OUR VISION

It is our vision to be a catalyst for projects that improve the quality of life for people who are least able to assist themselves.

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 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 focused its funding on mental health research. In 2012 this focus narrowed to the Mental Health of Young Australians, and in 2013 research projects focussing on the Prevention of Mental Health Disorders were included.

**General Health Research**

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

**Disseminating Research Information to the Public**

Through Mental Health Prevention Forums, the Knowledge Dissemination Award and 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.

EVERY YEAR, 1 IN 5 AUSTRALIANS WILL EXPERIENCE SOME FORM OF MENTAL ILLNESS
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As I present my second report as Chairman of Australian Rotary Health, I note that the most significant development of the past year for Australian Rotary Health was the approval by all members at the 2015 AGM of the changes to ARH’s Organisational Structure to satisfy RI’s requirements for ARH to continue to operate as a Multidistrict Activity of the Rotary Districts of Australia. The approval in early January from Rotary International of ARH’s use of the Rotary logo in its letterhead and promotional material was the ultimate confirmation of ARH’s acknowledged status as a Project of the Rotary Districts of Australia.

In my mind, this just acknowledges the continued commitment of all Australian Rotary Clubs, Districts, Rotarians and supporters to our principal focus of research into the treatment and prevention of Mental Illness in Young Australians as well as our Rural Medical and Nursing and Indigenous Health Scholarships. And all this is in addition to our ongoing research into a vast array of medical topics under our Funding Partner Scholarships. There is no doubt that the ongoing financial support and commitment of Rotarians around Australia provides the backbone for all the great results achieved through ARH on behalf of all Australians.

I was privileged to experience first-hand some of that support during the past year. At the end of 2015, I had the opportunity to attend a number of ARH Indigenous Health Mentor Celebrations across the country in Cairns, Brisbane, Darwin, Melbourne, Perth and Adelaide. It was a very rewarding experience to meet so many of our Indigenous health students from around the country and to hear of their inspirational personal journeys. Similarly at the annual ARH Christmas Dinner in Sydney in December 2015 as well as at our ARH Cocktail function in Hobart in May in association with our May 2016 regional Board meeting, it was a privilege to hear from a number of our medical researchers and to feel the passion that they have for their chosen areas of research.

These functions were also a great opportunity for me as Chairman to meet so many Rotarians from around the country who are so committed to supporting the important programs of ARH. Their work is led by our ARH Rotary District Committees under the direction of our Australian Rotary Health District Representatives and their District Governors. The efforts of all these Rotarians are essential in promoting and maintaining the awareness of the programs of Australian Rotary Health throughout our communities.

Similarly, the dedicated work of our research grant and scholarship recipients into their respective fields of endeavour can only occur with the continued support and guidance of the members of our volunteer Research Committee, under the leadership of Professor Ron Rapee. And our Board continues to benefit from the specialist advice of our Honorary Medical Adviser, Professor Michael Sawyer OAM and Honorary Treasurer, Ron Beslich OAM. We are indebted to them for their ongoing time and effort on our behalf.

Governance is always an issue for organisations such as ARH and I am...
pleased to acknowledge the standards and achievements in this area that have been established by previous boards.

A major focus for the Board for the past year has been the future direction of ARH. As part of our strategic planning, the Board has confirmed that the Mental Health of Young Australians and the Prevention of Mental Disorders will continue to be the focus of ARH's research for the foreseeable future. And with the confirmation of ARH as a Project of the Rotary Districts of Australia, there is no doubt that Rotary will continue to be a major source of support for ARH for the conceivable future and that we need to maximise that support. There is also no doubt that ARH needs to diversify its support base within the broader community and within the corporate world.

A continuing area of support for ARH both within Rotary and within the broader community are our marketing and fundraising events across the country. These included our annual ARH Golf Day at Riverside Oaks in February and the ARH Food and Music Race Day at Hawkesbury in October. ARH also had great support from the Tassie Tagalong Caravan Tour in February/March 2016, numerous individual Rotary club events around the country, and of course there is our annual ARH Hat Day event on the Friday of Mental Health Week in October each year.

This year on Hat Day on 7 October 2016, through the vision and passion of our Vice-Chairman Greg Ross, all Victorian Rotarians are being encouraged to participate in a major promotional and fundraising campaign with the Victorian public to “Lift the Lid on Mental Illness”. And behind the scenes, preparatory work is in hand on a major promotional event for ARH in 2017, as we Muster for Mental Health around the country, in a tag along style Hop On - Hop Off tour to coincide with the Darwin Institute in early September 2017. Full details will be announced in the coming months.

It was my privilege at the AGM to recognise Professor Michael Sawyer OAM as a Life Member of ARH, PP Keith Henning OAM as the recipient of the ARH Medal, and District 9810 as the recipient of the Dick White District Achievement Award.

Also at the AGM, the ARH Board for the coming year was confirmed as continuing directors Phil Armstrong, Graeme Davies, Des Lawson, Greg Ross (Vice-Chairman/Chairman-elect), Kevin Shadbolt, Colin Thorniley, Barbara Wheatcroft, and myself (Chairman); plus incoming Directors Jane Cox and Brian Beeley. I wish to acknowledge the significant contributions made to the Board over the previous 3 years by retiring directors Laurie Barber and Peter Williams, whose efforts were recognised by the presentation of a small gift at the Chairman’s Dinner.

Sadly, ARH has lost another of its stalwart supporters of many years’ service, with the passing of PDG Fred Hay on 6 September 2016. Fred served as a Director of ARH for more than 6 years and was the instigator of the ARH Christmas Cards. He will be fondly remembered for his significant and ongoing contributions to ARH.

My thanks again to CEO Joy Gillett OAM and our dedicated staff for their personal assistance to me as Chairman and to the Board throughout the year.
During 2015-2016 we continued to support research grants in Mental Health. During the year, we supported 15 mental health research project grants in areas such as suicide and self-injury, depression and anxiety, alcohol and substance abuse and parenting – all with a focus on young Australians.

As well as research project grants, we also supported 14 PhD research scholars in mental health and 4 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 four chairmen of ARH.

Added to this our support of another 40 PhD research scholars in general health areas including cancer, cerebral palsy, skin diseases and melanoma, dementia, kidney disease, Multiple Sclerosis, Parkinson’s Disease and post-traumatic stress disorder.

Two years ago we introduced the Australian Rotary Health PTSD (post-traumatic stress disorder) PhD Scholarship in war veterans. The initial scholarship was awarded to Kristen Graham at the Centre for Traumatic Stress Studies at the University of Adelaide. Since the introduction of this scholarship, a further one was awarded in 2016, funded jointly with the Rotary Club of Ballarat South. We are currently advertising for a third scholarship with the RSL in Victoria.

These scholarships have led to several more for research in people involved in Emergency Services and these are also being currently advertised.

Through a donation from the Rotary Club of Sydney, a new program was introduced in NSW rural areas in 2015 and so far, Mental Health First Aid courses have been sponsored in 8 drought affected areas. The donation will provide a total of 15 MHFA courses.

The Prevention of Mental Health Disorders community forums have been wound up. 13 forums were held.

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 ARH. Your support is truly appreciated and we will continue in our endeavours to be a wonderful example of community service and keep ARH 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.

District Representatives and Committees
The District Representatives and their committee continue in their work promoting ARH, our programs and projects - we acknowledge their efforts and congratulate them. Volunteers are vital to our success and effort each year on our behalf.

Rotary Ambassadors
Our strong band of Ambassadors continues to promote ARH at every opportunity and we are grateful for their commitment and dedication to our programs.

Research Committee
Professor Ron Rapee AM, Bsc (Psych), MSc (Psych) PhD of Macquarie University is in his third year as Chairman of the Research Committee.

The members of the Research Committee are always willing to assist and we are very grateful for their commitment.
All mental health research grants and scholarships awarded by Australian Rotary Health are reviewed and recommended by the Research Committee.

**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.

**Current Staff:**
- Terry Davies – Corporate Manager
- Jenny Towe – Office Manager
- Cheryl Deguara – Programs Coordinator
- Ainslie Rockall-Mills – Research Administration Manager (replacing Bridget Moore who resigned May 2016)
- Jessica Cooper - Media and Communications Manager & Hat Day Head Honcho (replacing Stephanie Fenton who resigned in February)
- Maddison Hancock – Office Assistant

**Board of Directors, Honorary Treasurer and Honorary Research Adviser**

I would like to acknowledge all current and past Directors for their dedication to the role and congratulate them on their achievements. It has been a pleasure working with each one.

Jeff Crofts has served as Chairman since the AGM in 2014 with Greg Ross as Vice Chairman.

Professor Michael Sawyer OAM remains as Honorary Medical Adviser to the Board. Michael commenced involvement with Australian Rotary Health as a member of the Research Committee, then Chairman for six 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.

Ron Beslich OAM has served as Honorary Treasurer by invitation of the Board. His enthusiasm for Australian Rotary Health remains strong and his questioning and challenging of procedures and practice is appreciated by all Board members for his assistance with all governance matters and his general guidance. His advice freely given to me, is always constructive and welcome.
The audited Statement of Accounts of Australian Rotary Health (a company limited by guarantee) is circulated to Members for adoption.

During the financial year there were no significant changes in the state of affairs of the company.

Some financial features for the 2015-2016 year are summarised as follows:

<table>
<thead>
<tr>
<th>Financial Feature</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Revenue</td>
<td>3,159,344</td>
<td>2,866,771</td>
</tr>
<tr>
<td>Total Outlay</td>
<td>3,159,344</td>
<td>2,866,771</td>
</tr>
<tr>
<td>Total Deficit</td>
<td>($ 292,583)</td>
<td>($ 292,583)</td>
</tr>
</tbody>
</table>

The investments of $13,937,915 achieved an income and increase in value of 5.21% over the 12 months.

General Donation revenue from our Rotary Clubs, Rotarians and other donors of $1,851,542 was once again, a magnificent effort from our supporters.

<table>
<thead>
<tr>
<th>Current Assets</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash assets</td>
<td>644,676</td>
<td>971,714</td>
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<tr>
<td>Receivables</td>
<td>63,438</td>
<td>72,469</td>
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<tr>
<td>Other financial assets</td>
<td>13,937,915</td>
<td>14,136,072</td>
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<tr>
<td>Other</td>
<td>30,833</td>
<td>32,769</td>
</tr>
<tr>
<td>Total Current Assets</td>
<td>14,676,862</td>
<td>15,213,024</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Non-Current Assets</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Property, Plant &amp; Equipment</td>
<td>50,029</td>
<td>41,047</td>
</tr>
<tr>
<td>Total Non-Current Assets</td>
<td>50,029</td>
<td>41,047</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Assets</th>
<th>14,726,891</th>
<th>15,254,071</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Current Liabilities</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payables</td>
<td>1,572,932</td>
<td>1,316,115</td>
</tr>
<tr>
<td>Provisions Annual Leave &amp; Long Service Leave</td>
<td>152,525</td>
<td>174,745</td>
</tr>
<tr>
<td>Total Current Liabilities</td>
<td>1,725,457</td>
<td>1,490,860</td>
</tr>
<tr>
<td>Total Liabilities</td>
<td>1,725,457</td>
<td>1,490,860</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Net Assets</th>
<th>13,236,031</th>
<th>13,258,614</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Accumulated Funds</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retained Surplus</td>
<td>13,236,031</td>
<td>13,258,614</td>
</tr>
<tr>
<td>Total Accumulated Funds</td>
<td>13,236,031</td>
<td>13,258,614</td>
</tr>
</tbody>
</table>
The table below shows the financial information from the document provided:

<table>
<thead>
<tr>
<th>Description</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenue from Ordinary Activities</td>
<td>2,866,761</td>
<td>3,334,868</td>
</tr>
<tr>
<td>Less Expenditure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grants &amp; Programs</td>
<td>-1,634,614</td>
<td>-1,970,223</td>
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<tr>
<td>Marketing expense</td>
<td>-416,128</td>
<td>-431,721</td>
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<tr>
<td>Indigenous Scholarship grants</td>
<td>-401,542</td>
<td>-470,091</td>
</tr>
<tr>
<td>Other expenses - includes administration, programs, meetings and board expenses</td>
<td>-707,060</td>
<td>-717,146</td>
</tr>
<tr>
<td>Surplus/Loss from Ordinary Activities</td>
<td>-292,583</td>
<td>-54,313</td>
</tr>
</tbody>
</table>

Operating Revenue

<table>
<thead>
<tr>
<th>Revenue from Donations:</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>District 9455</td>
<td>42,324</td>
<td>44,922</td>
</tr>
<tr>
<td>District 9465</td>
<td>57,990</td>
<td>58,729</td>
</tr>
<tr>
<td>District 9500</td>
<td>43,820</td>
<td>48,626</td>
</tr>
<tr>
<td>District 9520</td>
<td>60,502</td>
<td>51,698</td>
</tr>
<tr>
<td>District 9550</td>
<td>90,651</td>
<td>122,161</td>
</tr>
<tr>
<td>District 9570</td>
<td>26,892</td>
<td>24,466</td>
</tr>
<tr>
<td>District 9600</td>
<td>48,165</td>
<td>56,096</td>
</tr>
<tr>
<td>District 9630</td>
<td>40,948</td>
<td>53,666</td>
</tr>
<tr>
<td>District 9640</td>
<td>36,896</td>
<td>21,767</td>
</tr>
<tr>
<td>District 9650</td>
<td>114,781</td>
<td>57,794</td>
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<tr>
<td>District 9670</td>
<td>55,304</td>
<td>47,709</td>
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<tr>
<td>District 9675</td>
<td>222,454</td>
<td>241,230</td>
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<tr>
<td>District 9685</td>
<td>164,429</td>
<td>135,006</td>
</tr>
<tr>
<td>District 9700</td>
<td>29,255</td>
<td>37,808</td>
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<tr>
<td>District 9710</td>
<td>42,134</td>
<td>49,654</td>
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<tr>
<td>District 9780</td>
<td>26,201</td>
<td>52,490</td>
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<tr>
<td>District 9790</td>
<td>56,570</td>
<td>59,384</td>
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<tr>
<td>District 9800</td>
<td>69,617</td>
<td>92,709</td>
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<tr>
<td>District 9810</td>
<td>111,528</td>
<td>77,268</td>
</tr>
<tr>
<td>District 9820</td>
<td>67,363</td>
<td>71,528</td>
</tr>
<tr>
<td>District 9830</td>
<td>57,254</td>
<td>34,882</td>
</tr>
<tr>
<td>Individual Donations</td>
<td>193,445</td>
<td>187,962</td>
</tr>
</tbody>
</table>

1,649,823

Club Donations - Indigenous Scholarships                                     | 189,025    | 184,300    |

1,838,848

<table>
<thead>
<tr>
<th>Description</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interest/dividend - non-related party</td>
<td>6,633</td>
<td>11,820</td>
</tr>
<tr>
<td>Revenue from government grants - Indigenous</td>
<td>251,000</td>
<td>251,409</td>
</tr>
<tr>
<td>Membership Fees</td>
<td>1,412</td>
<td>648</td>
</tr>
<tr>
<td>Realised &amp; unrealised loss on market value of investments</td>
<td>-163,363</td>
<td>433,780</td>
</tr>
<tr>
<td>Trust distributions reinvested</td>
<td>847,051</td>
<td>947,844</td>
</tr>
<tr>
<td>Imputation Credits</td>
<td>74,496</td>
<td>75,512</td>
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</table>

2,866,761

www.australianrotaryhealth.org.au 7
VICE CHAIRMAN:
PDG Gregory Ross
Greg Ross was appointed Vice Chairman of Australia Rotary Health in November 2015. He has been a Director since November 2013.
Greg joined Rotary in 1976 in Berwick, then moved districts and became a member of the Rotary Club of North Balwyn in 1986. He is a Past District Governor of District 9800, has worked as a literacy volunteer in Thailand, as a RAWCS volunteer in Vanuatu and led a GSE Team to California. Greg has also served as MC at Rotary International Conventions in Taipei and Melbourne, and Song Leader/MC at the International Assembly in Anaheim.
Greg is a professional actor (TV, stage and music theatre) and, in recent years, has worked mainly as a funeral and marriage celebrant, including over 1000 funerals.

PDG Phil Armstrong
Phil Armstrong joined Australian Rotary Health as a Director in October 2014.
Phil joined the Rotary Club of Moruya, NSW, in 2000 and is a current member. He is a past “Peace” Governor of District 9710 serving on “Team Tanaka”. Phil’s ties to Rotary go back to his Father’s membership of both the Temora and Goulburn Mulwaree Clubs of NSW in the 1960’s, as well as his own membership of Rotaract in the 1970’s.
Phil and his wife Kim are Companion supporters of Australian Rotary Health.
Phil has worked as the CEO of Banksia Villages Ltd – a community based, not-for-profit organisation that runs a residential aged care facility and retirement village on the Far South Coast of NSW. He currently serves on the Boards of Campbell Page Group Ltd and Campbell Page Ltd – not-for-profit, community based organisations assisting people into the workforce.

PDG Laurie Barber
Laurie Barber has been a Director of Australian Rotary Health since November 2013.
Laurie joined the Rotary Club of Inverell East, NSW, in 1971 and is now a current member of the Rotary Club of Port Macquarie. He is a Past District Governor of District 9650.
Laurie is a Paul Harris Fellow with two sapphires. He and his wife Glenda are Gold Companions of Australian Rotary Health.
Laurie is a retired journalist, he writes a weekly newspaper column, ‘My Word’, for papers in various parts of Australia and has written four books. He is Port Macquarie’s Senior Citizen of the Year 2014. His memberships include Probus, USA, Meals on Wheels, Fellowship of Writers (patron), Douglas Vale Heritage Park and bowls. He refereed basketball for 30 years and represented NSW.

PDG Graeme Davies
Graeme Davies has been a Director of Australian Rotary Health since October 2014.
Graeme joined the Rotary Club of Griffith, NSW, in 1991 and is Past President of the Club. He is a current member and Past President of the Rotary Club of Kincumber, NSW in 1999.
Graeme and his wife Lyn were long term members of District 9670’s Rotary Youth Exchange Committee. He is a past member of the District 9685 Australian Rotary Health Committee and is Past District Governor for District 9685. He is currently District 9685 Club Extension Officer, and a Paul Harris Society member.
Graeme was Principal of Griffith High School (1990 – 98) and Kincumber High School (1999 – 2008). He is a Life Member of the NSW Secondary Principal Council.
PDG Des Lawson
Des Lawson has been a Director of Australian Rotary Health since October 2015.

Des was raised in Geelong but calls Brisbane very much his home. Since studying Mechanical Engineering, Des has worked in Machine Design for several years but his true passion was in flying and yachting. It was yachting that led him to design and build his own yacht and later establish a multi capacity yacht and powerboat manufacturing operation.

Des first joined Rotary in 1982 and has twice been President of different Rotary Clubs. Des played the major role in establishing the Club to which he now belongs (Port of Brisbane). Des played roles in the Mental Health Safari and the Great Australian Bike Ride. In 2007, Des joined the Board of Rotary Down Under and became Chairman in July 2010 and was reelected in 2011 and 2012. In 2015 Des received the ‘Service Above Self’ award for his work with Rotary and the community.

PDG Kevin Shadbolt
Kevin Shadbolt has been a Director of Australian Rotary Health since October 2014.

Kevin joined the Rotary Club of Latrobe, Tasmania, in 1985. He is a Past President and current member. He was Past District Governor of D9830 in both 2003-04 and 2007-08. Kevin is a Foundation Chairman, District Trainer and Group Study Chairman. He initiated District involvement in Fiji low-cost Shelters, was the Chairman of International Project Development as well as serving on a wide variety of club and District Committees. In 2013 Kevin received the “Service Above Self” Award.

Kevin has been involved in agriculture all his working life and is a director of R & K Shadbolt Pty Ltd, a family business specialising in horticultural crops and seed production.

PDG Colin Thorniley
Colin Thorniley has been a Director of Australian Rotary Health since October 2014.

He joined the Rotary in 1977 after being a Group Study Exchange team member in 1975, and is a current member of the Rotary Club of Heirisson WA. He is a Benefactor of the Rotary Foundation.

Colin is a Past District 9455 Governor and a past Group Study Exchange Team Leader to San Francisco in 1992. He has been the District Chair of many District Committees.

Colin was State President of the YMCA and served on the National Board during the 1970’s.

Colin owned several Perth businesses, namely, Quick Cup Australia Pty Ltd, Perth Stationary Supplies Pty Ltd and Hotel and Café Supplies Pty Ltd. Prior to retirement he was an FCIM, CPA, AFAIM. Currently he is a Justice of the Peace for Western Australia.

PDG Barbara Wheatcroft
Barbara has been a Director of Australian Rotary Health since October 2014.

Barbara joined the Rotary Club of Hindmarsh, SA, in 2004 and held the positions of President and Treasurer. She joined the Rotary Club of Adelaide Parks, SA in 2010 when the Rotary Club of Hindmarsh returned its Charter. Barbara is now a member of the Rotary Club of Maitland. Barbara was Secretary of the District GSE Committee from 2007 to 2009 and Chair from 2009 to 2010. Barbara is Past District Secretary and Past District Governor of D9500.

Barbara joined the Apple & Pear Growers Association of SA Inc. in 1988 and worked with the Association for almost 20 years in the roles of Finance Manager, Personal Assistant to the General Manager and Promotions Manager.

Barbara worked in Administration at Flinders University of South Australia in the Medical Biochemistry Department and retired in 2015.

PDG Peter Williams
Peter Williams has been a Director of Australian Rotary Health since November 2013.

Peter joined Rotary Club of Sutherland Civic, NSW, in 1984 and is a current member of the Rotary Club of Sutherland.

He is a Past District Governor of District 9750 and Past Director of RDU; including Chairman from 2005 to 2007.

Peter has been a solicitor since 1982; Previous Partner in Sydney CBD Law Firm, now Sole Practitioner specialising in Commercial Law, Property, Succession and Estate Planning.

He’s also been a Director of several Private Companies since 1996.
CHAIRMAN:
Professor Ronald M. Rapee AM
BSc (Psych), MSc (Psych), PhD, AM and FASSA
Psychology
NSW

MEMBERS:

Dr Philip Batterham
BSc (Psych) hons, MPH, PhD
Psychology
ACT

Professor Vera Morgan
BA Adel., DipEd Melb.,
MSocSc S. Aust., PhD W. Aust
Neuropsychiatric Epidemiology
WA

Associate Professor
Melissa Green
BA (Psychology), Mlitt (Psych),
PhD (Psych)
Psychology
NSW

Professor Tony Jorm
BA, M.Psych, GDipComp,
PhD, DSc, FASSA
Psychology
VIC

Professor Jane Pirkis
BA (Hons), MPsych,
MAppEpid, PhD
Psychology
VIC

Associate Professor
Jordana Bayer
BA (Hons), MPych
(Clinical), PhD
Psychology
VIC

Associate Professor
Meg Smith OAM
BA (Hons), FAPS, MPsychol,
PhD, MAPS
Psychology
NSW

Professor Brett McDermott
B.MedSci, MBBS, FRANZCP,
CertChildPsych, MD
Psychiatry
QLD

Associate Professor
Allison Waters
BSS (Psychology), BA (Honours),
PhD Clinical Psychology
Psychology
QLD
During the last decade, support for research provided by Australian Rotary Health has played a vital role enabling the generation of new knowledge to reduce the problems experienced by children, adolescents and adults with mental illness in Australia.

- Professor Michael Sawyer OAM, University of Adelaide
  Research Adviser to the Board
Antipsychotic Drugs Found to Have Significant Lifelong Impacts on Children

Ian Scott PhD Scholar, Michael De Santis has recently had his study published in the Journal of Psychopharmacology for his findings on the use of antipsychotic medication in children and adolescents.

The study was conducted due to growing concern that more children are being prescribed drugs that are typically not approved for use in growing brains, as well as the lack of scientific evidence in the effects of antipsychotic drug use in such a critical time of brain development.

De Santis and his team looked at three commonly prescribed drugs called Risperidone, Olanzapine and Aripiprazole, and found using the drugs during childhood and adolescence can have significant lifelong impacts on levels of hyperactivity, depression and anxiety, particularly in males.

This is the first comprehensive study of its kind in Australia and there is hope the results will help government agencies develop new guidelines for use in children and help doctors make better informed decisions before prescribing these medications.

All three drugs led to the expression of anxiety-like behaviours later in life...using the drugs to repeatedly block receptors in a growing brain leads to more receptors, meaning mental health conditions could get worse later in life.

Parent Interventions DO Help Babies Go to Sleep

As part of her Mental Health project, Nicola J Spurrier has been investigating the potential impacts of parent intervention in infant sleeping patterns. Spurrier and co-researchers have come to believe behavioural interventions appear to improve sleep without having detrimental effects on the child or family.

In the study 43 Australian infants who were identified as having sleep problems were split into three testing groups – graduated extinction, bedtime fading, or sleep education control.

In the graduated extinction group, parents were instructed to put their infant to bed awake and leave the room within 1 minute, allowing their babies to cry for short intervals over several nights. The group that tested the bedtime fading technique, delayed the child’s bedtime in 15-minute increments to increase tiredness. The sleep education control group was just provided with sleep information.

Researchers sampled the children’s levels of cortisol to measure their stress levels and received parent-reported sleep diaries. 12 months after the test, they looked at assessments of the child’s emotions and behaviour and evaluated the attachment between the parent and child.

It was discovered both graduated extinction and bedtime fading provide significant sleep benefits, while also showing no adverse stress responses or long-term effects on parent-child attachment or child emotions and behaviour.
Marie Yap has been working on developing parenting guidelines to prevent adolescent depression and anxiety in an international-first web-based intervention, since being awarded a Mental Health Research Grant from Australian Rotary Health.

Based on the evidence that specific modifiable parental factors increase or decrease adolescents’ risk for depression and anxiety, Ms Yap believed it was clear that parents play a crucial role in protecting their teenagers from these disorders, however still lack specific knowledge about how they can reduce this risk.

The Parenting Guidelines were developed through a rigorous methodology that involved:

1) A systematic review and meta-analysis of research examining modifiable parental factors that are associated with the development of adolescent depression and anxiety
2) A Delphi study of international expert consensus to translate the evidence into clear, actionable strategies for parents to help them prevent depression and anxiety disorders in their adolescents.

The greatest innovation of this project is the sophisticated programming that automatically tailors the parenting program by providing an immediate feedback report highlighting the parent’s individual parenting strengths and weaknesses and recommending specific modules of the web-based intervention which support parents in making changes to the identified areas of weakness in their parenting.

The quality of Dr Yap’s work has been recognised nationally and internationally. Most recently, she won a 2014 Young Tall Poppy Award, and was the first runner-up for the 2014 Scopus Young Researcher Award.

In the longer term, once the effects of the program are established, Ms Yap hopes to work with relevant mental health stakeholders, high schools and departments of education to promote and disseminate this resource to parents.
Some Promise in Slowing Down the Progression of Pancreatic Cancer

Dannel Yeo is in the final year of his PhD scholarship with Australian Rotary Health and has recently had his work on Pancreatic Cancer published in the Journal of Investigative Surgery and BMC Cancer. Mr Yeo felt pancreatic cancer was an area that needed to be explored further, being one of the deadliest forms of cancer with less than 5% of patients surviving more than 5 years after diagnosis. He believed although our understanding of this cancer has increased, there is still very limited therapeutics available. One of these therapeutic agents is, gemcitabine, a chemotherapeutic which works by impairing the function of the material that makes up genes (DNA) of fast growing cancer cells.

Dannel has made significant progress in investigating the role of PAKs in pancreatic cancer. He explored a specific PAK1 inhibitor, FRAX-597, and its effects on pancreatic cancer, in vitro (on cells) and in vivo (in mouse models). He found the inhibition of PAK1 through FRAX-597 resulted in reduced growth and spread of pancreatic tumors. These results are promising and confirm notions of the importance of PAKs in the development and progression of this cancer.

The only cure for this cancer is surgical removal of the tumour, yet, for the majority of cases, the cancer recurs.

Endometriosis Suffers Experience Delays in Diagnosis

Kate Young completed her Ian Scott PhD Scholarship in June 2016. Her research on endometriosis has been published in a number of notable research journals, including the Journal of Family Planning and Reproductive Health Care.

Kate’s research involved examining women’s experiences of endometriosis, a condition which currently has no cure or effective long-term treatment. Common symptoms include painful menstruation, heavy menstrual bleeding, painful sex and infertility.

Kate looked at how endometriosis impacts women’s lives and found it had an effect on their sex life, personal relationships, work life, and emotional wellbeing. However, the most common theme was that many women had experienced delays in diagnosis. The study discovered women were more likely to be diagnosed sooner when they approached their doctor describing symptoms as fertility-related rather than a menstrual issue.

Kate had the opportunity to contribute to the discussion on an international level, presenting her work to the Preference Laboratory (Dartmouth College, USA) and the School of Nursing (University of Michigan, USA).
MENTAL HEALTH RESEARCH
Majority of donations to Australian Rotary Health go towards funding preventions, treatments and cures for mental illnesses through four of our mental health research scholarships.

This year ARH contributed funding towards:
- 17 Mental Health Research Grants
- 14 Ian Scott PhD Scholarships
- 4 Postdoctoral Fellowships
- 1 Australian Rotary Health PTSD PhD Scholarship

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.

This year ARH co-funded:
- 3 Research Companion PhD Scholarships
- 44 Funding Partner PhD Scholarships

PROGRAMS
Australian Rotary Health also passionately contributes to three programs which focus on opening opportunities for the disadvantaged.

This year funds went towards:
- 3 Rural Medical Scholarships
- 7 Rural and Remote Nursing Scholarships
- 80 Indigenous Health Scholarships
On an annual basis Australian Rotary Health provides Mental Health Research Grants to scholars who have an interest in studying mental health in young Australians under 25. Scholars can receive funding for a period of 1-3 years. In 2015-2016 Australian Rotary Health funded 17 Mental Health Research Grants, totalling $1,113,607.

**2015-2016 Grant Recipients**

**Dr Lisa Mundy**
Puberty & Mental Health Research 'Pubertal risks for mental health disorders'
Murdoch Children’s Research Institute, VIC, $67,632

**Professor Richard Mattick**
Adolescent Alcohol Use Research 'Impacts of parental supply of alcohol on late-adolescent alcohol outcomes: Phase II of a longitudinal cohort'
University of New South Wales, NSW, $69,534

**Dr Sophie Havighurst**
Toddler Emotions Research 'Tuning in to Toddlers (TOTS): A randomised controlled trial of a program for parents of toddlers' - $63,909
Adolescent Wellbeing Research 'Tuning in to Teens: The prevention of mental health difficulties in adolescents using an emotion-focussed parenting program' - $69,851
University of Melbourne, VIC, $133,760

**Dr Matthew Fuller-Tyszkiewicz**
Depression Symptom Research 'Timely intervention: Efficacy of a depression symptom monitoring smartphone app to deliver psychological intervention at time of greatest need'
Deakin University, VIC, $57,887

**Dr Matthew Spittal**
Adolescent Suicide Research 'Detecting fatal and non-fatal suicide attempt clusters in young people'
University of Melbourne, VIC, $61,167

**Dr Lauren McLellan**
Childhood Anxiety Research 'Improving access to mental health services for children with anxiety'
Macquarie University, NSW, $68,479

**Dr Philip Batterham**
Adolescent Mental Health Research 'A Randomised Controlled Trial testing the effectiveness of a fully-tailored adaptive intervention in reducing mental health symptoms among young people'
Australian National University, ACT, $58,193

**Associate Professor Maria Kangas**
Somatic Syndrome Research 'The CoolKids Health Program: An investigation of a psychotherapy program for distressed youth with functional (medically benign) somatic syndromes'
Macquarie University, NSW, $68,630

**Dr Marie Yap**
Depression & Anxiety Prevention Research 'Evaluating a tailored web-based parenting intervention to prevent adolescent depression and anxiety problems: A pilot randomised controlled trial'
Monash University, VIC, $70,000

**Associate Professor Judith Proudfoot**
Mental Wellbeing & Diabetes Research 'Tools for resilience: A mobile phone and web-based intervention for improving mental wellbeing and reducing distress in adolescents and young adults with Type 1 diabetes'
Black Dog Institute, NSW, $69,897
The ARH Mental Health Research Grant has allowed Dr Matthew Spittal to conduct his research on fatal and non-fatal suicide attempt clusters in young people.

Professor Jane Pirkis
Youth Suicide Prevention Research ‘Effective suicide prevention campaign material for young people: A randomised controlled trial’
University of Melbourne, VIC, $42,689

Dr Laura Hart
Youth Mental Health Research ‘Teen Mental Health First Aid Training: A pilot cluster randomised controlled trial’
University of Melbourne, VIC, $67,734

Associate Professor Allison Waters
Children’s Wellbeing Research ‘Helping young Australians to “Look for Good”: A school-based trial of positive attention training to increase children’s emotional well-being and prevent anxiety and depression’
Griffith University, QLD, $23,794

Previous research has largely focused on identifying clusters of suicides, while there has been comparatively limited research on clusters of suicide attempts. We sought to identify clusters of both types of behaviour, and having done that, identify the factors that distinguish suicide attempts inside a cluster from those that were outside a cluster.

– Dr Matthew Spittal

ONE OF THE MOST SIGNIFICANT BARRIERS TO IMPROVING MENTAL HEALTH TREATMENTS IS THE LOW PRIORITY GIVEN TO MENTAL HEALTH IN THE PUBLIC AGENDA
Ian Scott PhD Scholarships

Australian Rotary Health has awarded Ian Scott PhD Scholarships annually to PhD students for the past 16 years, to continue research into a variety of areas associated with mental health. The grant was named in honour of Ian Scott (1933-2001), the founder of Australian Rotary Health. Each grant is valued at $29,000.

A total of $406,000 was awarded to 14 Ian Scott PhD Scholarship recipients this year.

2015-2016 Scholarship Recipients

Breanne Hobden
Depression in Alcohol Dependence Research
‘Depression management for individuals with comorbid alcohol dependence’
University of Newcastle, NSW

Reneta Slikboer
Compulsive Hair Pulling Research ‘Reward Sensitivity Theory in Trichotillomania’
Swinburne University of Technology, VIC

Lisa Gibson
Cannabis Use in Adolescents Research
‘Development and evaluation of a novel community-based intervention to reduce cannabis use and associated harms among high risk adolescents’
University of New South Wales, NSW

Edith Holloway
Depression & Vision Impairment Research
‘Managing depression within low vision rehabilitation services: the effectiveness of integrating an evidence-based therapy ‘Problem-Solving Therapy for Primary Care’ on depression, quality of life and service utilisation in those with low vision’
University of Melbourne, VIC

Aves Middleton
Suicide Research ‘The development of an effective response for the management of suicidality in primary care for patients with depressive symptoms’
University of Melbourne, VIC

Maria Di Biase
Schizophrenia Research ‘Mapping Whole-Brain Connectivity and Neuroinflammation in Early Psychosis’
University of Melbourne, VIC

Marlee Bower
Homelessness Research ‘The experience of loneliness in the Australian homeless population’
University of Western Sydney, NSW

Michael De Santis
Antipsychotic Drug Research ‘Effects of Chronic Antipsychotic Drug Treatment in Young Rats on Dopamine Neurotransmission’
University of Wollongong, NSW

Ryan Duchatel
Schizophrenia Research ‘Neurobiological Investigation of Interstitial White Matter Neurons in a Maternal Immune Activation Model of Schizophrenia’
University of Newcastle, NSW

Anjalika Wijesurendra
Aged Care Research ‘Community integrated Residential Aged Care: Implications for planning and design. The case of the Australian Aged Care System’
University of New South Wales, NSW

Jeremy Lum
Schizophrenia Research ‘Positive Allosteric Modulation of the Metabotropic Glutamate 5 Receptor in the Treatment of Schizophrenia’
University of Wollongong, NSW

Kate Young
Women’s Mental Health Research
‘Endometriosis and women’s mental health’
Monash University, VIC

Tara Hunt
Suicide in Men Research ‘The development and trial of a training program to optimise telephone crisis-line outcomes with suicidal men’
University of Wollongong, NSW

Katrina Prior
Substance Use & Mental Health Research
‘The relationship between social phobia, depression, and substance use disorders: The impact on treatment outcomes’
University of New South Wales, NSW
Each year Australian Rotary Health allocates funding to Postdoctoral Fellowships, named after the first four Chairman of Australian Rotary Health – Royce Abbey, Geoffrey Betts, Colin Dodds, and Bruce Edwards.

Dr Louise Mewton is one of four Postdoctoral Fellowship recipients funded this year for her project ‘Preventing adolescent mental illness through brain training’.

At the University of New South Wales, Dr Mewton is the Chief Investigator of ‘The Brain Games’ study, which tests whether brain training can reduce risky behaviours, anxiety and negative emotions in teenagers and young adults.

A total of $300,000 was awarded in 2015-2016 to assist early-career researchers with their mental health research projects.

Thanks to my Postdoctoral Fellowship from Australian Rotary Health I am able to conduct the first study looking at whether online brain games, which are designed to be fun as well as challenging, can prevent mental illness in at risk adolescents.

“ Dr Louise Mewton, Bruce Edwards Postdoctoral Fellowship

Dr Tonelle Handley
Geoff Betts Postdoctoral Fellowship Suicide Prevention Research ‘Multi-tiered approach to suicide prevention in young Australians’ University of New South Wales, NSW

Dr Janette Smith
Royce Abbey Fellowship Alcohol Effects in Adolescents Research ‘Neuropsychiatric deficits in young heavy drinkers’ University of New South Wales, NSW

Dr Laura Hart
Colin Dodds Postdoctoral Fellowship Eating Disorders in Children Research ‘Confident Body, Confident Child: Effectiveness trial of community-based dissemination of a resource to support parents of pre-schoolers in preventing body dissatisfaction, eating disorders and obesity in their children’ La Trobe University, VIC

Dr Louise Mewton
Bruce Edwards Postdoctoral Fellowship Adolescent Mental Illnesses Research ‘Preventing adolescent mental illness through brain training’ University of New South Wales, NSW
Australian Rotary Health funds one Post-Traumatic Stress PhD Scholarship to allow further research on the effects of war-related stress on veterans and their families. This special scholarship is valued at $35,000.

**2015-2016 Scholarship Recipient**

**Kristin Graham**  
"The relationship between combat exposure, the effects of post-traumatic stress and non-specific somatic symptoms."  
University of Adelaide, SA

**Research Companion PhD Scholarships**

Research Companion PhD Scholarships allow PhD students to complete projects in any health area over three years. Each scholarship is uniquely named after the sponsors who fund the research project and select the area of interest.

This year three Research Companion PhD Scholarships were funded through Australian Rotary Health.

**2015-2016 Scholarship Recipients**

**Leonard Kanowski**  
The Kaiyu Enterprises Scholarship  
*Mental Health Research 'Developing a Mental Health Resilience Program with Australian Aboriginal Communities'*  
University of Newcastle, NSW

**Dr Bridget Regan**  
Bartolina Peluso Research Scholarship  
*Dementia Research 'Cognitive Rehabilitation in Early Dementia and Mild Cognitive Impairment: Is it helpful?'*  
La Trobe University, VIC

**Sian McLean**  
The Lorraine and Bruce McKenzie Scholarship  
*Mental Health of Young Australians Research 'Sociocultural and peer related factors in body image in adolescent girls: Implications for prevention'*  
La Trobe University, VIC

**News from a previous scholar:** Research Companion PhD Scholar Dr Stephanie Shepheard was awarded a Flinders University Vice-Chancellor’s Prize for Doctoral Thesis Excellence in April 2016. Dr Shepheard was funded by Australian Rotary Health and the York Family PhD Scholarship from 2011-2013. She recently accepted a post-doctoral role in the UK, and was one of 10 South Australians to participate in Fresh Science 2016 – a national competition helping early-career researchers find and share their research discoveries.
The Funding Partner PhD Scholarship is funded by three parties: a Rotary Club or District, a University and Australian Rotary Health.

Since the scholarship was established in 2002, scholars have received up to $29,000 annually to research a variety of areas including cancer, heart disease, neurological disorders and children's health.

In 2015-2016 Australian Rotary Health has contributed funding to 44 Funding Partner PhD Scholarships.

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**2015-2016 Scholarship Recipients**

**Steven Ngo**
Co-funded by the Rotary Club of Richmond, VIC

Cancer Research 'Engaging differentiation of immature leukemic cells in acute myeloid leukaemia' Monash University, VIC

**Sheena Daignault**
Co-funded by the Rotary Clubs of Kiama & Gerringong, NSW

Melanoma Research 'Deciphering the role of Microphthalmia-associated Transcription Factor (MITF) in cell cycle phase-specific drug resistance of melanoma' University of Queensland, QLD

**Sarah Furlong**
Co-funded by the Rotary Club of West Wollongong, NSW

Youth Suicide Research 'Using a multi-level nation-wide approach to improve the identification of young people at risk for suicide and motivate them to access and engage with appropriate treatment' University of Wollongong, NSW

**Rebecca Sheriff**
Co-funded by the Rotary Club of Ballarat South, VIC

Post-Traumatic Effects from War Related Stress Research 'An investigation of the relationship between serving in the Australian Defence Force and common mental disorders' University of Adelaide, SA

**Jasmina Markulic**
Co-funded by Rotary District 9650, NSW

Parkinson's Disease Research 'Recruiting the Immune System to fight Parkinson's Disease' St Vincent's Medical Research Institute, VIC

**Anna Francis**
Co-funded by the Jack Wilson Kidney Research Scholarship - District 9650, NSW

Kidney Disease Research 'Improving the long term outcomes of children with chronic kidney disease' University of Sydney, NSW

**Elizabeth Senn**
Co-funded by the Terry Orr Memorial Scholarship

Genomics & Nutrigenomics & its effect on Methylation Research 'Genomics and Nutrigenomics and its Effect on Neonatal Methylation and Subsequent Child Neurodevelopment' Murdoch Childrens Research Institute, VIC

**Titi Chen**
Co-funded by the Rotary Club of Blacktown City, NSW

Chronic Kidney Disease Research 'Defining the role of kidney dendritic cells in kidney disease for potential therapies' University of Sydney, NSW

**Richa Kohli**
Co-funded by the Rotary Club of Sunbury and the Isabella and Marcus Paediatric Brainstem Fund, VIC

Paediatric Brainstem Tumour Research 'Genetically-modified neural stem cell lines as pre-clinical models of paediatric brainstem tumours' Monash University, VIC

**Sarron Randall-Demlo**
Co-funded by the Rotary District 9830, TAS

Bowel Cancer Research 'Investigation of Carcinogenesis pathways in colitis-associated colorectal cancer' University of Tasmania, TAS

**Mohammad Basim Al-Ansari**
Co-funded by the Rotary Club of Manly & Royal Far West, NSW

Health Services Research 'Impact of health services on children in rural and remote parts of Australia' University of Sydney, NSW

**Michelle Benstead**
Co-funded by Motto Fashions & the Rotary Club of Richmond, NSW

Youth Mental Health Research 'Development and Evaluation of BEST Foundations: A Preventative Family-based Intervention for Children at Risk of Developing Depression in Adolescence' Deakin University, VIC
Lauren Whyte
Co-funded by the Rotary Club of Adelaide, SA
Alzheimer’s Disease Research 'Risk factors for Alzheimer’s disease – does lysosomal dysfunction play a role?'
University of Adelaide, SA

Joe Steeples
Co-funded by the Rotary Club of Adelaide, SA
Youth Homelessness Research 'Homeless, young and accompanied: identifying the diverse issues young people with families face when homeless in Adelaide'
University of Adelaide, SA

Susannah Hallal
Co-funded by the Rotary Club of Caringbah, NSW
Brain Tumour Research 'Novel insights into microglia signalling in glioblastoma multiforme (GBM)'
University of Western Sydney, NSW

Simone Thomas
Co-funded by the Rotary Club of Illawarra Sunrise, NSW
Autism Research Active Kids: A comprehensive biopsychosocial understanding of factors that enhance and hinder physical activity, social engagement and motor development in children with ASD'
Deakin University, VIC

Sebastian Pohl
Co-funded by the Rotary Club of Belmont, NSW
Cancer Research 'The role of secreted frizzled-related protein 4 and DEAD-Box Helicase DP193 on breast and brain cancer stem cells'
Curtin University, WA

Thomas Ware
Co-funded by the Rotary Club of Templestowe & Dine for a Cure, VIC
Brain Cancer Research 'Targeting pro-invasive signalling network to overcome resistance to standard therapy in Glioblastoma'
University of Melbourne, VIC

Joseph Po
Co-funded by the Rotary Club of Liverpool West, NSW
Gynaecological Oncology Research 'Biology of circulating tumour cells in patients with advanced ovarian cancer: Does epithelial to mesenchymal transition (EMT) contribute to chemoresistance?'
University of Sydney, NSW

Natalie Dodd
Co-funded by Rotary District 9650 Bowelscan, NSW
Bowel Cancer Research 'Improving uptake of colorectal screening among primary care attendees'
University of Newcastle, NSW

Dannel Yeo
Co-funded by the Ian Loxton Pancreatic Cancer PhD Scholarship
Pancreatic Cancer Research 'Role of p21-activated kinases in pancreatic cancer'
University of Melbourne, VIC

Lisa Oyston
Co-funded by the Rotary Club of Dural, NSW
Parkinson’s Disease Research 'Conserved Modifiers of Parkinson’s Disease'
University of New South Wales, NSW

Rebecca Dagg
Co-funded by the Harry Banks Sutherland Rotary PhD Scholarship
Childhood Cancer Research 'A novel mechanism for sustained proliferation of neuroblastoma cells'
University of Sydney, NSW

Mareike Daher-Heath
Co-funded by the Rotary Club of Toowong, QLD
Melanoma Research 'Identifying the mechanism of the G2 phase UV checkpoint and repair response commonly defective in melanoma'
University of Queensland, QLD

Samantha Cosh
Co-funded by the Gudran Delarue Ovarian Cancer Fund and Rotary Club of Dural, NSW
Ovarian Cancer Research 'Investigations into genetic aberrations underlying recurrent ovarian cancer'
University of Queensland, QLD

Larissa Lewis
Co-funded by Rotary District 9690, NSW
Adolescent Development Research 'Social media and adolescent development'
University of Sydney, NSW

Catherine Kubel
Co-funded by the Rotary Club of West Wollongong, NSW
Quality of Life in Dementia Patient Research 'Towards a decision-making framework for behavioural problems in residential dementia-care facilities'
University of Wollongong, NSW
Isabella Lambert-Smith
Co-funded by the Rotary Club of Dural, NSW
Motor Neuron Disease Research 'Are Proteostasis Defeats Responsible for Amyotrophic Lateral Sclerosis?'
University of Wollongong, NSW

Blagojce Jovcevski
Co-funded by the Henning Family Alzheimer’s Disease Research 'Structure, Function and Interactions of Hsp20 with Hsp27 and αB-crystallin: Potential Implications in Neuromdegenerative Disease'
University of Wollongong, NSW

Emma Gliddon
Co-funded by the Ian Parker Bipolar Fund Bipolar Disorder Research 'Assessing an Online Psychotherapy Program for Bipolar Disorder'
Deakin University, VIC

Louise Birrell
Co-funded by the David Henning Memorial Foundation Mental Health Research 'Untangling co-morbidity: substance use and mental health in young Australians'
University of New South Wales, NSW

Yang Kong
2014 Co-funded by the Rotary Club of Blacktown City, NSW
Children’s Heart Disease Research 'Detection and prevention of early atherosclerosis in children with fetal growth restriction'
University of Sydney, NSW

Kelsie Boulton
Co-funded by the Rotary Club of Illawarra Sunrise, NSW
Autism Research 'The underpinnings of social dysfunction in autism and Williams Syndrome: from genes to brain to hormones'
Macquarie University, NSW

Monique Bax
Co-funded by the Rotary Club of Cronulla, NSW
Motor Neuron Disease Research 'Modelling sporadic Amyotrophic Lateral Sclerosis (ALS) using induced pluripotent stem cells derived from ALS patients'
University of Wollongong, NSW

Jarrod Gillett
Co-funded by the Rotary Club of St Ives, NSW
Cerebral Palsy Research 'A randomised controlled trial of progressive resistance training and functional training on muscle properties and mechanical gait deficiencies in youth with spastic type cerebral palsys'
University of Queensland, QLD

Jane Phillips
Co-funded by the Rotary Club of Dural, NSW
'The use of High Frequency Ultrasound to describe dermal depth and composition and its correlation with other physical measures in people with and without primary lymphedema and to describe the impact of physical interventions.'
Flinders University, SA

Harsha Suresh
Co-funded by the Rotary Club of Derrimuirport, TAS
'A study to alleviate the symptoms of gastroperosis using dietary modification'
Western Sydney University, NSW

Jay Nakamura
Co-funded by Margaret & Rodney Orr 'Epigenetic Mechanisms of Maternal Immune Activation'
Monash University, VIC

Siobhan Loughnan
Co-funded by the David Henning Memorial Foundation An online cognitive behavioural therapy program for women with depression in the perinatal period: A randomised controlled trial
University of New South Wales, NSW

Blake Smith
Co-funded by Kerry Anderson & Rotary District 9650, NSW 'Development of RNAi therapeutics for Epidermolysis Bullosa Simplex'
Murdoch Childrens Research Institute, VIC

Bevan Main
Co-funded by the Rotary Club ofMornington Inc., VIC 'The role of Type-1 Interferons in Parkinson’s disease'
University of Melbourne, VIC

Michelle Palmieri
Co-funded by Rotary District 9780, VIC 'Understanding Oncogenic PEG Signalling in Colorectal Cancer - From Function to Therapy'
The Walter & Eliza Hall Institute of Medical Research, VIC

Anthony Espinoza
Co-funded by the Rotary Club of Dural & Penrith Valley, NSW 'BrachyPix: advanced QA in prostate cancer treatment by high dose rate brachytherapy'
University of Wollongong, NSW
Rural Medical Scholarships

Australian Rotary Health provides Rural Medical Scholarships to encourage future doctors to offer their services in rural Australian communities.

Successful candidates receive $5,000 to undertake work placements at a rural and remote health care service, with the aim that the student will pursue a career in a rural area once fully qualified.

2015-2016 Scholarship Recipients

Tristan Scott
University of Wollongong, NSW
Forbes Rural Clinical School
Sponsored by: Rotary District 9750 (now District 9675), NSW

Stuart Plant
Western Sydney University, NSW
Bathurst Rural Clinical School
Sponsored by: Rotary District 9750 (now District 9675), NSW

Lilia O’Connor
Western Sydney University, NSW
Bathurst Rural Clinical School
Sponsored by: the Rotary Club of Wollondilly North, NSW

During Lilia’s medical studies at Western Sydney University, she has engaged in a year-long placement at the Bathurst Rural Clinical School, funded by Australian Rotary Health.

Lilia’s rural calling became clear within the first few weeks of her university degree, when she was elected as the first year representative of the Rural Health Union of Western Sydney University (RHUWSU). Lilia quickly discovered there was a serious lack of healthcare professionals in rural areas and felt there were similarities between these communities and her hometown in the Hunter Valley.

RHUWSU provided opportunities for Lilia to travel to rural communities across Australia, including the Northern Territory on two occasions. She was guided by GP obstetricians in the small NSW towns of Bega and Singleton, and her passion grew even more when she realised her work could make a positive impact.

In July 2015, Lilia joined eleven other 4th year medical students in Bathurst to begin their 12-month placements. In Lilia’s first rotation she gained some experience in General Practice and worked closely with members of the Bathurst community. She also spent time working alongside GPs and allied health professionals in nearby towns.

At the end of her first semester, Lilia worked in Paediatrics where she made strong connections with the team of nurses, doctors, allied health professionals and patients.

Lilia moved onto the local Aboriginal Medical Service in her second semester which broadened her understanding of Indigenous health and some of the challenges these people face. With her student peers, Lilia attended most of the local shows and fetes and offered free health checks to the public under the supervision of the local GPs.

While Lilia was on the second half of her placement at the Bathurst Base Hospital she was mentored by the head professors as she engaged in a general medical and general surgical term with a superimposed oncology term running throughout.

By June 2016, Lilia wrapped up her placement and on the final night was presented the Ben Chifley Award for Community Involvement.

“IT IS WIDELY ACCEPTED THAT THERE IS AN OVERALL SHORTAGE & AN UNEVEN DISTRIBUTION OF GPS IN AUSTRALIA & RURAL COMMUNITIES ARE CONSISTENTLY THE WORST SERVED. (National Health and Hospitals Reform Commission NSW Rural Doctors Network Submission)”

“"My time in Bathurst was not just fun or professionally rewarding, it formed a major part of my medical degree and reaffirmed once more my love for rural communities and rural medicine.""
Rural Nursing Scholarships

Australian Rotary Health offers two Rural Nursing Scholarships, known as the Parnell Rural and Remote Nursing Scholarship and the Rotary Club of Sales Rural Nursing Scholarship.

These provide 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.

Each scholarship is worth $12,500 and this year they were awarded to seven nursing students.

2015-2016 Scholarship Recipients

Parnell Rural Nursing Scholarship 2015-2016
Up to four of these scholarships are offered annually to nursing students. This year three candidates won this scholarship and undertook placements in either country New South Wales or Queensland.

Jacqueline Rose
University of Southern Queensland
Mitchell Hospital, QLD

Taylor Henderson
University of Newcastle, NSW
Remote Rotation Program, NSW

Allie Reid
Charles Sturt University, NSW
Wagga Wagga Base Hospital, NSW

Rotary Club of Sales Rural Nursing Scholarship
Supported by the Rotary Club of Sales, nursing or midwifery students who are awarded this scholarship undertake their final placement at a healthcare service in the East Gippsland area, Victoria.

Naomi Taylor
Monash University, VIC
Central Gippsland Health Service
Sale Hospital, VIC

Rhys Cuthill
Monash University, VIC
Central Gippsland Health Service
Sale Hospital, VIC

Beth Madden
Monash University, VIC
Central Gippsland Health Service
Sale Hospital, VIC

Fiona Veith
Monash University, VIC
Central Gippsland Health Service
Sale Hospital, VIC

Scholar Spotlight FIONA VEITH

Fiona Veith
Monash University
Bairnsdale Hospital, VIC

Fiona Veith has been working as an enrolled nurse for the past 25 years and has long hoped to complete her degree in nursing. During her final year of study in January 2015, the Rotary Club of Sales Rural Nursing Scholarship allowed her to undertake work placements at Bairnsdale Regional Health Service (BRHS) to further build on her knowledge and skills.

At BRHS, Fiona began her placement in the Gabo ward. During this period, she dealt with patients with issues such as myocardial infarcts, heart failure and abnormal rhythms. This learning experience was particularly useful in a rural setting where risk factors for heart disease are much greater than in areas with easier access to health care.

Fiona’s next move was to the Dialysis Unit where she spent 3 months helping patients with kidney disease/failure and haemodialysis. Fiona learned there are growing numbers of rural community members with diabetes, hypertension and cardiac problems which ultimately contribute to kidney disease and failure. East Gippsland particularly has a high Indigenous population who are at risk.

The third placement of Fiona’s grad year was in District Nursing, where one of her focuses was wound care, including diabetic wounds, surgical wounds, infected wounds and wounds that resulted in amputation.

District Nursing also gave Fiona the opportunity to provide support for palliative care patients and their families. Another service delivered by the hospital was ‘Hospital in the home’, which required Fiona to visit patients at their houses to check vital signs and general health, dress wounds, administer medication and organise home services. This gave Fiona a whole new appreciation for the families of patients.

Overall the placements were enjoyable, and sometimes quite an emotional experience. Since finishing her post graduate year Fiona is now employed at Bairnsdale Regional Health Service.
Indigenous Health Scholarships

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 includes nursing, medicine, social work and dentistry.

In 2015-2016, 80 Indigenous health students were awarded $400,000 in scholarships.

2015-2016 Scholarship Recipients

NEW SOUTH WALES

Taylor-Jai McAlister
Macquarie University, NSW. Bachelor of Psychology. Sponsored by: the Rotary Club of Parramatta City

Harley Donoghue
University of Sydney, NSW. Bachelor of Applied Science (Physiotherapy). Sponsored by: the Rotary Club of Parramatta

Lucas Booth
University of Newcastle, NSW. Bachelor of Medicine. Sponsored by: the Rotary District 9650

Shanice Griffen
University of Sydney, NSW. Bachelor of Medicine. Sponsored by: the Rotary District 9650

Nathan Taylor
Macquarie University, NSW. Bachelor of Human Science (Public Health). Sponsored by: the Rotary Club of Maroubra

Madeline Parsons
Charles Sturt University, NSW. Bachelor of Medical Radiation Science (Medical Imaging). Sponsored by: the Rotary District 9650

Kasarina Mann
University of Sydney, NSW. Bachelor of Health Science (Psychology). Sponsored by: the Rotary Club of Parramatta

Rochelle Minns
University of Sydney, NSW. Bachelor of Applied Science (Physiotherapy). Sponsored by: the Rotary Club of Sutherland/ Bob Bayles Scholarship

Kristy-Lee Wickey
Charles Sturt University, NSW. Bachelor of Nursing. Sponsored by: the Rotary Club of Orange

Julieann Hall
Charles Sturt University, NSW. Bachelor of Health Science (Mental Health). Sponsored by: the Rotary Club of Wagga Wagga Sunrise

Joanne Scoble
Charles Sturt University, NSW. Bachelor of Health Science (Mental Health). Sponsored by: Dom Drady Scholarship & the Rotary Club of Leeton

Stephen Bell
University of Wollongong, NSW. Master of Indigenous Health. Awarded 2015 Sponsored by: the Rotary Club of Sydney Inner West

John Towney
University of Newcastle, NSW. Bachelor of Medicine/Surgery. Sponsored by: the Rotary Club of Junee

James Begley
University of Sydney NSW. Bachelor of Applied Science (Exercise and Sports Science). Sponsored by: the Rotary Club of Sydney - Soukup Foundation

Amy Hawker
University of Sydney, NSW. Bachelor of Applied Science (Physiotherapy) Sponsored by: the David Henning Memorial Foundation

Erika Chapman-Burgess
University of Newcastle, NSW. Bachelor of Medicine/Surgery. Sponsored by: the Eastern Suburbs Law Society

Kym Bowman
Western Sydney University, NSW. Bachelor of Medicine. Sponsored by: the Quality Occupational Health, Merrylands

Cameron Edwards
University of Sydney, NSW. Bachelor of Applied Science (Physiotherapy) Sponsored by: the Learnmed Group

Blake Badman
University of Sydney, NSW. Bachelor of Applied Science (Physiotherapy) Sponsored by: the Rotary Club of Randwick

Thomas Hatch
Western Sydney University, NSW. Bachelor of Medicine/Surgery

Congratulations to our Indigenous Health Scholar Dr Daniel Hunt, who was named the 2016 National NAIDOC Scholar of the Year for Western Australia!
Russell Thompson  
University of New South Wales, NSW. Bachelor of Medicine Scholarship  
Sponsored by: the Rotary Club of Marrickville

Sarah Large  
University of Sydney, NSW. Bachelor of Science (Physiotherapy)  
Sponsored by: the Rotary Club of Holroyd & Dr King Gan

Taylor Degoumois  
Charles Sturt University, NSW. Bachelor of Health Science (Mental Health)  
Sponsored by: the Rotary Club of Wagga Wagga Murrumbidgee

Joshua Russell  
Macquarie University, NSW. Bachelor of Human Science (Physiotherapy)  
Sponsored by: the Rotary Club of Sydney - Soukup Foundation

A U S T R A L I A N  C A P I T A L  T E R R I T O R Y  
Kate Postans  
University of Canberra, ACT. Bachelor of Nursing. Sponsored by: the Rotary Club of Canberra East

V I C T O R I A  
Kathryn Sullivan  
University of Melbourne, VIC. Masters of Social Work. Sponsored by: the Poche Foundation

Chana Orloff  
University of Melbourne, VIC. Master of Public Health. Sponsored by: the Poche Foundation

Maliknaz Rind  
Deakin University, VIC. Bachelor of Nursing. Sponsored by: the Rotary Club of Geelong

Shahnaz Rind  
Deakin University, VIC. Bachelor of Nursing. Sponsored by: the Rotary Club of Highton

Jennifer Turner  
Deakin University, VIC. Bachelor of Nursing. Sponsored by: the Rotary Club of Manningham

Ally Charles  
Latrobe University, VIC. Bachelor of Nursing. Sponsored by: the Rotary Club of Kerang

Sally Hood  
Deakin University, VIC. Bachelor of Nursing. Sponsored by: the Rotary Club of Ivanhoe

Laura Alsop  
Deakin University, VIC. Bachelor of Medicine. Sponsored by: the Rotary Club of Glen Waverley

Danika Dale  
Latrobe University, VIC. Bachelor of Nursing. Sponsored by: Dr King Gan

Teagen Cornelissens  
Latrobe University, VIC. Master of Nursing (Maternal and Child Health) Sponsored by: Ian & Claire Graham

Michael Lawler  
LaTrobe University, VIC. Bachelor of Dentistry. Sponsored by: the Rotary Club of Bright

Q U E E N S L A N D  
Raylene Hodges  
Deakin University, VIC. Bachelor of Social Work

Wollongong University, NSW. Post Graduate Certificate in Indigenous Trauma Recovery Scholarship. Sponsored by: the Rotary Club of Cairns Mulgrave

Tayla Emmerson  
Griffith University, QLD. Bachelor of Oral Health in Dental Technology  
Sponsored by: the Rotary Club of Murwillumbah Central

Monique Saunders  
Griffith University, QLD. Bachelor of Biomedical Science. Sponsored by: the Rotary District 9790

Hannah Tilling  
University of Queensland, QLD. Bachelor of Medicine. Sponsored by: the Rotary Club of South Brisbane

Bobby Hagan  
James Cook University, QLD. Master of Social Work (Mental Health)  
Sponsored by: the Rotary Club of Cleveland

Shani Lavender  
James Cook University, QLD. Bachelor of Medicine. Sponsored by: the Rotary Club of Thuringowa Central

Nickalus Saveka  
James Cook University, QLD. Bachelor of Dental Surgery. Sponsored by: the Rotary Club of Ashgrove/The Gap

Jennifer Briese  
University of Sunshine Coast, QLD. Bachelor of Social Work. Sponsored by: the Rotary Club of Gympie-Cooloola

Samantha O’Connor  
University of Queensland. Bachelor of Medicine. Sponsored by: the Rotary Club of Ashgrove/The Gap

I a n  L e e  
Flinders University, NT. Bachelor of Medicine. Sponsored by: the Rotary Club of Darwin Sunrise

Raelene Noonan  
Charles Sturt University, NSW. Graduate Diploma of Midwifery  
Sponsored by: the Rotary Club of Darwin South

Anne-Marie Nielsen  
Flinders University, NT. Bachelor of Medicine. Sponsored by: the Rotary International District 9790

W E S T E R N  A U S T R A L I A  
Naomi Lloyd  
University of Western Australia, WA. Bachelor of Medicine. Sponsored by: the Rotary Club of Matilda Bay

Phoebe Strickland  
University Western Australia, WA. Bachelor of Medicine. Sponsored by: the Rotary Club of Melville & Lindsay Cozens Aboriginal Education Trust
2015–2016 FUNDING

Monique Lucas
University of Western Australia, WA.
Bachelor of Medicine. Sponsored by: the Rotary Club of Northam

Veronica Dolman
University of Western Australia, WA.
Bachelor of Medicine/Surgery
Sponsored by: the Rotary Club of Mundaring

Shauna Hill
University of Western Australia, WA.
Bachelor of Medicine/Surgery
Sponsored by: the Rotary Club of Ascot

Vinka Cummins-Barunga
University of Western Australia, WA.
Bachelor of Medicine/Surgery
Sponsored by: Dr King Gan, Rotary Clubs of Applecross & Cockburn

Daniel Hunt
University of Western Australia, WA.
Doctor of Dental Medicine.
Sponsored by: the Rotary Club of Southern Districts

Samantha Jackson
University of Western Australia, WA.
Bachelor of Medicine and Surgery
Sponsored by: the Rotary Club of Kenwick & Lindsay Cozens Aboriginal Education Trust

SOUTH AUSTRALIA

Amanda Mitchell
Deakin University, VIC. Master of Public Health. Sponsored by: Coopers Brewery

Kim Morey
Deakin University, VIC. Master of Public Health. Sponsored by: Coopers Brewery

James Blewit
Flinders University, SA. Bachelor of Health Science (Physiotherapy)
Sponsored by: the Rotary Club of Walkerville

Amy Hocking
University of South Australia, SA.
Bachelor of Nursing. Sponsored by: the Rotary Club of Norwood

Chelsea Moore
Flinders University, SA. Bachelor of Nursing. Sponsored by: the Rotary Club of Morialta

Damian Rigney
University of South Australia, SA.
Bachelor of Nursing. Sponsored by: the Rotary Club of Elizabeth

Teean Hart
University of Adelaide, SA. Bachelor of Psychology. Sponsored by: the Rotary Club of Salisbury

Tameka O’Donnell
University of Adelaide, SA. Bachelor of Nursing. Sponsored by: the Rotary Club of Walkerville

Nicolas Reid
University of Adelaide, SA. Bachelor of Dental Surgery. Sponsored by: the Rotary Club of Coromandel Valley

Daniel Zweck
University of Adelaide, SA. Bachelor of Health Science. Sponsored by: Professor M Sage

Kimberley Shearer
University of Adelaide, SA. Bachelor of Health Science (Occupational Therapy) Sponsored by: the Rotary Club of Port Augusta

Joanne O’Connor
University of Adelaide, SA. Master of Psychology (Clinical). Sponsored by: the Rotary Club of Adelaide

Rosemary MacLaine
Flinders University, SA. Bachelor of Midwifery. Sponsored by: the Rotary Club of Elizabeth

Danielle Lovegrove
University of South Australia, SA.
Bachelor of Nursing. Sponsored by: the Rotary Club of Mitcham

Kali Graham
Flinders University, SA. Bachelor of Paramedic Science. Sponsored by: the Dr H Sage

Shanameae Davis
Flinders University, SA. Bachelor of Health Science. Sponsored by: the Rotary Club of Yankalilla

Talisha King
University of Adelaide, SA. Master of Public Health. Sponsored by: the Rotary Club of Mitcham

Sandra Lawrie
Deakin University, Vic. Bachelor of Social Work. Sponsored by: the Rotary Club of Blackwood

Patricia Lawson
Deakin University, Vic. Bachelor of Nursing. Sponsored by: the Australian Chinese Medical Association

Dustin McGregor
Flinders University, SA. Bachelor of Medicine. Sponsored by: the Rotary Club of Stirling

Taryn Pool
University of Adelaide, SA. Bachelor of Nursing. Sponsored by: the Rotary Club of Waikerie

Gemma Warner
University of Adelaide, SA. Bachelor of Psychological Science. Sponsored by: the Rotary Club of Playford

Sharmaine Williams
University of Adelaide, SA. Bachelor of Psychological Science. Sponsored by: the Rotary Club of Hyde Park
OTHER HAPPENINGS

"Australia is highly respected for its research into mental health. We are seen as world leaders in a number of areas - treatment, service delivery, and prevention of mental disorders. This respect is in no small part due to the outstanding role played by Australian Rotary Health in supporting mental health research. As standard government funding for research diminishes, the role played by ARH, as the largest non-government provider of research funding for mental health, becomes ever more critical."

- Professor Ron Rapee, Macquarie University
Media Training and Presentation Training Workshop

On Tuesday December 1, 2015, Australian Rotary Health held a Media Training and Presentation Training Workshop at the University of Queensland for some of our researchers.

The workshop was broken up into two sessions to prepare PhD students for future situations where they would have to liaise with the media and present their own research for a lay audience.

The first session, Media Training, was run by scientist and long-term broadcaster, Professor Rob Morrison OAM. He touched on some media tips including selecting appropriate angles for science stories, putting together media releases and how to engage in interviews.

The second session, Presentation Training, was run by Professor Michael Sawyer OAM from the University of Adelaide. Participants watched three presentations by ARH scholarship holders and analysed the suitability for presenting these to a Rotary Club or community group.

Indigenous Mentoring Program

Each year Australian Rotary Health puts together an Australia wide Indigenous Mentoring Program to encourage relationship building and communication between Rotary Clubs and their sponsored Indigenous Health students. The aim of this program is to give students a glimpse into the world of Rotary and allows them to discuss openly the progress of their scholarship and receive advice in a safe and encouraging environment.

The programs are run by ARH Programs Coordinator, Cheryl Deguara.

A Student’s View:
Karen Pinder Klemenchic, Charles Sturt University

“On December 17 2015, I graduated with a Masters in Human Services. This involved subjects in research, human rights, organisational management and social work. Rotary has been a huge part of my journey, either through facilitation with their scholarship or support through the mentoring program. Without their mentorship I know that if I didn’t have them and their support I may have withdrawn from the studies.

I am so grateful to Rotary for their commitment and unconditional support towards me, as I have never had anyone believe in me before. Every time I went to Sydney for the mentoring program they were welcoming all us students into their world. They had a genuine interest in the betterment of Indigenous people and our communities.

On my last visit one of the Rotarians said to me “So where are you going next?”, I responded with “I would like to start my Doctorate in Social Work and to do research.” He just looked at me and said “Well then, we are looking at Dr Karen Pinder Klemenchic.”

With that I felt like I could do it, I could be a doctor in Social Work! It is hard to explain but to hear that allowed me to feel it’s ok to want to do this. That sense of self and determination will follow me and I hope it continues to when I feel I don’t fit in or am drowning in assignments. I will remember the Rotarians faith in me and try to make them proud of me and my achievements and I hope they know they are a big part of that.

Thank you to all the Rotarians that I have met over the past 4 years I will miss you all.”
Mental Health Skills for Nurses and Midwives

Australian Rotary Health has funded a mental health first aid course at Townsville Hospital and Health Service so that nurses and midwives can boost their knowledge on mental-health related issues and learn strategies to help a person with a mental-health problem.

Around 150 nurses and midwives have been attending the course which runs for 6 months.

Bob Aitken’s Promotional Trips

During the year three scheduled promotional trips for Bob Aitken AM were organised – District 9630 in Queensland in March, District 9830 in Tasmania in May and District 9500 in South Australia in June.

Directors PDGs Des Lawson, Kevin Shadbolt and Barbara Wheatcroft accompanied Bob visiting various clubs in the Districts to promote Australian Rotary Health. Bob plans a trip to Wagga Wagga along with a couple of other trips prior to the end of the year. Bob, acting as an Ambassador for Australian Rotary Health visited clubs to inform them more about ARH and our programs.
OUR SUPPORTERS

ARH supports very practical research that is likely to have immediate benefits to the community.

- Professor Anthony Jorm, University of Melbourne
David and Karen Brown after receiving their ARH Medal.

**Australian Rotary Health “Medal”**

David and Karen Brown were awarded the Australian Rotary Health medal in 2015 for their support of numerous charity bike ride fundraisers, including the District 9810 Ride to Conference and the Great Australian Bike Ride in 2009.

**Award for Knowledge Dissemination**

Australian Rotary Health sponsors an award for Knowledge Dissemination through the Society for Mental Health Research (SMHR) on an annual basis. Professor Eoin Killackey was chosen as the recipient for 2015, for his work addressing the major gap in employment and education for young people with mental illness.

Eoin and his research team at the Functional Recovery Research Unit have conducted workshops with clinicians internationally, producing manuals, webinars and training, seeking mainstream awareness through media to reduce stigma around mental illness.

**Award for Research Excellence in Prevention**

The Australian Rotary Health-Alliance for the Prevention of Mental Disorders (ARH-APMD) awards recognise excellence in research in the area of prevention of mental disorders, for researchers whose work is beginning to make a significant impact, reflecting either scientific excellence or public impact (or both). There are three categories:

**PhD Candidate Award**

The PhD Candidate Award winner for 2015 was Katrina Chapman from the University of New South Wales.

**Early Career Researcher Award**

Dr Nicola Newton from the University of New South Wales is the 2015 winner of the Early Career Researcher Award.

**Mid-Career Researcher Award**

Australian National University Associate Professor Nicholas Cherubin was selected as the 2015 winner for the Mid-Career Researcher Award.
The 2016 AGM was held on September 1 this year (much earlier than usual), so we were able to include some more recent achievements in this Annual Review. Congratulations to all of our award recipients so far for 2016!

Life Membership

Life Membership is the highest and most prestigious award you can receive at Australian Rotary Health and in 2016 it was awarded to Professor Michael Sawyer OAM.

Michael accepted the award at the ARH Dinner on August 31. He has done some marvellous work for ARH over the years and currently contributes as Medical Adviser to the ARH Board.

Well done, Michael.

Australian Rotary Health “Medal”

PP Keith Henning OAM of the Rotary Club of Parramatta City (NSW) was announced as the 2016 recipient of the ARH Medal recently for his outstanding and meritorious service to Australian Rotary Health.

Dick White District Achievement Award

Rotary District 9810 received the Dick White District Achievement Award in 2016 after raising $1 million over the past 30 years through their efforts in the ‘Bike Ride to Conference’.

DG Carol Lawton accepted the Award at the AGM on behalf of the District.
City2Surf
Sunday August 10, 2015
City2Surf once again got people out there, working up a sweat and raising money for a number of charities, including Australian Rotary Health.

In May 2016 we also welcomed ‘City2Surf Legend’ Chris Edwards as our new Australian Rotary Health Ambassador. Chris is an active Rotarian with the Rotary Club of Hall (ACT) and has completed every single City2Surf run.

North Ryde Fun Run
Sunday August 30, 2015
Rotarians from North Ryde and Macquarie Park (NSW) had a goal to raise $10,000 for their second annual North Ryde Fun Run, but the event was such a tremendous success, they ended up exceeding the mark and raising $16,695! There were 361 entrants, 50 sponsors and volunteers and a portion of the proceeds went to youth mental health research through ARH.

Hat Day
Friday October 9, 2015
Hat Day 2015 was a chance for Rotary Clubs, community organisations, work colleagues and friends to put on their most stylish or quirky hat and have a conversation about mental health.

The event has continued to bring in thousands of donations and since last year Australian Rotary Health has received $182,741 to go towards mental health research.

www.hatday.com.au

Australian Rotary Health Wine, Food and Music Race Day
Sunday October 11, 2015
The day out at Hawkesbury Race Course NSW is always a fun one and this time 270 people showed up in their Sunday best for a bit of food, wine and horse racing. Australian Rotary Health received $16,000 in donations to fund research scholarships and programs.

Ulverstone Health and Wellbeing Expo and Gala Dinner
Friday October 23, 2015
Ulverstone West Rotary Club (Tasmania) held their annual Wellbeing Expo and Gala Dinner to raise awareness and promote ways of building personal health. Australian Rotary Health received $4,000 of donations.

Golf for a Purpose - Twin Creeks Golf Day
Friday November 13, 2015
84 golfers played to raise money for post-traumatic stress disorder (PTSD). Beat the on course professional was taken seriously as Courtney McNeill challenged the players.

Australian Rotary Health received $20,000 with the Birdie Hole and the Eagle Nest fun hole to extract valuable funds for research. Later in 2016 we are taking the successful format to the Macarthur Region to play ‘Golf for Research’ at Camden Lakeside.
ANNUAL CHRISTMAS DINNER  
WEDNESDAY DECEMBER 9, 2015  
Deputy Commissioner of NSW Mental Health Fay Jackson joined us for the 2015 ARH Christmas Dinner at The Epping Club, Sydney. She shared an inspiring story about her personal and professional journey through mental illness.  
It was also a chance to recognise another year of hard work and success from our researchers and acknowledge our supporters who continue to give generously to ARH.

PHOTOGRAPHY COMPETITION  
TUESDAY JANUARY 26, 2016 – MONDAY APRIL 25, 2016  
Many talented individuals creatively captured the theme ‘Our Health and Wellbeing’ for this year’s Australian Rotary Health Photography Competition. This is the fourth year the event has been open to the Australian public and once again we were very impressed with the entries submitted.  
This year’s winners were: Adult Winner and Peoples’ Choice Winner - Colin Dunn ‘Abstraction’ and Youth Winner - Connor Russell ‘Chasing Sunsets’.  
www.australianrotaryhealthphotocomp.org

10 ISLANDS TASSIE TAG ALONG TOUR  
TUESDAY FEBRUARY 9, 2016 – SUNDAY MARCH 20, 2016  
Across 41 days the Rotary Club of George Town (Tasmania) and E-Club of NextGen explored 10 Tasmanian islands to support Australian Rotary Health.  
The tour included festivals, bus tours, river cruises, dinners, club meetings, special speakers and a gala mental health dinner.  
They raised $27,817 to go towards mental health and wellbeing research.

30TH ANNUAL RIDE FOR RESEARCH $$$$$  
MONDAY MARCH 14, 2016 – SATURDAY MARCH 19, 2016  
The annual Ride for Research $$$$$ has been dubbed this year as the “Million Dollar Milestone Ride”, as it has now raised over 1 million dollars for mental health research through Australian Rotary Health. After 30 years, this event remains one of ARH’s major fundraisers.  
For 5 and half days District 9810 travelled a total of 828km, riding their bicycles from Mansfield Victoria, through to Benalla, Wangaratta, Mulwala and Moama, concluding in Shepparton.
Every year the Rotary Club of Corowa (NSW) raise funds for a particular rotary charity, and this year for the 8th annual Rotary District 9790 Ride to Conference, it was decided all proceeds raised would go to Australian Rotary Health to help fund Indigenous medical scholarships and mental health research scholarships. The route was a total of 675 kilometres, starting in Bendigo on February 20th and ending in Bendigo on the 25th. We received $17,309 in donations.

With a united message from our riders and volunteers, we wanted to break down the stigma associated with mental illness; to help affected people to engage and talk with friends, relatives and professionals.

－Banish the Black Dog Ride Event Organiser Martin Wilkinson

2016 was the 10th anniversary of the ARH Annual Charity Golf Day and was a fun day for all. This year corporate teams took to Riverside Oaks Golf Course (Cattai, NSW) for a leisurely putt and to show their support for mental health research. $12,321 was raised for Australian Rotary Health and 64 participated on the day.

The Rotary Club of Townsville Central (Queensland) ran another successful Banish the Black Dog Ride event in 2016. Over 2 days 92 participants set out on a 260km bicycle ride, raising over $60,000 for mental health initiatives, including research and programs funded by Australian Rotary Health.
SIGNIFICANT SUPPORTERS

Each year the Rotary Club of Parramatta City invites PhD Scholars and Fellows to present their research findings. This year, Dr Tonelle Handley, Ms Breanne Hobden and Ms Louise Birrell gave speeches on their own areas of expertise including suicide prevention, depression and alcohol dependence and substance abuse and mental health in young Australians.

In March 2016, the Rotary Club of West Wollongong had two Funding Partner PhD Scholarship holders attend a meeting to present their research.

1st year scholar, Sarah Furlong from the University of Wollongong gave a talk on suicide in youth. She was presented with an Australian Rotary Health plaque.

3rd year scholar, Catherine Kubel from the University of Wollongong presented her findings on dementia.

District 9650 has contributed tens of thousands of dollars to Australian Rotary Health over the last year, and a significant portion has been from the work of governors’ wives.

To recognise these achievements, hard-working individuals are presented with a Companion Award and Sue Moran was the most recent recipient.

ARH Vice Chairman Greg Ross was named a Gold Companion for his tremendous generosity to Australian Rotary Health. He was presented the award by President RC North Balwyn 2015/16 Jane Pennington in June.

“The support of Rotary and Rotarians is vital to our ability to fund research and promote good mental health”

— ARH CEO Joy Gillett OAM
Craig Alford from the Rotary Club of Armadale (WA) has generously donated more than $350,000 to Australian Rotary Health, the Royal Flying Doctor Service and Alzheimer's Australia WA after completing the ‘Ride to the Other Side’ event across Australia on his lawnmower. Craig made the 15,000km journey over four years, beginning his adventure in Armadale in 2012. In June 2016, the 53-year-old completed his final 4,000km leg from Katherine in the Northern Territory to Perth.
Australian Rotary Health would like to thank our generous Friends and Companions and also our Life Members, Ambassadors and Patrons for their role in sustaining our organisation.

Diamond Companions
The Beslich Family
Les Whitcroft AM
Lorraine & Bruce McKenzie
The Late Fred Barbagallo
The Henning Family
The Koo Family
Mavis & Bill Jennings OAM
Emil Weber

Corporate Diamond Companions
The Baker Foundation

Emerald Companions
Don Stein AM
Sally Fletcher
Daniel Holzapfel
Cliff Hoare
Ken Schilling
Geoffrey Kellerman AO
Garry Browne AM
Robyn Browne
Dorothea Gordon
Margaret & Rodney Orr
Craig Alford

Corporate Emerald Companions
Pratt Foundation
The Pantry
Brighton, Vic.
Winnemago Industries

Ruby Companions
Jennifer Thomas AM
John Keating
Brian Goldstraw
Phil Asker
Margaret Dean
John Ellis
Athalie Lucas
The Late Geoffrey Betts AM
Ron Geary
Ian Graham
Margaret & Peter Waite
Joe Scorer
Sharon Green
Dr David Squirrel
The Late Doug & Alys Beasy
The Late Valda Mary
Kynnersley
The Late Arthur R. Hawke
Brian Lanyon
Ted Atkinson
The Late Fred Hay
George Dee
Heather, Brian & Graham Bresley
Mark Hancock
Elgin Brown
Ernst Hug

Corporate Ruby Companions
Akubra
Marsdens Law Group
Woodworths, Saleway Caltex
Toyota Motor Sales
Shimano Australia
McDonald’s Australia
TrekBicycles Australia
Hansen Yuncken
Harvey Norman
beyondblue
Genesys Wealth Advisors
CoOrdinated Landscapes
Masterton Homes
Caden Hire
The Dezio Group
Angostura
Microsoft
Woodside
The Pantry
Don Stein Group
Parramatta City council
Stuart Alexander & Co
Face Farm
HomeWorld
Pepe’s Ducks

Patrons
His Excellency General the Honourable Sir Peter Cosgrove
AK MC (Retd) Governor - General of the Commonwealth of Australia
Glen Kinross AO RI President 1997 to 1998
Sir Glen Rensouf AM RI President 1978 to 1979

Life Members
PDG Ted Atkinson
PDG Ron Beslich OAM
PDG Geoff Betts AM
PDG Bruce Edwards AM
PDG Terry Edwards AM
PP David Finn
PP Joy Gillett OAM
PP Don Gordon
PDG Alan Grady
PDG Terry Grant
PDG Denis Green
PDG Des Jones
PDG Don Keighran
PDG Terry Lees
PDG Fred Marsh
PDG Bruce McKenzie OAM
PDG Ian Oliver OAM
PDG John Ranieri
PDG Noel Trevaskis OAM
PDG Don Whatham
PDG Les Whitcroft AM
PDG Dick White OAM
Rotarian Professor Michael Sawyer

Medal Recipients
Keith Henning – 2016
David and Karen Brown – 2015
Dean Brown – 2014
Robert Aitken OAM – 2014
Geoff Bailey OAM (deceased) – 2013
Joy Gillett OAM – 2013
Rob Henry – 2012
Peter Lean – 2011
Ron Beslich OAM – 2010
Geoff Kennedy (deceased) – 2009
Dick White OAM – 2008
Tony Jorm – 2007
Paul Heningham OAM – 2006
Phil Francis – 2005
Noel Trevaskis OAM – 2004
Michael Sawyer OAM – 2003
Fay Jackson – 2003
Fred Hay (deceased) – 2003
Loch Adams OAM (deceased) – 2003

Rotary Ambassadors
Central Region
Terry Edwards AM
Ian Oliver OAM
Allan Wilson
Dick Wilson

Northern Region
John Gough
Terry Lees
Rob Wylie
Peter Kaye
Russ O’Malley

Southern Region
Des Jones
Bruce McKenzie OAM
Judy Nettleton
Ron Pickford
Graeme Woolarocott OAM
Patrick Hartley
Terry Grant

Eastern Region
Alan Grady
Denis Green
Nevin Hughes OAM
Harold Sharp
Bob Aitken AM
Tony Hennessey
Don Keighran
Phil Lacey
Noel Trevaskis OAM
Don Whatham
Dick White OAM
Barney Koo
John Egan

Western Region
Fred Marsh
Graham Brown
John Ranieri
Phil Cordery

Hat Day Ambassadors
Dr Happy
Elle Dawe
Pauly Fenech
Fay Jackson
Matt Lee
Professor Patrick McGorry
Danny Green

ARH Ambassadors
Michael Klim OAM
Lisa Stalekar
Craig Hamilton
David “Big Dave” Foster
John Konrads
Mike Bailey
Miss Helena
John Brogden AM
Become a ‘Friend’ or ‘Companion’ of Australian Rotary Health…

Individual donations you make are accumulative.

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<tr>
<td>‘GOLD COMPANION’</td>
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<tr>
<td>‘EMERALD COMPANION’</td>
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<tr>
<td>‘DIAMOND COMPANION’</td>
<td>$50,000</td>
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<tr>
<td>‘PLATINUM FRIEND’</td>
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<tr>
<td>‘BRONZE FRIEND’</td>
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<tr>
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<tr>
<td>‘PLATINUM FRIEND’</td>
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Australian Rotary Health is a Health Promotion Charity. Thank you to all who support and promote our good work.