

Australian Rotary Health Annual Report

2021-22



Rotary
Districts of Australia



***From 2023,
Australian Rotary
Health will focus on
the mental health
of 0-12 year olds.***

Annual Report

2021-22

OUR VISION

It is our vision to be a catalyst for projects that improve quality of life.

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.

WHO WE ARE

Australian Rotary Health (ARH) 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.

WHAT WE DO

Mental Health Research

Since the year 2000, Australian Rotary Health has focussed its funding on mental health research. In 2012 this focus narrowed to the mental health of young Australians (aged 0-25). In 2013 research projects focussing on the prevention of mental health disorders were included. In 2021, we announced that our research will focus on the 0-12 age group.

Lift the Lid on Mental Illness is our national mental health fundraising campaign, which encompasses our most successful fundraising campaign, Hat Day.

General Health Research

Australian Rotary Health engages with a variety of funding partners to provide PhD Scholarships in research. These projects encompass a broad range of general health areas including cancer, heart disease, children's health, motor neurone disease, diabetes and more.

Disseminating Research Information to the Public

By funding research which is community-focussed, Australian Rotary Health aims to promote research findings to the public.

Rural Medical & Nursing Scholarships

Australian Rotary Health provides scholarships for medical and nursing students to undertake placements at a rural and remote health care service. Students experience what these facilities have to offer and provide an incentive for recipients to pursue a career in rural Australia upon graduation.

Indigenous Health Scholarships

These scholarships support Indigenous students to undertake tertiary training in nursing, physiotherapy, psychology, dentistry and other health related degrees at university. These scholarships help Indigenous students to overcome barriers to tertiary study and qualification.

Annual Report

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Chairman's Report

2021-22



As I present my second report as Chairman, I reflect on what has been an exciting year for ARH. Highlights have included: the change of mental health research to focus on the 0-12 year-olds, a successful Symposium attended by leading researchers from around Australia, an easing of COVID-19 restrictions allowing ARH to return to more normal activities, and a significant increase in the number of Lift the Lid Walks being conducted.

Thanks to ongoing financial support from Rotarians and Rotary Clubs as well as several bequests, ARH is in a sound position to continue its medical research and scholarship programs.

NEW MENTAL HEALTH FOCUS

Mounting evidence that early intervention can prevent mental illness has prompted the Board to change its research focus to the 0-12 age group.

Leading researchers attending the ARH Symposium, the WA Auditor General and the NSW Mental Health Commissioner have given

strong support for mental health programs assisting this younger age group.

SYMPOSIUM

The 11th Symposium conducted by ARH was held in Sydney in August this year and was titled 'Healthy Children, Bright Futures: Improving the Mental Health of 0-12 year-olds.' The main purpose of the Symposium was to launch the new research program, to provide an opportunity for invited researchers to discuss ideas and to make research recommendations to ARH.

The Symposium was conducted in a positive and friendly atmosphere resulting in many research proposals put forward for consideration.

The Board thanks Professor Michael Sawyer OAM for facilitating this event and ARH staff members Joy Gillett and Cheryl Deguara for their valuable contributions.

BOARD APPOINTMENTS

During the year the Board welcomed



DGE representative Ian McKay and DG representative Mina Howard. Mina joined the Board replacing Amanda Wendt who decided not to continue as the DG's representative. Thank you for your input Amanda, best wishes in your DG role.

Leaving the Board at the end of their respective terms were DG representative Pat Schraven and Roger Crawfoot. Both have given excellent service and I thank them for their contribution and friendship.

LIFT THE LID WALKS

The Board's decision to expand the Walks program is meeting with considerable success. This coming year at least 16 Walks will be held, and it is planned to increase that number in the coming year. The national committee, chaired by Board member Michael Buckeridge, has provided impetus for growth. The work of Kara Geyer, Media Hut, in supporting clubs as they plan a Walk appears to be working well.

Lift the Lid Walks are an effective way to create mental health awareness, raise the profile of Rotary, bring the community together and raise funds for ARH research.

“Lift the Lid Walks are an effective way to create mental health awareness, raise the profile of Rotary, bring the community together and raise funds for ARH research.”

AUSTRALIAN ROTARY HEALTH MEDAL

The Rotary Club of Mooloolaba was the first Rotary Club to organise a walk for mental health. This is the 7th year the club has conducted a walk with funds raised supporting mental health research. Instigator, PP Vicki Stewart and club members have been strong advocates for Lift the Lid Walks and have supported ARH in establishing a national committee to further promote the event.

It was my privilege to attend the 2022 Lift the Lid Walk in Mooloolaba and present Vicki with the Australian Rotary Health Medal 2022 and the Rotary Club with a Companion Award. Congratulations and thank you to Vicki and club members.



VICKI STEWART WAS PRESENTED THE MEDAL AT THE LIFT THE LID WALK EVENT AT MOOLOOLABA.

THE FOUR AUSTRALIAN PROJECTS

An initiative of ARH saw the leaders of the four Rotary Projects come together via virtual Zoom meetings. Common interests have been discussed and a briefing was arranged in May with the DGNs to coincide with the opening of the new Rotary offices at Norwest. It is intended that the four entities will continue to meet regularly.

APPRECIATION

The outstanding success of ARH is achieved through the contributions of many people. My thanks to Board members for their time and commitment to ARH, thanks also to medical advisor Professor Michael Sawyer for his valued contribution to Board discussions.

Our highly qualified Research Committee headed by Professor Jane Pirkis plays a very important role in the work of ARH. Several members left the committee this year and I thank them for their contribution. I welcome the new members to the committee and note that each State is now represented.

ARH also appreciates the support of District Governors and District Committees for promoting ARH in their respective Districts as well as the generous donors who continue to support the research and scholarship programs of ARH.

Special thanks to our dedicated staff for managing the programs of ARH in such a competent and capable manner. CEO Joy Gillett OAM continues to be an inspiration to all of us and, as Chairman, I greatly appreciate her knowledge, experience and friendship.

ARH has overcome recent COVID-19 difficulties to be in a sound position. The new research focus is of considerable interest and places ARH in the forefront of mental health research in this country.

CEO's Report

2021-22



Over the previous 12 months, we continued to support research grants in mental health, supporting 14 Mental Health Research Project Grants in the general area 'Mental Health of Young Australians' with a focus on areas such as suicide and self-injury, conduct disorders, depression and anxiety, alcohol and substance abuse.

As well as Research Project Grants, we also supported four PhD Research Scholars in 'General Mental Health' and three Post-Doctoral Fellows in 'Mental Health of Young Australians' with an emphasis on prevention of mental health disorders. These fellowships are named after the first Chairmen of ARH – Royce Abbey, Geoff Betts, Colin Dodds and Bruce Edwards. Sadly, these wonderful Rotarians have now left us, but their legacy remains.

Add our support of another 36 PhD Research Scholars in 'General Health' areas including cancer, migraines, neurological diseases, PTSD, hearing health, mental health, thrombosis, multiple sclerosis, motor neuron disease and Parkinson's disease. These scholarships are co-funded with Rotary Clubs, Rotary District/s or individual Rotarians. One of the great supporters of this program was the late Keith Henning OAM who supported over 10 PhD Scholarships as well as many Indigenous Scholars. Sadly, Keith passed away earlier this year, but his legacy also remains.

When we add 80 Indigenous Health Scholars who are financially supported through Australian Rotary Health as well as several Rural Nursing and Medical Scholars, we have a broad range of recipients of our funds.

To summarise:

- 14 Research Project Grants – Mental Health
- 3 Post-Doctoral Research Fellowships – Mental Health
- 4 Ian Scott PhD Research Scholarships – Mental Health
- 36 PhD Research Scholarships – General including Mental Health
- 80 Indigenous Health Scholarships
- 6 Rural Nursing Health Scholarships

- 3 Rural Medical Health Scholarships
- Total investment in our health in 2021-2022 was \$1.5 million.

Although the pandemic has still affected our donation income over recent years, we upheld our commitment to our research and scholarship programs and have finalised payments to most existing research projects and scholarships, ready for the new focus of research in 2023.

SUPPORTERS OF AUSTRALIAN ROTARY HEALTH

We continue to enjoy the support of many Rotarians and non-Rotarians who make regular donations—both in money and in kind—to Australian Rotary Health. Their support is truly appreciated, and we will continue in our endeavours to be a wonderful example of community service and keep Australian Rotary Health in the forefront as a provider of research funds and health awareness in Australia.

Our donor recognition program continues to gain numbers and to the very special people who are our Friends and Companions, we thank you. And to the many Rotary Clubs and Districts that run special fundraising events for Australian Rotary Health—we thank you. Bike rides, walks, runs, car rallies, golf days, dinners, trivia nights, and numerous events, we thank and acknowledge your great efforts.

This year we have lost several valued former Directors of Australian Rotary Health including past Chair PDG Ted Atkinson and Directors Laurie Barber, Graham Brown and Nevin Hughes. We record our sincere gratitude to these wonderful people.

DISTRICT GOVERNORS AND DISTRICT CHAIRS AND THEIR COMMITTEES

The District Chairs and their committees continue in their work promoting Australian Rotary Health, our programs and projects—we acknowledge their efforts and congratulate them. Volunteers are vital to our success.

We thank each District Governor for their continuing support and promotion of

our programs which enables our clubs to continue their support and involvement.

PATRON

His Excellency General the Honourable David Hurley AC DSC (Retd), Governor-General of Australia is a Patron, as are Past Rotary International Presidents Glen Kinross AO and Ian Riseley OAM. We are very proud to have their patronage.

RESEARCH COMMITTEE

Professor Jane Pirkis PhD, MA, M.Psychol. BA (Hons) at the University of Melbourne is Chair of the Research Committee. The members of the Research Committee have changed for 2023 research due to the change in focus to 0-12 year-olds. However, many members have stayed on the committee as this is within their expertise—including former Chairs Professors Tony Jorm and Ron Rapee. We acknowledge their expertise and advice.

All Mental Health Research Grants awarded by Australian Rotary Health are reviewed and recommended by the Research Committee.

“When we add 80 Indigenous Health Scholars who are financially supported through Australian Rotary Health as well as several Rural Nursing and Medical Scholars, we have a broad range of recipients of our funds.”

PROMOTION

We continue to see increases in our followers on social media platforms. Our electronic newsletters are rapidly increasing their readership along with our printed news and promotional material.

The Lift the Lid on Mental Health campaign which commenced 6 years ago, receives strong support particularly in October during World Mental Health Month.

Lift the Lid Walks, Lift the Lid School Book programs with QBD Books and Hat Day are programs which are continuing. The Media Hut, led by the principal Kara Geyer, is acknowledged for their ongoing assistance in the promotion of these programs.

STAFF

Australian Rotary Health employs staff to manage all programs and the general administration of the organisation. Their dedication and commitment is very much appreciated.

- Jenny Towe – Office Manager



ARH STAFF ON HAT DAY. MADDISON HANCOCK, JOY GILLET, ALEXANDER GALATI, JENNY TOWE AND CHERYL DEGUARA (LEFT TO RIGHT).

- Cheryl Deguara – Programs Coordinator
- Jessica Cooper – Promotions & Mental Health Research Manager (casual)
- Alexander Galati – Media and Communications Officer (part-time)
- Maddison Hancock – Administration Assistant

BOARD OF DIRECTORS

I would like to acknowledge all current Directors for their dedication to the role and congratulate them on their achievements. It has been a pleasure working with each one although we have only met up once or twice in the last few years.

CHAIRMAN

Kevin Shadbolt OAM has served with vigour and distinction as Chairman for the last 2 years and I thank Kevin and Anne for their efforts and time freely given to Australian Rotary Health.

HONORARY RESEARCH ADVISOR

Emeritus Professor Michael Sawyer OAM remains Honorary Research Advisor to the Board. Michael commenced involvement with Australian Rotary Health as a member of the Research Committee, then Chairman for 6 years and now in an honorary role, assisting the Board in their discussions about research and mental health.

Michael set the structure for the current grant and scholarship process and his input into Australian Rotary Health has been vital to our growth and ultimate success.

Australian Rotary Health plays an important role in mental health research in Australia. It is one of the largest non-government providers of research funds in Australia. Rotarians in Australia can be proud of the achievements of Australian Rotary Health.

Financial Report

2021-22

CURRENT ASSETS	2022	2021
	\$	\$
Cash assets	1,380,160	989,650
Receivables	61,606	62,346
Other financial assets	13,661,921	14,789,262
Other	20,227	22,579
Total Current Assets	15,123,914	15,863,837

NON-CURRENT ASSETS – OTHER FINANCIAL ASSETS		
Property, Plant & Equipment	44,581	10,605
Total Non-Current Assets	44,580	10,605

Total Assets	15,168,495	15,874,442
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CURRENT LIABILITIES		
Payables	1,203,513	1,478,503
Provisions Annual Leave & Long Service Leave	217,301	191,235
Total Current Liabilities	1,420,814	1,669,738
Total Liabilities	1,420,814	1,669,738
Net Assets	13,747,681	14,204,704

ACCUMULATED FUNDS		
Retained Surplus	13,747,681	14,204,704
Total Accumulated Funds	13,747,681	14,204,704

INCOME	2022	2021
Donations	2,295,310	2,275,651
Indigenous Scholarships – Government grants	400,000	400,000
Interest	636	2,347
Trust Distributions	569,873	739,599
Imputation Credits	22,770	37,700
Job Keeper and Cash Flow Boost	53,000	132,242
Total Income	3,341,589	3,587,539

LESS OUTGOINGS		
Research Grants & Programs	-964,746	-1,509,538
Marketing expense	-213,726	-215,502
Indigenous Scholarship expense	-298,535	-482,561
Other expenses - admin, office, wages, board expenses	-549,910	-526,845
Fundraising expense	-2,748	-3,890
Project and Program costs	-260,919	-396,674
Total Outgoings	-2,290,584	-3,135,010

Net Surplus for the Year	1,051,005	452,529
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OTHER COMPREHENSIVE INCOME		
Net Fair Value changes in Equity Instruments classified at Fair Value through Other Comprehensive Income	-1,508,028	1,247,847

Surplus/Loss from Ordinary Activities	-457,023	1,700,376
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OPERATING REVENUE BREAKDOWN		
REVENUE FROM DONATIONS	2022	2021
District 9455	57,412	422,719
District 9465	47,058	43,846
District 9510	76,396	143,767
District 9550	0	56,791
District 9560	43,141	0
District 9570	0	37,141
District 9600	0	77,335
District 9620	92,819	0
District 9630	0	39,694
District 9640	21,334	9,203
District 9650	32,554	133,275
District 9670	28,499	24,072
District 9675	137,399	133,476
District 9685	155,829	99,189
District 9705	102,069	238,609
District 9780	20,586	17,557
District 9790	49,640	46,249
District 9800	123,070	115,053
District 9810	816,675	141,669
District 9820	139,472	90,991
District 9830	122,402	46,316
Individual Donations	30,885	59,173
	2,097,240	1,976,125
Club Donations - Indigenous Scholarships	198,070	299,526
Total Donation income	2,295,310	2,275,651

Our Board

2021-22



CHAIRMAN PDG KEVIN SHADBOLT OAM

Kevin Shadbolt has been a Director of Australian Rotary Health since October 2014 and was appointed Vice Chairman in 2017, then Chairman in 2020.

Kevin joined the Rotary Club of Latrobe, Tasmania, in 1985, he is a Past President and is currently a member of the Rotary Club of Devonport. He is Past District Governor of District 9830 in both 2003-04 and 2007-08. Kevin was a Foundation Chairman, District Trainer and Group Study Exchange Chairman. He initiated District involvement in Fiji low-cost Shelters as well as leading the project work the District has undertaken in Nepal since 2011. Kevin has served on a wide variety of Club and District committees.

Kevin has been involved in agriculture all his working life and a director of R & K Shadbolt Pty Ltd, a family business specialising in horticultural crops and seed production. Kevin is a former President of the Rural Youth Organisation of Tasmania and Chairman of a number of sporting and community groups in the local area.



VICE CHAIRMAN PDG STEPHEN HUMPHREYS

Stephen Humphreys has been a Director of Australian Rotary Health since September 2018 and Vice Chairman since 2020.

Stephen joined the Rotary Club of Camden in New South Wales in 2002 and served as Club President in 2008-09; Chair of the Peace Studies Sub-Committee of the District 9750 Foundation Committee in 2009-10 and served as an Assistant Governor for three years 2010-12. He was also the Chair of the District 9750 Conference Committee in 2012 and became District Governor (9675) in 2016-17.

Stephen has always had a keen involvement in the community and has

previously held committee positions, including President, on the parent bodies of his children's schools for around 20 years.

Stephen is a keen golfer and has been the President of Camden Golf Club for the past 18 years and a member of the Board of Directors for 20 years. Stephen holds a Bachelor of Pharmacy from Sydney University and practiced as a community pharmacist for 40 years. Stephen owned either solely or in partnership 2 pharmacies for 35 years. Stephen is married to Judith, they have three children and four grandsons. Stephen and Judith live in Camden.

DG PATRICIA SCHRAVEN

Patricia Schraven has been a Director of Australian Rotary Health since February 2021. She joined the Board as DGE, and from July 2021 became District Governor.

Patricia has extensive experience in Human Resources Management. She commenced her Human Resources Management career whilst working with United Credit Union Limited.

She spent 10 years working in New Zealand, where she held the role of Human Resources Manager for a mining company.

In 2011 Patricia moved back to Western Australia and took up the position of Human Resources Manager with Alcoa's WA Mining Operations. She then took on the position of Human Resources Manager for Alcoa's Pinjarra Refinery.

Patricia serves as a Board Member for OVIS Community Services and Midway Community Services and has previously served on the advisory Board for Passage—Peel (resource centre for homeless youth).

Patricia holds a Certificate in Business (Credit Union) Management, Diploma in Human Resources and has undertaken studies in Business Law, and with further post-graduate studies in Human Resources and Industrial relations.





PDG DON RIPPER

Don Ripper has been a Director of Australian Rotary Health since December 2020.

Don has been a member of the Rotary Club of Sale since 1988 and has served two terms as President, attending the Melbourne RI Convention in 1993 as Club President and Voting Delegate. Don currently serves on the Board of the Host Organising Committee for the Rotary International Convention to be held in Melbourne in May 2023 as Director responsible for Publicity and PR.

For the 4 years prior to appointment as DGN, he has been on the District 9820 Leadership team as International Advisor and as a Rotary Mentor to the Victorian Police Leaders Mentoring Program.

Don spent 50 years working for almost equal periods in the Airforce, the Oil and Gas Industry, Dairy Farming, Concrete products industry, Uniting Church Lay Administration and Adult and Community Education for the past 20 years as CEO.

He is a former Local Government Councillor and Shire President who has always involved himself in Industry bodies at a National and State level. Don is a Justice of the Peace and a member of the Australian Institute of Company Directors.



PDG LORRAINE COFFEY

Lorraine Coffey has been a Director of Australian Rotary Health since December 2020.

Lorraine joined Rotary in 1992, when the newly-formed Armidale AM club made the decision to invite women members. She was the club's first female President in 1995 and again in 2015.

At District level, Lorraine was on the selection committee for Group Study Exchange for 3 years; Chair of the Public Speaking Competition for 4 years; District Governor 2018-19. In 2012, Lorraine was District PR Director, and was successful in

applying for a Rotary International PR Grant. Her marketing plan included a newspaper campaign titled 'The Face of Rotary' in which 33 district Rotarians told readers in their communities why they were Rotarians.

Lorraine's career has been in newspapers; the past 30 years in newspaper management after starting her career as an advertising consultant. Before her retirement in 2013, she managed a group of newspapers for Fairfax Media in Armidale, Guyra and Walcha.

Lorraine and Dennis have been together for 35 years. Originally from Rockhampton, the past 25 years have been spent in Armidale. Lorraine has three children, eight grandchildren and two great-grandchildren.

PDG JOHN CAMPBELL

John Campbell has been a Director of Australian Rotary Health since December 2020.

John has always proudly been involved in service organisations throughout his life. As a student at Adelaide Boys High School he joined the Interact Club, and was an early member of the Rotaract Club of Edwardstown—the first Rotaract Club in District 250 which started in 1971. John was a member for 8 years holding most positions including President and was the District Membership Chair and District Conference Chair. Whilst living in country South Australia, John maintained his community service as a member of Apex.

Returning to Adelaide, he joined the Rotary Club of Adelaide Light. John was nominated for the position of District Governor for the 2014-15 year. At District Level, John has been the Assistant Governor—Group 1 and District Governor 2014-15 in District 9500.

John dedicated his career to the Financial Services industry and was held in high regard by his peers. He established his own successful company—"One Stop Financial Services", which he sold on retirement in 2013.

John is married to Julie, lives in Adelaide, and has two daughters.



Our Board

2021-22



PP ROGER CRAWFOOT

Roger Crawfoot was appointed a Director of Australian Rotary Health in September 2019.

Roger stepped down from his position in November 2022.

Roger joined Rotary in 1996 as a member of the newly chartered Rotary Club of Port of Brisbane. He was Club President in 1999-2000 and 2008-09, District ARH Representative 2000-01, Assistant Governor 2002-04, Conference Treasurer 2010-11, and District Treasurer 2012-13 and 2013-14. In early 2014, he transferred to South Brisbane Rotary and was President in 2014-15 and 2019-20.

Roger spent his professional career in a range of roles including a Weapons System Engineer in the Royal Australian Navy, a Sales Engineer for power generation equipment, National Sales and Marketing Manager for marine and industrial equipment, before changing careers and working in commercial accountancy.

Roger and his wife Hilary have two sons and one grandson, and own Relocations Queensland, a company active in the relocation and resettlement of professional personnel.



PDG BERNIE BOTT

Bernie Bott was appointed a Director of Australian Rotary Health in November 2021.

Born to a second-generation farming family, Bernie has a long-standing commitment to community service in Yarrawonga. From schooling in regional NSW through to life as a boarder at Caulfield Grammar in Melbourne, Bernie excelled as a young sportsman and school leader. Bernie returned to the farm and family partnership as a young man determined to contribute to the local community.

It was in 1999 that Bernie began his journey with the Rotary Club of Yarrawonga Mulwala and subsequently spend 3 years as Community Director, overseeing the formation of two Mixed Probus Clubs during that time. In his service to Rotary District 9790, Bernie has worked as Assistant Governor from 2012-15. He was the District 9790 Governor 2017-18 and is the present District Trainer.

Bernie, supported by wife Margaret, looks forward to a continuing role in service to Rotary in the coming years.

PDG MICHAEL BUCKERIDGE

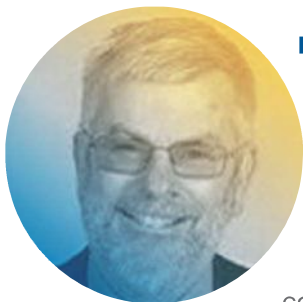
Michael Buckeridge was appointed a Director of Australian Rotary Health in November 2021, following a previous stint as Director when he was the inaugural DG representative on the board in 2019.

Michael joined the Rotary Club of Mackay in 2004 and has held the positions of District 9570 RAWCS Chair, Northern Region RABS Chair (Districts 9550, 9570, 9600, 9630, 9640) and District 9570 Group 1 Assistant Governor. As District Governor 2019-20 of District 9570 he has spent years working to improve the governance and procedures of the district. Michael was also the chair of the Mackay Mental Health and Wellbeing Fair and was part of the team that raised the funds for an ARH PhD research grant.

Michael worked in the Electricity industry for 41 years where he led the Mackay Secondary Systems Group and was responsible for the safe commissioning of large High Voltage Substation Projects and fault investigations. He retired in 2016 as a Technical Services Engineering Officer. He has qualifications and extensive experience as an Engineering Officer, Management and Project Management.

Michael and his wife Karen live in Mackay Queensland. They have three sons and three grandsons.





DGN IAN MCKAY

Ian McKay has been a Director of Australian Rotary Health since December 2021.

Ian had 30 years experience as a school Principal and leadership in the not-for-profit sector working in regional communities throughout

Queensland, Western Australia and Victoria prior to commencing his current position as Regional Manager: Mount Gambier with the University of South Australia in 2017.

Ian has been extensively involved in professional leadership nationally and is a Past President of the Society for the Provision of Education in Rural Australia (SPERA) and Past Australasian President of the Australasian Association of Distance Education Schools. He has been awarded a Churchill Fellowship to study overseas, was the recipient of the 2001 AADES Queensland Chapter Award, the 2003 AADES Gold Medal, and in 2004 was one of a select group in Australia to be named as an Apple Distinguished Educator.

Ian joined Rotary in 2011 and is currently an Assistant Governor in District 9780 and is a Past District Chair of both RYLA and Interact. He was Club President of the Rotary Club of Warrnambool Daybreak in 2016-17. Ian is a member of the Rotary Club of Mount Gambier Lakes and will become District Governor of Rotary District 9780 in 2023-24.

PDG JERRY PILCHER

Jerry Pilcher has been a Director of Australian Rotary Health since September 2017.

Jerry was born in 1950 in Peterborough in the United Kingdom where he attended Bedford School. He also met his wife Kerry, a Western Australian girl, in London where they married. They moved to Perth in 1974 and in 1988 he joined the Rotary Club of Scarborough, where he was Treasurer for 5 years. Jerry was Club President in 2008-09 and District Governor for District 9455 in 2015-16.

Jerry enjoyed sailing competitively and was part of a State Championship crew in his last year. He then took up field Hockey at the age of 50. Other hobbies include sport, reading, crosswords and Rotary.



BOARD OF DIRECTORS (WITH ABSENTEES DG MINA HOWARD AND DGE IAN MCKAY). PDG LORRAINE COFFEY, PDG MICHAEL BUCKERIDGE, PDG JERRY PILCHER, PP ROGER CRAWFOOT, CHAIRMAN PDG KEVIN SHADBOLT OAM, CEO JOY GILLET OAM, VICE CHAIRMAN PDG STEPHEN HUMPHREYS, PDG JOHN CAMPBELL, PDG DON RIPPER AND PDG BERNIE BOTT (LEFT TO RIGHT).



Research Highlights

Reducing Anxiety and Risky Drinking in Australian Youth

“This vicious cycle between anxiety and alcohol use highlights the need for targeted support that address the interconnection between anxiety and alcohol use problems.”

Australian Rotary Health funded the first trial of the Inroads Program, which has been found to reduce anxiety symptoms and risky drinking among young people.

The Inroads Program is a 5-module online Cognitive Behavioural Therapy (CBT) intervention that aims to address the link between anxiety and alcohol use in youth.

Associate Professor Lexine Stapinski from the University of Sydney led the project between 2017 and 2019, with support from an ARH Mental Health Research Grant.

“Often young people use alcohol to take the edge off their anxiety, for example having a few drinks at home before going out to a party. But over the longer term, using alcohol in this way can make anxiety symptoms worse. This vicious cycle between anxiety and alcohol use highlights the need for targeted support that address the interconnection between anxiety and alcohol use problems,” Associate Professor Stapinski said.

Compared to a control group who received an alcohol information book, participants who received the Inroads

program reported:

- Reduced hazardous alcohol use
- Reduced binge-drinking
- Reduced general anxiety symptoms
- Reduced social anxiety symptoms

“Although the control group reduced their drinking initially, their alcohol use had rebounded by six-month follow up,” Associate Professor Stapinski said.

“On the other hand, youth who received the Inroads program reported lower anxiety and made sustained reductions to their alcohol use.”

The program has since been updated to include content to help youth manage stress and anxiety related to COVID-19. This version is freely available as part of an approved trial open to young people in Australia between the ages of 17–30 years.

Associate Professor Stapinski and her team are planning for a national roll-out of the program Australia-wide.

Visit the Inroads website to find out more and register for program access at inroads.org.au/register



Research Highlights

The Digital Future of Dementia Care

“This intervention moves away the use of antipsychotic medication for the treatment of psychosis, which can have serious side-effects for dementia patients, including the risk of cognitive decline.”

An Australian Rotary Health Funding Partner PhD Scholar is helping to simplify dementia care through the development of a nonpharmacological digital intervention.

Zhenyu Zhang was awarded a Rotary Club of Woy Woy ‘Eric Abrahams’ PhD Scholarship between 2018 and 2021, to develop a digital knowledge classification system to aid health professionals in delivering effective care for dementia.

In her most recent work, published in the Journal of Gerontological Nursing, Ms Zhang developed the Dementia-Related Psychotic Symptom Nonpharmacological Treatment Ontology (DRPSNPTO), to represent the knowledge of nonpharmacological management of psychotic symptoms in dementia.

This intervention moves away the use of antipsychotic medication for the treatment of psychosis, which can have serious side-effects for dementia patients, including the

risk of cognitive decline.

Instead, it presents the entire knowledge domain for non-medical interventions for psychotic symptoms in dementia, including symptoms, causative factors, and nursing interventions, in a comprehensive easy-to-read graph.

“This ontology can provide a tool for mapping information from different computer data sources to generate insight about a person with dementia and how to better manage the person’s symptoms,” Ms Zhang said.

“A psychotic symptom nonpharmacological intervention recommendation system might be able to assist nurses to deliver dementia care in practice and enhance the quality of care for people with dementia in nursing homes.”

Dementia is the second leading cause of death in Australia, with nearly half a million Australians living with dementia in 2022.



Research Highlights

Exercise May Be a Better Alternative to Medication for Perinatal Depression and Anxiety

“My research provides exciting evidence about the potential of exercise in pregnancy to manage depressive and anxiety symptoms.”

New research funded by Australian Rotary Health suggests that exercise may be more effective than antidepressants in improving perinatal mental health.

Noor Jarbou from the University of Wollongong was awarded an Australian Rotary Health/ Rotary Club of Liverpool West PhD Scholarship between 2018 and 2022. As part of her PhD, three studies looked at the impacts exercise could have on depression and anxiety during pregnancy.

In Ms Jarbou's research, findings suggested that:

- Voluntary exercise during pregnancy significantly improved mother-offspring interactions and lowered anxiety levels in the postnatal period in a rodent study. These effects were not found in rodents who had received an antidepressant.
- Exercise of various types can lead to

improvements in depressive and/or anxiety symptoms during the perinatal period, according to a systematic review.

- Only 41% of Australian women in a survey indicated they had received medical advice to engage in exercises such as walking, swimming, and yoga during pregnancy.
- 90% of women believed that exercise during pregnancy would support their mental health and prevent a decline in their mood, yet only 68% of women engaged in exercise.

“My research provides exciting evidence about the potential of exercise in pregnancy to manage depressive and anxiety symptoms,” said Ms Jarbou.

One in five women are diagnosed with perinatal depression and anxiety in Australia.





Research Highlights

The Effects of the COVID-19 Pandemic on Children's Mental Health

"Whilst many children have been relatively resilient during the COVID-19 pandemic in Australia, some children have experienced poorer psychosocial adjustment during this period of increased stress for many families."

A research study funded by the Australian Rotary Health has observed the consequences of the COVID-19 pandemic on the mental health of children.

Associate Professor Delyse Hutchinson and her team at Deakin University were in a unique position to collect data from parents and their children before and during the COVID-19 pandemic, as part of an 8-year follow up of the Triple B Pregnancy Cohort Study.

Dr Hutchinson noted that there were mixed changes in children's behaviour and emotional development relative to pre-pandemic levels, with findings from the study revealing:

- Children who demonstrated normal levels

of emotion regulation and good peer relationships before the pandemic, did not change during the pandemic.

- More children demonstrated high levels of hyperactivity and abnormal levels of pro-social behaviour during the pandemic, compared to before the pandemic.

"Whilst many children have been relatively resilient during the COVID-19 pandemic in Australia, some children have experienced poorer psychosocial adjustment during this period of increased stress for many families," Dr Hutchinson said.

"Results from this data will also be valuable in understanding how we can promote resilience in parents and children during future crises."



Research Highlights

The Psychological Impact of Road Traffic Injuries

“The injured group with high pre-injury vulnerability had almost twice the risk of developing psychiatric disorders such as depression or PTSD 12-months post-injury (42% risk) compared to the low vulnerability group (23% risk).”

Almost one in two traffic injury survivors experience elevated risk of psychological distress, according to research funded by Australian Rotary Health.

Ian Scott PhD Scholarship recipient, Dr Ilaria Pozzato explored the mental health and physical health consequences of motor vehicle accidents between 2018 and 2021, as part of her PhD.

Her research found that:

- Around 1 in 2 people experience psychological distress following a traffic injury.
- Almost 1 in 3 people continue to be distressed 12 months post-injury.
- The risk of developing post-traumatic stress disorder (PTSD) varied between 16–21% in 6 months and 17–18% in 12 months post-injury.
- The risk of developing major depressive disorder (MDD) was at 24–26% at 6 months and 20–26% 12 months post injury.

Dr Pozzato’s research also explored individual stress vulnerability when compared to a healthy non-injured population.

Vulnerability was based on six predisposing pre-injury factors such as age, sex, education, socioeconomic level, pre-injury mental health, and physical health issues.

“The injured group with high pre-injury vulnerability had almost twice the risk of developing psychiatric disorders such as depression or PTSD 12-months post-injury (42% risk) compared to the low vulnerability group (23% risk),” Dr Pozzato said.

Further, the high vulnerability group was found to have dysfunctional autonomic nervous system activity, reflected by biological markers of hyper stress reactivity.

“Autonomic measures should therefore be regarded as potential stress vulnerability markers,” Dr Pozzato said.

“We argue that pre-injury vulnerability and autonomic biomarkers should be employed in Emergency Departments as early screening after a traffic injury to detect those high at risk of poor mental health outcomes,” she said.



Funding

2021–22

MENTAL HEALTH RESEARCH

The majority of donations to Australian Rotary Health go towards funding research on mental illness prevention and intervention, with the hope to one day find a cure. This year ARH contributed funding towards:

- 14 Mental Health Research Grants – the Mental Health of Young Australians (aged 0–25)
- 4 Ian Scott PhD Scholarships – Mental Illness
- 3 Postdoctoral Fellowships – Prevention of Mental Health Disorders

GENERAL HEALTH RESEARCH

Partnering with Rotary Clubs and Districts, individual sponsors, governments, businesses and community organisations, allows Australian Rotary Health to fund research in more general health areas such as cancer, diabetes, autism and children's health.

In 2021–2022, ARH co-funded:

- 36 Funding Partner PhD Scholarships

PROGRAMS

Australian Rotary Health also passionately contributes to three programs which focus on opening opportunities for trainee scholars.

This year funds went towards:

- 3 Rural Medical Scholarships
- 6 Rural Nursing Scholarships
- 80 Indigenous Health Scholarships

Mental Health Research Grants

2021–22 Grant Recipients

Mental Health Research Grants are important for Australian researchers to continue their important work. Australian Rotary Health provides these highly competitive grants every year in areas focusing on the mental health of young Australians between 0–25.

When we advertise research grants we receive up to 400 expressions of interest, which are narrowed down to about 30–40. These researchers are then asked to submit a full application and the number is narrowed down again. Usually, with the funding we have, we can only award about 10–15 Mental Health Research Grants and these projects can go up to three years.

In 2021–2022, Australian Rotary Health funded 14 Mental Health Research Grants, totalling \$627,975.

PICTURED: Associate Professor Jeneva Ohan received a Mental Health Research Grant in 2021–2022 for her project 'Engaging Parents in Online Interventions for their Child's Behaviour Problems by Using Action Planning'.

DR ANGELA CLAPPERTON

Suicide & Self Harm Research

'An investigation of suicide & increasing episodes of non-fatal intentional self-harm among young women in Victoria. A case of method-escalation?'

– Monash University/University of Melbourne, VIC

\$20,199.00



ASSOCIATE PROFESSOR ASHLEIGH LIN

LGBTIQ Mental Health Research

'Mindful Self-Compassion for LGBTIQ youth: A multi-site randomised controlled trial'

– University of Western Australia, WA

\$52,397.00

DR CARLY JOHNCO

Youth Anxiety Research

'Translating experimental neuroscience into clinical treatment: Preventing the return of fear in youth with anxiety disorders using memory reconsolidation mechanisms'

– Macquarie University, NSW

\$34,128.00

DR ERIN KELLY

Adolescent Mental Illness & Substance Use Research

'Preventing adolescent mental illness & substance use through teacher-delivered interventions targeting personality risk factors'

– University of Sydney, NSW

\$65,372.00

DR JENEVA OHAN

Parent Intervention Research

'Engaging Parents in Online Interventions for their Child's Behaviour Problems by Using Action Planning'

– University of Western Australia, WA

\$25,406.00

DR KYLIE KING

Young Men Mental Health & Suicide Prevention Research

'Testing the Impact of 'Breaking the Man Code' workshops on teenage boys' help-seeking, masculinity and suicide risk factors: A cluster randomised controlled trial'

– Monash University, VIC

\$34,968.00

DR LAUREN MCLELLAN

Youth Anxiety Research

'Getting ready for implementation: Investigating the optimal amount of therapist guidance for online treatments for Australian children with anxiety'

– Macquarie University, NSW

\$69,810.00

PROFESSOR LEANNE HIDES

Substance Use Research

'A pilot randomised control trial of a telephone delivered transdiagnostic intervention for comorbid substance & mental health problems in young people'

– University of Queensland, QLD

\$18,311.00

DR LOUISE FARRER

Mental Health Research

'Randomised controlled trial of a transdiagnostic online program to reduce the symptoms of mental illness in Australian tertiary students'

– Australian National University, ACT

\$68,883.00

DR MICHELLE TYE

Suicide Prevention Research

'The LifeBuoy App: A randomised controlled trial of a mHealth intervention to help young people manage suicidal thoughts'

– University of New South Wales, NSW

\$34,823.00

DR NATALIE PEACH

PTSD & Substance Use Research

'Treating traumatic stress and substance use in emerging adults'

– University of Sydney, NSW

\$69,961.00

ASSOCIATE PROFESSOR TIM SLADE

Substance Use & Mental Health Research

'The SuperLearner project: Fast-tracking our understanding of risk and protective factors for substance use and mental health problems'

– University of Sydney, NSW

\$69,320.00

PROFESSOR TRACEY WADE

Eating Disorder Research

'Expanding the reach & delivery of Media Smart-Targeted: An online intervention found to both reduce eating disorder onset & increase eating disorder remission'

– Flinders University, SA

\$29,397.00

PROFESSOR ZACHARY STEEL

Asylum Seeker Mental Health Research

'The mental health trajectories of asylum seeking children & parents facing insecure residency & immigration restrictions across 2.5 years of residency'

– University of New South Wales, NSW

\$35,000.00

Ian Scott PhD Scholarships

2021-22 Scholarship Recipients



Since 2000, Australian Rotary Health has awarded the Ian Scott PhD Scholarship, created and named in honour of founder of Australian Rotary Health, the late Ian Scott (1933-2001).

Each scholarship is valued up to \$30,000 per year, for a period of up to 3.5 years. In 2021-2022, 4 Ian Scott PhD Scholarships were funded.

PICTURED: Meghan Hockey has published four journal articles as part of her PhD on the association between dairy consumption and mood and cognition.

ANNA HORTON

Methamphetamine Research

'Investigating the role of Prefrontal Cortex interneurons in Methamphetamine induced plasticity in the Nucleus Accumbens'
– Florey Institute of Neuroscience and Mental Health, VIC

ANNAL CHARLTON

Alcohol Use Disorder Research

'Investigating potential interventions to aid recover from alcohol use disorder'
– Florey Institute of Neuroscience and Mental Health, VIC

KELLY TOW

Emergency Services Mental Health Research

'Help for the helpers: The Impact of role-identity and educational training on mental health help-seeking in paramedics'
– University of Wollongong, NSW

MEGHAN HOCKEY

Food and Mood Research

'The association between dairy consumption and mood and cognition'
– Deakin University, VIC



Postdoctoral Fellowships

2021–22 Scholarship Recipients



Australian Rotary Health offers Postdoctoral Fellowships every year to assist early career researchers with their research projects. They are named after the first four Chairman of ARH: Royce Abbey, Geoffrey Betts, Colin Dodds, and Bruce Edwards.

In 2021–2022, Australian Rotary Health funded three Postdoctoral Fellowships.

PICTURED: Bruce Edwards Postdoctoral Fellowship recipient Dr Louise Birrell (left) with Mental Health Research Grant recipient Dr Louise Farrer (right).

DR BREANNE HOBDEN

Colin Dodds Postdoctoral Fellowship Indigenous Mental Health Prevention Research

'Examining the comorbidity of mental health problems and alcohol and other drug use within Aboriginal and Torres Strait Islander People: A neglected area'
University of Newcastle, NSW

DR KATRINA PRIOR

Royce Abbey Postdoctoral Fellowship Anxiety and Alcohol Use Prevention Research

'Preventing the exacerbation of anxiety and alcohol use comorbidity through cognitive re-training'
University of Sydney, NSW

DR LOUISE BIRRELL

Bruce Edwards Postdoctoral Fellowship Adolescent Mental Health Prevention Research

'Mind Your Mate: An Online peer intervention to prevent mental health and substance use problems in adolescence'
University of Sydney, NSW



Funding Partner PhD Scholarships

2021-22 Scholarship Recipients

Australian Rotary Health Funding Partner PhD Scholarships have been awarded to scholars since 2002, to research a wide variety of general health areas.

The Funding Partner PhD Scholarship is funded by three parties: A Rotary Club or District, a University and Australian Rotary Health.

Scholars have received up to \$30,000 annually to investigate areas such as cancer, heart disease, neurological disorders and children's health.

In 2021-2022 Australian Rotary Health contributed funding to 36 Funding Partner PhD Scholarships.

AARON ALEJANDRO

Co-funded by the Rotary Club

of Applecross, WA

Drug Resistant Infections Research

'Research to inform and evaluate a community level campaign to increase awareness and change behaviours in relation to antimicrobial use'

– Murdoch University, WA

AMY COE

**Co-funded by the Kaiyu Scholarship, NSW
Mental Health Research**

'Investigation and determination of the needs and expectations of patients and general practitioners to optimise an eHealth intervention for antidepressant cessation.'

– University of Melbourne, VIC

ANKUR KOHAR

**Co-funded by the Rotary Club of Blacktown
City, NSW, with District 9790 & D 9830**

Prostate Cancer Research

'Geographical and Temporal Distribution of Prostate Specific Antigen Testing Across Australia'

– University of Sydney, NSW



PICTURED: ROTARY CLUB OF DELORAINIE PHD SCHOLARSHIP RECIPIENT LAURA GRATTIDGE PRESENTING HER RESEARCH ON YOUTH SUICIDE PREVENTION AT THE ROTARY CLUB OF BURNIE 'MEET THE RESEARCHERS NIGHT'.

ANNA TE VELDE

Co-funded by the Rotary Club of Blacktown City, NSW, with District 9790 & D 9830 Cerebral Palsy Research

'Early natural history and clinical markers of motor severity, motor type and topography in infants with cerebral palsy'

– University of Sydney, NSW

ATANDRILA DAS

Co-funded by the Judith Annette Thompson Scholarship, VIC Bowel Cancer Research

'Characterising Colorectal Metastases and Optimising their Management'

– Peter MacCallum Cancer Centre, VIC

CATHERINE JOHNSON

Co-funded by the Rotary Club of Flemington Kensington, VIC Mental Health in Children Research

'Training teachers to provide early intervention to primary school aged children experiencing mental health problems'

– University of Melbourne, VIC

CHARLOTTE BLACKLOCK

Co-funded by the Rotary Clubs of Mackay Mental Health Research

'Exploring the mental health and gender affirming needs of young people with a non-binary gender identity'

– Murdoch Childrens Research Institute, VIC

DENNIS CHAN

Co-funded by the Yaxley Family Neuroendocrine Tumours Research

'The evaluation of functional imaging in the management of neuroendocrine tumours'

– University of Sydney, NSW

FRANK MOBILIO

Co-funded by Rotary District 9790/RSL PTSD in Service Personnel and their Families Research

'Post-Traumatic Stress Disorder and Traumatic Brain Injury: role of neuroinflammation'

– University of Melbourne, VIC

GRACE FORSYTH

Co-funded by Rotary Club of Noosa Daybreak, QLD PTSD Research

'Oral Ketamine Trial on Post Traumatic Stress Disorder (OKTOP)'

– University of Sunshine Coast, QLD

HANNAH SUDDULL

Co-funded by Rotary District 9650 'Alaine Davidson' PhD Scholarship Motor Neuron Disease Research

'Proteomic and molecular investigations into the diagnosis and progression of Motor Neuron Disease by the identification of biomarkers found in plasma'

– Macquarie University, NSW

HYO JEONG (MINNIE) KIM

Co-funded by Rotary Club of Sandy Bay 'Michael Chivers', TAS Bile Duct Cancer Research

'Synthesis and Evaluation of Sialyltransferase Inhibitors'

– Bond University, QLD

IVANA KIHAS

Co-funded by Rotary District 9685, NSW PTSD Research

'The relationship between traumatic stress, problematic substance use and disordered eating behaviours among Australian adolescents'

– University of Sydney, NSW

JACQUELINE KURUPPU

Co-funded by Rotary Club of North Balwyn, VIC Youth Mental Health Research

'Co-designing a decision-making tool to assist GPs and practice nurses in the decision to report child abuse'

– University of Melbourne, VIC

JASON PALAZZOLO

Co-funded by Rotary District 9830, TAS Cardiology Research

'Thrombin Responsive Nanoparticles of Prophylaxis and Treatment of Acute Thrombosis'

– Monash University, VIC

KATRINA STREATFEILD

Co-funded by Rotary District 9790/RSL Clubs of Victoria, VIC PTSD in the Military Research

'Psychological and Behavioural features of Children of Australian Defence Force Veterans diagnosed with Post-Traumatic Stress Disorder'

– University of Newcastle, NSW

KAYLA CORNEY

**Co-funded by Bing Taylor
PhD Scholarship, VIC
Dementia Research**

*'Cognitive Ageing and the Interplay between
Biological, Psychological and Environmental
Factors'*

– Deakin University, VIC

LAURA GRATTIDGE (NEE SMITH)

**Co-funded by Rotary Club of Deloraine, TAS
Youth Suicide Prevention Research**

*'Tackling the Real Tassie Devil: Towards
Best Practice for Youth Suicide Prevention in
Regional and Rural Tasmania'*

– University of Tasmania, TAS

MANDY GIBSON

**Co-funded by Rotary Club of Toowong 'Basil
Shaw' Funding Partner PhD Scholarship, QLD
Suicide Prevention Research**

*'Translation and Replication of a successful
Aboriginal and Torres Strait Islander
youth suicide prevention and wellbeing
intervention'*

– Griffith University, QLD

MIKHAIL DIAS

**Co-funded by Ronnie Goldberg
& Rotary Ride for a Cure
Prostate Cancer Research**

*'Identifying and characterising gene co-
expression modules underlying resistance
to Androgen Deprivation Therapy in prostate
cancer'*

– University of Melbourne, VIC

MITCHELL ST CLAIR-GLOVER

**Co-funded by Rotary Club of West
Wollongong, NSW
Neurological Research**

*'Development of an innervated full thickness
human skin model by 3D printing'*

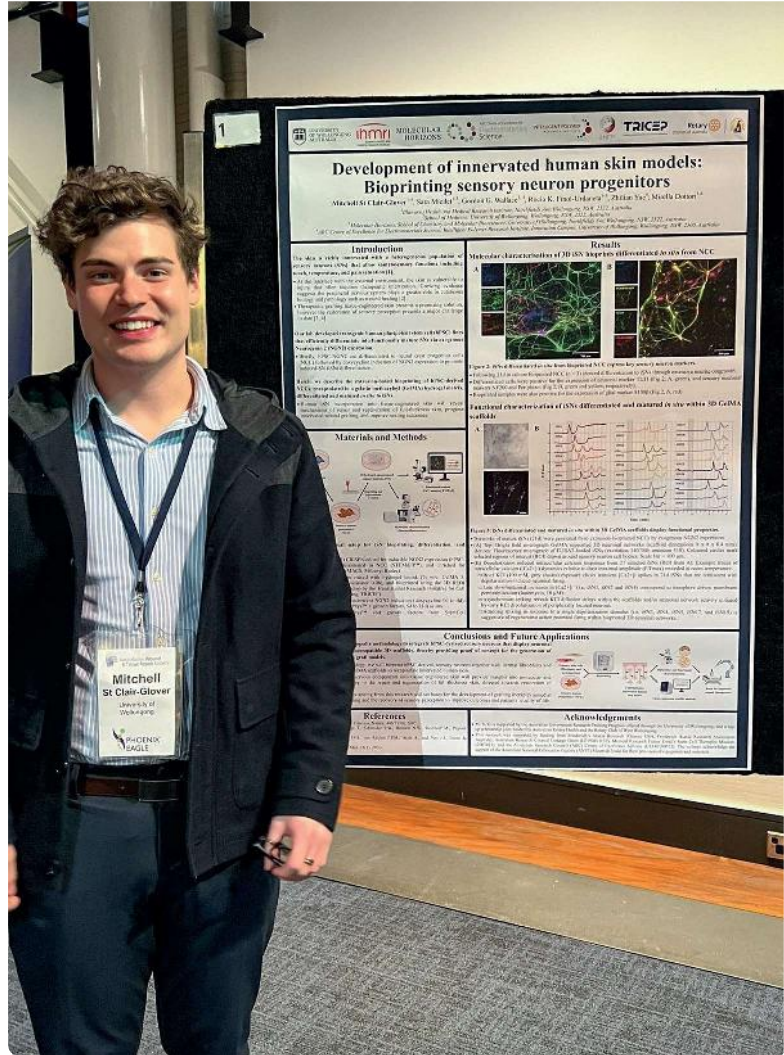
– University of Wollongong, NSW

NANCY SANTIAPPILLAI

**Co-funded by Rotary Club of Blacktown
City/Mel Gray, NSW
Prostate Cancer Research**

*'High-Resolution Assessment of Cancer
Cell Metabolism and Novel Prostate Cancer
Treatment Strategies'*

– University of Sydney, NSW



PICTURED: MITCHELL ST CLAIR-GLOVER WITH HIS
RESEARCH POSTER AT THE AUSTRALASIAN WOUND
& TISSUE REPAIR SOCIETY CONFERENCE IN SYDNEY.

DR NATASHA KRISHNADAS

**Co-funded by Bartolina Peluso
Dementia Research**

*'Amyloid, and Tau in the Development of
Mixed 3-Repeat/4-Repeat Tauopathies – A
PET Imaging Study'*

– University of Melbourne, VIC

NOOR SALEEM MOHAMMED JARBOU

**Co-funded by the Rotary Club
of Liverpool West, NSW
Perinatal Infant Mental Health Research**

*'The effects of treated and untreated
depression during pregnancy on offspring
behaviour and brain development'*

– University of Wollongong, NSW

RACHEL TEH

**Co-funded by RC's Chelsea (VIC),
Mt Druitt (NSW), Kiama (NSW), Gerringong
Sunrise (NSW), & Val Henry 'Rob Henry
and George Malone' PhD Scholarship
Skin Cancer Research**

*'Which one is the malignant mole? Scarless
biopsy for early diagnosis of melanoma'*

– University of Sydney, NSW

“In 2021–2022 Australian Rotary Health contributed funding to 36 Funding Partner PhD Scholarships.”

REBECCA ONG

**Co-funded by Bryan & Gail
Mental Health Research**

‘Promoting health brain ageing with non-invasive brain stimulation’

– University of Western Australia, WA

RITA MCMORROW

**Co-funded by Rotary Club of
Croydon’s ‘Enid Beatrice Farmer’, NSW
Diabetes Research**

‘FutureHealth Today: Changing the course of Type 2 Diabetes’

– University of Melbourne, VIC

RYAN COHEN

**Co-funded by Rotary Clubs of
Rotary District 9465, WA
Bowel Cancer Research**

‘Predicting colorectal cancer metastatic risk: the tumour immune microenvironment, circulating tumour-derived exosomes, their integrins and tumour DNA as biomarkers of disease progression’

– University of Western Australia, WA

SALLY VUONG

**Co-funded by Rotary Club of Cronulla, NSW
Motor Neurone Disease Research**

‘L-proline-mediated mechanisms driving neural differentiation from mouse embryonic stem cells.’

– University of Sydney, NSW

SOPHIE RUSSELL

**Co-funded by Josephine Margaret
Redfern & Ross Edward Redfern
(Rotary Club of Granville), NSW
Mental Health Research**

‘Remember the time ... Family mental health and associations with parent-child conversations’

– University of Wollongong, NSW

TARA LAL

**Co-funded by the Rotary Clubs of NSW, NSW
PTSD in Emergency Service Workers
Research**

‘To assess the effect of exposure to suicide on firefighters’

– University of New England, NSW

TIFFANI MUNGOVEN

**Co-funded by Joan E Swanson
Migraines Research**

‘Brain structural and functional changes in individuals with chronic migraine’

– University of Sydney, NSW

VIVIEN LI

**Co-funded by Rotary Club of Gisborne
Funding Partner ‘Jacob Taurins
Memorial’, VIC
Multiple Sclerosis Research**

‘Towards developing dendritic cell therapy for multiple sclerosis based on promoting MERTK signalling’

– Florey Institute of Neuroscience and Mental Health, VIC

WIN LEI (NICKI) SHWE YEE

**Co-funded by the Rotary Club of
Kew Food Allergy Funding Partner
PhD Scholarship, VIC
Prevention of Food Allergy in
Childhood Research**

‘Peanut Specific Antibody Diversity and Affinity During Peanut Oral Immunotherapy: for Therapy Monitoring and as Predictive Tool’

– University of New South Wales, NSW

ZHENYU ZHANG

**Co-funded by Rotary Club of Woy Woy
‘Eric Abrahams’ PhD Scholarship, NSW
Dementia Research**

‘An Ontology to Represent Dementia and Dementia Care Knowledge in Computer Readable Format’

– University of Wollongong, NSW

Rural Medical Scholarships

2021–22 Scholarship Recipients



As rural areas are often in desperate need for more medical services, Australian Rotary Health offers Rural Medical Scholarships as an incentive for students to consider practicing medicine in rural Australian communities.

\$5,000 is granted to successful candidates so that they can undertake their work placements at a rural and remote health care service. The aim is that the student will eventually move to a rural area to work once receiving their qualification.

In 2021–2022, we awarded 3 Rural Medical Scholarships.

BRIGETTE TRELOAR

University of Adelaide, SA

Port Augusta Rural Clinical School

Scholarship Awarded 2022

Sponsored by the Rotary Club of St Peters

ABIGAIL DE WAARD

Australian National University, ACT

Cooma Rural Clinical School

Scholarship Awarded 2022

Sponsored by the late Joe Scorer Scholarship

NATASHA POLZIN

Australian National University, ACT

Cooma Rural Clinical School

Scholarship Awarded 2022

Sponsored by the late Joe Scorer Scholarship



PICTURED: ABIGAIL STITCHING UP A PATIENT IN THE EMERGENCY ROOM DURING PLACEMENT.

SCHOLARSHIP SPOTLIGHT:

Abigail De Waard

Australian Rotary Health Rural Medical Scholarship, Abigail De Waard, was awarded an Australian Rotary Health Rural Medical Scholarship in 2022, moving to the rural town of Cooma to undertake her medical placements.

Abigail described this year training as a doctor as “action-packed” and full of growth, both professionally and personally.

“My medical knowledge has rapidly expanded. There is much to learn, but the local doctors and healthcare staff have been welcoming and helpful,” Abigail said.

A typical day for Abigail may include teaching sessions, shifts in the Emergency Department, attending surgeries in theatre, observing in General Practice, as well as placements in allied health and community organisations.

During her placement, Abigail has learned and practiced many skills, including stitching up small head lacerations, inserting cannulas, catheters and nasogastric tubes, applying plaster casts, and developing her clinical reasoning and patient skills.

“The financial support and connections provided by the Scholarship will provide a strong foundation upon which I can be shaped into a community minded, rural doctor of the future.”

Rural Nursing Scholarships

2021-22 Scholarship Recipients

In 2021-22, Australian Rotary Health offered the Rotary Club of Sale Rural Nursing Scholarship to 6 nursing students, worth \$12,500 each.

This scholarship provides opportunities for nursing students to complete a rural placement in their final year of study in a rural or remote area. It also encourages graduates to ultimately pursue a nursing career in rural Australia.

JESSICA ROBINSON

Federation University, Gippsland Campus, Vic

- Final Rural Placement – Central Gippsland Health (Sale)
- Post Grad Placement – Central Gippsland Health (Sale)

KRYSTAL PROCTOR

Federation University, Gippsland Campus, Vic

- Final Rural Placement – Central Gippsland Health (Sale)
- Post Grad Placement – Central Gippsland Health (Sale)

KATE SANDERS

Federation University, Gippsland Campus, Vic

- Final Rural Placement – Central Gippsland Health (Sale)
- Post Grad Placement – Central Gippsland Health (Sale)

NICOLA DUFFIELD

Federation University, Gippsland Campus, Vic

- Final Rural Placement – Bairnsdale Regional Health Service
- Post Grad Placement – Bairnsdale Regional Health Service

MELISSA FELMINGHAM

Federation University, Gippsland Campus, Vic

- Final Rural Placement – Bairnsdale Regional Health Service
- Post Grad Placement – Central Gippsland Health (Sale)

NICOLE MORGAN

Federation University, Gippsland Campus, Vic

- Final Rural Placement – Bairnsdale Regional Health Service
- Post Grad Placement – Bairnsdale Regional Health Service



SCHOLARSHIP SPOTLIGHT:

Melissa Felmingham

Melissa Felmingham was awarded the Rotary Club of Sale Rural Nursing Scholarship in 2022 and has set down roots in Gippsland to live out her career as a rural nurse.

After completing her final rural placement at Bairnsdale Regional Health Service and currently undertaking her postgraduate placement at Central Gippsland Health, Melissa reported that she has gained invaluable skills and knowledge in the nursing field.

"The variety of placements have given me a good look into how each of these departments operates and the type of nursing and different paces required. Each different placement has allowed me to focus on various aspects of nursing care such as primary assessments, increased

medication knowledge, time management, teamwork and self-confidence just to name a few," Melissa said.

In Melissa's most recent placement, she has also gained a greater understanding of taking care of wounds and has developed an interest in palliative care nursing.

"To increase my wound knowledge, I have booked in to attend further training in a two-day advanced wound course run by Regional Wounds Victoria that will be held at Central Gippsland Health. I am grateful for the scholarship as this will help pay to attend this training."

"Whilst at District Nursing I have also been able to work alongside some amazing palliative care nurses. This has sparked my interest in possible further studies within palliative care."

Indigenous Health Scholarships

2021-22 Scholarship Recipients

Indigenous Health Scholarships have been encouraging Indigenous students to undertake a health-related degree since 2002.

\$5,000 is awarded to each student per year to study in areas that include nursing, medicine, social work, and dentistry.

In 2021-2022, 80 Indigenous health students were awarded \$445,000 in scholarships.



PICTURED: Australian Rotary Health Indigenous Health Scholar Ellen Engelke (centre right) attended a meeting with her sponsoring club, the Rotary Club of Como. Ellen is a proud Kija woman from the East Kimberly and grew up in Kununurra. She is now in her 2nd year of Bachelor of Medicine & Bachelor of Surgery studies at Curtin University.

NEW SOUTH WALES

MELISSA SCOTT

Western Sydney University, NSW – Bachelor of Midwifery

Sponsored by Rotary Club of Camden

NATHAN ROBINSON

University of Newcastle, NSW – Bachelor of Speech Pathology

Sponsored by the Rotary Club of Parramatta

PATRICK PAASILA

Western Sydney University, NSW – Bachelor of Medicine/Bachelor of Surgery

Sponsored by: PDG Stephen Humphreys & Judith Humphreys

MIRANDA WALLACE

University of New South Wales, NSW – Doctor of Medicine

Sponsored by: Learnmed

TRACIE LANE

Deakin University, VIC – Bachelor of Nursing

Sponsored by: Rotary Club of Botany Randwick

TIANNA BAILEY

Charles Sturt University, NSW – Bachelor of Health Science (Mental Health)

Sponsored by: David Henning Foundation

ANTHONY NICHOLLS

University of Sydney, NSW – Graduate Diploma in Indigenous Health

Sponsored by: Rotary Club of Upper Northern Beaches

PAULINE ANDERSON

Deakin University, VIC – Bachelor of Nursing

Sponsored by: Rotary Club of Parramatta

BRIANNA ST JOHN

University of New England, NSW – Bachelor of Medicine

Sponsored by: The Late Keith Henning OAM

TIARNEE SCHAFFER

University of Sydney, NSW – Master of Clinical Psychology

Sponsored by: Rotary Club of Orange

JORDAN AMOS

University of Newcastle, NSW – Doctor of Medicine

Sponsored by: The Late Keith Henning OAM

RENEE SCHIFFLER

University of New South Wales, NSW – Doctor of Medicine

Sponsored by: Paul & Julia Reid & Dr King Gan

FARRAH BARNES

University of Newcastle, NSW – Bachelor of Nursing

Sponsored by: Rotary Club of Port Macquarie & Dr King Gan

TEGAN HOLLAND

University of Sydney, NSW – Bachelor of Applied Science (Physiotherapy)

Sponsored by: Rotary Club of Fairy Meadow

MEGAN TORPEY

University of New South Wales, NSW, Charles Sturt University, NSW – Medicine

Sponsored by: Keith Henning 'City 2 Surf'

DEMI CHEETHAM

University of Newcastle, NSW – Doctor of Medicine

Sponsored by: Rotary Club of Junee

KATELIN SMITH

University of Newcastle, NSW – Bachelor of Nursing

Sponsored by: The Late Keith Henning OAM

KIMBERLEY GREEN

Charles Sturt University, NSW – Bachelor of Nursing

Sponsored by: Rotary Club of Sutherland & PDG Ron Beslich

GEORGIA STEWART

University of Wollongong, NSW – Master of Nutrition & Dietetics

Sponsored by: Rotary Club of Corrimal

AUSTRALIAN CAPITAL TERRITORY**REESE SALMON**

Deakin University, VIC – Bachelor of Psychology

Sponsored by: Rotary Club of Canberra East/ now Rotary Club of Murrumbidgee Canberra

CAITLIN MCCLUNG

University of Canberra, ACT – Bachelor of Science (Psychology)

Sponsored by: Rotary Club of Tuggeranong

VICTORIA**JAKE BUTTERWORTH**

Deakin University, VIC – Bachelor of Exercise & Sport Science

Sponsored by: Rotary Club of Ivanhoe

NATHAN HAWKE

Monash University, VIC – Bachelor of Paramedicine

Sponsored by: Rotary District 9790 Group

AMATULLAH THOMAS

Monash University, VIC – Bachelor of Nursing & Midwifery

Sponsored by: Rotary Club of Albury

ADAM CORUNNA

Monash University, VIC – Doctor of Medicine

Sponsored by: Rotary District 9790 Cluster Group

MONIQUE BROEDERS

Deakin University, VIC – Diploma of Psychology

Sponsored by: Dr King Gan

TAMMYLEE CHATWIN

Federation University, VIC – Bachelor of Nursing

Sponsored by: Dr King Gan

DARIA REEVE

Monash University, VIC – Bachelor of Physiotherapy

Sponsored by: W & P Hitchener & Rotary Club of Evandale

MOLLY KING

Monash University, VIC – Bachelor of Medicine

Sponsored by: Rotary Club of Mornington & Boronia Medical Centre

LANI HARRIS

Deakin University, VIC – Bachelor of Nursing

Sponsored by: Rotary Clubs from Group 2 District 9790

NICOLE MCGRADY

Deakin University, VIC – Bachelor of Nursing

Sponsored by: Rotary Club of Bright

SOPHIE HEATH

Deakin University, VIC – Doctor of Medicine

Sponsored by: Rotary Club of Swan Hill & Rotary Club of Swan Hill Sunrise

NICHOLAS MARTIN

Deakin University, VIC – Bachelor of Nursing

Sponsored by: Rotary Club of Kardinia

ISOBELLA KRUGER

Monash University, VIC – Doctor of Medicine

Sponsored by: Rotary Club of Bentleigh Moorabbin Central

MAHATIA MINNIECON

Deakin University, VIC – Bachelor of Medicine
Sponsored by: Rotary Club of Box Hill Burwood

OCEANIA HENRY

Deakin University, VIC – Bachelor of Medicine
Sponsored by: Rotary Club of Glen Waverley/
Dr King Gan

RORY VOCALE

Deakin University, VIC – Doctor of Medicine
Sponsored by: Peter Lewis

QUEENSLAND**CHICARNEE PICKERING**

University of Queensland, QLD – Bachelor of
Health, Sport and Physical Education
Sponsored by: Lyndal Brown (Harris Estate)

SHAKIRA PEDRO

Australian Catholic University, QLD – Bachelor
of Midwifery
Sponsored by: Lyndal Brown (Harris Estate)

MOLLIE SCOFIELD

University of Technology, QLD – Bachelor of
Nursing & Public Health
Sponsored by: Rotary Club of Toowong

JESSICA DINI

Central Queensland University, QLD –
Bachelor of Nursing
Sponsored by: Rotary Club of Cairns

ALEXANDER GOTZE

James Cook University, QLD – Doctor of
Medicine and Surgery
Sponsored by: Lyndal Brown (Harris Estate)

JAMIE CASH

Griffith University, QLD – Doctor of Medicine
Sponsored by: Rotary Club of Runaway Bay

LAQUISHA FELL-GELA

University of Southern Queensland, QLD –
Bachelor of Nursing
Sponsored by: Ride to Conference Rotary
District 9790

JOHANNAH WRIGHT

University of Queensland, QLD – Bachelor of
Psychological Science
Sponsored by: Rotary Club of Wetherill Park

JULIE-ROSE SATRE

Griffith University, QLD – Doctor of Medicine
Sponsored by: Rotary Club of Cleveland & Port
of Brisbane

NATHANIAL MOTLAP

University of New England, NSW – Bachelor of
Psychological Science
Sponsored by: Rotary Club of Cairns & Dr King Gan

KAYLARNI CLOSE

James Cook University, QLD – Bachelor of
Dental Surgery
Sponsored by: Rotary Club of Cairns Trinity &
Dr King Gan

NORTHERN TERRITORY**MICHAEL LAWLER**

James Cook University, QLD – Master of
Tropical Medicine
Sponsored by: Rotary Club of Darwin

SHANESE FRIEL

Deakin University, QLD – Bachelor of Nursing
Sponsored by: PDG Joe Scorer & Rotary Club
of Batemans Bay

KARLIE JAMES

Flinders University, NT – Bachelor of Medicine
Sponsored by: Rotary Clubs of Darwin North

NIKKI BURNETT

University of Sydney, NSW – Master of Surgery
Sponsored by: Rotary Clubs of Darwin North &
Dr King Gan

SARITA LAWLER

Flinders University, NT – Doctor of Medicine
Sponsored by: Rotary Club of Darwin South &
Dr King Gan

WESTERN AUSTRALIA**KEISHA CALYUN**

Curtin University, WA – Bachelor of Medicine
& Surgery
Sponsored by: Rotary District 9455

CLAUDIA MCDERMOTT

University of Western Australia, WA – Doctor
of Medicine
Sponsored by: Rotary Club of Dalkeith

ELLEN ENGELKE

Curtin University, WA – Doctor of Medicine
Sponsored by: Rotary Club of Como

JACINTA DEVITT

University of Western Australia, WA – Doctor
of Medicine
Sponsored by: Rotary Club of Wanneroo

BENJAMIN NINYETT

University of Western Australia, WA – Doctor of Medicine

Sponsored by: Rotary Club of Matilda Bay

DALE JACKSON

University of Notre Dame, WA – Doctor of Medicine

Sponsored by: Rotary Club of Mundaring

ELLIE MOIR

University of Western Australia, WA – Master of Social Work

Sponsored by: Rotary Club of Kalamunda & Dr King Gan

SACHI NEVILL

University of Western Australia, WA – Doctor of Medicine

Sponsored by: Lindsay Cozens Aboriginal Education Trust

SHONDELL HAYDEN

University of Western Australia, WA – Doctor of Medicine

Sponsored by: Rotary Club of Swan

KELLY REYNOLDS

University of Notre Dame, WA – Doctor of Medicine

Sponsored by: Rotary Club of Ascot

LUCY VARIAKOJIS

University of Western Australia, WA – Bachelor of Medicine & Surgery

Sponsored by: Rotary Club of Baldivis, Kwinana, Rockingham & Palm Beach

VERONICA DOLMAN

University of Western Australia, WA – Bachelor of Medicine/Surgery

Sponsored by: Rotary Club of Mundaring

SOUTH AUSTRALIA**HAYLEY KURRAY**

University of South Australia, SA – Bachelor of Laboratory Medicine

Sponsored by: Dr Helen Sage

CHLOE-MARIE PASSMORE

University of Adelaide, SA – Bachelor of Medicine and Surgery

Sponsored by: Professor Michael Sage

AMANDA WALL

University of Adelaide, SA – Bachelor of Nursing

Sponsored by: Rotary Club of Mitcham

DYLAN READ

University of Adelaide, SA – Bachelor of Medicine/Surgery

Sponsored by: Rotary Club of Mitcham

SELENA HARTMAN

Flinders University, SA – Bachelor of Midwifery

Sponsored by: Rotary Club of Taillem Bend

HALEY PICKERING

University of South Australia, SA – Bachelor of Nursing

Sponsored by: Marie Louise Lees

JAYDEN THYER

University of Adelaide, SA – Bachelor of Medicine/Bachelor of Surgery

Sponsored by: Coopers Foundation

TYRAN HILL

University of South Australia, SA – Bachelor of Human Movement

Sponsored by: Rotary Club of Campbelltown

ASHLEE JONES

University of South Australia, SA – Bachelor of Nursing

Sponsored by: Dr Margaret Mayo

LINDA MULRONEY

University of Adelaide, SA – Bachelor of Nursing

Sponsored by: Rotary Club of Coromandel Valley

AIDEN BARBO

University of Adelaide, SA – Bachelor of Medicine & Surgery

Sponsored by: Rotary Club of Adelaide

JASMYN LLOYD

University of Adelaide, SA – Bachelor of Medicine/Surgery

Sponsored by: Rotary Club of Morialta

MARNI MCFARLANE

University of Adelaide, SA – Bachelor of Medicine/Surgery

Sponsored by: Rotary Club of Hyde Park

LOYOLA WILLS

Flinders University, SA – Doctor of Medicine

Sponsored by: Ralf Goll Scholarship

SHANAMAE DAVIES

Flinders University, SA – Bachelor of Health Science

Sponsored by: Rotary Club of Yankalilla

Fundraising, Events, & Other Happenings

Lift the Lid Walk for Mental Health



With an easing of COVID-19 restrictions in 2021, the popular Lift the Lid Walk for Mental Health fundraising events were back in action. The very first walk event that inspired the Lift the Lid Walks was hosted by Vicki Stewart at the Rotary Club of Mooloolaba in 2017. Ever since then, Vicki's idea has expanded to more Rotary Clubs across Australia.

From this year alone, up to \$40,000 was raised for mental health research from these walk events between July 2021 and June 2022. We expect this number to almost double in the next year, with 26 Rotary Clubs committing to walks.

▲ MOOLOOLABA, QLD OCTOBER 2021

Our most successful Lift the Lid Walk in 2021 was once again the Rotary Club that started it all! Thanks to the 200 attendees in the Sunshine Coast in Queensland, over \$12,500 was raised for mental health research.

▼ BRIBIE ISLAND, QLD OCTOBER 2021

Only being their second year running their walk event, the Rotary Club of Bribie Island beat the odds and had over 100 attendees walk for mental health. The club raised \$4,000 for Australian Rotary Health.



MORELAND, VIC
OCTOBER 2021

The Rotary Club of Moreland hosted their first Lift the Lid Walk for Mental Health in 2021. Despite being their first walk event, held in the midst of COVID-19 restrictions, they were able to raise nearly \$2,500 for mental health research.



MACKAY, QLD
APRIL 2022

It was a successful Lift the Lid Walk fundraising event for the Rotary Club of Mackay, with nearly \$6,000 raised for mental health research.



MONT ALBERT & SURREY HILLS, VIC
MARCH 2022

With huge community support, the Rotary Club of Mont Albert & Surrey Hills hosted their second Lift the Lid Walk event. They raised \$8,000 for Australian Rotary Health.



SORRENTO, VIC
20 FEBRUARY 2022

To start the new year, the Rotary Club of Sorrento hosted their second Lift the Lid Walk event, raising over \$6,000 for mental health research. Australian television presenter, Steve Price, attended alongside 150 people to walk for mental health.



BOORAGOON, WA
NOVEMBER 2021

The Rotary Club of Booragoon held their very first Lift the Lid Walk for Mental Illness, raising close to \$1,000 for Australian Rotary Health.

Fundraising, Events, & Other Happenings

Hat Day Themed Fundraisers



MURDER MYSTERY NIGHT FUNDRAISER

The Rotary Club of Ballina on Richmond (NSW) helped to Lift the Lid on Mental Illness by hosting an amazing Hat Day themed murder mystery night.

The club reported that it was a fun night raising funds for Australian Rotary Health, with lots of laughs.

SWINGIN' MARTINIS FUNDRAISER

The Rotary Club of Kippa-Ring North Lakes continue to support Australian Rotary Health by raising funds for mental health research.

This time they hosted the inaugural 'Swingin' Martinis' Lift the Lid FUNdraiser event, where 150 attendees dressed in exciting hats and came together for a fun evening of food and entertainment.

They were joined by the internationally acclaimed mimicry John Reif and Vinny from the Swingin' Martinis, leaving everyone in tears!



HAT DAY

Hat Day is a Lift the Lid on Mental Illness event to help raise awareness of mental health in the community and raise funds for research. The event continues to be celebrated by Rotary Clubs Australia-wide every year. Here were some highlights!

“Hat Day is a Lift the Lid on Mental Illness event to help raise awareness of mental health in the community and raise funds for research.”



Fundraising, Events, & Other Happenings

Other Fundraisers



SUCCESSFUL BIKE RIDE FUNDRAISERS DONATE OVER \$32K TO ARH

Rotary District 9810 hosted its 35th Ride for Medical Research and Mad March Cycle Challenge events this year in March.

The theme for the 35th ride this year was called 'Kelly Country Encounters'. Cyclists who joined in rode from Benalla to Violet Town over six days.

Others joined the Mad March Cycle Challenge, which encourages participants to challenge themselves to reach as many kilometres as possible through riding, walking, running, or swimming.

From both events, they raised well over \$32,000 for Australian Rotary Health research.

Above is a picture of the superstar Ride for Medical Research riders' team.



ROTARY CLUB OF SOUTH BUNBURY

The Rotary Club of South Bunbury donated \$18,335 to Australian Rotary Health following their successful Dirt N Dust Run community fundraiser event in January 2022. The funds will go directly towards mental health research for children aged 0-12 years old.

ARH WA District 9465 Coordinator John Dodman (right) congratulating Rotary Club of South Bunbury President David Castro (left).



GOLF DAY AT KINGSTON GOLF CLUB

Congratulations to the Rotary Club of Glenferrie for an outstanding golf event at Kingston Heath Golf Club in Melbourne.

Over 100 golfers attended the event, some coming from interstate, to play at this famous course.

The club was fortunate in securing former test cricketer Merv Hughes (right) as the celebrity golfer, along with professional golfer, Steffan Scutti (left).

Merv was the guest speaker at the very well attended dinner and was most entertaining. As a result of the Charity Golf Day, the Glenferrie club donated \$36,000 to ARH for mental health research.

RIDE TO CONFERENCE "DINDI DASH" ROTARY DISTRICT 9790

Rotary District 9790 hosted their Ride to Conference 2022 "Dindi Dash" event in March 2022, riding 210km to raise money for mental health research.

Australian Rotary Health was grateful to receive \$10,000 from their fundraising efforts.



Fundraising, Events, & Other Happenings

Events



'MEET THE RESEARCHERS' NIGHTS

Two 'Meet the Researchers' nights were hosted this year by Rotary Clubs in Tasmania.

THE ROTARY CLUB OF BURNIE HOSTED THEIR EVENT, FEATURING ARH SCHOLARS, JASON PALAZZOLO (CENTRE RIGHT) AND LAURA GRATTIDGE (CENTRE LEFT), WHO PROVIDED SOME INTERESTING INSIGHTS INTO THEIR RESEARCH.

THE ROTARY CLUB OF DEVONPORT HOSTED A WELL-ATTENDED EVENT, HEARING FROM ARH RESEARCHER DAPHNE FOONG (LEFT) AND HER SUPERVISOR DR VINCENT HO (CENTRE RIGHT).



SPEAKERS INCLUDED CLUB PRESIDENT LESLEY MCCARTHY (RIGHT), PSYCHOLOGIST DR MARIA RUBERTO, DR PARISA SHIRAN, ARH PHD SCHOLAR CATHERINE JOHNSTON (LEFT) AND AN INTERVIEWEE NAMED FATIMA, WHO IS A YOUNG ERITREAN WOMAN.

LET'S TALK ABOUT MENTAL HEALTH FORUM

The Rotary Club of Flemington Kensington held a mental health forum in May 2022 called 'Let's Talk About Mental Health'. The forum presented ways to recognise mental illness in ourselves and others, with a particular focus on culturally and linguistically diverse communities and children.

HEALTH AND WELLBEING EXPO

In 2021, the Rotary Club of Ulverstone West held its 13th Health and Wellbeing Expo—the most successful one yet!

CHAIRMAN KEVIN SHADBOLT (RIGHT) WITH CLUB MEMBER LINDSAY MORGAN AT THE ARH STAND (LEFT).



PROFESSOR TONY JORM AND BETTY KITCHENER AM AS KEYNOTE SPEAKERS AT THE DISTRICT 9560 ROTARY CONFERENCE

Professor Tony Jorm and Betty Kitchener AM have continued to support Australian Rotary Health this year at two events. The couple hosted an afternoon tea on Zoom in October to give a presentation on Mental Health First Aid Australia. The event was free, although donations to Australian Rotary Health's Lift the Lid campaign were encouraged.

BETTY (RIGHT) AND TONY (LEFT) WERE ALSO KEYNOTE SPEAKERS AT THE DISTRICT 9560 ROTARY CONFERENCE, DRESSING THE PART TO SHOW THEIR SUPPORT FOR LIFT THE LID.

LYN JONES' PRESENTATION TO THE ROTARY CLUB OF GAWLER LIGHT

Thank you to Lyn Jones for presenting at the Rotary Club of Gawler Light. She was able to raise close to \$100 for Australian Rotary Health at the event.

LYN JONES (LEFT) AND ROTARIAN RICHARD TUCKER (RIGHT).



Awards & Supporters

Champions of ARH



◀ ELITE WOMEN'S REAL ESTATE & ROTARY CLUB OF GLENFERRIE

Elite Women's Real Estate and the Rotary Club of Glenferrie are big supporters of our Lift the Lid on Mental Illness campaign and hosted a successful golf day fundraiser in September 2021.

Former ARH Chairman, Greg Ross, presented a Companion Award to Elizabeth Dumonic of Elite Women's Real Estate and President Mark Ellis AM of the Rotary Club of Glenferrie to acknowledge their support.

▶ STEPHEN & JUDITH HUMPHREYS

ARH Chairman Kevin Shadbolt OAM presented a Companion Award to Stephen and Judith Humphreys at an ARH Board Meeting this year. Stephen and Judith have shown everlasting support for Australian Rotary Health and mental health research.



◀ MAUREEN FRY

ARH Vice Chairman Stephen Humphreys presented a Gold Companion Award to Maureen Fry at the District 9675 Conference. Maureen is from the Rotary Club of Sylvania Waters Passport (NSW) and has donated more than \$10,000 to Australian Rotary Health research.

▶ CAROL COFFEY

Carol Coffey decided to fundraise for Australian Rotary Health as part of her Partner's Project during PDG Brian Coffey's year as District Governor of District 9670. She was presented with an Emerald Companion recognition for having raised \$50,000 for ARH.



► **BOB GARDINER**

Bob Gardiner of the Rotary Club of Blacktown City was awarded a Ruby Companion award for his contribution to Australian Rotary Health research over the years.



◄ **BEQUEST FROM THE ESTATE OF THE LATE RUSSELL RADFORD**

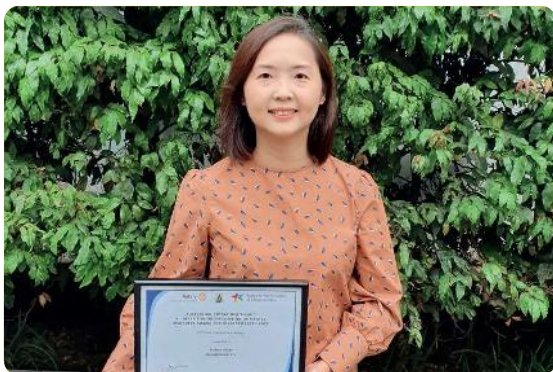
We are very grateful to the late Russell Radford, who left a bequest to Australian Rotary in his estate. Russell was a member of the Rotary Club of Somerset some years ago. A cheque of \$59,000 was presented to ARH Chairman Kevin Shadbolt OAM at a Rotary Club of Burnie meeting, after Burnie Rotarian Ian Guest handled the estate.

ARH/APMD 2022 AWARD MENTIONS

The Australian Rotary Health/Alliance for the Prevention of Mental Disorders Awards for Research in Prevention were presented at the Society for Mental Health Research (SMHR) conference in Hobart. The purpose of the awards is to recognise excellence in prevention research for mental disorders.

► **DR ALIZA WERNER-SEIDLER**

Dr Werner-Seidler from the Black Dog Institute was presented the 'Mid-Career Researcher' award for her work on the prevention and treatment of depression and anxiety in young people.



◄ **DR WAN SIM**

Dr Sim from Monash University was presented the 'PhD Award' for her work developing and evaluating a tailored online parenting intervention to prevent clinical anxiety and depression in children.



► **DR MARK DEADY**

Dr Deady from the Black Dog Institute was presented the 'Early Career Researcher Award' for research aiming to improve access to early intervention through digital technology, particularly in vulnerable high-risk workforces.

Companions

Australian Rotary Health would like to thank our generous Companions for their donation contributions.



DIAMOND COMPANIONS

The Beslich Family
The Henning Family
The Koo Family
Mavis & Bill Jennings OAM
Emil Weber
Terence Orr Memorial Fund
Daniel Holzapfel
Rotary Club of Salisbury, SA
Rotary Club of Geraldton Greenough, WA
Dan Crisp
Michael Wright
Alan Grady

We respectfully acknowledge the service of our Diamond Companions who are sadly no longer with us.

The Late Keith Henning OAM
The Late Fred Barbagallo
The Late Lorraine & Bruce McKenzie OAM
The Late Les Whitcroft AM
The Late Maisie Grady
The Late William Ward Hill
The Late Joseph Scorer
The Late Josephine Margaret & Ross Edward Redfern
The Late Betty Goodall
The Late Stuart McDonald

CORPORATE DIAMOND COMPANIONS

The Baker Foundation

EMERALD COMPANIONS

Sally Fletcher
Cliff Hoare
Geoff Kellerman AO
Garry Browne AM
Robyn Browne
Craig Alford
Peter M Lewis
Sharon Green
Michael & Juanita Wright
Garry Fenner
Beverley & Graham Webb
Janette Jones
Carol Coffey
Mark & Karen Hancock

We respectfully acknowledge the service of our Emerald Companions who are sadly no longer with us.

The Late Dorothea Gordon
The Late Ken Schilling
The Late Don Stein AM
The Late Joan Elizabeth Swanson

CORPORATE EMERALD COMPANIONS

The Pratt Foundation
The Pantry Brighton, Vic
Winnebago Industries

RUBY COMPANIONS

Phil Asker
Margaret & Peter Waite
Athalie Lucas
Brian Lanyon
George Dee
Jennifer Thomas AM
Brian Goldstraw
John Ellis
Margaret Dean
Dr David Squirrell
Heather, Brian & Graham Beesley
Mark Hancock
Ron G Geary
Ian Graham
John Keating
Elgin Brown
Ernst Hug
Bev & Bill Richardson
Peter Lewis
Brian Condon OAM
Jeff Crofts
Rob McDougall
Gwen Fisher
The Whykes Family
Les Rae

Paul Ying
Garnet Wood
Kevin Sharp
Ben Beresford
John & Ann Odlum
Gregory Ross
John Henshall
Donald Gordon
Colin Roy Acton
Val Henry
Dr King Gan
Robert Gardiner
John King OAM

We respectfully acknowledge the service of our Ruby Companions who are sadly no longer with us.

The Late Doug & Alys Beasy
The Late Geoffrey Betts AM
The Late Frank Fisher
The Late Arthur R Hawke
The Late Fred Hay
The Late Valda Mary Kynnersley
The Late Joe Scorer
The Late Ted Atkinson

CORPORATE RUBY COMPANIONS

Akubra
Marsdens Law Group
Woolworths, Safeway Caltex
Toyota Motor Sales
Shimano Australia
McDonald's Australia
Trek Bicycles Australia
Hansen Yuncken
Harvey Norman
Beyondblue
Co-ordinated Landscapes
Masterton Homes
Camden Hire
The Denlo Group
Angostura
Microsoft
Woodside
Unica Wealth
Stuart Alexander & Co
Pace Farm
HomeWorld
Pepe's Ducks

Patrons & Ambassadors

Australian Rotary Health would like to thank our valued Life Members, Ambassadors and Patrons for their role in sustaining our organisation.



PATRONS

His Excellency General the Honourable David Hurley AC DSC (Retd) Governor-General of the Commonwealth of Australia
Glen Kinross AO RI President 1997 to 1998
Ian Riseley OAM RI President 2017 to 2018

LIFE MEMBERS

PDG Ron Beslich OAM
PDG Jeff Crofts
PDG Terry Edwards AM
PP David Finn
PP Joy Gillett OAM
PP Don Gordon
PDG Alan Grady

PDG Terry Grant
PDG Denis Green
PDG Terry Lees OAM
PDG Fred Marsh
PDG Ian Oliver OAM
PDG John Ranieri
PDG Gregory Ross
Professor Michael Sawyer OAM
PRID Noel Trevaskis OAM
PDG Don Whatham
PDG Dick White OAM

We respectfully acknowledge the service of Life Members who are sadly no longer with us.

PRIP Royce Abbey AO, DCM
 PP Loch Adams OAM
 PDG Ted Atkinson
 PDG Leon Becker AM
 PDG Geoffrey Betts AM
 PDG Colin Dodds
 PDG Bruce Edwards AM
 PDG John Feros OAM
 PP John Harley
 PDG Fred Hay
 PDG Des Jones
 PDG Don Keighran
 PDG Bruce McKenzie OAM
 PDG Clair Rogers
 PP Ian Scott
 PDG Geoffrey Stevens OAM
 PDG Les Whitcroft AM

ARH CHAIRMEN

The Late Royce Abbey AO
 The Late Geoffrey Betts AM
 The Late Colin Dodds
 The Late Bruce Edwards AM
 The Late Bruce McKenzie OAM
 The Late Ted Atkinson
 Terry Edwards AM
 Denis Green
 John Ranieri
 Ian Oliver OAM
 Terry Lees OAM
 Noel Trevaskis OAM
 Terry Grant
 Jeff Crofts
 Gregory Ross
 Kevin Shadbolt OAM

We respectfully acknowledge the service of Past ARH Chairman who are sadly no longer with us.

MEDAL RECIPIENTS

Vicki Stewart – 2022
 Lyn Jones – 2021
 Phil Lacey – 2019
 Lindsay Morgan – 2018
 Melvin Gray – 2017
 The Late Keith Henning OAM – 2016
 David & Karen Brown – 2015
 Dean Brown – 2014
 Robert Aitken AM – 2014
 The Late Geoff Bailey OAM – 2013
 Joy Gillett OAM – 2013
 The Late Rob Henry – 2012
 Peter Lean – 2011
 Ron Beslich OAM – 2010
 The Late Geoff Kennedy – 2009
 Dick White OAM – 2008
 Professor Tony Jorm – 2007

The Late Paul Henningham OAM – 2006
 Phil Francis – 2005
 Noel Trevaskis OAM – 2004
 Michael Sawyer OAM – 2003
 Fay Jackson – 2003
 The Late Fred Hay – 2003
 The Late Loch Adams OAM – 2003

ROTARY AMBASSADORS

Central Region

Ian Oliver OAM
 Terry Edwards AM
 Barbara Wheatcroft
 Allan Wilson
 Dick Wilson

Northern Region

Jeff Crofts
 John Gough
 Peter Kaye
 Mel Langley
 Des Lawson OAM
 Terry Lees OAM
 Russ O'Malley
 Rob Wylie

Southern Region

Terry Grant
 Patrick Hartley
 Judy Nettleton
 Ron Pickford
 Gregory Ross
 Graeme Woolacott OAM

Eastern Region

Bob Aitken AM
 Phil Armstrong
 Brian Beesley
 Graeme Davies
 John Egan
 Alan Grady
 Mel Gray
 Denis Green
 Tony Hennessy
 Barney Koo
 Phil Lacey
 Harold Sharp OAM
 Noel Trevaskis OAM
 Don Whatham
 Dick White OAM
 Peter Williams

Western Region

Phil Cordery
 Fred Marsh
 John Ranieri
 Colin Thorniley



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