

Note to Bulletin Editors

Please include **one** of the brief **Health Highlights** each week in your Bulletin in the lead up to Christmas. These weekly Health Highlights will be provided each month throughout the year for your use. Simply cut and paste each highlight as needed.



Have you booked to attend the Australian Rotary Health Christmas Dinner on Wednesday 9th December 2015 Cocktails 6.30 for 7pm start at the Epping Club 45-47 Rawson Street Epping? Better still book a table and make it a Club Christmas Party!

Keynote speaker is Fay Jackson, Deputy Commissioner, Mental Health Commission in NSW. Her company "Vision in Mind" focuses on mental health in the workplace. Also hear from some Australia's brightest young researchers speak of their work – loneliness in homes, adolescents and anxiety, depression and ovarian cancer. It is an opportunity to meet some of our Indigenous Health Scholars.

Contact Jenny Towe on 8837 1900 for information and tickets **BUT** bookings close Tuesday 1st December 2015.



Mental Health Grant Recipient Dr Lauren McLellan donned a hat this week to write about the research project she leads at the [Macquarie University Centre for Emotional Health](#). (Follow the link and scroll down to the video link with Dr Happy.) Lauren is increasing the availability of anxiety treatment for children and families who can't usually access face-to-face services, such as those in regional or remote areas, through online delivery.

Fun Fact: Australian Rotary Health has been supporting the Cool Kids program for over 15 years!

Have you forwarded all funds raised on Hat Day to Australian Rotary Health PO Box 3455, Parramatta NSW 2124?



Did you know for a once-off payment of \$100 you can become a **Friend of Australian Rotary Health for life?**

As the end of the year draws near does your club want to honour someone who has made a special contribution? Are you looking for a gift for someone who has everything? Make them a Friend of Australian Rotary Health and in so doing support medical research in Australia. It is as simple as phoning 8837 1900.



Australian Rotary Health is committed to support healthier minds, bodies and communities through research, awareness and education. But to do this ARH needs support from clubs and Rotarians. In 2016 please plan to hold at least one special ARH fundraising activity or allocate club funds to this amazing organisation. Also invite your Zone representative on the District 9685 ARH Committee to be a Guest Speaker. For more information contact ARH D9685 ARH Secretary PDG Marilyn Mercer. mmm@myisp.net.au



What does Australian Rotary Health do?

Many things but importantly it provides funding into areas of health that do not readily attract funding, and promotes findings to the community.

- Since 2000 it has focussed on mental health, mental health of Young Australians and more recently **prevention** of mental health disorders
- Funding partners Research PhD Scholarships
- Rural Medical & Nursing Scholarships
- Indigenous Health Scholarships



Australian Rotary Health wishes each Rotarian a Joyous Christmas and a Peaceful and Healthy New Year.