



The Latest News Australian Rotary Health A Night With Our Researchers



On Thursday October 19, we invited guests to have dinner and drinks with our researchers at Dooleys Lidcombe Catholic Club.

Chairman Greg Ross shot questions at Ian Scott PhD Scholar Jeremy Lum, Funding Partner PhD Scholar Jasmina Markulic, and Mental Health Grant recipient Dr Helen Parker, who made up our researcher panel. Professor Ron Rapee AM later presented a talk on mental illness in teens.



We would also like to congratulate PP Mel Gray for receiving this year's Australian Rotary Health "Medal". Mel has been a significant supporter of ARH over the years through his charity bike rides.



Overall it was a fantastic night and we thank all guests who attended.

Helping Individuals With Severe Mental Illness Stay Employed



A study funded by Australian Rotary Health (ARH) shows promise of improving employment outcomes for individuals with severe mental illness.

The research, led by Mental Health Grant recipient [Associate Professor Anthony Harris](#), revealed that combining web-based cognitive remediation therapies (CRT) with supported employment (SE) programs can help individuals obtain and stay in work.

[Read More](#)

Congratulations to Dr Louise Birrell



Funding Partner PhD Scholarship recipient Dr Louise Birrell recently finished her PhD and has now been selected for the Journal of Prevention Science Early Career Reviewer Program. This is an amazing achievement with only 1 out of 5 people chosen internationally.

Well done, Louise.

Indigenous Scholar in the Media



Indigenous Scholarship recipient James Charles presented a talk recently on how he went from being illiterate to become a Doctor of Podiatry who writes international research papers.

He caught the attention of a Journalist at Fairfax Media and now has a feature on the Flinders News website.

Read James' Inspiring Story



#LiftTheLid www.hatday.com.au **#HatDay17**

**There is still time to
#LiftTheLid on Mental Illness**



Rotarians from the Rotary Club of Coffs Harbour #LiftTheLid on Mental Illness.

Mental Health Month isn't over just yet. Why not make a donation to mental health research?

Make a Difference

Visit the Hat Day Website

Queensland Rotarians Walk for Mental Health



On Sunday October 15, 300 Rotarians and members of the Mooloolaba community put on their bright purple shirts and got their heart rates up to raise money for mental health research through Australian Rotary Health.

The event has raised around \$12,000 to go towards research. We thank every one who got involved on the day.

[Read More](#)

Mackay Mental Health + Wellbeing Fair a Success!



On October 14, The Mackay Region Rotary Clubs and the Mackay Regional Mental Health Network provided the community with the opportunity to access and engage with mental health services and organisations at the Mackay Mental Health and Wellbeing Fair.

Money raised from the day will be donated to Australian Rotary Health for mental health research.

[Read More](#)

Mental Health All Stitched Up



One of our supporters of Lift the Lid has shared her own experience of Bipolar in a blog which she refers to as 'a story of taming a monster'.

It's worth a read.

[Click Here](#)

Help ARH Lift the Lid on Mental Illness



Click the video to find out what we do.

Support Research

Golf for Research



Although it was cloudy with a bit of drizzle, that didn't stop golf enthusiasts heading out to Camden Lakeside on Wednesday October 11 to take a swing for charity.

Our golf day winners were:

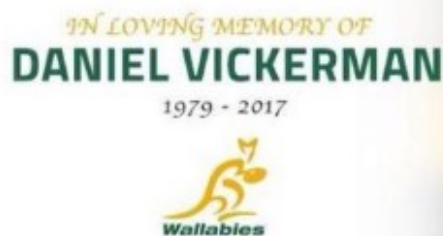
1st place: Discover Homeworld

2nd place: Hancock & Associates

3rd place: Waterfront Regatta

Thanks to everyone who joined in on the day.

A Special Fundraising Luncheon for the Dan Vickerman PhD Scholarship



The Cauliflower Club is hosting a luncheon in Sydney on **Friday 27 October**, ahead of the Wallabies v Barbarians game, with funds raised from event to be donated towards the Australian Rotary Health Dan Vickerman PhD Scholarship.

Special guests include members of the Barbarians and Wallabies, Barbarians coach Alan Jones, Wallabies coach Michael Cheika, Lisa Wilkinson and Peter FitzSimons.

[Read More](#)

ADOPT **A SCIENTIST**

Adopt a Scientist is part of our Lift the Lid on Mental Illness campaign. Individuals can Adopt a Scientist from a number of areas of mental health research – from depression and anxiety to eating disorders and everything in between.

Contributions go into a total research fund that then gets allocated to grants across the spectrum of mental health issues.

[Learn More](#)

General Health PhD Scholarship Opportunities

We are advertising 16 PhD Scholarships in a range of general health areas.

Applications close Friday December 1.

Apply Today

**Go Wine Tasting in Tasmania
Next Year**



One of the highlights of Muster Drive 8 next year is wine tasting at Home Hill Winery, located in Tasmania's stunning Huon Valley.

Find Out More

Raise Money for the Muster

Any Australian Rotary Health fundraising events coming up?
Shoot us an email: news@arh.org.au



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Australian Rotary Health
P0 Box 3455
Parramatta, NSW 2124
Australia

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