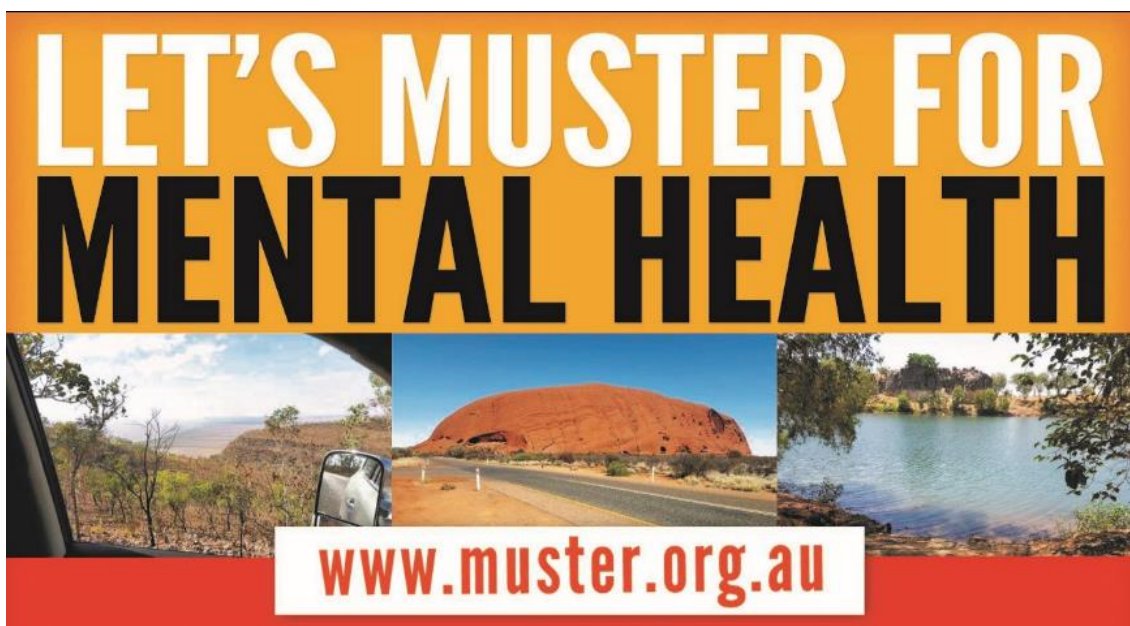




## **The Latest News Australian Rotary Health**

**Your Next Big Adventure Awaits...**



The Muster for Mental Health website is now up and running, so head over there now and start planning the road trip of a lifetime!

Your support will help us reach our \$2 million fundraising goal to improve the mental health of young Australians.

---

[Register Today](#)

## Brain Awareness Week (March 13-19)



It was Brain Awareness Week last week, and to mark the occasion we interviewed some of our researchers who specifically focus on the functioning of the brain.

Ian Scott PhD Scholarship recipient, **Maria Di Biase** (top left) said by looking at the brains of people with schizophrenia and comparing these to healthy individuals, we can detect differences that might explain why someone develops the symptoms of the disorder. More [here](#).

Postdoctoral Fellowship recipient, **Dr Louise Mewton** (top right) said you only have one brain, look after it! Read all about her research on "smart games" and how they might improve mental health [here](#).

Funding Partner PhD Scholarship recipient, **Kelsie Boulton** (bottom left) said brain disorders don't discriminate. Read about her research on brain processes in Autism and Williams Syndrome [here](#).

---

Funding Partner PhD Scholarship recipient, **Thomas Ware** (bottom right) said he hopes Brain Awareness Week will get people talking about brain cancers such as Glioblastoma. Read about his research [here](#).

## Rotary Club of Parramatta City Hosts ARH Scholars' Dinner



*L-R: Blagojce Jovcevski, Taylor-Jai McAlister, Louise Birrell, and Tonelle Handley.*

On Monday March 13, The Rotary Club of Parramatta City hosted an Australian Rotary Health Scholars' Dinner at Oatlands Golf Club.

We were very inspired by our special guests Louise Birrell, Blagojce Jovcevski, Tonelle Handley, Siobhan Loughnan and Taylor-Jai McAlister, who shared their research and future ambitions with us.

It's amazing to see the discoveries that are made by these passionate

---



individuals and we are very glad we could help with funding.

## Rotarians Helping Australian Rotary Health



Since Jane Loxton's husband Ian died from Pancreatic Cancer in 2011, Jane has worked hard to create a research legacy in his name by giving talks and raising money for Pancreatic Cancer research.

So far Jane has co-funded two 'Ian Loxton Pancreatic Cancer PhD Scholarships' with Australian Rotary Health.

**"The only way we are going to find answers is through research, and Australian Rotary Health has the platform already professionally in place."**

[Read Jane's Story Here](#)

---



Lyn Davies is no stranger to hearing health, having suffered hearing loss herself, seen it amongst family members, as well as in her 40-year teaching career focusing on children with special needs.

Most recently, Lyn and the Rotary Club of Terrigal have teamed up with Australian Rotary Health to fund a PhD scholarship in hearing health.

**“New protocols for audiologists that look at the whole person and their general wellbeing would be of enormous benefit to the community and reduce health system demands.”**

[Lyn's Story Here](#)

---



Well done to Deidre Stack, who was presented a Companion Award by former ARH board member Laurie Barber recently, for her efforts in raising more than \$59,000 for Kidney Research!

## **ARH Researchers in the Spotlight**

---



Dr. Jeneva Ohan from the University of Western Australia is leading an Australia-wide study this year, to test if parent engagement strategies really work in improving child behaviour.

Australian Rotary Health is pouring more than \$73,000 into the project.

**“This study looks at trying to increase parents’ engagement in these interventions for their child’s behaviour problems. After all, being a parent doesn’t come with a manual.”**

[Read More](#)

---



Dr. Lexine Stapinski from the University of New South Wales was awarded a Mental Health Grant by ARH to trial an online intervention program for anxiety and alcohol use this year, which is the first of its kind.

**“My priority is to better understand the interconnection between anxiety and substance use, and to use this knowledge to develop more effective interventions to prevent and interrupt the escalating cycle of anxiety and drinking.”**

[More About Lexine's Research](#)

---





New research at Deakin University is set to pave the way for new rehabilitation programs that focus on job sustainability for young adults with a history of mental health problems.

Professor Anthony LaMontagne was awarded a Mental Health Grant by Australian Rotary Health this year to lead research on employment outcomes, following adolescent-onset mental illness.

**“Our research will help clinicians decide the right sort of job for this person, and how to assess whether a job will facilitate the recovery or add to the risk of relapse.”**

[More Here](#)

## ARH Fundraising and Events

---



We are raising as much as we can to support our cause, and we need your help!

Order your NEW 2017 | 2018 Entertainment Book or Entertainment Digital Membership now. You'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time!

20% of every membership sold contributes to our fundraising.

[Here's How You Can Help](#)



Got your team together? Ride the Range 2017 is only 5 days away!

Take on the 50km, 85km, 112km or 100 Mile challenge and support Australian Rotary Health on Sunday March 26.

[Register Here](#)



Mark March 26-31 on your calendar for the Rotary District 9810 Ride to Conference event!

[More Info Here](#)

---



Don't forget the Banish the Black Dog Ride is coming up on May 27-28.

The Rotary Club of Townsville Central holds the event annually 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.

[Get Involved](#)

---



NARRE WARREN ROTARY CLUB PRESENTS

# Youth Mental Health Forum

**7pm to  
9:30pm**

**IDENTIFY,  
PREVENT &  
SUPPORT**

**Wed 29th  
March 2017**

Held at Narre Warren Sth P-12 College,  
Cnr Amberly Park Dr & Ormond Rd,  
Narre Warren South



***RotaryNarreWarren.org.au***

**Speakers:**

Bryan Jeffrey, Director of MOAT: Mental Health Services  
Dr. Claire Kelly, Youth Mental Health Coordinator  
Paul Roberts, Welfare Coordinator

**Free Event - All Welcome**



**Narre Warren  
Rotary Club**

Supported By:

**Casey-Cardinia  
Rotaract**  
*Rotary Club Partner*





[www.taswellnessexpo.com](http://www.taswellnessexpo.com)

# Wellness Expo

**Princes Wharf # 1**

Salamanca

**FREE ENTRY**

**10am to 4pm**

**Saturday 1st April**

Presented by  
West Moonah Community House and Australian Rotary Health



Our valued sponsors





# LIFT THE LID ON MENTAL ILLNESS

## *Celebrating Hat Day*

Lift the Lid on Mental Illness, Celebrating Hat Day is on World Mental Health Day (Tuesday October 10) this year.

This is our national fundraising day for mental health research. It's also a chance to get your friends together and wear a quirky hat.

[Like Our Facebook Page](#)

Any events coming up? Shoot us an email: [jessica@arh.org.au](mailto:jessica@arh.org.au)

---



[Follow us on Instagram](#)

**Join Our Mailing List Today!**



Click on the button below so your friends can sign up for this newsletter too!

[Share the Link](#)

---



[Visit Our Website](http://www.australianrotaryhealth.org.au)

---