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| |  |  | | --- | --- | | |  | | --- | | ****Australian Rotary Health**** ****Latest News**** | | |

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| |  |  | | --- | --- | | |  | | --- | | Nearly $40,000 Raised for Mental Health Research | | |

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| |  |  | | --- | --- | | |  | | --- | | The [Ocean to Outback Bicycle Ride](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=4408e0c997&e=bd3544a08d) initiated by the [Rotary Club of Victor Harbor](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=7ba220d807&e=bd3544a08d), has raised nearly $40,000 for Lift the Lid on Mental Illness - an amazing effort!  They set off on their big ride on **March 28.** | | |

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| |  |  | | --- | --- | | |  | | --- | | Listen to Club President Mark Cox talk about the ride on ABC radio [here](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=ea39fdbc3c&e=bd3544a08d). Skip forward to 1:49:40. | | |

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| |  |  | | --- | --- | | |  | | --- | | Tackling Bullying Victimisation on the National Day of Action Against Bullying and Violence | | |

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| |  |  | | --- | --- | | |  | | --- | | On **March 15,** it was the National Day of Action Against Bullying and Violence, and [Dr Sally Fitzpatrick](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=6661af0972&e=bd3544a08d) and her team at the Macquarie University Centre for Emotional Health are taking action through their research on reducing the impact of bullying victimisation on children’s mental health outcomes. | | |

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| |  |  | | --- | --- | | |  | | --- | | With a Rotary District 9650 ‘Jack Wilson’ Kidney Research PhD Scholarship from Australian Rotary Health, [James Tang](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=78cda1e210&e=bd3544a08d) hopes to improve self-management and long-term transplant outcomes for young kidney transplant patients, through testing the effectiveness of patient centred mobile health technology. | | |

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| |  | | --- | | [**Article Here**](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=b17fd0a7c0&e=bd3544a08d) | |

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| |  |  | | --- | --- | | |  | | --- | | New research funded by Australian Rotary Health reveals that doctors face uncertainty when it comes to providing care to women with endometriosis.  See what else ARH PhD Scholar [Kate Young](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=f028dae5de&e=bd3544a08d) found... | | |

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| |  |  | | --- | --- | | |  | | --- | | [Dr Mark Larsen](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=7edcaf2b6e&e=bd3544a08d) at the Black Dog Institute was awarded a Mental Health Research Grant (co-funded by Neville & Patti Parsons) this year to look at how follow-up text messages can be effective in reducing repeat self-harm and suicide attempts. | | |

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| |  | | --- | | [**More Here**](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=f806399ac6&e=bd3544a08d) | |

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| |  |  | | --- | --- | | |  | | --- | | A warm welcome to our newest Mental Health Research Grant recipient [Dr Amy Finlay-Jones!](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=7a489eef68&e=bd3544a08d)  Amy's project is: "Improving mental health of young Australians with chronic illness: A pilot randomised controlled trial of online self-compassion training."  We wish Amy and her team at Curtin University all the best with their research. | | |

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| |  |  | | --- | --- | | |  | | --- | | In her research, ARH PhD Scholarship recipient [Sheena Daignault](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=8b1fc48a66&e=bd3544a08d) is working on methods to convince the immune system to recognise melanoma cancer cells as invaders.  "Our research, if found to be applicable, will have impacts in the clinics and could prolong life expectancy for many patients."  [#MelanomaMarch](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=e8f548933d&e=bd3544a08d) | | |

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| |  |  | | --- | --- | | |  | | --- | | From **March 11-17** it was Brain Awareness Week.   On social media, we featured ARH/[Ian Parker Bipolar Research Fund](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=88cd13154f&e=bd3544a08d) PhD Scholar [Lisa Furlong's](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=f0c89d0d53&e=bd3544a08d) research.  Lisa is conducting a brain imaging study of social and emotional processing in bipolar disorder.  Research is so important, especially when it involves the brain! | | |

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| |  | | --- | | [**Donate Today**](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=ad22606aee&e=bd3544a08d) | |

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| |  | | --- | | [**Story Here**](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=d68ff3c990&e=bd3544a08d) | |

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| |  |  | | --- | --- | | |  | | --- | | [Brianna Dignan](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=9e78374827&e=bd3544a08d) was awarded a Rotary Club of Sale Rural Nursing Scholarship in 2018/2019 to undertake her nursing clinical placements at Central Gippsland Health.  "I have grown up living in Maffra, all my life. Maffra is a small rural community and I strive to provide good healthcare to my community and surrounding rural communities." | | |

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| |  | | --- | | [**Learn More About Our Programs**](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=1bfbe1f574&e=bd3544a08d) | |

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| |  |  | | --- | --- | | |  | | --- | | 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. | | |

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| |  | | --- | | [**Adopt a Scientist Today**](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=8c70ece440&e=bd3544a08d) | |

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| |  |  | | --- | --- | | |  | | --- | | Rotary District 9810 is celebrating the 10th anniversary of the Great Australian Bike Ride, at the Ride for Medical Research Nar Nar Goon to Grantville Ride to Conference.  The event started on **March 17** and will finish on **March 22**, raising money for the Australian Rotary Health ‘Rob Henry Memorial PhD Scholarship’ for cancer research. | | |

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| |  |  | | --- | --- | | |  | | --- | | The Rotary Club of Victor Harbor is proud to organise the ‘Ocean to the Outback’ Ride to Conference event to raise funds for research into mental health.  They will be cycling 636km from Victor Harbor to Broken Hill over 7 days **(March 28 - April 4, 2019)**, arriving in time for the last Rotary District 9520 Conference. | | |

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| |  | | --- | | [**Register Here**](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=ff5caed416&e=bd3544a08d) | |

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| |  |  | | --- | --- | | |  | | --- | | On **Sunday April 28**, Woden Rotary Club and friends will take off on a journey to cycle the six peaks (although traditionally named the 5 peaks challenge) of Canberra to raise money for charities including Australian Rotary Health. | | |

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| |  |  | | --- | --- | | |  | | --- | | 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. | | |

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| |  | | --- | | [**Details Here**](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=6b0f450787&e=bd3544a08d) | |

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| |  |  | | --- | --- | | |  | | --- | | 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.** | | |

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| |  |  | | --- | --- | | |  | | --- | | Got an event coming up? Rotarians can receive a special offer if they use [Humanitix](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=500cb5b764&e=bd3544a08d) for online event bookings. The fees you pay will also be donated to Australian Rotary Health, if you nominate us as your chosen charity! | | |

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| |  |  | | --- | --- | | |  | | --- | | Send all news or event items to: [news@arh.org.au](mailto:news@arh.org.au) | | |

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| |  | | --- | | [**Support Youth Mental Health Research**](https://australianrotaryhealth.us7.list-manage.com/track/click?u=72f147cc544a797b69e87713d&id=3df359284c&e=bd3544a08d) | |

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