



MESSAGE FROM THE EDITOR

My apologies for the delay in getting this, the second edition of YOUR Rotary Action Group newsletter. As with the last issue, I have tried to avoid using too much, if any of the articles in the fantastic newsletter

that Rita produces for her District Chapter which many of you will see via our WhatsApp group. If you're not already on the WhatsApp group, details are to the right. It's a great way to keep in touch with other members of the action group.

Likewise, you will also see on this page details of our Bi-monthly open meetings. Again, this is another way to speak to other members (and sometimes) guests of our group.

Many of our clubs have started to return to meeting in person – or at least have some in-person gatherings. The great news is that this has also led to, after a gap of two years, the Rotary International Convention this year being an in-person event. It is a requirement that Rotary Action Groups have a stand at the convention and so we will have a presence there. It will be great to see as many members of our possible there in Houston.

Over the coming weeks, Bob and myself will be making a few changes to our website which is a great source of resources to assist you, your club and district. Hauwa is also producing some guidance on forming a chapter of the Action Group. Already there have been several formed around the world but the board is aware of interest in many more.

In this edition, you will see some of the great work that is being done by our members. Thank you to everyone who has submitted articles for this newsletter – apologies if I have not been able to include everything. Keep up the great work you are all doing.

Darren



WhatsApp

Don't forget that our Action Group has a WhatsApp group that has been set up to share ideas and messages amongst each other.

If you are not already on it and wish to be on it, please let Hauwa or Darren know so that they can add you to the group or click on the link below:

<https://chat.whatsapp.com/B9IgzfFBTZU6Y9bzhXcTZw>

RI PRESIDENT SHEKHAR MEHTA VISITS RID 3030 IN AMRAVATI ON 19 DECEMBER 2021.

District Action Group on Mental Health Initiatives (DAGMHI) put up a Stall at the Conference venue to showcase its work and its newsletter MIND MATTERS. New members were registered and a DAGMHI lapel pin was gifted to them. The stall was managed by DAGMHI Director IPP Pankaj Agrawal and members R. Ann Sugandha Deshmukh and Gunjan Hantondkar.



Bi-monthly Open Meetings

Join members of our Rotary Action Group every other month on Zoom to discuss the latest developments that Rotarians are making in this very important field.

Meeting Dates:
Saturday 14th August 2021
Saturday 9th October 2021
Saturday 11th December 2021
Saturday 12th February 2022
Saturday 9th April 2022

All meetings held at 9.00am (New York Time);
2pm (UK Time); 6.30pm (India Time)

Meeting ID: 842 5546 9860
Password: 391718



ROTARY ACTION GROUP BOARD

- Chair** – Bonnie Black (Plattsburgh RC, USA)
- Vice-Chair** – Geetha Jayaram (Howard West RC, USA)
- Secretary** – Edouard Carignan (Henniker NH USA)
- Treasurer** – Bob Anthony (Naples RC, USA)
- Membership Dir** – Hauwa Abbas (Abuja Metro, Nigeria)
- Programs Director** – Rita Aggarwal (Nagpur RC, India)
- Member-at-Large** – Larry Kubiak (Tallahassee RC, USA)
- Member-at-Large** – Darren Hands (Roborough RC, UK)

Rotary Club of Falmouth and Recovery College Cornwall

Recovery
College
Cornwall



In the latter half of 2021, Falmouth Rotary Club in Rotary D1175 (South West England) ran a Mental Health program, delivering courses to the staff of the two Cornwall based Universities on the Tremough campus and to FX Plus, their service organisation. Their objective had been to not only improve the mental health and awareness of the attendees but to enable them to pass this understanding to the people they are working with.

Clare Manser, the Manager for Wellbeing at FX plus has provided the following report which details its success..

Sharing the physical space on the Penryn Campus is the University of Exeter, Falmouth University, The Student's Union and Falmouth Exeter Plus. This totals approximately 1500 members of staff who support nearly 7,500 students.

The pandemic hit this community particularly hard with the rapid move to online delivery and the drastic impact that this had on the academic experience for both students and staff. We are now experiencing a surge in the numbers of students experiencing poor health but also the complexity in their presentations.

To review every aspect of university life to better support students' mental health the 4 organisations sharing the campus have created the Partnership Wellbeing Programme which has 10 separate workstreams, overseen by a Programme manager. Recognising that every member of staff who works in a university setting has a role to play supporting students with their mental health this Programme manager has been able to be the central point for offering the Rotary funded Mental Health and Wellbeing We have held 12 workshops so far and there are 8 more planned. We have had 272 bookings although 4 of the workshops were only added yesterday and I am confident all of those will also be fully booked.

Attendees at the workshops have come from every section of all 4 organisations, there have been members of the academic teams, professional service departments, and student union representatives. Individually they have benefitted from attending the workshops but collectively they are taking these new skills, models, and ideas with them when they work with their students.

Overall, the impact of this investment has been huge and will continue to develop as those who attended use the skills they learnt with colleagues and students and themselves. We are incredibly grateful to Rotary SW Peninsula for funding these workshops and would like to articulate the sincerest gratitude for the immeasurable difference that they will have made and continue to make to our whole campus community.

The project ended in January by which time over 500 people will have attend the courses The majority of whom have found them useful but also have the intention of feeding the ideas back to the people they are working with. In addition Rotary has contributed nearly £10,000 to the costs of the first year Development Manager and to realising £200,000 in Matching Grant for the ESF grant.

The main objective was Community development and Falmouth Rotarians are pleased that they have been able to help Recovery College Cornwall in this way

Rotary MENDs initiative

D9125 under its Rotary MENDs initiative a mental health awareness and support campaign- writes a toolkit anxiety and addiction in adolescent. The district bought together guardians and counsellors in secondary with interact clubs, parents and interactors to discuss and training them on mental health. The objective of this project is to make people mental health aware, help guardians/counsellors to identify and navigate adolescents suffering any mental health issues to seek help.



Zoom with Friends

Wednesday, February 9, 2022

1pm PST



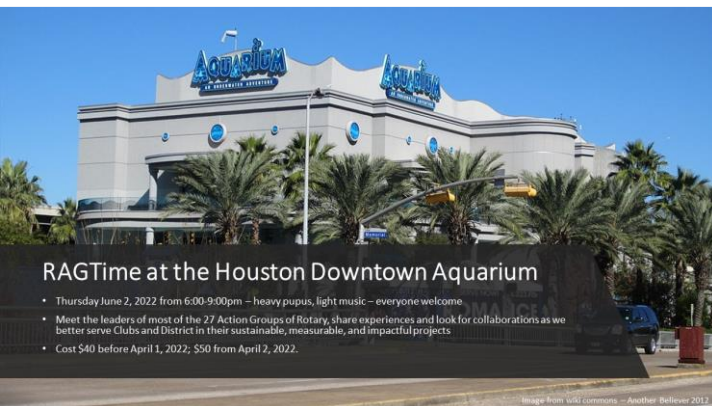
Although not a member of our Action Group, many Rotarians who are on Facebook will probably at some point have seen some of the great graphics Canadian Rotarian Debbie Vance produces. She had a truly horrific life event last year but following her recovery, and to help with the mental wellbeing of her various Facebook friends around the world, she has started a regular "Zoom with Friends" session. Drop Debbie a Friend request if you're not friends already and ask for an invite.

NEWS FROM RID 3030.

Global Grant “Wellness in a Box: Peer Leadership and Prevention of Depression” inaugurated on 25 November 2021, Wednesday at Nagpur, India, RID 3030.

Rotary Club of Nagpur in partnership with Rotary Club of Naples, Florida, USA is working on a school mental health project under a Global Grant 2021-23. The primary contact from the international Rotary Club of Naples is Rtn. Bob Anthony and from the Rotary Club of Nagpur is Rtn. Rita Aggarwal. This is the first Global Grant on mental health in RID 3030.

The program is being conducted in 5 schools of the city of Nagpur. There are two components to the project. One is the training of all the 8th Std students of five schools along with parents and teachers in the module named **“Break Free From Depression”**, for two years. The second component is the one year **“Diploma in School Counselling”**, the first of its kind in the region, for training the teachers from the five schools. This is being done in collaboration with the Tirpude College of Social Work, Nagpur. The course curriculum was prepared by the Principal, Dr. Swati Dharmadhikari, in consultation with the advisors from the Rotary Clubs; Consultant Psychologist Rita Aggarwal, and Dr. Nadja Reilly, Clinical Psychologist, William James College, Boston, Massachusetts, USA. This Diploma will help build professional competency in working teachers, psychology graduates, in school counselling and help tackle mental health problems in children. The pandemic has impacted every child negatively. **The Diploma program is open to all graduates.**



Join our Board members and other RAGMHI members and meet other Rotarians and Friends engaged with the other 26 Rotary Action groups in Houston!! Register for the Convention and this fellowship opportunity, too! Members of our RAG will be contacted soon to ask those attending the Convention if they are able to help out on our booth.

Mike Veny, one of our RAG members produces some great material on mental health matters. A recent video on his website looks at preventing burnout at work and can be viewed here: [How to Prevent Burnout at Work While Working Remotely - EASY - YouTube](#)



A great collaboration between the Rotary Clubs of Asaba, Asaba East, the Rotaract Club of Asaba and the Interact Club of Zappa Mixed recently saw the pupils of zappa mixed Secondary school Asaba be educated on the effects of substance abuse and abuse on mental health in adolescents..





BIPOLAR UK has announced that Gordon McNally, Rotary International President Nominee, has accepted their invitation to become an Ambassador for the charity.

Gordon, a graduate of dental surgery at the University of Dundee, owned and operated his own dental practice in Edinburgh and has held various academic positions. An Elder in the Church of Scotland, he has also served as a Presbytery elder, chair of his Parish Congregational Board, and commissioner to the church's general assembly. A Rotary member since 1984, Gordon has been Vice President and President of Rotary in Great Britain and Ireland. He has also served Rotary International as a Director and as member and chair of several committees. He will serve Rotary International as President in 2023-24 and lead its 1.4 million members in more than 200 countries and geographic areas.

Gordon feels a deep resonance with the charity through someone close to him and has already supported Bipolar UK by hosting a webinar around suicide prevention and producing a video explaining why the condition means so much to him.

Bipolar UK is looking forward to working with Gordon over the coming years to help improve understanding of bipolar and increase vital support for those affected by the condition. [It has also been mentioned that Mental Health will be one of his key areas when he takes office as RI President in 2023 – Ed].

[Rotary International future President Gordon McNally on effective support - YouTube](#)



Bipolar UK are holding their annual conference online on Wednesday 30th March between 6pm and 9pm UK time. To book your place please go to this link -

<https://www.bipolaruk.org/sign-up-for-our-2022-conference> This is an event not just for those based in the UK and is open to people all over the world.

They are thrilled to announce that the leading researcher and author Dr Kay Redfield Jamison will join the virtual conference to speak about her personal experiences of bipolar and share her top tips for living well. The author of bestsellers *An Unquiet Mind*, *Night Falls Fast* and *Touched with Fire*, and the co-author of the standard medical text on bipolar, Dr Jamison is also is the Dalio Professor in Mood Disorders, a Professor of Psychiatry at the Johns Hopkins University School of Medicine and an honorary Professor of English at the University of St. Andrews in Scotland. At the conference, they will also be launching the second report from the Bipolar Commission, our research project which aims to improve the quality of services and reduce the rate of suicide for people with bipolar in the UK.

High School Art/Media “What Makes Me Healthy” Launched For 2022-23

Funded by The Rotary Club and Foundation of Sarasota Bay, and sponsored by Reach Out Recovery, the second year of the contest is open to all high school students in District 6960. The Foundation and donors provide the scholarship prizes and the Club is funding the cost of books. The winners will receive \$8000 in scholarships for best positive mental health messaging by and for teens.

This year other Rotary clubs in the area are invited to provide books for Interact students in their high schools and encourage participation in the contest as part of the District's mental health initiative. The contest and distribution of books will bring mental health education and creativity to students. A matching District grant to expand the program is being developed for 2023-24.

In October, 2022, this year's winners will be announced and there will be an exhibition of the entries so students can gather and share their work in person.

The resource for the contest, **Teen Guide To Health**, By Leslie Glass, provides information that empowers teens to make healthy lifestyle choices. The 144-page book is an easy roadmap for healthy living that combines the three pillars of health: physical, emotional, and social, explains brain development, as well as the ways substances impact brain development. The 2nd edition of the book with added information from NIDA, NIH, and NAMI, and resources for teens to learn more and get help is available as an e-book or a paperback at reachoutrecovery.com.