

From: Australian Rotary Health <news@arh.org.au>
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LIFT THE LID
on mental illness



Australian Rotary Health February Newsletter

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EVENT HIGHLIGHTS

[Lift the Lid Walks for Mental Health](#)



Another successful Lift the Lid Walk was hosted on Sunday 18th February 2024 by Rotary Club of Ulverstone West, TAS.



A huge congratulations Rotary Club of Mont Albert and Surrey Hills on successfully hosting their fourth Lift the Lid Walk.

[Read more in our online publications and newsletters](#)

If you have any Australian Rotary Health fundraising events or news, please send to news@arh.org.au

Read More

NEW UPCOMING EVENTS

Open Garden



Come along and see the beautiful garden featuring roses and more. There will be plant stalls, sausage sizzle and tea and coffee available!

Your donation of \$10 on the day goes to ARH to support mental health research.

Location: 298 Preservation Drive, Sulphur Creek, TAS

Aussie Peace Walk 2024



The Aussie Peace Walk is not a race, it is a fun multicultural walking challenge held over a weekend in Canberra. Walkers challenge themselves to finish two walks, one on Saturday and one on Sunday. For those who want more of a challenge, they can choose a 42.2km walk followed by the 24km. To cater for all ages and fitness levels, there are also 7 km and 12 km options. [Register now](#) or [make a donation!](#)

Melbourne Celtic Festival



Melbourne Celtic Festival is all about global, national and local Celtic Music. The new trends and old favourites with a sprinkling of Aussie pop, rock and Australiana!

Your ticket and raffle money helps mental illness through donations to Australian Rotary Health and Port Phillip Rotary. Limited tickets, [book now!](#)

An evening with Liszt - Chopin - Debussy



The Rotary Club of East Maitland presents ~ an evening with Liszt ~ Chopin ~ Debussy by Phillip Aughey at Sun Street Studios in the heart of Maitland.

When: Friday 1st March 2024.
 Tickets: \$25 per person, including wine and nibbles on arrival, provided by East Maitland Rotary. Proceeds to Rotary Health ~ Lift the Lid on Mental Illness. [Book now!](#)

Lift The Lid Walks



The walk and talk format is deliberately not a race, but an opportunity to get your locals together to raise awareness of the serious mental health issues we face in all areas of our communities, schools, homes and workplaces.

Hosted by the Rotary Clubs of Australia, funds raised from the walks go into mental health research

through Australian Rotary Health.
[Get involved now!](#)

Lift the Lid Walk locations across Australia!

Event Locations

NEW RESEARCH UPDATE

Substance use disorder, disordered eating and post-traumatic stress disorder in young people: Unravelling this common comorbidity



Australian Rotary Health/Rotary District 9685 Funding Partner PhD Scholarship recipient, Ivana Kihás, uses four stages of study to significantly advance the understanding of the prevalence and patterns of comorbidity between Substance Use Disorder (SUD), Eating Disorders (ED), and Post-Traumatic Stress Disorder (PTSD) and lay the foundations for targeted and effective prevention and intervention strategies that will lessen the significant burden, harms, and costs associated with these disorders. [Read More!](#)

LATEST NEWS

Rotary International President Congratulates ARH



Rotary International President (2023/24) Gordon McInally congratulates ARH on their involvement in mental health – especially for providing vital funds for 0–12-year child mental health research. [Watch now!](#)

ARH PhD Scholarship Recipient 2024 | Jingjing Lin

“Parkinson’s Disease (PD) causes a burden on the individual, family and society. From my perspective, if it is possible to develop methods that are fast and inexpensive to assist in early detection of PD, thereby enabling lifestyle interventions, facilitate development of new treatments and eventually to improve patients’ well-being.”



"The overall purpose of this project is to develop novel retinal imaging analysis and digitized colour vision tools to facilitate early detection of Parkinson's Disease (PD). We need to be able to detect PD earlier and better if we are to develop new treatments."

Co-funded by ARH, the Rotary Clubs of District 9800 Clubs and Members Parkinson's Disease Research PhD. [Read more](#) about Jingjing's research.

DONATE NOW



We care about the mental health of families.



100% of your donation goes into mental health research focusing on children aged 0-12 years. ❤️

Australian Rotary Health is one of the largest independent funders of mental research within Australia. We have a broad vision to improve the health and well-being of all Australians!

[Donate Now](#)

WILLED



Australian Rotary Health invites you to receive 20% off your legal Will. Making a Will is important at any stage of our lives. It ensures that when we pass away, our estate will be handled the way we planned. Including a bequest in your Will is also the easiest way to continue supporting Australian Rotary Health. [Find out more!](#)

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You're receiving this email because you previously expressed interest in Australian Rotary Health research, programs and events, aimed at improving the health and wellbeing of all Australians.

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