

## Chairman's Report



Kevin Shadbolt OAM

### First Board Meeting

It is an honour to have been appointed chairman of Australian Rotary Health. I am pleased to welcome new directors Lorraine Coffey, John Campbell, Don Ripper, DGE representative Pat Schraven and DGN representative Amanda Wendt. They join existing directors Stephen Humphreys, Jerry Pilcher, Jane Cox, Mark Lean, Roger Crawford and

DG representative David Jones.

The first board meeting was held in late February with several directors attending via zoom. Despite this difficulty the meeting remained a positive experience. The workshop the following day produced many sound ideas, particularly in the challenging area of fundraising.

### Change of Research Focus

An exciting change of focus has been confirmed and the next round of mental health grants will be directed to research in our very young. Current figures show that half of all mental illness starts by the age of 14.

To launch the new research focus a symposium is proposed for early next year to bring together Australian, and possibly world authorities to discuss the mental health issues of the very young. This will be the eleventh symposium conducted since ARH began forty years ago. Board medical adviser Prof Michael Sawyer has agreed to be the symposium convener.

### Governance

ARH did not remain idle during the pandemic lockdown period. A draft Business Plan was drawn up and final details were considered at a workshop following the last board meeting. The Plan sets out the research goals for the next three years and a funding plan to enable those goals to be achieved. ARH is a major Australian Rotary project and has been well supported by Rotary clubs since its formation 40 years ago. Bequests have become another important source of funds along with individual donations and some government support, particularly for Indigenous Health Scholarships.



(left to right) Kevin Shadbolt, Greg Ross & Joy Gillett

*At the first face-to-face meeting in over twelve months retiring chairman Gregory Ross was presented with Australian Rotary Health's highest award; that of Life Membership. Greg has given outstanding service to ARH at national level for seven years, the last three as Chairman. He has been instrumental in introducing the brand 'Lift the Lid on Mental Illness' and has promoted ARH extensively around Australia.*



(left to right) Kevin Shadbolt, Brian Beesley and Joy Gillett

*The board also had the opportunity to thank retiring directors Barbara Wheatcroft and Brian Beesley who have given excellent service to ARH over many years.*

Governance policies were redrafted during the previous year to ensure ARH was compliant with corporate regulations. Corporate advisor Greg Hudson was of considerable assistance. Our legal advisor further reviewed the policies ensuring they met all ACNC requirements. We begin 2021 well placed with governance and management policies updated and compliant.

*Continued page 2*

## Chairman's Report *Continued from cover*

### Value of Research

Edward Jenner in 1896 discovered a means of preventing the dreaded disease smallpox. He spent the remainder of his life researching and refining his remarkable discovery thus laying the groundwork for the total elimination of one of the world's most feared diseases. This clearly showed the indisputable importance of research and its benefit to mankind.

Through ARH much new knowledge is being gained and many advances in medicine have been made. From work with SIDS that resulted in an 80% reduction in deaths, to the development of Mental Health First Aid that has helped thousands of people around the world to the Cool Kids Program that is helping kids with anxiety in over 20 counties ARH is making a difference.

Consider further examples of current research being supported by ARH:

- Prof Gin Malhi - preventing suicide in young Australians with mood disorders.
- Dr Denise Hutchinson - breaking the intergenerational cycle of mental disorder.
- Dr Erin Kelly - preventing adolescence mental illness and substance use.
- Jason Palazzolo - developing novel therapies for the treatment of stroke.
- Daphne Foong - Gastroparesis: characterising the role of interstitial cells in human stem cell derived gut organoids

Over 80 such research projects are currently being funded and managed by ARH in its search for new health knowledge.

ARH is well placed to continue an active health research program. We have a competent board of management each representing a different region of the country and a full-time staff of five, headed by CEO Joy Gillett OAM, a very capable administrator who has been with ARH for many years. The advice of Professor Michael Sawyer OAM, medical advisor to our board is greatly appreciated.

To offer further advice when required and to evaluate the several hundred research applications that are received each year we have a Research Committee comprising ten senior medical people from around Australia. The committee is currently chaired by Professor Jane Pirkis. This important committee has set high standards for research and enabled ARH to remain extremely well regarded in the medical community.

I would particularly like to mention our District Committees that work with local Rotary clubs to support ARH. Their contribution is essential, especially with an ever increasing number of charities all competing for limited funds.

We believe health is the number one human priority and we will continue to seek new medical knowledge just as Edward Jenner did so many years ago and in so doing improve the health of all Australians.

**Kevin Shadbolt OAM,**  
**ARH Chairman**

## Indigenous Health Scholarship Spotlight

**Australian Rotary Health is very proud of Indigenous Health Scholar Sarita Richards, who was awarded the Medical Defence Australia (MDA National) and Rural Doctors Association Australia (RDAA) Rural Health Bursary for 2020.**

Sponsored by the Rotary Club of Darwin South and Dr King Gan, Sarita is in her second year of medicine at Flinders University, after previously working as a teacher. Sarita is also a mother of three young children.

The Bursary provides \$7,000 annually to an Aboriginal and/or Torres Strait Islander medical student to attend the Rural Medicine Australia Conference and to support a research project or clinical placement that will benefit Indigenous Health or rural health.

Sarita plans to use her Bursary to



Indigenous Health Scholarship recipient  
Sarita Richards with National Rural  
Health Commissioner, Adjunct Professor  
Ruth Stewart.

support a semester long clinical placement next year in the remote community of Nhulunbuy in East Arnhem Land.

"As a single Aboriginal and Torres Strait Islander mother who has lived and worked in rural and remote Australia, I understand and have experienced some

of the barriers that my people experience in accessing good quality and culturally appropriate healthcare. Being a part of breaking down these barriers is something that I look forward to being able to contribute to," Sarita said.

"This Bursary will allow me to stay connected to my children during my Nhulunbuy placement, and become an integral member of the local community while experiencing quality and unique medical education in a remote setting."

Sarita hopes that by integrating within the Nhulunbuy community, she can become a role model to others in making healthy decisions, inspire them to achieve their dreams, and also promote Medicine as an obtainable career path for Aboriginal and Torres Strait Islander people.

Congratulations Sarita!



# 40 Years of Australian Rotary Health

**1981** - Australian Rotary Health Research Fund, originally to be known as the Rotary Australia Foundation to Encourage Research (RAFTER), was established as a

charitable fund instigated by Rotarian PP Ian Scott from the Rotary Club of Mornington, Victoria.



Australian Rotary Health Founder  
Ian Scott (deceased)

**1982** - A Steering Committee was selected and convened for its historic first meeting. The members were Royce Abbey (also elected as the first Chairman of the Board), Geoff Betts, Les Whitcroft, Harry Oakes, Don Gordon and Ian Scott. The name was changed to the Australian Rotary Health Research Fund (ARHRF).



PDG Colin Dodds, PDG Geoffrey Betts AM  
MBE and PRIP Royce Abbey AO DCM.  
The first three chairmen of ARH,  
sadly no longer with us.

**1983** - The Australian Rotary Health Research Fund was officially up and running – donations had reached \$250,000 by July, supported by more than 250 clubs and individuals.

**1985** - The first ARHRF symposium on Sudden Infant Death Syndrome (SIDS) was held at the Australian National University in Canberra from 8-10 February, bringing together some of the world's eminent researchers into SIDS.

The board announced the allocations of its first financial grants of up to \$100,000 for research into SIDS. Applications

were received and referred to the Research Committee for evaluation and recommendation. 6 applicants were awarded funding, including Professor Terry Dwyer.

**1986** - Professor Terry Dwyer and his team at the University of Tasmania undertook the world's first prospective epidemiological study on SIDS.

ARHRF held its second international symposium in Sydney in November. The subject of focus was Muscular Dystrophy and Related Diseases.

**1988** - PDG Geoffrey Betts AM becomes 2nd Chairman of the Board.

ARHRF achieved its goal of raising \$2 million.

The third ARHRF symposium was held this year at the Australian National University, Canberra from 27-30 October. The subject was Alzheimer's Disease.

**1989** - With 90% of Rotary Clubs in Australia supporting the Australian Rotary Health Research Fund, the Companion Award was introduced, acknowledging individuals, companies, Rotary Clubs and Districts for donations of at least \$5,000. The 'Gold Companion' was subsequently introduced to recognise those who had contributed \$10,000.

**1990** - The fourth ARHRF symposium from 21-24 November focussed on 'Environmental Health Problems of the Aged'. This was held at the Australian National University, Canberra. The board allocated \$1,435,993 in research grants to 34 researchers for a variety of health and welfare subjects.

**1991** - Australian Rotary Health Research Fund celebrates 10 years.

PDG Colin Dodds becomes 3rd Chairman of the Board.

The first Sydney Rotary Race Day was held at Rosehill Race Course with proceeds donated to Australian Rotary Health Research Fund.

Professor Terry Dwyer published his research findings in the highly respected British medical journal, The Lancet. They showed that babies sleeping in prone position (i.e., on their stomach) increased the risk of SIDS. Campaigns were launched to reduce this sleeping position and by the end of the 1990's, the number of cot deaths in Australia had fallen from 500 per year to just over 100.

**1992** - The fifth symposium held in Canberra from November 11-14 focussed on Adolescent Health Behaviour – Identifying Vulnerability and Resilience. 39 projects in this area were funded, totalling \$1,528,598.

The sale of Christmas cards began as a fundraiser for ARHRF.

**1993** - ARHRF achieved its goal of raising \$5 million.

**1994** - PDG Bruce Edwards AM becomes 4th Chairman of the Board.

**1996** - The sixth symposium held in Canberra from May 23-25 focussed on Health and the Family. \$1,423,500 in grants were allocated to 44 projects within this area.

PDG Bruce McKenzie OAM becomes 5th Chairman of the Board.

**1997** - The 'Friends' recognition scheme was brought in to recognise those who contributed \$100 to



PDG Bruce Edwards  
AM (1994-95)  
(deceased)

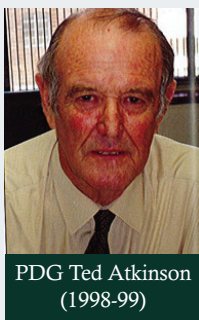


PDG Bruce  
McKenzie OAM  
(1996-97)  
(deceased)

be Friends of the Fund. Bronze (\$500), Silver (\$1,000), Platinum (\$2,000), and Diamond (\$2,500) were later introduced.

**1998** - The Ian Scott PhD Scholarship was established.

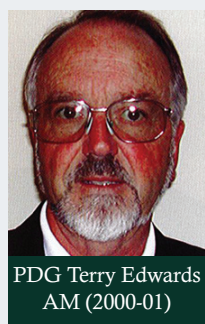
PDG Ted Atkinson becomes 6th Chairman of the Board.



**1999** - The seventh symposium was held in Canberra from May 5-7. The theme was 'Rotary and Science in Australia: Evidence, Action & Partnership in Mental Health'.

Past Rotary International Presidents, Sir Clem Renouf, Kt.B, AM, Royce Abbey, AO, DCM, and Glen Kinross, AO were elected as joint Patrons of the Australian Rotary Health Research Fund.

**2000** - Australian Rotary Health Research Fund offered first round of research grants on the topic of mental illness.



PDG Terry Edwards AM becomes 7th Chairman of the Board

**2001** - Australian Rotary Health Research Fund celebrates 20 years of funding research

**2002** - PDG Denis Green becomes 8th Chairman of the Board

**2003** - First Royce Abbey Postdoctoral Fellowship awarded.

Eighth symposium was held on March 19-21 in Canberra. The topic was Mental Health Associated Research.



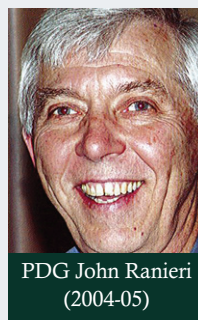
Indigenous Health Scholarship program begins.

Australian Rotary Health Research Fund Medal was first awarded to Fay Jackson, Loch Adams, Fred Hay and Michael Sawyer.

**2004** - Joy Gillett OAM appointed as CEO of ARHRF, having served since 1989 as Secretary.

ARHRF began seeking bequests as part of its fundraising.

PDG John Ranieri becomes 9th Chairman of the Board.



Funding Partners program begins. Media and Presentation Training Workshops begin with Professor Rob Morrison OAM and Professor Michael Sawyer OAM.

**2005** - First Geoffrey Betts Postdoctoral Fellowship awarded.

The Rotary Health Safari was launched on the day of Rotary's Centenary (23 February 2005) by then Australian Prime Minister Mr Tony Abbott AC.

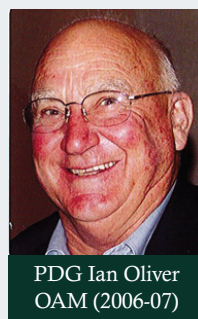
**2006** - Ninth symposium was held on 22-24 March at Australian National University in Canberra. The topic was Evaluation of Mental Health Services.

PDG Ian Oliver OAM becomes 10th Chairman of the Board.

**2007** - The first annual golf day and dinner was held for Australian Rotary Health Research Fund.

First Colin Dodds Postdoctoral Fellowship awarded.

Corporate Funding Partners program begins.



Rural Medical and Nursing Scholarship programs begin.

ARHRF joins KidsMatter in partnership with the Australian Government Department of Health and Ageing, beyondblue and others.

**2008** - Australian Rotary Health Research Fund name officially changed to Australian Rotary Health.

PDG Terry Lees OAM becomes 11th Chairman of the Board.

Research Companions program begins.

ARH introduces the Knowledge Dissemination Award for researchers.

**2009** - The Great Australian Bike Ride raised almost \$250,000 for mental health research, with cyclists travelling a total of 17,830km around Australia.

ARH joins forces with other organisations in the Beyond Bushfires five-year research program to investigate community health and wellbeing in context of bushfires.

**2010** - Australian Rotary Health launches national fundraising event 'Hat Day'.

PDG Noel Trevaskis OAM becomes 12th Chairman of the Board.

Australian Rotary Health launches the Dick White District Achievement Award. The first award was presented to District 9810 (Victoria) for their annual ride to District Conference.

**2011** - Australian Rotary Health celebrates 30 years of funding research.





**2012** - The focus of mental health research narrowed to the 'Mental Health of Young Australians'.

PDG Terry Grant becomes 13th Chairman of the Board.



PDG Terry Grant  
(2012-14)

**2013** - The focus of mental health research expanded to the 'Prevention of Mental Illness'

**2015** - PDG Jeff Crofts becomes 14th Chairman of the Board.



PDG Jeff Crofts  
(2015-17)

**2016** - Australian Rotary Health launches the Lift the Lid on Mental Illness national fundraising campaign for mental health research, an initiative of Chairman Elect Gregory Ross, continuing Hat Day under this umbrella.



PDG Gregory Ross  
(2018-20)

**2018** - PDG Gregory Ross becomes 15th Chairman of the Board.

Lift the Lid on Mental Illness becomes a major

fundraising initiative for Australian Rotary Health.

Knowledge Dissemination Award is changed to Australian Rotary Health Mental Health IMPACT Award.

**2021** - Australian Rotary Health celebrates 40 years of funding research.

PDG Kevin Shadbolt OAM becomes 16th Chairman of the Board.



PDG Kevin Shadbolt  
OAM (2021-23)

## Awards to Outstanding Individuals



District 9810 ARH representative Glenn Tippet recently had the pleasure of presenting Val Henry from the Rotary Club of Boronia with a Ruby Companion. Val and her late husband Rob have supported Australian Rotary Health and its projects over many years.

Thank you for your ongoing support, Val!

The 2020 Australian Rotary Health Mental Health IMPACT Award was presented to Dr Justin Chapman from the QIMR Berghofer Medical Research Institute late last year.

This annual award is sponsored by ARH to acknowledge researchers who have shown outstanding service in the promotion of evidence-based interventions, implementing them into practice or making the public more aware of their existence.

Dr Chapman was acknowledged from his work on the design, implementation,



and evaluation of PCYC's Health Bodies, Healthy Minds – an exercise and nutrition program for people living with, or recovering from, mental illness.

ARH Director PP Roger Crawford presented the award to Dr Chapman in December last year.

## New PhD Scholarship Spotlight

**Liam Ryan**  
Australian Rotary Health/Rotary Club of Mornington 'Reg Kilborn' Funding Partner PhD Scholarship  
Deakin University  
Project: Stool cytology - a new frontier for non-invasive bowel cancer screening



Liam Ryan is one of Australian Rotary Health's newest faces. Liam is completing his PhD at Deakin University, looking into alternative screening methods for bowel cancer with a specific focus on cytology.

"The current national bowel screening tool detects blood in stool, which originates from some advanced bowel cancers. However, the cost of this test reduces the frequency of its application. The design of the current national screening tool is also limited and lacks

accuracy, correctly identifying only 58% of individuals with bowel cancer."

Liam's project aims to develop a new alternative method to bowel screening using cell-based methods, similar to those used in cervical screening.

"The production of impactful, compassionate, clinical research has always been a major personal and professional motivation. The fact that bowel cancer is one of the leading causes of cancer mortality in Australia drove me to frame my research in the context of bowel cancer screening because here my work has the greatest chance of producing impactful clinical outcomes."

Liam hopes that his research will mean that Australians can be screened for bowel cancer with greater frequency, increase chances of early detection and reduce mortality rates.

## Mental Health Research Study Results

**Dr Angela Nicholas from the University of Melbourne was awarded as Australian Rotary Health Ian Scott PhD Fellowship from 2018-2019 to build a suicide prevention campaign targeted at family members and friends of those at risk of suicide.**



Angela undertook five studies to better understand how people in the Australian community help the people close to them who are at risk of suicide. Her research now underpins a national suicide prevention campaign involving beyondblue, headspace and RUOK?

Here were some of the key findings from Angela's study:

- Only 40% of Australians intended to ask, or actually did ask, direct questions about suicide risk, even when they knew the person they were helping was thinking about suicide.
- The most common suicide myths believed by Australians are that suicide happens without any warning and that there is a risk that asking someone

about suicide can make them start thinking about it.

- People who have been at risk of suicide commonly said that it was unhelpful for people to dismiss them, not listen, not take their suicidal thoughts seriously or blame them.
- The most important thing to do if someone you know is at risk of suicide is to listen, let them know you care and want to help.
- Some population groups have poorer suicide prevention literacy; men, people over the age of 60 and those who speak a language other than English at home.

"A large minority of Australians still believe in some suicide myths, like that talking to someone can make them start thinking about it or that they will make things worse if they try to help. Believing in these myths can stop people from taking important suicide prevention actions," Angela said.

We congratulate Angela on her study results. This research is currently being used as the foundation of the #YouCanTalk suicide prevention campaign. Angela has also published eight articles about her research findings in peer-reviewed journals.



You can learn more about this research in Episode 29 of the 'Research Behind Lift the Lid' podcast - find it on YouTube, Spotify, Apple Podcasts and Google Podcasts.

## Celebrating the Life of Ross and Josephine Redfern

Recently Australian Rotary Health CEO Joy Gillett OAM, ARH Vice Chairman Stephen Humphreys, and Programs Coordinator Cheryl Deguara attended an event at the Rotary Club of Granville (NSW), to celebrate the life of former members Ross and Josephine Redfern, who generously bequeathed \$1 million to Australian Rotary Health for health research. District Governor Warwick Richardson attended, along with many PDGs from the District, joining members and former members of Granville Rotary club.

PhD Scholarship recipient Sophie Russell, whose research is supported by the donation,



attended the ceremony too. Sophie gave a presentation on her research which focusses on family mental health and associations with parent-child conversations.

Joy said it was a lovely evening and that this generous bequest will support many PhD scholars for years to come. 'I would like to thank past ARH Vice Chairman PDG Alan Grady for introducing ARH to Ross and Jo.'

Pictured right: PhD Scholarship recipient Sophie Russell



"We are offering a perpetual PhD scholarship in the name of Josephine and Ross Redfern and the Rotary Club of Granville. This will allow many young researchers in various health areas to begin their careers," Joy said.

To find out more about bequests, contact the Australian Rotary Health office on: [admin@arh.org.au](mailto:admin@arh.org.au) or (02) 8837 1900.



## Our Successful 'LIFT THE LID WALK for Mental Health' Events So Far

You may have seen in our Spring 2020 Newsletter the announcement of our brand new event called the LIFT THE LID WALK for Mental Health. Since then, we have held 6 successful walks:

Mooloolaba, Queensland (October 11th, 2020)  
Hampton, Victoria (November 5th, 2020)  
Kippa Ring-North Lakes & Pine Rivers, Queensland (November 15th, 2020)  
Bribie Island, Queensland (November 22nd, 2020)  
Sorrento, Victoria (February 28th, 2021)  
Mont Albert and Surrey Hills, Victoria (March 21st 2021)  
So far these events have raised more than \$27,865.85 for mental health research.

Event tickets are on sale for MACKAY on Sunday April 18th.

Keep an eye out for dates and tickets for events in Rockhampton, Mooloolaba and Bribie Island, Kippa Ring-North Lakes & Pine Rivers for 2021.



## Let's Lift the Lid on Mental Illness in Schools - Together we will make a Difference for Kids

Australian Rotary Health and our partners at QBD Books know how important reading is in the development of children's mental health. This is why we've teamed up to take this important message to our schools and shine a light on Mental Health Month this October.

By getting kids involved we can get the conversation started and Lift the Lid in Schools aims to encourage children to participate in raising much needed funds for mental illness research with the added bonus of encouraging them to take time out and read along the way.

One of the biggest challenges facing schools and parents today is the mental wellbeing of our children. This is why research is essential.

To find out more and register your school, visit: [www.liftthelidinschools.com.au](http://www.liftthelidinschools.com.au)

# 2021 EVENTS CALENDAR

Upcoming Australian Rotary Health fundraising events can be found at: [www.australianrotaryhealth.org.au/events](http://www.australianrotaryhealth.org.au/events)

### FEBRUARY 22 - APRIL 16 : ROTARY DISTRICT 9510 VIRTUAL OR REALITY RIDE AND WALK

Rotary District 9510 is raising money for ARH research by encouraging clubs to participate in real or virtual walk or ride in the lead up to their first District Conference.  
<https://australian-rotary-health.giveeasy.org/virtual-or-reality-ride-and-walk---d-9510>

### MARCH 8 - APRIL 14 : COAST PARK TRAIL FOR AUSTRALIAN ROTARY HEALTH

Join Sarah to walk or ride a section of the 70km Coast Park Trail along the metropolitan Adelaide coastline from Sellicks Beach through to North Haven. Or sponsor Sarah in aid of Australian Rotary Health.  
<https://australianrotaryhealth.org.au/event/coast-park-trail-for-australian-rotary-health/>

### APRIL 9-10 : LET THE PEDALS LIFT THE LID

The Rotary Club of Blacktown City and other members of the community will be riding a static bike for 24 hours from 9am Friday 9 April to 9am Saturday 10 April to raise money for mental health research through Australian Rotary Health. Contact [news@arh.org.au](mailto:news@arh.org.au) to get involved or support the cause.

### APRIL 18-25: NORTH RYDE FUN RUN

The Rotary Club of North Ryde is challenging you to walk, jog or run 2km, 5km, or a distance of your choice, to support mental health research and treatment. This is a virtual event, supporting Australian Rotary Health mental health research.  
<https://australianrotaryhealth.org.au/event/north-ryde-fun-run/>

### APRIL 18: LIFT THE LID WALK FOR MENTAL HEALTH - MACKAY, QUEENSLAND

Help Lift the Lid on Mental Illness by joining the LIFT THE LID WALK for Mental Health in Mackay at Bluewater Quay. Funds raised support mental health research through Australian Rotary Health.  
<https://www.liftthelidwalk.com.au/mackay>

### APRIL 24 : RUN THE TAN

This year Run the TAN is hoping to raise \$100,000 to help support mental health charities in Australia. One of these charities is Australian Rotary Health - simply choose to support ARH when you register, and you will receive a link to your own fundraising page!  
<https://runthetan21.grassrootz.com/australian-rotary-health>

### MAY 22 - 23 : BANISH THE BLACK DOG CHARITY RIDE

The Banish the Black Dog Charity Ride is a relaxed cycling tour promoted by the Rotary Club of Townsville Central to raise awareness of mental health issues in our community, and to raise funds to aid research into the causes and treatments of mental health disorders. The ride's major donation recipient is Australian Rotary Health.  
<http://banishtheblackdog.org.au/>

## Friends & Companions with Rotary Clubs

*Cumulative donations  
from September 2020 - February 2021*

### **Emerald Companions - \$50,000**

**Janette Jones**

Rotary Club of Wagga Wagga, NSW

### **Gold Companions - \$10,000**

**Elaine Chester**

Rotary Club of Carlton, Vic.

### **Companions - \$5,000**

**Rotary Club of Drouin, Vic**

**Susan Tee**

Rotary Club of Woy Woy, NSW

**Mark Schipp**

Rotary Club of Woden Daybreak, ACT

**Lyn Jones**

Rotary Club of Mitcham, SA

**John F Wood**

No Club

### **Platinum Friends - \$2,000**

**Dianne North**

Rotary Club of West Wollongong, NSW

### **Silver Friends - \$1,000**

**Carole & Graham Brown**

Rotary Club of Victor Harbor, SA

**Michael Pearson**

Rotary Club of Bendigo, Vic.

**Ian Chalk**

Rotary Club of Somerset, Tas



## Share this Newsletter with Friends Online

We are uploading digital copies of all our publications online now - giving you the opportunity to easily share Australian Rotary Health updates with other Rotarians and friends.

Simply head to this link:  
<https://issuu.com/australianrotaryhealth17/>

We also send out an e-newsletter every fortnight.

To ensure you don't miss all the latest news, email [news@arh.org.au](mailto:news@arh.org.au) or call (02) 8837 1900 to be included on the mailing list.

Join the Australian Rotary  
Health Supporters Facebook  
Group today!



Rotary  
Districts of Australia



Got an Australian Rotary Health event coming up, want to share some photos of your fundraising endeavours, or simply want to discuss your love of ARH with other like-minded individuals/Rotarians? Then we think you should join the Australian Rotary Health Supporters group on Facebook!

Head to this link to request to join:

<https://www.facebook.com/groups/1126133817834888>

## Australian Rotary Health Donation Form

I wish to make a donation. My details are as follows:

Name: ..... Rotarian ☐ (tick if applicable)

Address: ..... P/Code: .....

Email: ..... Enclosed is my cheque for \$ .....

Please credit the ..... Rotary Club with this donation. Signed: .....

☐ I authorise Australian Rotary Health, as a one-off donation, to deduct \$..... from my credit card account.

☐ I authorise Australian Rotary Health to deduct a monthly/quarterly/annual donation of \$..... from my credit card.

☐ Visa ☐ Mastercard ☐ AMEX

Expiry: ..... / ..... CVC Number .....

Card No: ..... Signed: .....

***Please complete and return to address below:***