

Australian Rotary Health *presents*

“Looking back on my
last 15 years”



www.australianrotaryhealth.org.au

An Evening with Fay Jackson

**Deputy Commissioner
Mental Health Commission of New South Wales**



Fay had experienced symptoms of mental illness since age 10. Her teenage years were filled with fear, angst and disappointment. Despite doctors telling her she would never hold down meaningful work or be a contributing member of society, she fought back to become an accomplished artist, public speaker, trainer, service director and CEO. Though initially floored by the diagnosis 1 years ago, the mother and grandmother of two picked herself up after the death of an adored brother, ABC children's programmer Peter Jackson, to become a potent champion for people with mental illness.

Fay was one of the first people in Australia to regularly speak as a consumer of mental health services at public events. Fay's company Vision In Mind focuses on mental health in the workplace – “how to work and stay safe and well, how to come back to the workplace after a period of illness, and how to manage people with mental illness ... Given the opportunity we can work hard, succeed in our careers and be positive contributors to our workplaces and communities,” she says.

As a Deputy Commissioner of the Mental Health Commission of NSW, Fay wants to maintain her focus on employment issues, as well as support for students to stay in school, TAFE or university while they have mental health issues. She will also work to raise awareness of the particular needs of people in rural areas, destigmatise mental illness, raise the awareness of prevention and recovery, and of the needs of children whose parents have a mental illness.

You will also hear some of Australia's brightest young researchers speak of their work – Loneliness in the Australian homes population, Adolescents with Anxiety and Depression and Ovarian Cancer research and others. It is also an opportunity to meet some of our Indigenous Health Scholars.

Bring your club, family and friends to the

Australian Rotary Health Christmas Dinner

on

Wednesday 9th December, 2015

at

The Epping Club, 45-47 Rawson Street, Epping
for an interesting and entertaining night
featuring many of our *Sponsored Researchers* and

Fay Jackson

\$65 per person

including table drinks & 3 course meal

Cocktails 6.30 for 7pm Start

Contact Jenny Towe on 8837 1900

For information and tickets



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Christmas Dinner

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ROTARY CLUB OF PENRITH VALLEY

An Evening with Fay Jackson and our researchers on
 Wednesday 9th December, 2015

Individual/Group Booking (Closes Tuesday 1st December 2015)

| Title (DG, Pres, etc) | Name of Members, Partners Friends and Companions of Australian Rotary Health (Please state special dietary needs) | Number Attending | Paid \$80 |
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| Total Number Attending _____ | | Total Paid | \$ _____ |

Tickets will be mailed to club Postal Address as bookings are received.
Admission is by ticket only

- 1 Mail cheque(s) payable to: **Australian Rotary Health**
 Mail Booking Form and Cheque(s) to:
Australian Rotary Health, PO Box 3455, Parramatta NSW 2124
- 2 By Credit Card: Mail or Fax this sheet to **Australian Rotary Health Office in Parramatta**
Fax: 9635 5042



www.australianrotaryhealth.org.au

I authorise payment of \$ _____ .00 Mastercard Visa American Express Diners

Name on card: _____ Signature: _____

Card No:

Expiry Date: / CVC Number: _____

Postal Address for mailed tickets: _____