



COMMUNITY SERVICE 2017

Rotary
District 9685



**ROTARY:
MAKING A
DIFFERENCE**

WELCOME

Kalma McLellan Community Service 2017/18



COMMUNITY SERVICE

	TODAY'S PROGRAM	
11.30am	Community Overview	Kalma McLellan
11.35am	Days for Girls Project	Kathryn Dodd
11.50am	Tissue & Organ Transplant	Marilyn Mercer
12.05pm	Indigenous Health Program	Peter Kirkwood
12.25pm	Australian Rotary Health	Dudley Mercer
12.45pm	Graffiti Removal Project	Roger Norman
12.55pm	The Rotary Foundation	Jennifer Scott
1.10pm	Wrap up	Kalma McLellan



COMMUNITY SERVICE SNAPSHOT

- 498 Community Service projects
- Over 200 different types of community projects
- Most engaging:
 - Bowelcare
 - Red Shield Appeal
 - Supporting local schools
 - Tree of Joy



COMMUNITY SERVICE QUESTIONS?

1. Are we spread too thin?
2. Should/could we collaborate more?
3. What can/could you do with your neighbours?
4. Which projects are most profitable?
5. Which projects are most engaging?
6. Which projects provide the best support of the Rotary ideals?
7. When did your Club last do a review???

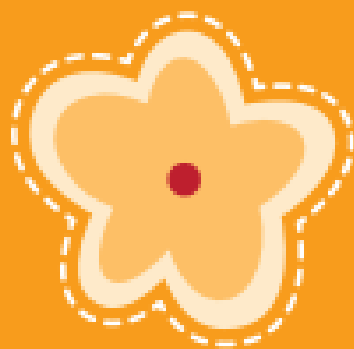


DAYS FOR GIRLS

Kathryn Dodd



DAYS FOR



GIRLS

Every girl. Everywhere. Period.

What is Days for Girls?

We empower girls and women worldwide
with dignity, health and safety
through quality sustainable menstrual management.

SO MUCH MORE THAN MENSTRUATION

In the short term...

The hygienic kit gives girls back their dignity, shields them from abuse and protects their health.

In the long term...

More school days = higher education level

Higher education level = married later, fewer children, better educated children

Married later/fewer children = greatly reduced risk of fistula and other obstetric complications

Ghana



East Timor



What's in a Days for Girls kit?



+ a health education program

Papua New Guinea



What can your club do?



Add a Days for Girls distribution to your current and future projects!

In 2016, the Rotary Club of Umina Beach took 110 kits to Papua New Guinea to distribute to a local high school where they were installing water tanks. The result is an increase in school attendance by girls!



For in-country distribution, order kits through a local enterprise to support communities!

In partnership with Sew-Aid, the Rotary Club of Ryde set up a sewing enterprise in Cambodia and taught the seamstresses to make Days for Girls Kits to sell.



Donate cash or supplies to a local Days for Girls Team!

There are three Rotary-affiliated teams in District 9685:

Avoca Beach avocabeachnsw@daysforgirls.org

Emu Plains emuplainsnsw@daysforgirls.org
www.facebook.com/daysforgirlsemuplains/

Ryde rydensw@daysforgirls.org
www.facebook.com/dfgrydensw/

Participate in a workshop!

Help teams make kits!
There are jobs for everyone – sewing, cutting, overlocking, measuring... and even if you feel you can only pour tea, you'll be a welcome addition to the team!



Every Girl • Everywhere • Period •



JOIN US FOR A WORKING BEE

creating washable sanitary kits to support women and girls around the world

All skill levels required! Training provided!

FRIDAY WORKSHOP

2nd Friday of each month, 10am to 4pm

2 York Street, Beecroft

Bring: \$10 for materials and lunch

SUNDAY LINER BEE

4th Sunday of each month, 1pm to 5pm

Beecroft Scout Hall, The Crescent, Beecroft

Bring: \$10 for materials

RSVP ESSENTIAL to rydensw@daysforgirls.org



What can your club do?

- Add a Days for Girls Distribution to any project
- Purchase kits from local enterprises overseas
- Donate cash or supplies to a local Days for Girls Team
- Participate in a Workshop



www.daysforgirls.org

www.facebook.com/DaysforGirlsAustralia

TRANSPLANT

PDG Marilyn Mercer Tissue and Organ Transplant



**transplant
australia**
make the most of life.



THE MYTH

- I am too young, too old, not healthy enough

Reality: Almost any one can donate their organs and tissue. While your age and medical history will be considered, you shouldn't assume you are too old, too young or not healthy enough. There's every chance that some of your organs and tissues will be suitable for donation.



THE MYTH

- **My family will not be able to view the body**

Reality: Yes. The removal of organs and tissue is no different from any other surgical operation, and is performed by highly skilled health professionals. The donor's body is always treated with dignity and respect. The donation of organs and tissue does not alter the physical appearance of the body, and your family will be able to view your body and have an open casket if they wish.



THE MYTH

- I have already registered and I do not need to tell the family

Reality: You do need to discuss your decision with your family and friends, even if you have registered on the Australian Organ Donor Register. Donation won't proceed without your family's consent. Families are less likely to give consent for donation if they do not know the wishes of the deceased. That's why every family is encouraged to discuss and know each other's wishes.

THE MYTH

- Doctors will not work as hard to save my life if they know I am a registered donor

Reality: Not so. Medical staff do everything possible to save lives. Their first duty is to you and saving your life. Organ and tissue donation will only be considered after all efforts fail and you have been legally declared dead.



THE MYTH

- I don't need to donate as 1,000s of others do

Reality: Few people die in such a way that donation is possible. Organ donors must die in hospital where their body can be medically supported until the organs can be donated. There are some 1600 Australians on official waiting lists at any one time.

THE MYTH

- **People only need organs because of bad lifestyle choices**

Reality: Many have an inherited genetic condition, a severe illness or disease that will kill them, often at a young age.

Common **genetic conditions** are cardiomyopathy (which affects the heart), cystic fibrosis (the lungs) and biliary atresia (the liver). Corneal transplants restore sight to people following a **disease** or **damage** to their eyes. Heart valves are used to repair **congenital defects** in young children and replace defective valves due to disease such as rheumatic fever, degeneration and infection.

THE MYTH

- There won't be any support for my family

Reality: The Intensive Care Unit team caring for you and the DonateLife Agency Donor Coordinator and Donor Family Support Coordinator give the family as much support as they need during and after the decision to donate. Families considering organ and tissue donation will also have access to free bereavement counselling.

THE MYTH

- **My organs and tissues will be used for research**

Reality: Organ donation is about helping save or improve other people's lives. Donated tissues and organs will never be used for medical research unless explicit written permission is given by your family



REGISTER - DISCUSS

- only one in three Australians have joined the Australian Organ Donor Register
- 81% believe registration of donation decisions is important
- 91% of families agree to donation proceeding where the deceased was a registered organ donor and discussed it with family
- This drops to just 52% where the deceased was not registered and the family had no prior knowledge.



What are you waiting for?

Join the Australian Organ
Donor Register online today
donatelife.gov.au



DECIDE, REGISTER, DISCUSS



PLEASE REGISTER

THANK YOU



SUNDAY 25 JUNE – SUNDAY 02 JULY, 2017





Making health a priority for young people

Michelle Dickson
Darkinjung/Ngarigo
Director of Teaching & Learning
Senior Lecturer
Sydney School of Public Health



THE UNIVERSITY OF
SYDNEY

2015
Pilot project
funding:

Thank you
Rotary Clubs,
Northern Beaches
District 9685



Sydney School of
Public Health (SSPH)



2016

Small Internal (USyd) funding
Education Innovation Grant (EIG)



THE UNIVERSITY OF
SYDNEY



THE UNIVERSITY OF
SYDNEY

Adoption of healthy lifestyle choice

Changes made

Over 400 students participated in the workshops, and feedback from participants was extremely positive



THE UNIVERSITY OF
SYDNEY



THE UNIVERSITY OF
SYDNEY

90% of students reported that they were playing the games they had been taught

85% students reported to do more physical activity after our workshops

76% of students had attempted to prepare at least one of the recipes at home

64% of students started to make different food choices themselves!

62% students wanted to learn more about healthy eating /cooking



Ready for expansion

Help us to expand
program's reach to more
schools and community
settings

(Eg PCYC)



THE UNIVERSITY OF
SYDNEY



How can we do this?

1. Sydney School of Public Health will:

- * design workshop & training program and purchase equipment boxes
 - * manage & evaluate
 - * Train the Trainer : train local champions
- ensure optimum resource provision and support



THE UNIVERSITY OF
SYDNEY





THE UNIVERSITY OF
SYDNEY



THE UNIVERSITY OF
SYDNEY

Provide each organisation
with a healthy physical
activity equipment box –

* cooking equipment,
recipe cards, guidelines
for ordering fresh food
ingredients, and
instructions on workshop
delivery



THE UNIVERSITY OF
SYDNEY

Provide each organisation with a healthy physical activity equipment box –

* basketballs, a pump, physical activity sheets, and Indigenous Games instruction sheets



THE UNIVERSITY OF
SYDNEY



THE UNIVERSITY OF
SYDNEY

After each workshop:

- *SSPH debriefs the Trainer
- * extra support
- * collates evaluation data

Advice on maximizing use of the training and equipment boxes



THE UNIVERSITY OF
SYDNEY



How can Rotary support the Active Health Community program?

- sponsor *Active Health* equipment boxes and *Active Health* ingredient packages
- Our initial target is to sponsor a minimum of 20 sets in each district (can reach 2400 children)

Cost?

Active Health equipment box (for physical activity and food preparation) = \$550

Active Health ingredient pack (for four recipes sufficient for groups of 30 students in each workshop) = \$320/ pack

Minimum cost to reach 120 students (box + ingredients) = \$870

Sustainability?

Equipment boxes retained at the schools/community centres

Train the Trainer provided so at least 2 people at each centre are trained

Help identify local providers who might further sponsor ingredients into the future

Ongoing mentoring and support from SSPH USyd

We would love to work closely with you!

Options for Rotary members' involvement

- Identify organisations in your Rotary district
- Hold a packing day / evening
- Participate in the Train the Trainer session in your district
- BBQ lunch for participants
- Present the *Active Health* boxes
- observe the workshop delivery in your district
- Review the summary evaluation report provided after each workshop
- Invite us to talk to your meetings



More Information?

Michelle Dickson

**Director of Teaching & Learning
Senior Lecturer- Public Health (Indigenous health)
Sydney School of Public Health**

Phone: 02 9351 1974

Email: michelle.dickson@sydney.edu.au



THE UNIVERSITY OF
SYDNEY

Thank you

AUSTRALIAN ROTARY HEALTH

Dudley Mercer
District ARH Chair



“OUR” CHARITY



www.australianrotaryhealth.org.au

Rotary
Districts of Australia



Rotary
District 9685



ROTARY:
MAKING A
DIFFERENCE

So, What IS ARH ??

Australian Rotary Health is one of the largest independent funders of mental health research within Australia.

In addition to mental health research, we also provide funding into a broad range of general health areas, provide scholarships for rural medical and nursing students, as well as Indigenous health students.

Australian Rotary Health has a broad vision to improve the health and wellbeing of all Australians

Australian Rotary Health provides funding into areas of health that do not readily attract funding, and promotes findings to the community



OUR MISSION

Our mission is to create better health for all Australians through improved education and advancements in knowledge through medical research.

We support excellence in research in an effort to provide both preventative and curative solutions for a broad range of health conditions.

Donations

- Australian Rotary Health is classified as a Health Promotion Charity and is exempt from Income Tax. Donations are tax deductible

Bequests

- Including a bequest in your will is also one of the easiest ways to continue supporting your charity after your death

SO HOW CAN WE HELP?BY GIVING FINANCIAL SUPPORT

- Friends & Companions
- To recognise those who support us, Australian Rotary Health enables donors to become a 'Friend', 'Companion' or 'Research Companion'.
- Convince your club to include ARH in the annual fund distribution list.
- \$500 from each D9685 club would mean over \$35000, more than enough for 15 Rural Indigenous scholarships !!!!!



WHAT HAVE WE DONE

- Since 1985 the Overall Funding Total is
\$36,170,142 (2016)
- In 32 Years we have funded at the rate of around \$1 000 000 per year.
- To put this into some perspective, if you could count by ones, at the rate of one number per second it would take you around 12 days non stop to count to 1 000 000 – no food time, no toilet breaks, no sleep, just counting for 12 days



WHAT HAVE WE DONE

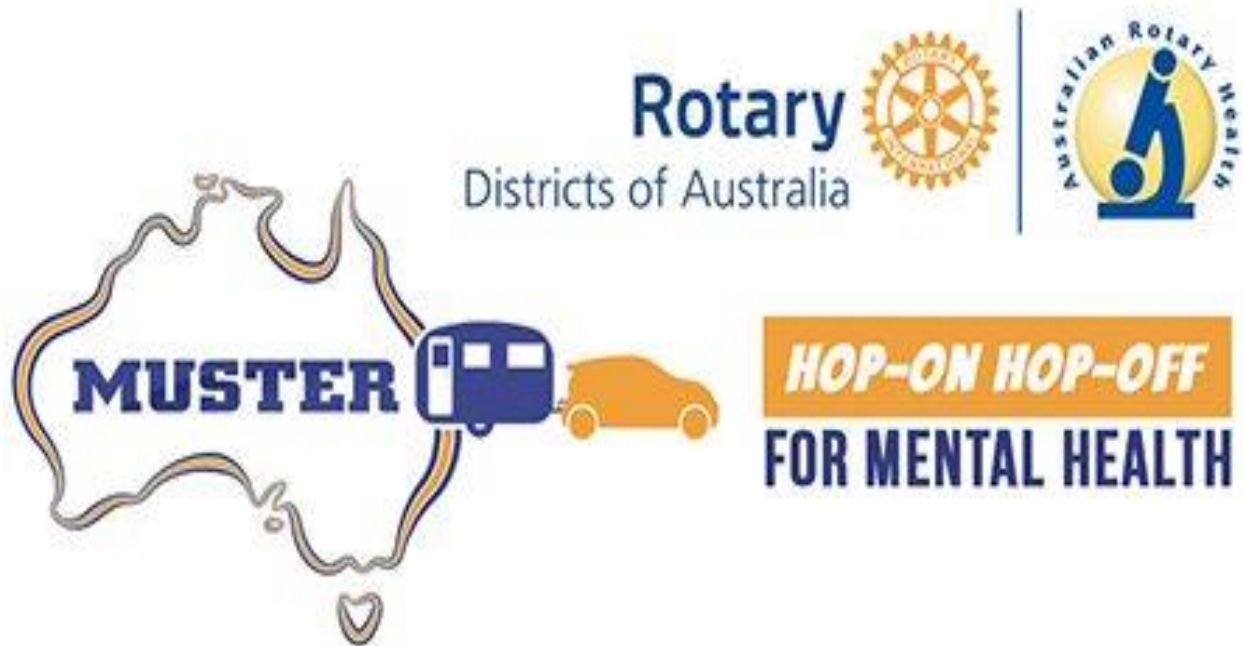
- So we have been very, very effective AND all of this done without any Government Assistance.
- ARH is the second largest investor in mental health research behind only the Federal Government.
- Let's tell everyone, not only fellow Rotarians but the community in general = a great PR tool/message – attract sponsors.

DRAFT D 9685 CHARTER

What	How
Promote the ARH message to Rotary Clubs, Rotarians and the Community	Visit clubs Organise Public meetings
Encourage and support Rotary Clubs to fund raise for ARH	Visit clubs Promote Hat Day
Organise major community events that would supply significant funds to ARH and promote the importance of ARH to the community	Recruit committee members with the acumen to organise events of this calibre and support them
Manage Rotary Clubs	Assign committee members to a small set of clubs
Study the revenue stream from Clubs in District 9685 and plan to improve those contributions	Visit clubs Target clubs with low contributions to ARH
Organise ARH presented Zone events supported by the latest funded researchers	Seek help and support from ARH
Provide training to committee members	Organize (joint) training sessions with D9675 at RDU Parramatta

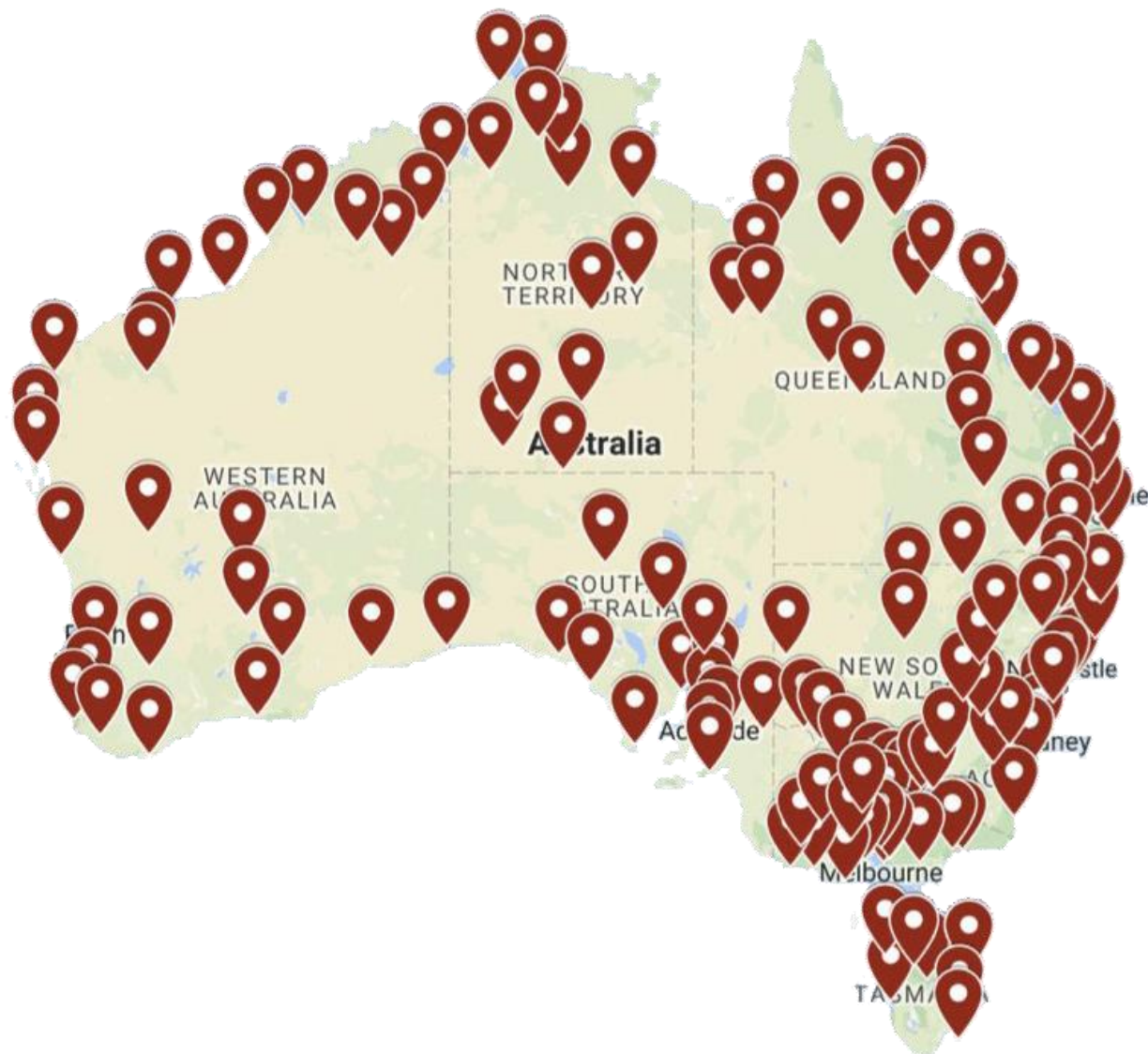


THE MUSTER FOR MENTAL HEALTH



WHERE DOES IT GO??

- Here!!!



WHERE DOES IT GO??

- Go to this site.
- <http://www.muster.org.au/drive-details/>
- OR
- Google ARH Muster for Mental Health
- OR
- Google Australian Rotary Health then follow the links from the Home page



SOME SUGGESTIONS FOR ARH FUND RAISING EVENTS

- Art books
- Auction nights
- Swimming events
- Christmas cards
- Guest Speaker Certificates
- Bicycle rides
- Flower & plant sales
- Balls/Concerts
- Trivia/Red Faces Nights
- Golf Days
- Hat Day
- Holiday tours
- Raffles
- Sweets sales
- Calendar sales
- Race day
- etc, etc



ONE OF OUR BIGGEST FUND RAISERS

Hat Day 10 October 2017

This Year Hat Day will “Lift The Lid”

www.hatday.com.au



Rotary
District 9685



ROTARY:
MAKING A
DIFFERENCE



www.australianrotaryhealth.org.au

DO YOU NEED TO KNOW MORE??

- Read the District eNews – I regularly publish ARH information.
- Accept invitations to meet the people we support. Invite them to speak to your club.
- Educate your club about ARH – there is a committee member nearby to speak to your club.
- If all else fails ring me - my number is in the directory.

