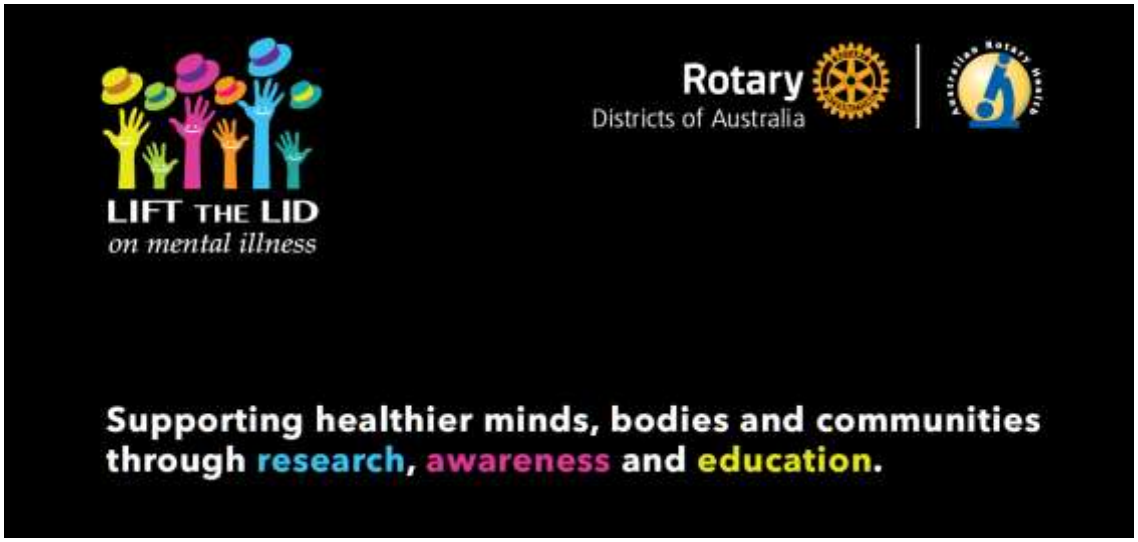


Australian Rotary Health
Latest News

Launching Lift the Lid for Mental Health Month

Today is the first day of October, **Mental Health Month**, and to kick things off we hosted a brunch at QT Sydney to launch our Lift the Lid on Mental Illness campaign (and of course Hat Day) to the media.

We were very lucky to be joined by media personality Melissa Hoyer who was our MC, as well as Dr Claire Kelly, one of the researchers behind the teen Mental Health First Aid (tMHFA) program, which has previously received funding from Australian Rotary Health and has gained a lot of media coverage lately (see here).

Melissa and Claire did a Q&A, talking about the tMHFA program, how teens are coping with mental health problems today, and why research is so important.

A special thank you to AKUBRA for providing us with some hats!

We officially celebrate Hat Day on **Thursday October 10.**
Please join us so we can continue to fund important research like Claire's!

Register for Hat Day

Donations & Merchandise

Hat Day Celebrations

Hat Day celebrations are starting to happen across Australia. Thank you to the Brisbane Hatters and AKUBRA for their support recently!

Drysdale Rotary Club celebrated their Hat Night to help Lift the Lid on Mental Illness.

Thanks also to Armidale North Rotary for getting involved!

Host a Hat Day Event

A Great Big Cheque

A huge thank you to the City of Penrith Motorcycle Club for their amazing contribution to Australian Rotary Health to go towards research into early onset dementia.

The club presented a big cheque of $18,424.18 to ARH Corporate Manager Terry Davies last week at the Rotary Club of Penrith Valley club meeting.

North Ryde Fun Run Donation

A total of $15,000 was raised at the North Ryde Fun Run event in August this year, and we were very grateful to receive a donation cheque of $8,000 to go towards mental health research.

This event is hosted by the Rotary Club of North Ryde annually and we thank them for their continuous support!

Cool Kids Program Recognised in NSW Parliament

The Cool Kids team at Parliament House NSW. Photo credit: Nicola Bailey.

Last month the Cool Kids Program, which has previously received funding from Australian Rotary Health, was featured at the NSW Universities' Research Impact Showcase at NSW Parliament House.

We were pleased to be invited to watch the team from Macquarie University talk about the success of the program, which has helped tens of thousands of children with anxiety in Australia and across the world.

PhD Scholars Present to Rotary

On **Thursday September 26**, Australian Rotary Health PhD Scholars Bianca Kavanagh and Meghan Hockey were invited to present their research to the Rotary Club of Highton in Geelong (VIC).

Bianca's research investigates whether and how personality disorder moderates clinical and epidemiological outcomes in psychiatric disorders. While Meghan's research is looking at association between dairy consumption and mood and cognition.

Ben Roberts-Smith Joins Forces With Mooloolaba Rotary's Walk to Help 'LIFT THE LID' on Mental Illness

Ben Roberts-Smith VC MG has been announced as Patron for the Rotary Walk for Mental Health in Queensland, which is supporting our Lift the Lid on Mental Illness campaign.

"With mental health issues affecting so many Australians, it's important we all play a role in our own communities to help drive awareness and support fundraising initiatives. I urge people on the Sunshine Coast to get involved and join us Sunday 13 October to help 'Lift the Lid' on Mental Illness," said Ben.

Read More

Promoting Suicide Prevention in the Community

Leading up to World Suicide Prevention Day on **September 10**, the Rotary Club Litchfield/Palmerston and supporters embarked on raising awareness of suicide prevention in the Litchfield Municipality.

Posters were distributed throughout the Litchfield area to business/stores and the Club also held a sausage sizzle and awareness and information stands at local shopping centres.

Members were overwhelmed with the positive support of all businesses in the Municipality who embraced this project and congratulated and applauded the Club on this initiative.

A fine of example of how to help #Liftthelidonmentalillness

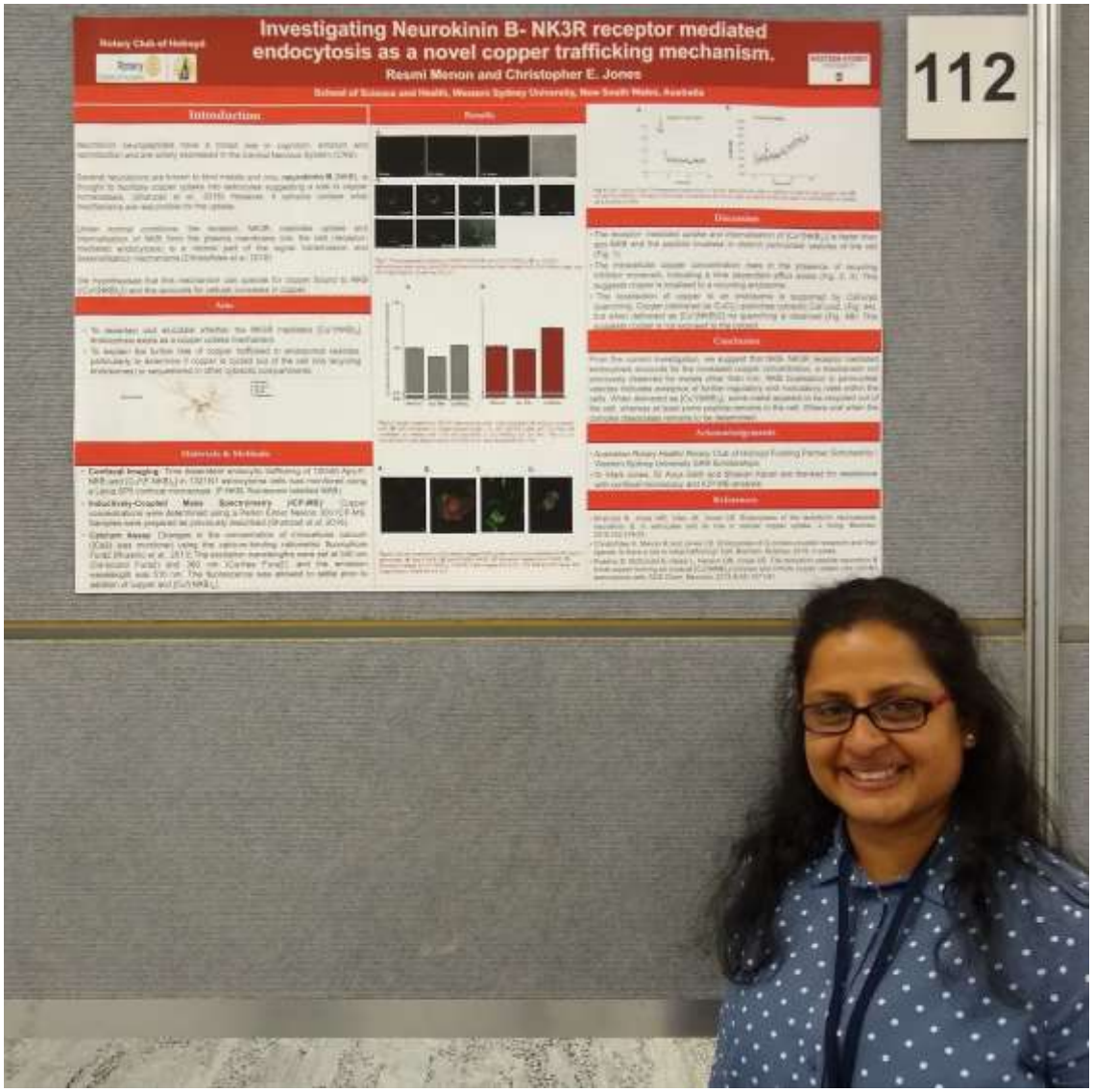
Congratulations to ARH Awardees

At the September Annual General Meeting, we were pleased to announce the 2019 recipients of the Australian Rotary Health "Medal" and Dick White District Achievement Award.

PDG Phil Lacey was this year's recipient of the Australian Rotary Health “Medal”. Congratulations!

Congratulations to West Australian Districts 9450 and 9460, who were chosen as the joint recipients of the 2019 Dick White District Achievement Award.

World Alzheimer's Day



On **Saturday September 21** it was World Alzheimer's Day and September was Dementia Awareness Month.

Resmi Menon from Western Sydney University was awarded the Australian Rotary Health/David Holz/Rotary Club of Holroyd Funding Partner PhD Scholarship in 2018 to conduct research into Alzheimer's Disease.

The overall aim of her project is to determine how neurokinins (neurotransmitters which have broad roles in cognition, emotion and inflammation) contribute to the maintenance of correct copper levels in the brain. It is hoped that this will lead to identifying multiple specific targets for therapeutic intervention in Alzheimer's Disease.

Donate to Research

Vote for Australian Rotary Health

In 2019 MyGivingCircle is giving away $50,000 in grants to charities.

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

Vote Now

Indigenous Health Scholar Spotlight: Elizabeth Skalkos

"The Australian Rotary Health Scholarship for Rural Clinical Students will help massively to relieve the financial burden of relocating to Bathurst as well as the expenses of living independently. Medicine is a massive undertaking which often leaves little time for other pursuits. This scholarship would provide financial support to ensure my time can be spent engaging in the community whether that is through the Rotary club, attending local Bathurst community events or joining in on local club sport."

- Elizabeth Skalkos - Rural Medical Scholarship

More about Elizabeth

PhD Opportunities Close This Month

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

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

Opportunities Here

Upcoming ARH Events

John Barresi on Laughter

John Barresi, one of Australia's most unique performers, will join the Rotary Club of Essendon at their club meeting tonight **(Tuesday October 1).**

Tickets are $35 per person, with $5 from every ticket sold to go to Australian Rotary Health Mental Health Research.

Details Here

Bowden Brothers Band Tour

See the Bowden Brothers at their upcoming shows on **Wednesday October 2** or **Saturday October 5.**

Bowden Brothers on Facebook

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 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

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

CQ Step Up Step Down 1st Birthday Celebration

The CQ Step Up Step Down Team invites you to celebrate their 1st birthday on **Wednesday October 9.**

Help them Lift the Lid on Mental Illness by wearing a colourful hat or making one at the Rotary hat making table.

Learn More

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

ARH Golf Day 2019

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

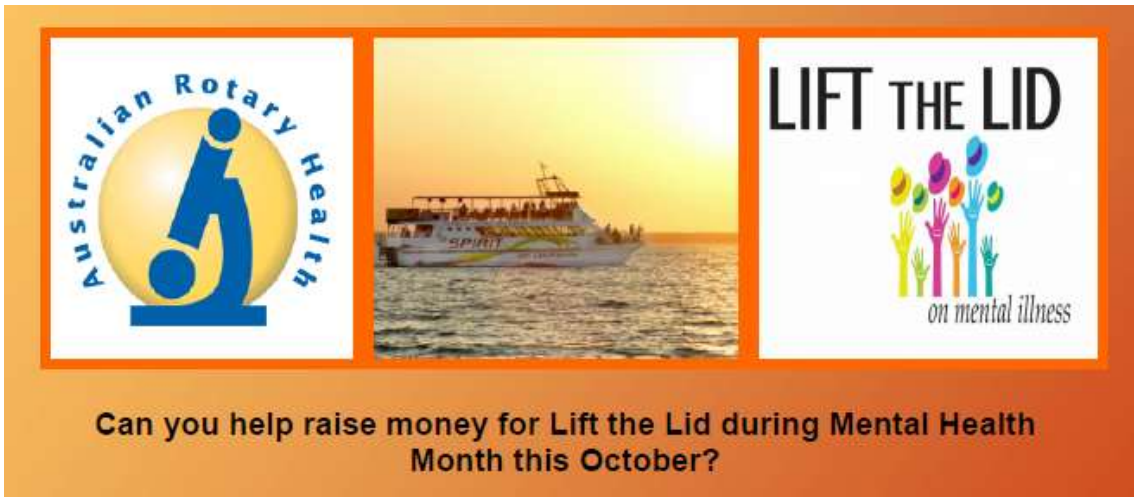
Learn More

Mackay Mental Health and Wellbeing Fair

Join us at the Mental Health and Wellbeing Community Fair on **Saturday October 12** at the Mackay Showgrounds.

More Details

Lift the Lid Sunset Cruise



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

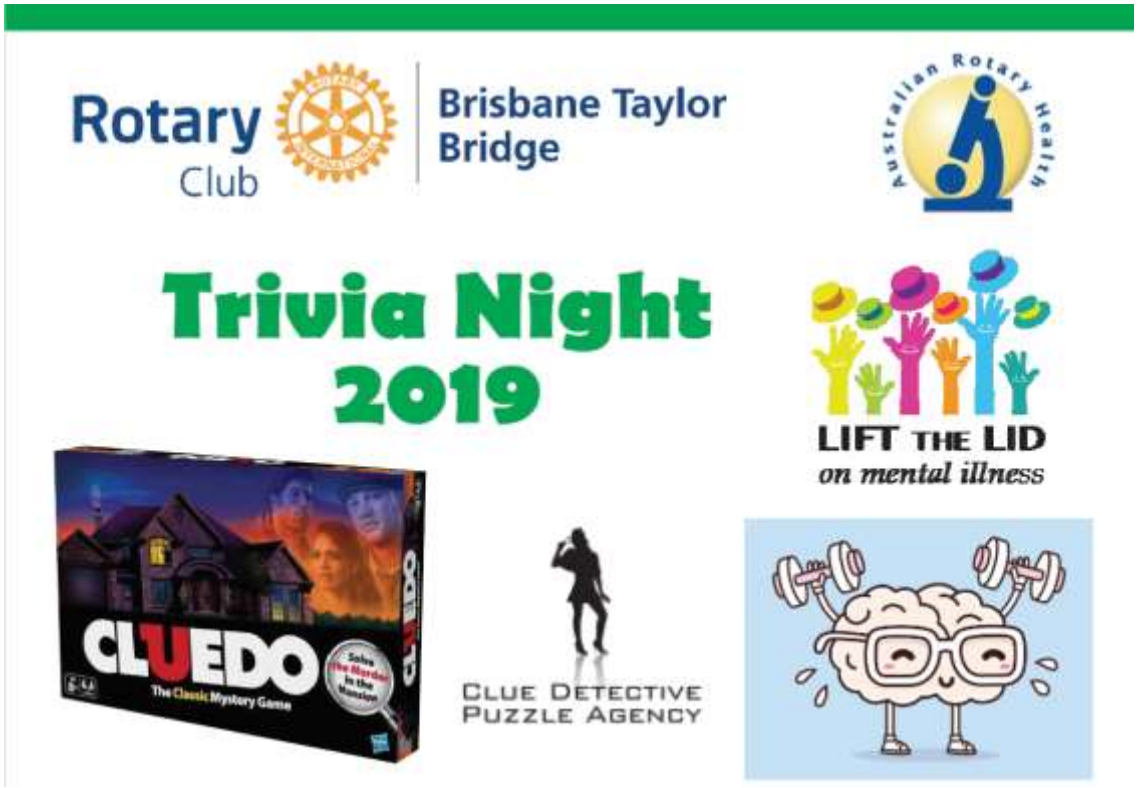
The Lift The Lid Ball is on again during National Mental Health Week on **Saturday October 12** and this year the event is focused on Youth Suicide Prevention and Research.

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

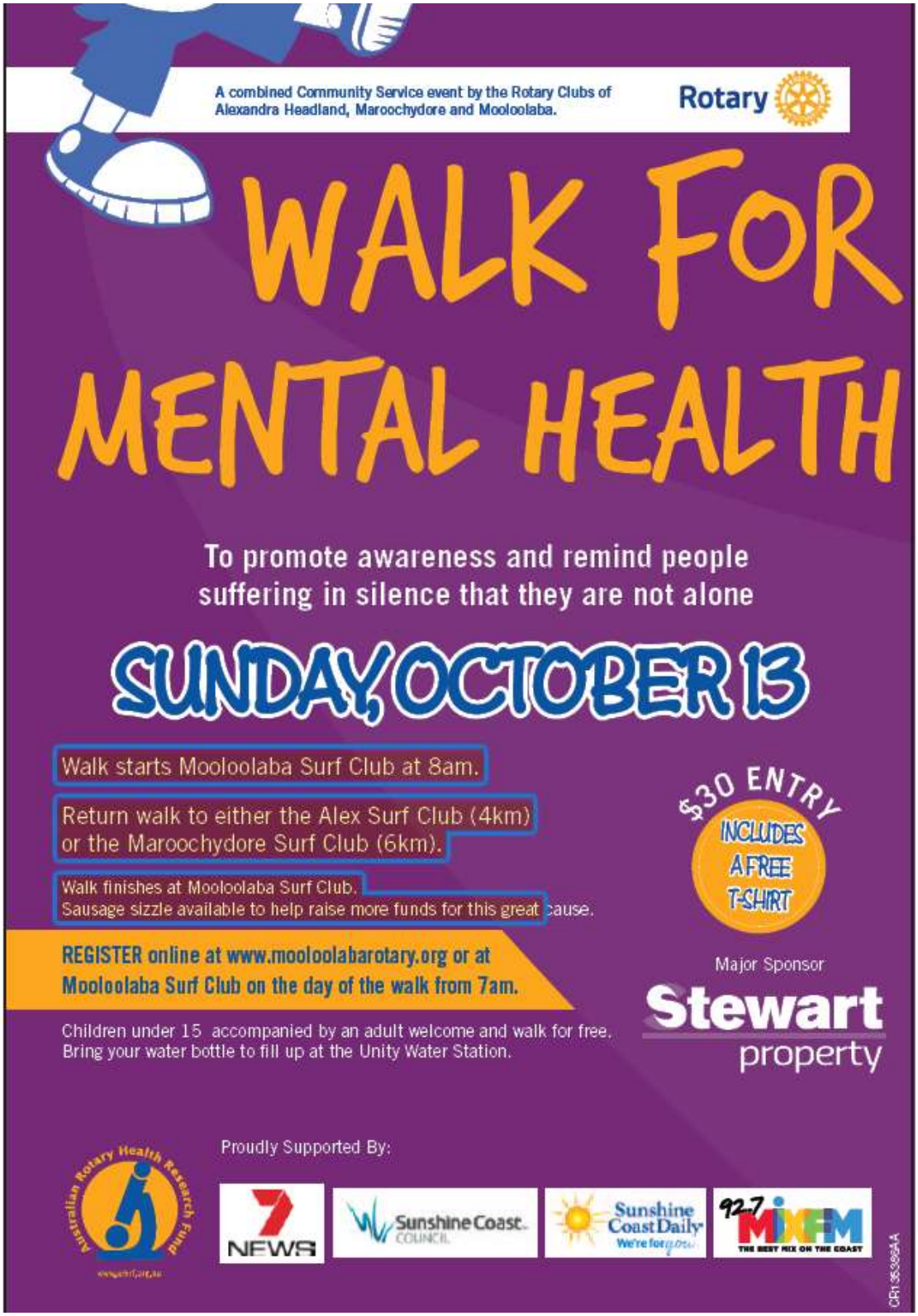


The Rotary Club of Brisbane Taylor Bridge (QLD) is partnering with Clue Detective Puzzle Agency this year, to raise money for ARH mental health research.

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



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

Hat Day Cocktail Party

Rotary District 9830 and Australian Rotary Health invite you to attend their ARH Cocktail Party on **Thursday October 17** at Hobart Town Hall.

Learn More

Health and Wellbeing Expo

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

Yoga for Mental Health Awareness Month

Join the Adelaide City Rotaract Club for yoga on **Monday October 21,** as they raise money to help Australian Rotary Health #LiftTheLid on mental illness.

Further Details

Rotary Club of Modbury Golden Grove Hat Day Dinner

Rotary Club of Modbury Golden Grove is hosting a Hat Day Dinner & Raffle on **Tuesday October 22** to raise money for mental health research and you're invited to join them!

More Info

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 **(October 24-27),** 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

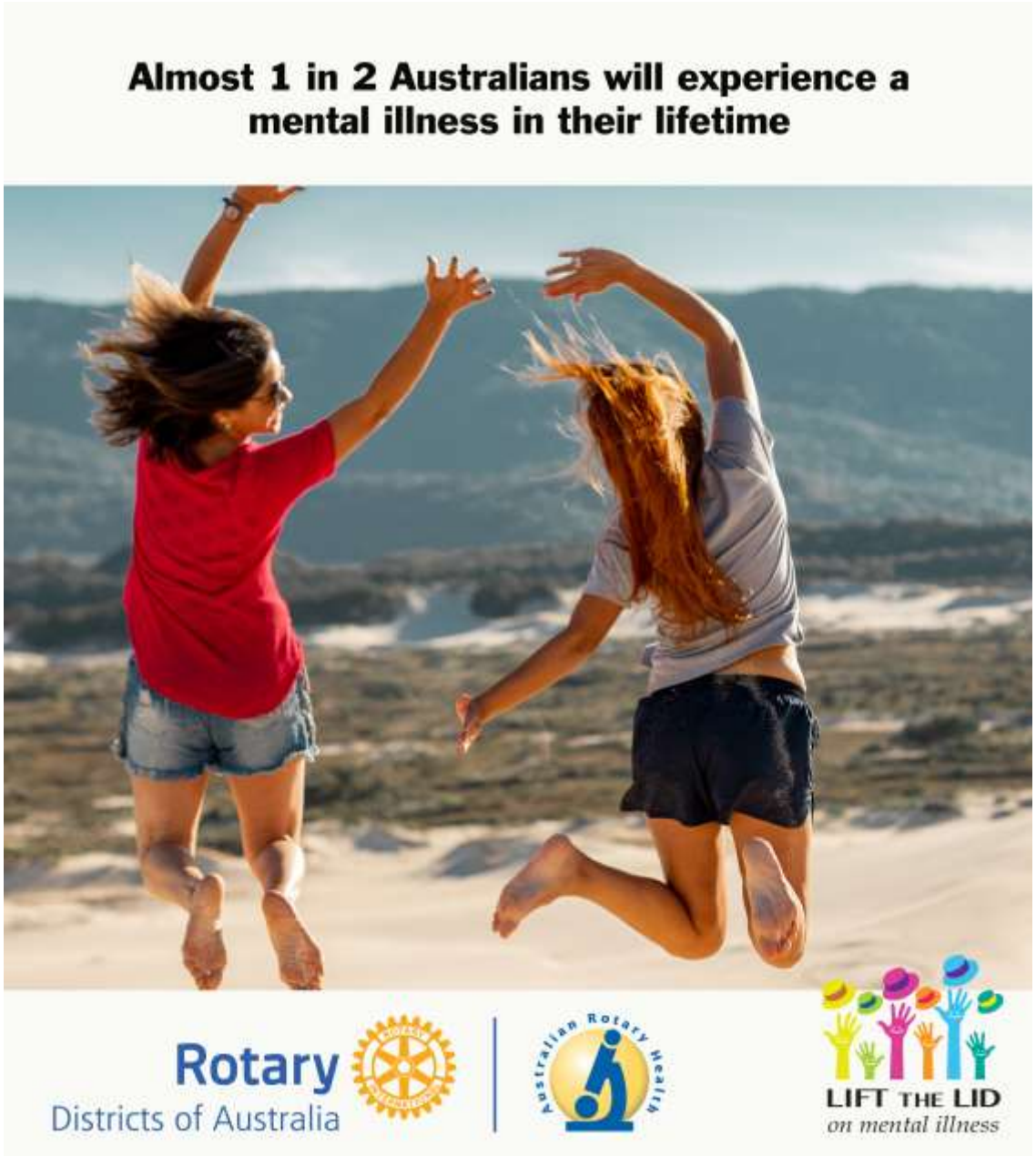
For any golf enthusiasts out there, this may be the event for you.

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



Half of us will experience a mental health problem or mental illness at some stage of our lives. If it's not you, it would definitely be someone you know. Through research we can learn how to better manage this.

Donate Now

Visit Our Website

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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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