchers.

This year on **Tuesday November 26**, the workshop was held at the University of Melbourne, joined by Professor Rob Morrison who led the media training session, and Professor Jane Pirkis who led the presentation training session.

It was such a great turnout turnout this year and it was wonderful to see 4 of our funded PhD scholars present their research - Josie Povey, Kelly Tow, Bryan Peck and Amy Coe (photos below).



Professor Rob Morrison leading Media Training



ARH PhD Scholars Jacqueline Kuruppu and Lisa Furlong practising interviewing skills for TV and Radio



Professor Jane Pirkis giving a presentation on how to give a good presentation!



Our 4 PhD Scholars giving presentations on their research

ARH at SMHR2019

Australian Rotary Health Mental Health Impact Award



Dr Laura Hart with ARH Chairman Gregory Ross (left) and Professor Eoin Killackey

The SMHR Conference is also an opportunity to acknowledge researchers who have successfully disseminated their research to the public. Each year we give out the Australian Rotary Health Mental Health Impact Award to a researcher who has made an impact in this field.

Today, ARH Chairman Gregory Ross presented the 2019 award to Dr Laura Hart for her work on teen Mental Health First Aid. Laura is also a recipient of our Colin Dodds Postdoctoral Fellowship and has received an Ian Scott PhD Scholarship and Mental Health Research Grant from us in the past as well.

Well done Laura!



PhD Scholars Putting Their Work Out There



Funding Partner PhD Scholarship recipient Harsha Suresh recently presented his research poster on “Low viscosity soluble fibre for gastroparesis sufferers” at the American College of Gastroenterology Conference 2019 in Texas, USA. The abstract was published in The American Journal of Gastroenterology in Volume 114, Issue 2019.

In addition to this, Harsha presented a poster at the Health Beyond Research & Innovation Showcase in June, and received the runner-up prize for the 3-minute thesis competition at the School of Medicine, Western Sydney University in July.

Great work Harsha!



PhD Scholarship recipient Nicole Hill gave an update on the findings of her research into suicide in Tasmania at the Rotary Club of Smithton a fortnight ago.

Here she is with ARH Vice-Chairman Kevin Shadbolt (left) and RC Smithton President Darcy Stewart (right).

Recent ARH Supporters



[South Bunbury Rotary](#) have raised more than \$65,000 at their Dirt 'N Dust Run event, with some of the funds going to Australian Rotary Health for mental health research. An amazing effort!



The [Rotary Club of Port Macquarie Sunrise](#) had great fun helping to [#Lifttidelidonmentalillness](#) at their Hat Day fundraising event earlier this month.

We thank them for supporting mental health research!



The Rotary Club of Orange Daybreak helped [#Lifttidelidonmentalillness](#) with a hat day fundraiser at their weekly breakfast meeting.

[Read Article](#)



Past Rotary International President Ravi Ravindran endorsing our [#LifttheLidOnMentalIllness](#) campaign. Here he is with ARH Chairman Gregory Ross recently at a Foundation Dinner. The two were also classmates in 1991/92!



Last week at a [Rotary Club of Blacktown City Inc.](#) meeting, ARH Director Stephen Humphreys presented a Companion Award to PDG Paul Reid.

Although his wife Julia was unable to attend, we are very grateful for both Paul's and Julia's support!



Congratulations to all those involved in the Firefighter of the Year Awards, especially the well-deserving recipients!

We thank the [Rotary Club of Darwin North](#) for also donating \$1,000 on behalf of each recipient to Australian Rotary Health for ongoing research into Post Traumatic Stress Disorder in emergency services personnel

Rural Nursing Scholar Spotlight



Nicole Wallis is one of our past Rural Nursing Scholars, awarded the Rotary Club of Sale Rural Nursing Scholarship in 2016/2017.

"I would also like to say a massive thank you to the members of Rotary Health for giving me this scholarship and the chance to come and speak at the meeting in Sale was humbling. This scholarship has meant a great deal to my blended family of 6 children, my partner and myself! It has meant that bills that were outstanding due to my 10 years (yes 10!) of studying have finally been paid and we are now able to look forward to being a family with two incomes!"

[More About Nicole](#)

Support ARH With a New 2020 Diary



Looking for a new diary for 2020 or maybe a Christmas gift idea?

Resilience Agenda is supporting Australian Rotary Health mental health research. This is an organisation with an ongoing commitment to support positive, proactive and preventative mental health awareness and action.

Their diary focuses on 'mental fitness'. You train your body, why not your mind as well?

[Buy Your New Diary Here](#)

Bringing Clue Detective to School Libraries

Help us



LIFT THE LID
on mental illness

**by solving
Clue Detective
puzzles**

Clue Detective Puzzle Agency is keen to bring puzzles to school libraries to raise money for mental health research and [#LifttheLidonmentalillness](#)

[Find Out More](#)

Vote for Australian Rotary Health



Vote Now

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.

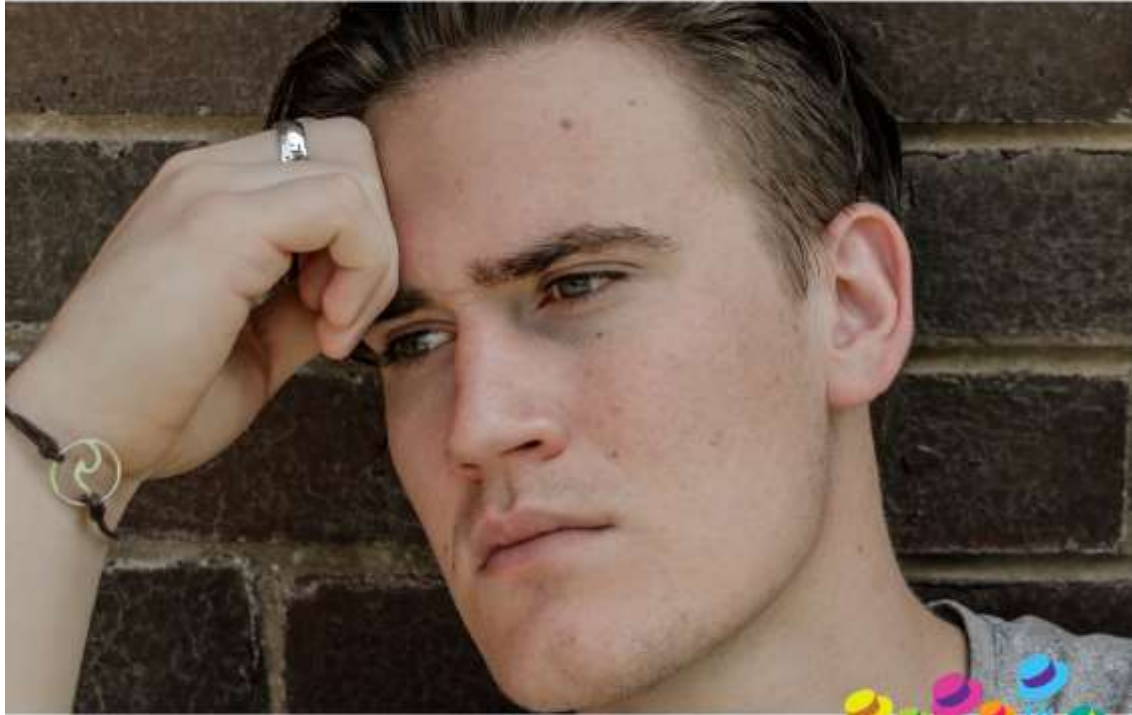
This year the 42nd AGFR Golf Tournament is held at the 13th Beach Golf Course, Barwon Heads (VIC) on **19-24 April, 2020.**

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

**Australian youth (18-24 years old)
have the highest prevalence of mental illness
than any other age group**



Evidence suggests that half of adult mental health conditions emerge by age 14.

Prevention and early intervention is critical to help [#LifttheLidonmentalillness](https://www.rotary.org.au/australian-rotary-health/campaigns/lift-the-lid-on-mental-illness)

Donate to youth mental health research today.

[Donate Now](#)

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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.

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