



## DISTRICT ASSEMBLY 2018-19

**Rotary**  
District 9685



BE THE INSPIRATION

# OVERVIEW

Peter Kirkwood  
Community Service 2018-19



### Speakers:

- **Kalma McClelland** *EndTrachoma by 2020*
- **Marilyn Mercer** *Invictus Games 2018*
- **Murray Elbourn** *Disability Sports*
- **Dudley Mercer** *Australian Rotary Health*
- **Keith Stapley** *Bourke Primary School Breakfast Program*
- **Helen Clarke** *Literacy Program*
- **Heather Rietdyk** *Manly Warringah Resource Centre*

# EndTrachoma by 2020

## DGN Kalma McClelland Rotary Club of Ryde





## What is Trachoma?

**Trachomatous inflammation follicular (TF)**  
The presence of five or more follicles in the upper tarsal conjunctiva of at least 0.5 mm



**Trachomatous inflammation intense (TI)**  
Pronounced inflammatory thickening of the tarsal conjunctiva that obscures more than half of the normal deep tarsal vessels



**Trachomatous scarring (TS)**  
Presence of scarring in the tarsal conjunctiva



**Trachomatous trichiasis (TT)**  
At least one eyelash rubs on the eyeball or there is evidence of recent removal of in-turned eyelashes.



**Corneal opacity (CO)**  
Easily visible corneal opacity over the pupil



**Figure 1.1.** Simplified trachoma grading classification system from the World Health Organization.

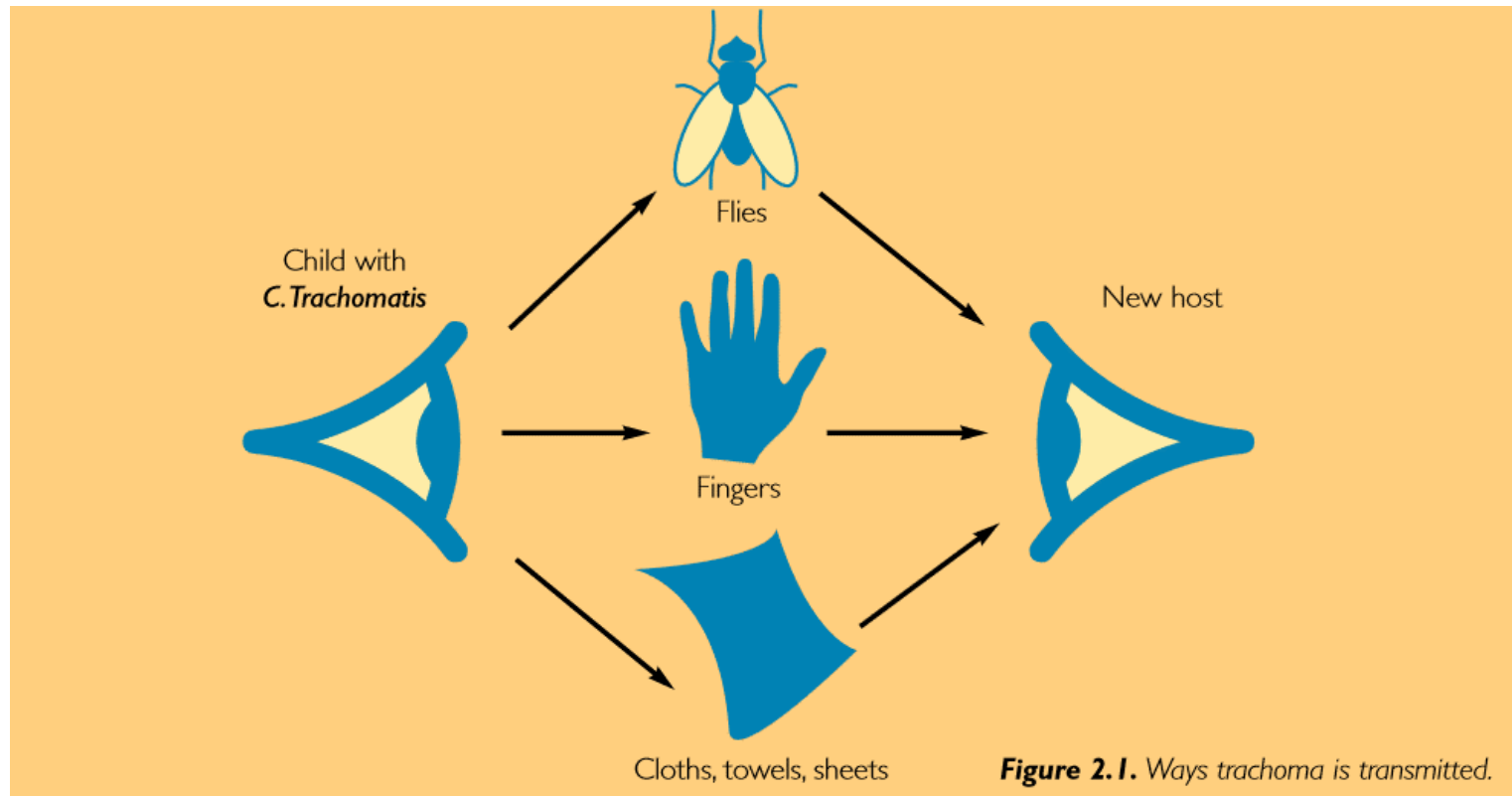
# W.H.O. TRACHOMA FIGHT

What is the effect?



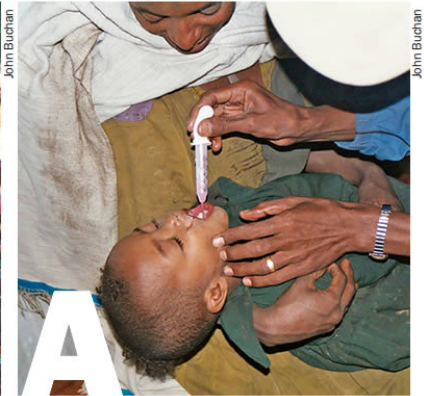
# W.H.O. TRACHOMA FIGHT

How is it spread?



## The SAFE Strategy (WHO2020)

1. **S**urgery for trichiasis
2. **A**ntibiotics therapy
3. **F**acial cleanliness and
4. **E**nvironmental improvements





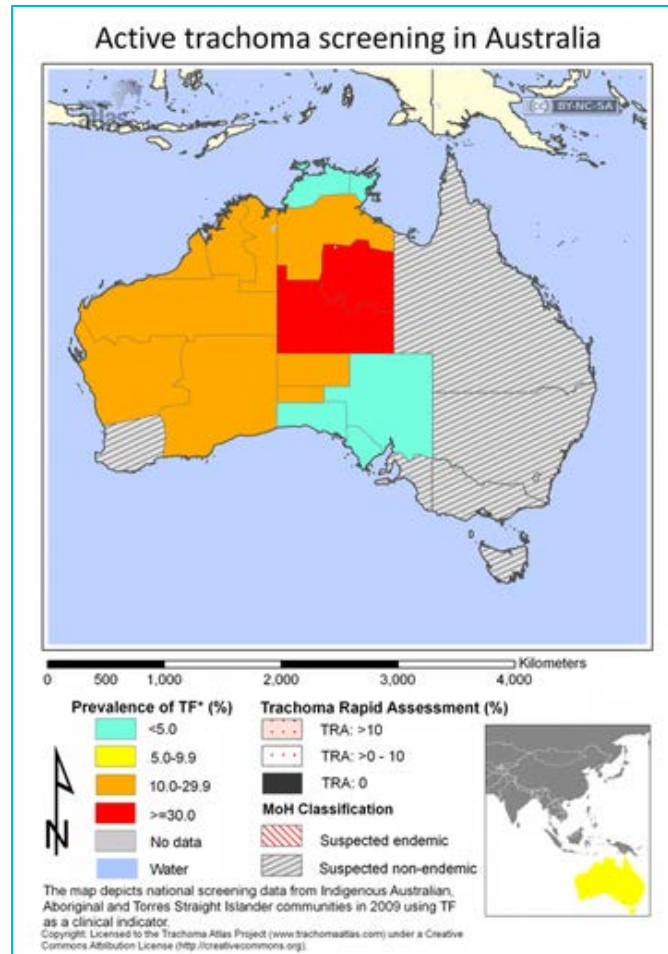
# W.H.O. TRACHOMA FIGHT

## The SAFE Strategy

- **F**acial cleanliness and
- **E**nvironmental improvements



# W.H.O. TRACHOMA FIGHT



# AUSTRALIA ENDTRACHOMA BY 2020

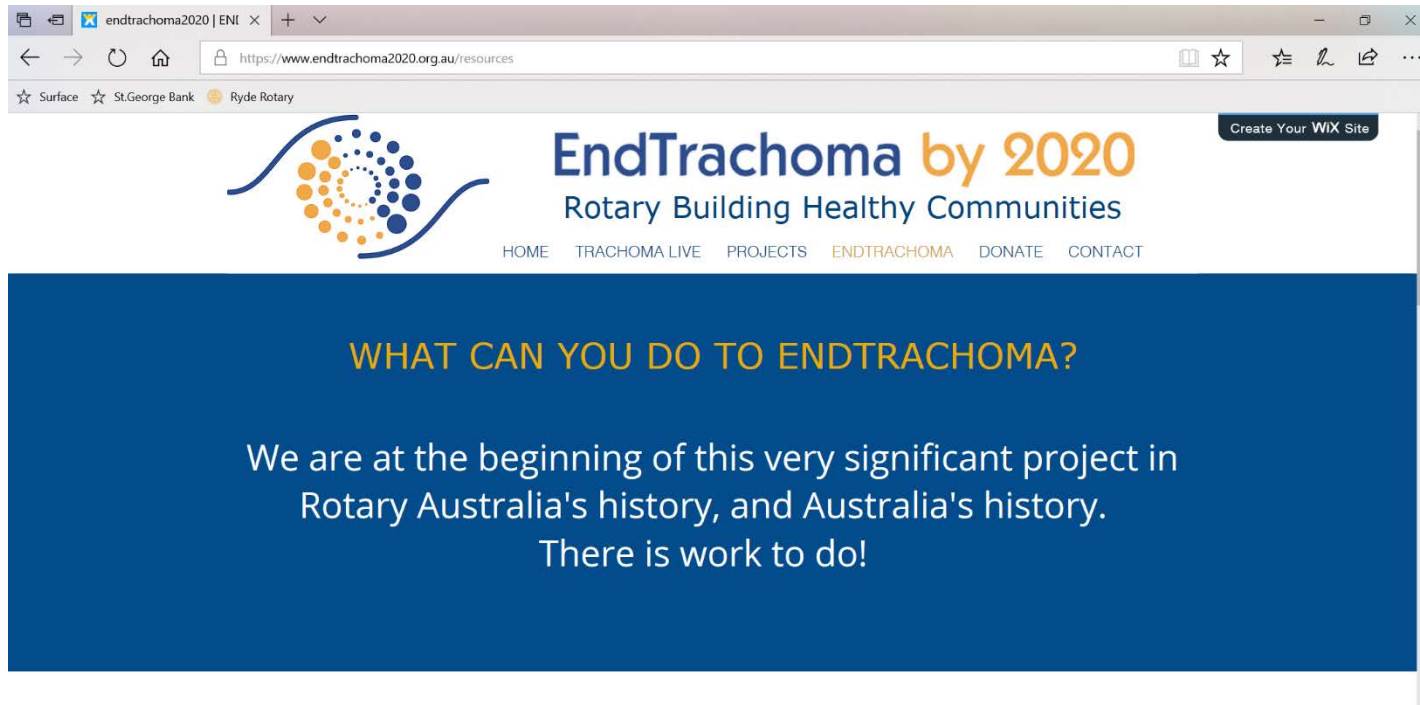
## RI President Ian Riseley



**ROTARY:  
MAKING A  
DIFFERENCE**



# AUSTRALIA ENDTRACHOMA BY 2020





# AUSTRALIA ENDTRACHOMA CHAMPION'S UPDATE

Soap Making Workshops \$1500



Personalised Chamois \$4ea



Mirrors \$15/home



Ezywash Washing Machines - \$100



# D9685 ENDTRACHOMA UPDATE



## **Pro-active Rotary team**

Peter Kirkwood

Charlie Barnett

Charles Child

Mark Hedges

Ted Anderson

## **Supporting Experts**

Michelle Dickson

Alicia Poto

Laila Parvaresh



# D9685 UPDATE – ACTIVE HEALTH EXERCISE PROGRAM





# D9685 UPDATE – ACTIVE HEALTH HANDS ON LEARNING



## D9685 UPDATE – ACTIVE HEALTH PROGRAM EXTENSION



# D9685 UPDATE – ACTIVE HEALTH TRAINING KITS





# D9685 UPDATE – ACTIVE HEALTH TRAINING KITS





## HOW CAN D9685 SUPPORT THE ACTIVE HEALTH PROGRAM?



### Sponsor *Active Health*

- Equipment boxes \$550
- Ingredient packages \$320
- **TOTAL - \$870**
  - Minimum cost to reach 120 students (box + ingredients)
  - Our initial target is to sponsor a minimum of 20 sets in each district (can reach 2400 children)
- Become a program facilitator



# HOW CAN D9685 SUPPORT THE ACTIVE HEALTH PROGRAM?



THE UNIVERSITY OF  
**SYDNEY**

## SYDNEY UNI OPTION Graduate Diploma in Indigenous Health Promotion

### Outcomes:

Once students have completed their studies, they will:

- be able to address any health issue using best practice health promotion tools and processes
- act to improve the health and wellbeing of their communities and the wider population.



# HOW CAN D9685 SUPPORT THE ACTIVE HEALTH PROGRAM?



THE UNIVERSITY OF  
SYDNEY

## SYDNEY UNI OPTION Graduate Diploma in Indigenous Health Promotion

### Aims:

During the year, students will learn to:

- identify community health priorities, needs and strengths
- work in partnership with communities to develop programs that effectively address these priorities and needs
- implement and evaluate the programs using best practice and to ensure accountability and continued improvement.



# HOW CAN D9685 SUPPORT THE ACTIVE HEALTH PROGRAM?



THE UNIVERSITY OF  
SYDNEY

SYDNEY UNI OPTION

Graduate Diploma in Indigenous Health Promotion

**Rotary Scholarship - Option 1 (Sydney workshops)**

10 students @ \$10,000 each = \$100,000

Joint venture with D9675

= 134 Clubs = **\$746 per club**



## HOW CAN D9685 SUPPORT THE ACTIVE HEALTH PROGRAM?



THE UNIVERSITY OF  
SYDNEY

### SYDNEY UNI OPTION

Graduate Diploma in Indigenous Health Promotion

**Rotary Scholarship - Option 2 (Alice Springs w/shops)**

12 students (min) @ \$10,000 each = \$120,000

Plus dedicated academic support (2yrs) = \$100,000

Joint venture with D9675

= 134 Clubs = **\$1641 per club**

Rotary  
District 9685



ROTARY:  
MAKING A  
DIFFERENCE



EndTrachoma by 2020

### Other potential support options:

- ARH – avenue for tax deductible donations from clubs/members in D9685/D9675 and beyond
- TRF – avenue for grants under investigation

## D9685 ENDTRACHOMA UPDATE



As Indigenous Australian Elders have told us

***“We have the right not to go blind”***

## D9685 ENDTRACHOMA UPDATE

<https://vimeo.com/169811671>

<https://vimeo.com/225341110>

Youth

<https://vimeo.com/169810886>





Let's EndTrachoma by 2020  
What can YOU do to help???



# INVICTUS GAMES

PDG Marilyn Mercer  
Rotary E-Club of Greater Sydney



# INVICTUS



- <https://commons.wikimedia.org/w/index.php?curid=21938339>



# THE NAME

## *Invictus*

- adjective meaning **unconquered, invincible**
- Used by the early **3rd century BC**.
- Expressed the invincibility of the **Gods** such as Apollo, Genius, Hercules, Jupiter, Mars, Mercury, Saturn and Sol.
- On tablets coins, calendars, and other inscriptions

# ABOUT IG2018

<b>Motto</b>	<b>I AM</b>
<b>First event</b>	2014 London Then 2016 Orlando USA 2017 Toronto Canada 2018 Sydney Australia
<b>Headquarters</b>	<a href="#">London</a> , <a href="#">United Kingdom</a>
<b>Website</b>	<a href="http://invictusgames.org">invictusgames.org</a>

# PARTICIPATING TEAMS

All 17 countries from the 2017 Games were invited back

**+one more**

- [Afghanistan](#)
- [Australia](#)
- [Canada](#)
- [Denmark](#)
- [Estonia](#)
- [France](#)
- [Georgia](#)
- [Germany](#)
- [Iraq](#)
- [Italy](#)
- [Jordan](#)
- [Netherlands](#)
- [New Zealand](#)
- [Poland](#)
- [Romania](#)
- [Ukraine](#)
- [United Kingdom](#)
- [United States](#)



# HOW CAN ROTARIANS HELP NOW

## **Spread the word.**

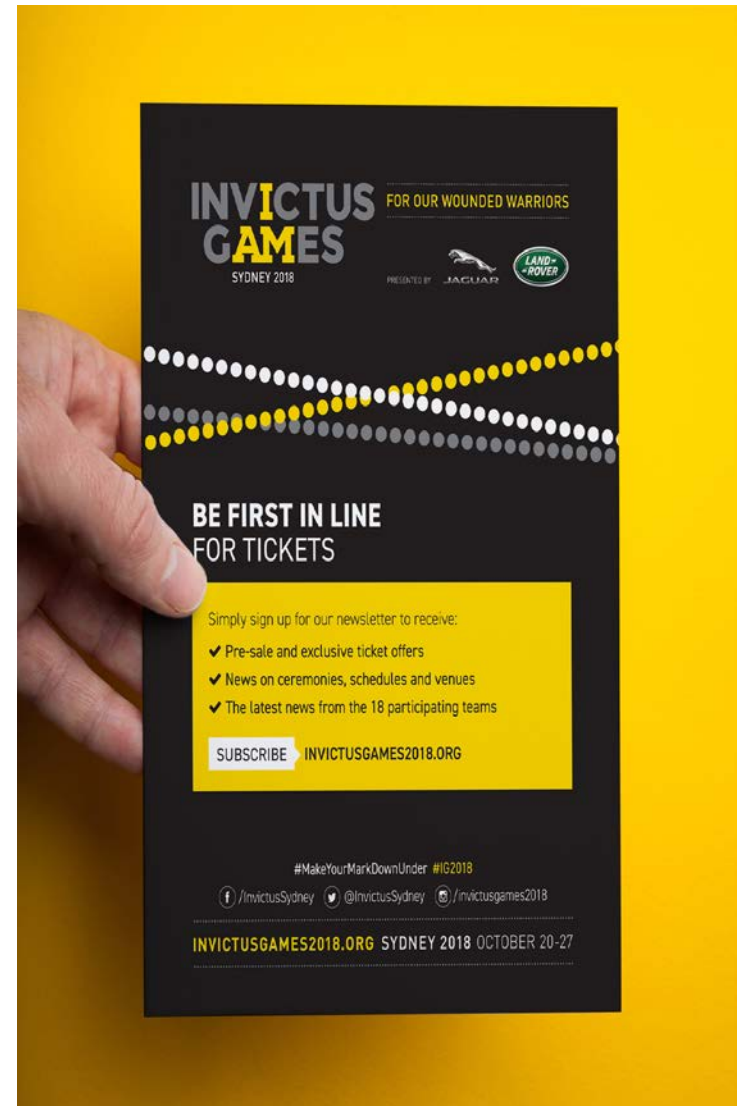
- Encourage subscription to the IG2018 Newsletter
- Nominate a contact person from your club and send details to [mmm@myisp.net.au](mailto:mmm@myisp.net.au)
- District 9685 Liaison Marilyn Mercer

# JOIN THE FAMILY

Join the Invictus Family and support our wounded warriors, their family and friends  
as we celebrate the healing power of sport.  
Simply sign up for our newsletter to receive:

- Pre-sale and exclusive ticket offers
- News on ceremonies, schedules and venues
- The latest news from the 18 participating teams.

[SUBSCRIBE](#)





# INVICTUS GAMES PROMO



The poster features a black background with a decorative graphic of three wavy lines of dots in white, yellow, and grey. At the top, the text 'INVICTUS GAMES' is in large, bold, white letters, with 'GAMES' in yellow. Below it, 'SYDNEY 2018' is in smaller white text. To the right, 'FOR OUR WOUNDED WARRIORS' is in yellow. Below this, the Jaguar and Land Rover logos are shown with the text 'PRESENTED BY'.

**BE FIRST IN LINE  
FOR TICKETS**

Simply sign up for our newsletter to receive:

- ✓ Pre-sale and exclusive ticket offers
- ✓ News on ceremonies, schedules and venues
- ✓ The latest news from the 18 participating teams

**SUBSCRIBE** [INVICTUSGAMES2018.ORG](http://INVICTUSGAMES2018.ORG)

#MakeYourMarkDownUnder #IG2018

[f /InvictusSydney](https://www.facebook.com/InvictusSydney) [@InvictusSydney](https://twitter.com/InvictusSydney) [@ /invictusgames2018](https://www.instagram.com/invictusgames2018)

**INVICTUSGAMES2018.ORG SYDNEY 2018 OCTOBER 20-27**

# SIGN UP NOW

Jump on line and **sign up now** for the  
**Newsletter**

You will learn when competitors from your area  
become Australian Team members and read  
stories which will **inspire**.

<https://www.invictusgames2018.org/news/newsletter/>



# SCHOOLS

- Donate an Invictus Games flag to local school to fly on 17<sup>th</sup> August
- Buy tickets for kids to attend
- Assist with transport costs
- Offer help as chaperones
- Sponsor meals

# ATHLETES

- Financial help for support people
- Donate tickets for athletes' children
- Support and champion your local athlete



# INVICTUS GAMES

SYDNEY 2018

FOR OUR WOUNDED WARRIORS

PRESENTED BY



MAKE  
YOUR  
MARK  
UNDER  
DOWN

JOIN THE JOURNEY

[INVICTUSGAMES2018.ORG](http://INVICTUSGAMES2018.ORG)

SYDNEY 2018 OCTOBER 20-27

#IG2018



# THE INSPIRATION TO TAKE ACTION

“Let the examples of service and resilience you have seen **inspire you to take action** to improve something - **big or small** - in your life, for your family, or in your community.”

Prince Harry, Patron of the Invictus Games Foundation, closing ceremony 2017 Invictus Games in Toronto

**Contact: PDG Marilyn Mercer**

**[mmm@myisp.net.au](mailto:mmm@myisp.net.au)**

Thank you



# DISABILITY SPORTS

Murray Elbourn  
Sport NSW



## WHO IS INVOLVED

- Inclusion Leagues promote play for all people with disabilities from both a participation and competition stand point.
- Wheelchair users, cerebral palsy, blind, deaf, autism, down syndrome, amputee participants can all play with and against each other in an adapted environment.
- They are also part of a main stream club, competition and sport.



## ADAPTIONS REQUIRED

These inclusion leagues are adapted by rules and by game equipment to enhance the experience of participants across all disability groups.



## SPORT CAMPS FOR SOCIAL INCLUSION

Social isolation is a big challenge for people with disabilities!

Sport NSW are embarking on a project that will have sport and active recreation play a key role in enhancing the social well being of all people with disabilities.

Social recreation inclusion camps will be launched in November of 2018 and will focus on easy to adapt recreation sessions with a large social component at a PCYC club or through a council / community organisation.



## HOW CAN YOU HELP THESE TWO PROJECTS

1. Volunteering (Program Events / Preparation)
2. Fund Raising (Assists delivery and scope)
3. Building Awareness (Tell everyone you know)



# AUSTRALIAN ROTARY HEALTH

Dudley Mercer  
Rotary Club of Glenhaven



### **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.



## SO WHAT IS ARH?

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



## OUR MISSION

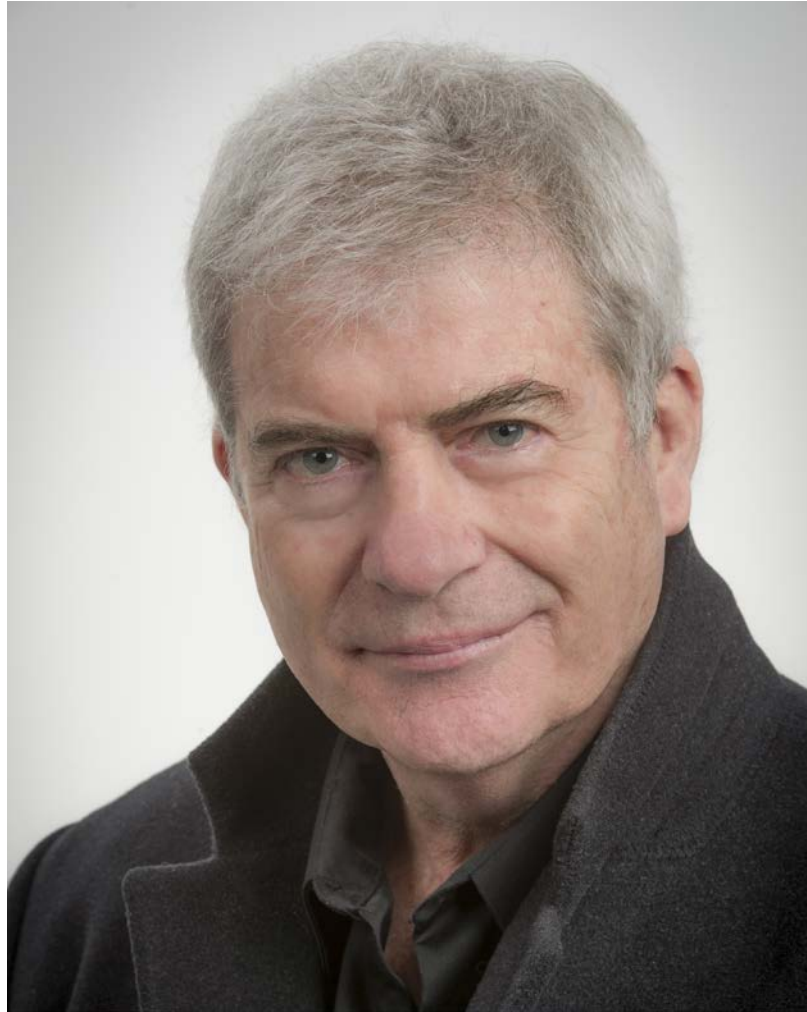
Our mission is to create better health for all Australians through improved education and advancements in knowledge through medical research.

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





# MESSAGES FROM CHAIRMAN GREG ROSS AND SOME OF THE AWARDEES



ONE OF OUR MANY SUCCESS STORIES

## James Charles 1<sup>ST</sup> INDIGENOUS PODIATRIST IN SOUTH AUSTRALIA



From being illiterate at 14, James turned his life around and graduated in 2004 as a podiatrist.

# MENTAL HEALTH FIRST AID – PROFESSOR TONY JORM AND BETTY KITCHENER



## MENTAL HEALTH FIRST AID – Training Course.

It was used as a  
template for  
President Obama's  
“Now is the time”  
Plan in 2013.

## SO HOW CAN WE HELP? ...BY GIVING FINANCIAL SUPPORT

- **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 \$35,000 – more than enough for 15 Rural Indigenous scholarships!!

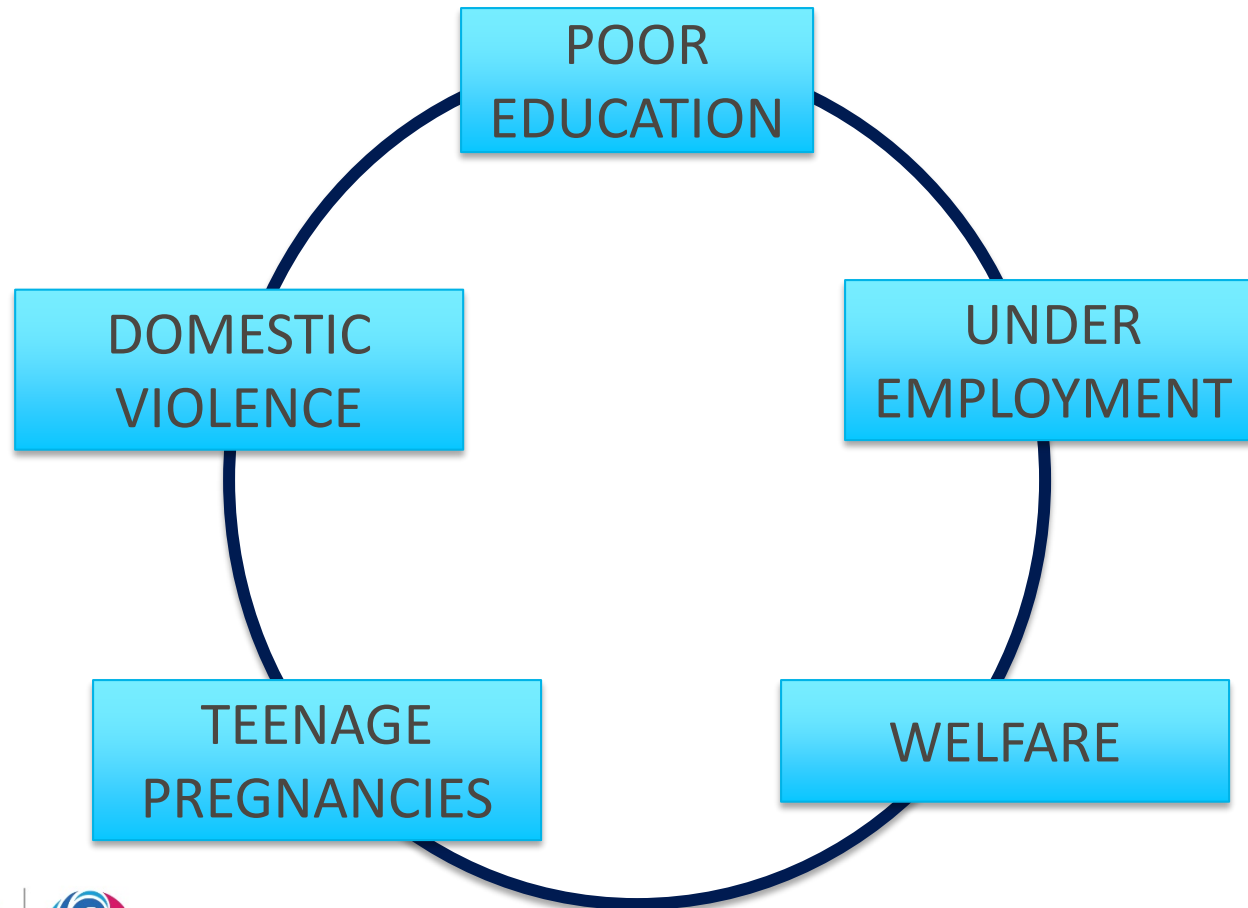
# BOURKE PRIMARY SCHOOL BREAKFAST PROGRAM

Keith Stapley  
Rotary Club of Hills-Kellyville





# THE VICIOUS CIRCLE



# THE HILLS-KELLYVILLE ROTARY CLUB

## WHY BOURKE PUBLIC SCHOOL

Disadvantaged Community

Strong local support

Impressive Principal

Good school infrastructure

Very supportive staff



# THE HILLS-KELLYVILLE ROTARY CLUB

## WHY BREAKFAST?

Encourages attendance

Better concentration

Improved behaviour

Fewer suspensions

**= Better educational outcomes**





# THE HILLS-KELLYVILLE ROTARY CLUB

## WHAT IS FOR BREAKFAST?

Fresh juice, milk or Milo

Toast with Vegemite or honey

Cereal

On special occasions there might be scrambled eggs using eggs from the school's chooks, sometimes omelettes or pancakes, baked beans on toast, etc.

**Nestle are very supportive of the project**



# THE HILLS-KELLYVILLE ROTARY CLUB

## SOME STATISTICS

School attendance	2010	86%
	2017	92%
Breakfasts served since May 2011	More than 50,000	
Cost per year	About \$10,000	
Cost per breakfast	Less than \$1.20	





# THE HILLS-KELLYVILLE ROTARY CLUB

## ROTARY'S ROLE

Initial Survey

Equipment

Staffing

Supplies

Encouragement Awards





# THE HILLS-KELLYVILLE ROTARY CLUB



## The Rotary Encouragement Awards



# THE HILLS-KELLYVILLE ROTARY CLUB

**There is strong  
staff involvement  
with the children**





# THE HILLS-KELLYVILLE ROTARY CLUB



**Not all lessons  
are learned in the  
classroom**





# THE HILLS-KELLYVILLE ROTARY CLUB



**As part of our visit each year we also do a “Santa Run”**

# THE HILLS-KELLYVILLE ROTARY CLUB



## Benefits for our club:

- Association with Bourke community – school, Rotary, etc
- Long-term investment
- Bush trips for members
- Stewart House run

## Benefits for the kids:

- Better attendance
- Better educational outcomes (NAPLAN)
- Healthier kids
- Improved social skills (eat at table, use eating utensils, wash up etc )
- Increased interest in **good** food





# THE HILLS-KELLYVILLE ROTARY CLUB

## WHAT NEXT?

This has to be a long term project.

But High School is another challenge – scholarships?

Use the model in other schools and other regions?

Funding help from others?

*The project is registered for tax deductible donations.*



# LITERACY PROGRAM

Helen Clarke  
Rotary Club of Wahroonga





# LITERACY PROGRAM PRESENTATION

# MANLY WARRINGAH WOMEN'S RESOURCE CENTRE

Heather Rietdyk



# Manly Warringah Women's Resource Centre

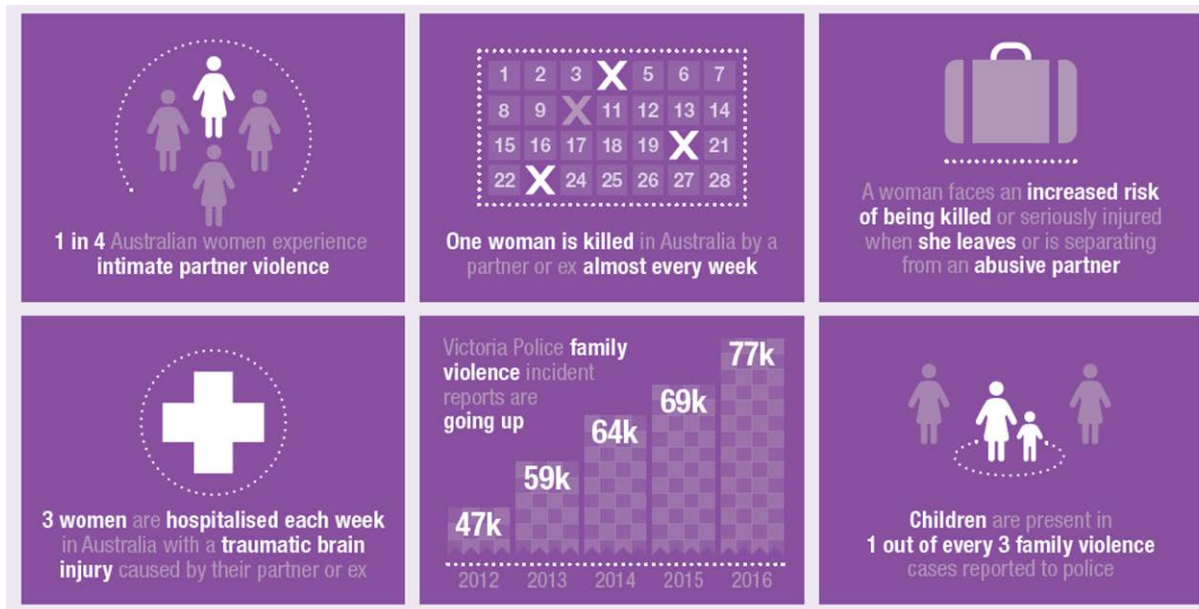
Heather Rietdyk  
Director, Strategy and Development  
[heather.r@mwwrc.org.au](mailto:heather.r@mwwrc.org.au)

April 2018





# AUSTRALIA'S EPIDEMIC



Source: dvrc.org.au



Source: northshoredomesticviolence.org.au



# Manly Warringah Women's Resource Centre

Manly Warringah Women's Resource Centre (MWWRC) is a not for profit community-based service for women and vulnerable families, including women and children escaping domestic and family violence.



Provided assistance to more than 400 females

Accommodated more than 60 children in crisis and transitional accommodation

15% of clients were home owners 2015/16



# A convergence of ideals

Our aim is to ensure women, children and families are safe, secure, connected and given the opportunity and environment to thrive and achieve their aspirations.

## Mosman Rotary

Created a program of support specifically designed to reach the most vulnerable women and children at Bringa and Delvena Women and Children's Refuge

**\$20,000 fund**

(Dick Smith Humanitarian Foundation Fund + Mosman Rotary Community Funds – Monopoly Fundraiser)

**\$6,000 fund**

(\$3000 + \$3000 District Grant)

**10** x vulnerable families escaping domestic violence received **\$2000 Mosman Rotary** package of support covering:

- **rent** for six weeks
- **food** for six weeks
- **clothing** vouchers
- **Opal** cards for transport
- New **bed linen** package - ecodownunder

**Delvena Women and Children Refuge**, Lower North Shore Sydney received **\$6,000** to enable necessary **refurbishment**

# Packages of commitment



## Women

### Dignity package

Experience shows it takes up to six weeks to access financial support or Centrelink after leaving a domestic violence relationship. \$2000 provides six weeks of support, relief and a strong sense of **dignity**.

### Pride package

Few families access their possessions after leaving a domestic violence relationship. In setting up a new home, families need everything – beds, mattresses, TV, table/chairs, lounge, fridge, washing machine. \$2000 ensures each family regains **pride** in their home.

### Welcome package

We can accommodate up to 45 families per year in 11 rooms/apartments across two refuges. Refurbishment of rooms is ongoing. \$2000 refreshes the space and **welcomes** each family with new mattresses, pillows, doonas, sheets, rugs, crockery and cutlery.

## Children

### School package

Financial abuse impacts children also and their ability to **excel in life**. \$1000 will cover uniforms, books, bags, school shoes, sports clothes, excursions and after school activities be it sport, music or swimming lessons.

### Wellbeing package

Research shows that children's exposure to domestic violence is associated with a range of cognitive and behavioural problems and poorer academic outcomes. \$1000 enriches a child to ten weeks of therapeutic programs to **improve their wellbeing**.

### Fun package

Children who have escaped a household dominated by tension and fear may find **solace in enjoyment** and fun. \$500 will provide them with a day out, a school holiday activity, a action packed day on the harbour, a simple day of building sand castles at the beach..



Thank you

Heather Rietdyk – 0424 257637

# CLUB PROJECTS

## Open Mic Session



ENJOY YOUR LUNCH!