LIFT THE LID
on mental illness

ANNUAL REPORT 2024-25



AUSTRALIAN ROTARY HEALTH

Rotary Districts of Australia

Australian Rotary Health

Annual Report

2024–2025

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

OUR MISSION
Our mission is to create better health for all Australians through improved education and advancements in knowledge through medical research. We support excellence in research in an effort to provide both preventative and curative solutions for a broad range of health conditions.

WHO WE ARE
Australian Rotary Health (ARH) is one of the largest independent funders of mental health research within Australia. In addition to mental health research, we also provide funding into a broad range of general health areas, provide scholarships for rural medical and nursing students, as well as Indigenous health students. Australian Rotary Health has a broad vision to improve the health and wellbeing of all Australians.

What We Do

Mental Health Research
Since the year 2000, Australian Rotary Health has focussed its funding on mental health research. In 2012 this focus narrowed to the mental health of young Australians (aged 0-25). In 2013 research projects focussing on the prevention of mental health disorders were included. In 2021, we announced that our research will focus on the 0-12 age group. Lift the Lid on Mental Illness is our national mental health fundraising campaign, which encompasses our most successful fundraising campaign, Hat Day.

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

Rural Medical & Nursing Scholarships
Australian Rotary Health provides scholarships for medical and nursing students to undertake placements at a rural, regional 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 medicine, nursing, physiotherapy, psychology, dentistry, and other health related degrees at university. These scholarships help Indigenous students to overcome barriers to tertiary study and qualification.

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Chair's Report
2024-25

It is a privilege to present my annual report for 2025.

After decades of unwavering dedication, visionary leadership, and tireless advocacy, Joy Gillett OAM will retire as Chief Executive Officer of Australian Rotary Health at the end of 2025. Joy's tenure has been marked by amazing growth in our business, increased national impact, and a steadfast commitment to improving mental health and advancing medical research across Australia.

Under Joy's stewardship ARH has championed causes that have touched countless lives—from Indigenous Health Scholarships to groundbreaking mental health initiatives. Joy's ability to unite Rotarians, researchers, and communities around a shared mission has left a lasting mark on our organisation and the broader health research landscape. Her warmth, integrity, and tireless energy have inspired colleagues, volunteers, and stakeholders alike. As she moves into retirement, we celebrate Joy's extraordinary legacy and service.

I am proud to announce that the Board has decided to re-name the ARH Medal to the Joy Gillett ARH Medal in recognition of Joy's unwavering service and dedication to our organisation over many years.

The Board is pleased to announce Yvonne Keane AM as our new Chief Executive Officer. Yvonne brings over twenty years of expertise in social innovation, systems reform, and community impact across not-for-profit, government, and philanthropic sectors. As CEO of Reimagine Australia and Founder/ Chair of The Sanctuary – The Hills Women's Shelter, she has shown strong dedication to supporting those in crisis through human-centred, evidence-based reforms. Honoured as a Member of the Order of Australia (AM) in 2021 and a Paul Harris Fellow in 2017, Yvonne's experience in service delivery, research, and systems makes her well-equipped to lead Australian Rotary Health.

Our primary research focus remains on improving the mental health of children aged 0–12. Each year, about 14% of Australian children—roughly 500,000—experience a mental disorder, with half of all mental disorders beginning by age 14. Early intervention is crucial, as these formative years shape lifelong outcomes.

Following meetings of our Research Committee 11 new mental health research projects totalling just over $1M have been chosen for 2026. We have just completed the final year of our inaugural

3-year funding cycle. Notably, artificial intelligence is emerging as a key theme in the applications. The Research Committee works at arms-length to the Board reviewing all research applications and providing the Board with a recommended list of projects for funding. This committee is comprised of eminent mental health researchers from across Australia and the ARH Board greatly appreciates their expertise and willingness to support ARH.

After many years Professor Jane Pirkis has retired as Chair of our Research Committee succeeded by Professor Philip Batterham from ANU. Earlier this year, in recognition of her lengthy and dedicated service to ARH, the 2025 ARH Medal was awarded to Professor Jane Pirkis at a function in Melbourne.

The great work continuing to be done by Australian Rotary Health is due to the support of our programs by the many Rotarians, Rotary clubs and non-Rotarians who make donations, both regular and one-off, and I thank you all very much. Your support is integral to Australian Rotary Health continuing to play an important role in health research in Australia. We are one of the largest non-government providers of mental health research funding in Australia. Rotarians should be very proud that ARH continues to stay in the forefront as a provider of research funding and health awareness and support in Australia.

Our Funding Partners Program continues to receive strong support from clubs and Rotarians for research in general health areas including cancer, neurological disorders, PTSD, hearing health, thrombosis, multiple sclerosis, motor neurone disease



▲ LEFT TO RIGHT: PROFESSOR JUSTIN KENARDY, DISTINGUISHED PROFESSOR RON RAPEE AM, A/PROFESSOR AMANDA NEIL, A/PROFESSOR DIVNA HASLAM, PROFESSOR RACHEL ROBERTS, PROFESSOR HELEN SKOUTERIS, ARH RESEARCH COMMITTEE CHAIR PROFESSOR PHILIP BATTERHAM, ARH DIRECTOR PDG BERNIE BOTT, DR LOUISE BIRRELL, EMERITUS PROFESSOR TONY JORM, PROFESSOR VALSAMMA EAPEN, ARH CHAIR PDG STEPHEN HUMPHREYS, A/PROFESSOR JON QUACH, ARH OFFICE MANAGER JENNY TOWE, ARH CEO JOY GILLETT OAM, PROFESSOR DAVID LAWRENCE AND ARH DIRECTOR PDG ADRIAN ROACH.

and Parkinson's disease. Research funding in Australia plays a critical role in providing young researchers with their first opportunity. We are now seeing young researchers who we funded as PhD students through to Post-Doctoral Fellowships taking on roles at research units across Australia.

Our total investment in research in 2025 was $1,539,347 across Mental Health Research Project Grants for 0 – 12-year-olds, Ian Scott Fellowships, Post Doctoral Fellowships and Funding Partners PhD Scholarships.

Lift the Lid Walks are gaining support around Australia. Each walk is focused on mental health and bringing the community together to share a common interest, promoting Rotary and ARH as well as raising valuable funds for mental health research. Many thanks to Kara Geyer and The Media Hut for her ongoing assistance in the promotion of Lift the Lid. We look forward to the numbers of Walks increasing over the next few years.

Following ongoing discussions with the Commonwealth Government we have been informed that funding for the Indigenous Health Scholarship Program, which has been in place since the early 2000's, will cease at the end of December 2025. In line with the Priority Reforms under the National Agreement on Closing the Gap, the Health Department has identified programs delivering services to Aboriginal and Torres Strait Islander people, that, while not currently delivered by First Nations-led organisations, could be delivered by First Nationals-led organisations.

To achieve the objectives of the program, the Department will now fund a First Nations-led organisation to deliver a culturally responsive program. Sadly, although Australian Rotary Health indicated its interest in forming a consortium with the successful tenderer (IAHA) this was not accepted by them. ARH will not be involved with the new "Indigenous Health Scholarship Program" being managed by IAHA from 2026. At this stage we believe that funding from the NSW & South Australian governments will continue.

Due to the interest of Rotary in the future health of Indigenous Australians, and the generosity of Rotarians and Clubs, the Australian Rotary Health Indigenous Health Scholarship Program will continue in 2026, albeit with some changes. Supporting Clubs and Rotarians will be matched up with a different donor (another club) for a similar amount to take the full scholarship amount to a slightly increased $5,500, allowing a small amount for administration costs.

All students currently funded by Australian Rotary Health will continue to be funded to complete their current studies. The program will stay in place at least until the end of 2029 and hopefully longer if funding can be confirmed into the future.

The District Chairs and their committees continue in their work promoting Australian Rotary Health, our programs and projects, and I acknowledge their efforts and



▲ PRESIDENT PDG GREGORY ROSS OAM (FORMER CHAIR OF AUSTRALIAN ROTARY HEALTH), ARH CEO JOY GILLETT OAM, PROFESSOR JANE PIRKIS, UNIVERSITY OF MELBOURNE, FORMER CHAIR OF THE ARH RESEARCH COMMITTEE, ARH CHAIR PDG STEPHEN HUMPHREYS, PAST CHAIR PDG TERRY GRANT AND PAST CHAIR PDG KEVIN SHADBOLT.

congratulate them. The District Chairs are a critical link between the Board, the District Governors, Districts and clubs across Australia. I thank all District Governors for their continuing support and promotion of our programs which enables our clubs to continue their support and involvement.

Our small but extremely dedicated staff have worked tirelessly again this year to ensure that all our programs run well. My thanks to Office Manager, Jenny Towe and Programs Coordinator, Cheryl Deguara OAM who have been with Australian Rotary Health for many years, and Monika Pindoria our Communications Officer, whose dedication to their roles and generally to Australian Rotary Health is amazing, and we could not have better people to work in our organisation.

I acknowledge all directors for their dedication to the role and congratulate them for all that they continue to do for ARH. In the past 12 months we have held 4 board meetings, 2 face-to-face and 2 by zoom, plus the AGM which is also held by Zoom. The board consists of 9 elected Rotarians elected geographically from across Australia plus representatives from the DGN's, the DGE's and the DG's. I would also like to thank Emeritus Professor Michael Sawyer OAM who continues to provide exceptional service to ARH in his role as Honorary Research Advisor to the Board.

This year we were joined by 2 new Directors, PDG Ron Degenhart from Queensland and PDG Jeff Neale from South Australia. Patrice Robinson from Queensland will retire as a director at the end of the year on rotation. I thank Patrice sincerely for her commitment and dedication to ARH during her 3-year tenure, at times in very difficult personal circumstances.

Also retiring is PDG Jerry Pilcher from Western Australia. Jerry joined the Board of Australian Rotary Health in 2017 and has served as a director for 8 years, the first 6 years on the invitation of the Chair and the last 2 years, having accepted a two-year extra-ordinary extension for 2024 and 2025. Jerry was elected as a member of the Executive Committee in 2022 and then elected as Vice Chair at the AGM in 2023. Jerry has been an extremely proactive and vital Director. For his outstanding service the Board has acknowledged Jerry with Life Membership of ARH. At our most recent board meeting PDG Adrian Roach from D9660 was elected as Chair-Elect, meaning that he will succeed me as Chair in 2027. Congratulations Adrian.

We look to the future with much enthusiasm to build upon the achievements of the past 40 years to continue to improve the health and well-being of all Australians.

Stephen Humphreys

PDG Stephen Humphreys
Australian Rotary Health Chair.



CEO's Report
2024-25

As the long-time and inaugural CEO of Australian Rotary Health, it's an honour and privilege to have been in this role, and with mixed emotion, I present my final Annual Report.

"Improving the Mental Health of 0–12 year olds" remains our primary research focus. This is the last of three years for this cycle of research grants. Our research funding, along with funding 'health scholarships' has the 2025 commitment reach $2.037 million.

TO SUMMARISE, THIS WAS OUR 2025 COMMITMENT:

- 11 Research Project Grants – Improving the Mental Health of 0-12-year-olds
- 4 Post Doctoral Fellowships – Improving the Mental Health of 0-12 year olds
- 1 PhD Scholarship – Improving the Mental Health of 0-12 year olds
- 32 PhD Research Scholarships – General Health, including Mental Health
- 79 Indigenous Health Scholarships
- 13 Rural Medical Scholarships
- 16 Rural Nursing Scholarships

SUPPORTERS OF AUSTRALIAN ROTARY HEALTH

We thank the very special people who are our Friends and Companions, and to the many Clubs and Districts that run special fundraising events for Australian Rotary Health – we thank you. Walks, bike rides, runs, car rallies, golf days, dinners, trivia nights, and numerous events, we thank and acknowledge your great efforts.

I would also like to acknowledge those who chose Australian Rotary Health for a bequest in their Wills. Over the last several years we have received several bequests and I pay tribute to the Rotarians, families and friends who have bequeathed funds to ARH.

I acknowledge the special Rotarians and friends who passed this last year,and pay deep respect to each of them for their support over the years and acknowledge their great contribution, not just to Australian Rotary Health but to Rotary in general.

DISTRICT GOVERNORS AND DISTRICT CHAIRS AND THEIR COMMITTEES

We thank each District Governor for their continuing support and promotion of our programs which enables our clubs to continue their support and involvement. The support of each District Governor and their appointment of a District Chair is vital to our continuing success – we acknowledge and thank you.

RESEARCH COMMITTEE

Professor Jane Pirkis PhD, MA, M.Psychol. BA (Hons) at the University of Melbourne stepped down as Chair of the Research Committee. Members have stayed on the committee for many years, including former Chairs Emeritus Professor Tony Jorm and Distinguished Professor Ron Rapee AM. We acknowledge their expertise and advice.

The new Chair of the Research Committee is Professor Philip Batterham PhD, BSc (Psychology) MPH, of the Australian National



▲ ARH CEO JOY GILLETT OAM AND ARH CHAIR PDG STEPHEN HUMPHREYS

University and has been a member of the committee for several years prior to his appointment as chair.

All mental health research grants awarded by Australian Rotary Health are reviewed annually by the Research Committee.

PROMOTION

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

The Lift the Lid on Mental Health campaign which commenced 9 years ago, receives strong support particularly in October during World Mental Health Week. We thank and acknowledge the clubs and others that celebrate Hat Day – we love seeing the photos and are very grateful for the donations that are received during this time.

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

STAFF

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

Current staff are:

- Jenny Towe – Office Manager
- Cheryl Deguara OAM – Programs Coordinator
- Monika Pindoria – Communications Officer (part-time)

Again, I pay special tribute to Jenny and Cheryl who have been with Australian Rotary Health for many years. Their dedication to the role and generally to Rotary is wonderful and we could not have better people to work in this organisation. Thank You to you both and to Monika who joined the team a couple of years ago and has also become a valued asset to ARH.

AMBASSADORS

Most of our former Directors, many past District Chairs and other valuable supporters, proudly have accepted the role as "Ambassador" of Australian Rotary Health and offer their time to help us inform our

communities of what ARH does and did in the past. We thank our Ambassadors for their support and positive promotion, many for a long period of time.

BOARD OF DIRECTORS

I would like to acknowledge all current Directors for their dedication to the role and congratulate them on their achievements.

In 2025 there were 4 Directors meetings held plus the Annual General Meeting. The AGM and one Director's meetings were held by zoom.

The Board can have up to 12 Directors which includes a current District Governor, current District Governor Elect and a District Governor Nominee.

CHAIR

PDG Stephen Humphreys was elected as Chair at the December 2023 AGM and will serve in this role for three years. I thank Stephen for his time, freely given to Australian Rotary Health.

Stephen has a great knowledge of Australian Rotary Health, having been appointed as a Director in 2019. He will retire as Chair at the December 2026 AGM when he completes the maximum term.

It has been an interesting time over the last months for Stephen, with the impending retirement of a long-term CEO and the employment of a new CEO. Well done to Stephen for his time and effort spent and a wonderful outcome for Australian Rotary Health with the selection of Yvonne Keane AM.

HONORARY RESEARCH ADVISOR

Emeritus Professor Michael Sawyer OAM remains Honorary Research Advisor to the Board. Michael commenced involvement with Australian Rotary Health as a member of the Research Committee, then chair for six years of that committee, 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.

We are very pleased he is remaining as our research advisor, and I thank him for his advice and discussion on numerous occasions – and for his long-term friendship.

CONCLUSION

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

I thank every Chair and board that I have worked with over the past 40 years as well as district chairs and committee and members of the Research Committee. It is your contribution and interest that makes Australian Rotary Health such a wonderful organisation.

I will look back on my life within Australian Rotary Health with very fond memories and feel confident that ARH will continue to flourish over the years to come. I end by extending a very warm welcome to Yvonne Keane AM, the new CEO of Australian Rotary Health.



▲ MONIKA PINDORIA, JENNY TOWE, CHERYL DEGUARA OAM AND JOY GILLETT OAM.



Joy Gillett OAM
Chief Executive Officer

Financial Report
2024-25

CURRENT ASSETS	2025	2024
	$	$
Cash assets	498,298	760,844
Receivables	104,886	91,825
Other financial assets	15,522,480	15,325,377
Other	20,353	18,454
Total Current Assets	**16,146,017**	**16,196,500**
NON-CURRENT ASSETS – OTHER FINANCIAL ASSETS		
Property, Plant & Equipment	139,528	219,930
Total Non-Current Assets	**139,528**	**219,930**
Total Assets	**16,285,545**	**16,416,430**
CURRENT LIABILITIES		
Payables	1,383,374	1,459,252
Provisions Annual Leave & Long Service Leave	206,353	187,163
Total Current Liabilities	**1,589,727**	**1,646,415**
Non- Current Liabilities		
Payables	15,166	100,508
Total Liabilities	**1,604,893**	**1,746,923**
Net Assets	**14,680,652**	**14,669,507**
ACCUMULATED FUNDS		
Retained Surplus	**14,680,652**	**14,669,507**
Total Accumulated Funds	**14,680,652**	**14,669,507**

INCOME	2025	2024
Donations	1,605,882	1,624,362
Indigenous Scholarships - Government grants	412,000	412,000
Interest	11,900	15,645
Trust Distributions	514,886	536,929
Profit on disposal of fixed assets	7,351	0
Imputation Credits	27,419	40,677
Total Income	**2,579,438**	**2,629,613**

LESS OUTGOINGS	2025	2024
Research Grants & Programs	-1,652,792	-1,720,993
Marketing expense	-190,816	-178,451
Indigenous Scholarship expense	-409,782	-403,900
Other expenses - admin, office, wages, board expenses	-577,646	-581,033
Fundraising expense	-2,024	-1,444
Project and Program costs	-315,961	-123,326
Total Outgoings	**-3,149,021**	**-3,009,147**
Net Surplus for the Year	**-569,583**	**-379,534**
OTHER COMPREHENSIVE INCOME		
Net Fair Value changes in Equity Instruments classified at Fair Value through Other Comprehensive Income	580,728	634,905
Surplus/Loss from Ordinary Activities	**11,145**	**255,371**

OPERATING REVENUE BREAKDOWN REVENUE FROM DONATIONS	2025 $	2024 $
District 9423	126,383	126,623
District 9510	117,254	192,536
District 9560	55,315	62,300
District 9620	120,035	153,468
District 9640	15,299	16,759
District 9660	101,852	89,414
District 9675	150,872	159,540
District 9685	63,898	80,866
District 9705	89,601	62,340
District 9780	21,960	60,472
District 9790	54,120	58,541
District 9800	94,963	53,435
District 9810	148,637	77,646
District 9820	0	152,695
District 9830	200,898	54,261
Individual Donations	28,214	24,005
	1,389,231	**1,424,901**
Club Donations - Indigenous Scholarships	216,651	199,461
Total Donation income	**1,605,882**	**1,624,362**

Our Board



CHAIR
PDG STEPHEN HUMPHREYS

Stephen Humphreys has been a Director of Australian Rotary Health since September 2018.

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

Stephen has always had a keen involvement in the community and has previously held committee positions, including President, on the parent bodies of his children's schools for around 20 years.

He is a keen golfer and has been the President of Camden Golf Club for the past 18 years and a member of the Board of Directors for 20 years. Stephen holds a Bachelor of Pharmacy from Sydney University and practiced as a community pharmacist for 40 years, retiring several years ago. Stephen owned either solely or in partnership 2 pharmacies for 37 years. Stephen is married to Judith, they have three children and five grandchildren. Stephen and Judith live in Camden.



VICE CHAIR 2025
PDG BERNIE BOTT

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

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

In 1999 Bernie began his journey with the Rotary Club of Yarrawonga Mulwala, VIC and subsequently spent three years as Community Director, overseeing the formation of two Probus Clubs during that time. In his service to Rotary District 9790, Bernie was Assistant Governor from 2012 to 2015. He was appointed as District 9790 Governor 2017-2018 and has served as the District Trainer.

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



CHAIR-ELECT 2026
PDG ADRIAN ROACH

Adrian is the Managing Director of Valley Fresh Services Pty Ltd. Providing Managerial services to his Bed and Breakfast, Musical Artists, and the Flower Industry for over 25 years. Adrian is a proud member of the Rotary Club of Greenhills-Maitland and was the Charter President.

At 32 he joined the Rotary Club of East Maitland Inc on 1st May 1994 and served in many Board positions including President in 1998-99. In early 2012, he worked with a small team of Rotarian's to develop a new Rotary Club with a focus on people aged 18 to 40. The Rotary Club of Greenhills-Maitland Inc. was chartered 8 May 2012. Adrian is currently Team Leader Club Development in District 9660 Supporting the Chairperson and committees of Membership, Public Image, learning and Development, Rotary Leadership Institute and Club Visioning.

Adrian's commitment to Service Above Self is also evident in his past involvement with the Rural Fire Service and having been a Justice of the Peace since he was 18. Adrian is married

to Christine, Past President of the Rotary Club of Greenhills-Maitland. Her journey with Rotary began as a Group Study Exchange (GSE) team member to Poland in 2002. She has also been involved at District level with Youth Exchange, RAWCS, Electronic Communications Committee, Group Study Exchange Chair and was also chosen as the GSE team leader to D1090 England in 2013. Christine has a 20+ year career working in the not-for-profit health industry.



DIRECTOR PDG BOB CALVERT

Bob joined the Rotary Club of Kangaroo Bay, TAS in 1980. In July 1982 his career pathway took him and his young family to the Northwest Coast of Tasmania where he immediately joined the Somerset club. Bob and his wife Kaye established long lasting friendships whilst supporting Rotary and community activities throughout the district.

A Rotarian of some 44 years, as part of several clubs including Flagstaff Hill in Adelaide for a brief stint during 1987-88, Bob and Kaye also spent twelve months in 2004 working in the USA. This provided him the opportunity to visit Clubs in Illinois, including a few speaking engagements at a Rotaract club within Bradley University, Peoria where they lived.

Upon returning to Tasmania, Bob continued with the Rotary Club of Somerset until relocating to Hobart where he became a member of the Sandy Bay club in 2014. He has held most club Directorships including President at both Somerset (1997-98) and Sandy Bay (2018-19).

Bob received a PHF through the Somerset club in 2014 for services to Rotary and the community and again in 2023, by the Sandy Bay club for his services as District Governor. Kaye also received a PHF for her District Partner Project in 2023.

Bob served as DGN, then DGE and ultimately DG Rep on the RDU and RDU Pty Ltd Boards from 1999 through to 2023. From a mechanical engineering qualification through professional management disciplines, Bob's career has been predominantly in sales and marketing management. He has held senior positions with major global mining equipment manufacturing companies. He is now semi-retired, plays golf, loves boating and fishing and most importantly, enjoys time with their two son's families and five granddaughters.



DIRECTOR PDG RON DEGENHART

Ron emigrated to Brisbane from Chicago at age 11, graduating from Griffith University in 1979 and completing a Post Graduate Diploma in Science in 1999.

Ron has had a long career in local government park and landscape management, working in the Queensland Forestry Department and serving local governments in Brisbane, Gympie, Toowoomba and Townsville before retiring.

His involvement with Rotary began in 1992 when he joined the Rotary Club of Mundingburra, QLD, serving as president twice and holding various board positions. He also served as Assistant Governor for District 9550 from 2013-16 and as District Membership Chair in 2020-21.

Throughout his Rotary tenure, Ron has pioneered several tours to Timor-Leste for Rotarians and others to experience the country's culture and see how Rotary has contributed to the community's development.

Outside Rotary, Ron enjoys gardening and spending time in the bush, as well as with his wife Vicki and daughter Kym.

Our Board



DIRECTOR
PDG PAUL MEE

Paul emigrated to Australia from the UK in 1966 aged 12 with his parents and two brothers. Paul married Adele in 1974 and lived in Tasmania until 1997 then moved the family to Victoria. They spent 19 years in the Doncaster/Donvale area of Melbourne and in 2016 moved to Rosebud on the Mornington Peninsula. Current interests include "All Things Rotary", family, and travelling.

Paul joined Rotary in 1987 when a group of professional men & women in St Helens Tasmania, formed a new Rotary Club which was chartered in April 1987. Paul was honoured and privileged to be selected as Charter President of the new club. Paul's banking career took him and his family to one or two other cities where he joined the local Rotary club to gain new friends and to continue his involvement with helping others who have been less fortunate or who have seen significant hardship or health problems.



DIRECTOR
PDG JEFF NEALE

Jeff is the Dealer Principal of Paradise Mazda, a family business started by his late father Reg Neale in 1956. Jeff started in the business in 1978 as an apprentice motor mechanic. It was in this same year that Paradise Mazda commenced as a Mazda dealer. Jeff worked his way through each department before being appointed Dealer Principal in 1999. Jeff also has a Graduate Certificate in Business.

Jeff was invited to join the Rotary Club of Campbelltown (SA) in 1990. However, his Rotary involvement started over 55 years ago, attending "Family Meetings" at the Rotary Club Campbelltown with his late parents Reg and Shirley. Reg was a charter member of the Rotary Club of Campbelltown. Jeff served as President in 2007/2008 and as District Governor for District 9510 in 2021/2022.

In his earlier life, Jeff was a volunteer member of St. John Ambulance and held the position of Divisional Superintendent. Through St. John, Jeff met his wife Jenny, also a Divisional Superintendent. Jeff and Jenny were married in 1984 and retired from St. John to start a family. Jeff and Jenny have three adult children, a daughter-in-law and two grandsons.



DIRECTOR
PDG JERRY PILCHER

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

Jerry was born in Peterborough in the UK, where he attended Bedford School. He also met his wife Kerry, a West Australian girl, in London where they married.

Jerry and Kerry moved to Perth in 1974, and in 1988 he joined the Rotary Club of Scarborough, WA, where he was Treasurer for 5 years. Jerry was Club President in 2008–2009 and District Governor for District 9455 in 2015–2016.

Most of Jerry's working career was with Snap Printing – for 10 years with the company, including 4 years in Victoria as State Manager. Jerry was employed as Franchising manager – opening new outlets in national and international cities. He also owned a Snap Franchise from 1986–2014.

Jerry enjoyed sailing competitively and was part of a State Championship crew in his last year. He then took up field Hockey at the age of 50. Some of Jerry's hobbies include sport, reading, crosswords, and Rotary. *Jerry's term on the board of ARH will finish in 2025.*

2024-26



DIRECTOR PDG PATRICE ROBINSON

Patrice was born and raised in Western Queensland. She has a Bachelor of Health Science (Nursing) degree and was a registered Midwife, holding a Certificate in Child and Family Health. She is also trained as a lead auditor and holds a Diploma of Frontline Management.

She spent over 13 years in St George Southwest QLD first as a Nurse Unit Manager and then as Director of Nursing/Facility Manager.

Throughout this time, Patrice held positions on the health district's committees of Clinical Governance, Corporate Governance and Perioperative Advisory groups. She also acted many times in the positions of Executive District Director of Nursing and District Chief Operations Officer.

Patrice was asked to join Rotary soon after she moved to St George in 2005 and has held the position of Secretary, has been President for 2 terms and held various board roles in that time.

Patrice retired from her position at St George Hospital in December 2018 and is now living in Woombye on the Sunshine Coast and is a member of the eClub Australia Nomads, QLD. She was the last District Governor of District 9630 for 2020-2021, before it amalgamated to form District 9620. *Patrice's term on the board of ARH will finish in 2025.*



DIRECTOR DG RENGA RAJAN (DG 2025-2026)

Renga is a passionate mechanical engineer with a strong commitment to community service, actively involved in various leadership roles within Rotary International. His dedication to making a positive impact on society is reflected through his active participation in numerous community initiatives and philanthropic activities.

Renga has served as President of the Rotary Club of Granville in 2013/14, where he led various community service projects and initiatives. He led the position of Assistant Governor in District 9675 19/2020, contributing to the growth and success of Rotary Clubs within the district.

Renga takes immense pride in having inducted many new members into at least three different districts and is supported by wife Bharathi on his life and Rotary journey.



DIRECTOR DGE PAUL MIEGEL (DG 2026-2027)

Since 1986, Paul Miegel and his wife Meredith have operated family-owned pharmacies, transitioning into the business of fine whisky, becoming the Director of Corowa Distilling Co. in 2017.

Paul has been a Rotary member for over 25 years, with active involvement in Rotary Club of Corowa, NSW. In 2010-11, he was named Honorary Rotarian of the Year and over the years served in several leadership roles, including director, treasurer, assistant governor, and Membership Committee Chair for District 9790.

Additionally, Paul has contributed to his local community as the inaugural president of the Corowa Chamber of Commerce and was elected to the Corowa Shire Council in 2012. He served as Deputy Mayor in 2014, before becoming Mayor in 2015. In 2016, he co-chaired the Local Representative Committee of Federation Council and served as a councillor until 2021.

Our Board



DIRECTOR FROM 2026
DGN RICK VOSILA (DG 2027-28)

Rick is a veteran technology leader across Australia and New Zealand, with over 40 years' experience spanning the high-tech, FMCG, industrial services, engineering, and higher education sectors. For more than 25 years, he has held C-level roles across the organisations he has served.

He is the co-founder and director of a Microsoft AI and Business Applications systems integrator, delivering sophisticated solutions primarily to the allied health and social care sectors.

Over the past two decades, Rick has led and contributed to numerous large-scale business and digital transformation programs, with a particular strength in translating technology adoption into tangible, meaningful business outcomes. He is driven to achieve the best results for his customers and broader organisational stakeholders and is recognised as a loyal and trusted executive business partner who delivers.

A Rotarian since 2015, Rick has served in a range of leadership roles at both Club and District levels within Rotary International District 9675. These include Director and Past President of the Rotary Club of Strathfield, Assistant Governor, District Australian Rotary Health Chair, and District Rotary Foundation Grants Chair. Rick is currently scheduled to serve as District Governor for Rotary International District 9675 from 1 July 2027.



DIRECTOR FROM 2026
PDG IAN MCKAY

Ian had thirty years' experience as a school Principal and leadership in the not-for-profit sector working in regional communities throughout Queensland, Western Australia and Victoria prior to commencing his current position as Regional Manager: Mount Gambier with the University of South Australia in 2017.

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

Ian joined Rotary in 2011 and is a Past District Chair of both RYLA and Interact. He was Club President of the Rotary Club of Warrnambool Daybreak in 2016-17 and District Governor in 2023-24 of District 9780. Having moved to Queensland in 2025, Ian is now a member of the Rotary Club of Brisbane D9620.



DIRECTOR FROM 2026
PDG PATRICIA SCHRAVEN

Pat joined Rotary in 2007 whilst living in New Zealand. She is a Past President and a Paul Harris Fellow. Pat has held the positions of Club President, District Chair for the Rotary Four-Way Test Speech Contest, and District Governor of District 9465. Pat again served as District Governor in 2024–25 for the combined District 9423.

Pat has also served as a Board Member of Midway Community Services and previously on the Advisory Board for Passage – Peel, a resource centre supporting homeless youth.

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

I think my child is having panic attacks. What should we do?



Dr Gemma Sicouri

GEOFFREY BETTS POSTDOCTORAL FELLOWSHIP.
BLACK DOG INSTITUTE, UNIVERSITY OF NEW SOUTH WALES, NSW.

It is a common misconception that panic attacks are exclusive to teens and adults— in fact, around 3-5% of young children experience them too. ARH Mental Health Postdoctoral Fellowship recipient, Dr Gemma Sicouri's research highlights how anxiety and panic attacks affect children and how caregivers can support them. Panic attacks are intense episodes of fear, often with symptoms like shallow breathing, and can last for a few minutes up to 30 minutes. They may occur without a clear cause (uncued) or be triggered by specific situations (cued).

Parents should stay calm during a child's panic attack, reassuring them that the episode is temporary and not harmful. Techniques like the 3-3-3 rule (naming three things they can hear, see, and touch) can help ground the child. Afterward, discussing the experience can help children understand that panic attacks, while scary, are temporary.

Dr Sicouri also explains "exposure" as an effective technique to encourage children to face their fear, usually administered by a therapist.

In some cases, panic attacks might indicate anxiety disorders, though panic disorder is rare in children. If attacks are frequent and interfere with daily life, seeking professional advice from a GP or psychologist is recommended.

"For panic attacks, this could be facing certain situations or objects that trigger the panic attack, or exposure to the actual physical symptoms".

Protective factors and Resilience against suicidality for Aboriginal and Torres Strait Islander young people.



Mandy Gibson

FUNDING PARTNER PHD – GRIFFITH UNIVERSITY, QLD.
CO-FUNDED BY ROTARY CLUB OF TOOWONG 'BASIL SHAW' PHD SCHOLARSHIP.

Aboriginal and Torres Strait Islander young people died by suicide at a rate 2.7 times higher in communities in which more than 25% of the population experienced racial discrimination in the last year.

Australian Rotary Health/Rotary Club of Toowong Basil Shaw Funding Partner PhD Scholarship recipient, Mandy Gibson explored how connection to culture impacts suicide rates among Aboriginal and Torres Strait Islander young people. The study examined these at both the individual level with school students, and the community level using suicide mortality data.

In the community-level research, suicide rates among Aboriginal and Torres Strait Islander young people were lower in communities where First Nations people participated more frequently in cultural ceremonies and organisations, community events and activities, and reported a stronger sense of engagement with the broader community.

Tragically, in areas where more than a quarter of the First Nations population had experienced racial discrimination in the past year, suicide rates among young people under the age of 19 were nearly three times higher than in areas with lower levels of reported discrimination. This finding was somewhat unexpected, especially given that socio-economic resources did not appear to significantly influence Indigenous youth suicide rates. The effect of discrimination emerged stronger than all other risk and protective factors examined.

However, in communities facing the highest levels of disadvantage – such as regional and remote areas, socio-economically disadvantaged regions, and places where



experiences of discrimination were more common – cultural protective factors played a crucial role. Higher levels of cultural engagement, including speaking Indigenous languages and participating in cultural events, ceremonies, and organisations, appeared to buffer the impact of these risk factors on youth suicide rates. Communities where people experienced more discrimination had the greatest buffering effect from community cultural connection.

In collaboration with a local Indigenous youth mental health charity, a program aimed at reducing suicide risk among Aboriginal and Torres Strait Islander students through cultural connection was evaluated. As part of this study, a tool was developed to assess the impact of the program and discovered that First Nations young people who felt confident in their cultural skills around peers and had a strong sense of cultural identity reported fewer suicidal thoughts. After participating in the five-week cultural education and knowledge-sharing program led by local Elders and community members, Aboriginal and Torres Strait Islander young people showed improved self-esteem and stronger reasons for living.

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



Laura Smith

FUNDING PARTNER PHD - UNIVERSITY OF TASMANIA, TAS.
CO-FUNDED BY ROTARY CLUB OF DELORAINE, TAS.

Young people in rural communities face a higher risk of suicide, yet research on prevention in these settings is limited. Australian Rotary Health/Rotary Club of Deloraine, TAS Funding Partner PhD Scholarship recipient, Laura Smith, examined suicide prevention programs in rural areas focusing on young people, community involvement, and the support needed for local action.

The research revealed that effective suicide prevention relies on a range of community-led approaches. Key strategies include mental health education, crisis intervention, peer support, safe environments, and training community members with the skills to identify and respond to suicide risk. The most effective programs are those led by the community itself, actively involving young people, teachers, healthcare professionals, parents, and even farmers in supporting youth mental health.

A significant challenge in rural areas is the limited access to professional mental health services, which makes community engagement crucial. The findings indicate that when communities take an active role in prevention – through education, peer support, and social connections – young people are more likely to seek and receive the help they need. To enhance these efforts, rural communities require greater funding, resources, training, and clear frameworks to build and maintain their own support initiatives.

A key recommendation is to develop Best Practice Guidelines for Rural Youth Suicide Prevention, providing communities with clear, actionable steps to establish and sustain effective prevention programs. Across all findings, the active involvement of young people and individuals with lived experience is essential to ensure prevention strategies effectively reach those most at risk.

Ultimately, preventing youth suicide in rural areas extends beyond access to mental health services – it relies on communities uniting to build strong support systems, nurture meaningful connections, and create safe, inclusive spaces where young people feel valued and supported.

Effectiveness of online programs for children with anxiety.



Dr Lauren McLellan

MENTAL HEALTH GRANT RECIPIENT.
MACQUARIE UNIVERSITY, NSW.

Childhood anxiety refers to feelings of worry or fear in children, which can lead to significant challenges at home, school, and in social settings. This disorder is unfortunately common and can severely impact a child's development, potentially increasing the risk of lifelong difficulties.

Regrettably, 30% of Australian children lack access to evidence-based treatments. Current research indicates that online interventions are less effective for children and adolescents compared to adults. Furthermore, consistent support from therapists is necessary alongside these programs to achieve positive clinical outcomes, raising costs and limiting accessibility.

Since 2020, ARH Mental Health Grant recipient, Dr Lauren McLellan has been conducting a study to determine whether children could benefit, as much as adults, from online intervention solely. This was done by studying 300 kids and their families, where they completed an online program for anxiety and were divided into different groups: (1) regular phone calls with a therapist, (2) talking to a therapist on demand and (3) completing self-guided treatment with no therapist calls.

Currently, data from these studies are being analysed with the aim to have the main clinical trial results finalised by the end of 2025.

Data from this study is now being analysed, with results expected by the end of 2025. Dr. McLellan, a registered psychologist and also serves as the Director of the Centre for Emotional Health Online Treatment Programs.



Funding 2024-25

MENTAL HEALTH RESEARCH
The majority of donations to Australian Rotary Health go towards funding preventions, treatments and cures for mental illnesses through our mental health research grants.

This year ARH contributed funding towards:
- 11 Research Project Grants
- Improving the Mental Health of 0-12 year olds

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.

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

This year funds went towards:
- 79 Indigenous Health Scholarships
- 13 Rural Nursing Health Scholarships
- 16 Rural Medical Scholarships

Mental Health Research Grants

Mental Health Research Grants are important for Australian researchers to continue their important work. Australian Rotary Health provides these highly competitive grants every year in areas focusing on the mental health of young Australians between 0-12.

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

2024-25 Grant Recipients

Mental Health of 0-12 year olds

PROFESSOR ALISON CALEAR
Mental Health Education
Australian National University, ACT
'Cluster randomised controlled trial of a mental health education program in ACT primary schools'

PROFESSOR CAROLINE DONOVAN
Mental Health and Sleep
Griffith University, QLD
'Setting kids up for life: A digital program for improving the sleep and mental health of children aged 3-12 years'

DR DAVID PASALICH
Mental Health in Foster Care
Australian National University, ACT
'Improving child mental health in foster care: A pilot randomised trial of an attachment-and-trauma-informed intervention'

DR GOVIND KRISHNAMOORTHY
Mental Health in Schools
University of Southern Queensland, QLD
'Trauma-Informed Behaviour Supports for the Early Intervention of Child Mental Health: A Pragmatic Implementation Trial with Regional Schools'

PROFESSOR JENNIFER HUDSON
Mental Health and Anxiety, Black Dog Institute
University of New South Wales, NSW
'Optimising exposure treatment for children with anxiety'

PROFESSOR LARA FARRELL
Mental Health Online
Griffith University, QLD
'FAST (Families Accessing online Skills Training) CBT for Paediatric OCD: A nationwide randomised controlled trial'

DR LUCY TULLY
Mental Health and Improved Care
University of Sydney, NSW
'A model of improved care for child mental health problems using Measurement-Based Care'

PROFESSOR MARIE YAP
Mental Health and Autism
Monash University, VIC
'Feasibility & acceptability pilot trial of a coach-supported, online parenting intervention for parents of children with autism to reduce internalising problems'

PROFESSOR SONJA MARCH
Mental Health
University of Southern Queensland, QLD
'A Staged Mental Health Care Plan for Children integrating child & parent assessment in Education settings: A feasibility randomised control trial'

DR SOPHIE LI
Mental Health, Sleep and Depression
Black Dog Institute
University of New South Wales, NSW
'Improving childhood sleep: The bedrock of depression prevention'

DR TALIA CARL
Mental Health for Carers
University of Sydney, NSW
'Increasing access to evidence-based mental health interventions for child mental health for carers of Aboriginal children: The Growing Minds Check In (GMCI-A)'

Postdoctoral Fellowships

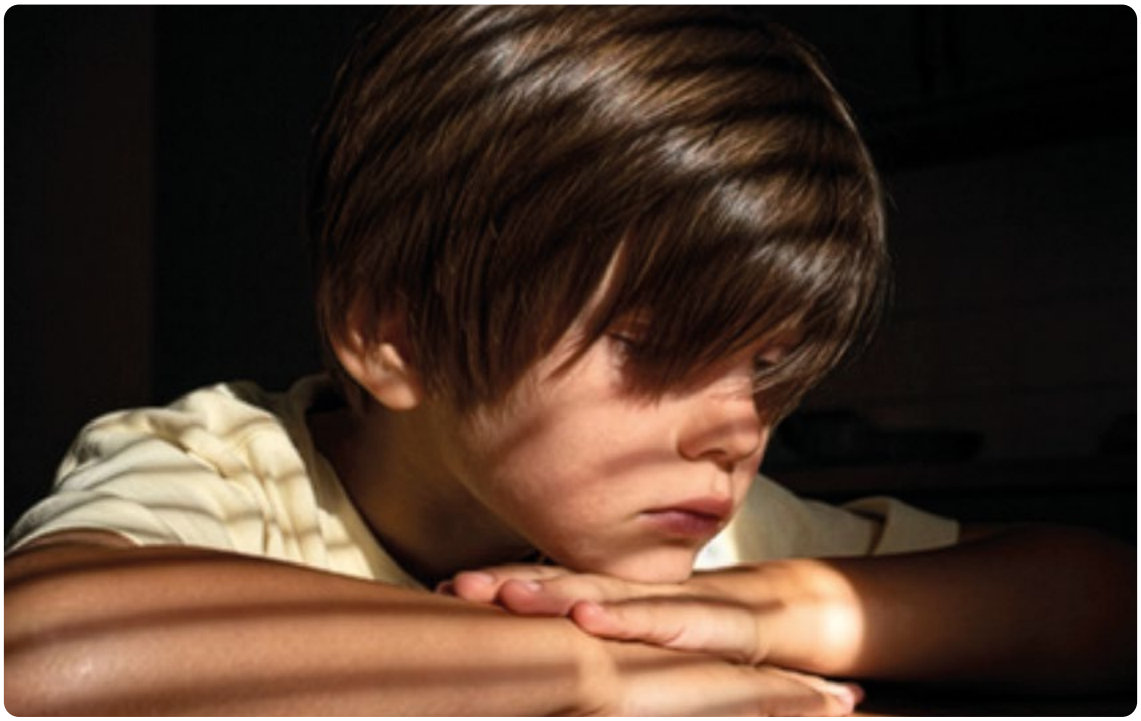
Australian Rotary Health offers Postdoctoral Fellowships to assist early career researchers with their research projects. They are named after the first four Chair's of ARH: Royce Abbey, Geoffrey Betts, Colin Dodds, and Bruce Edwards.

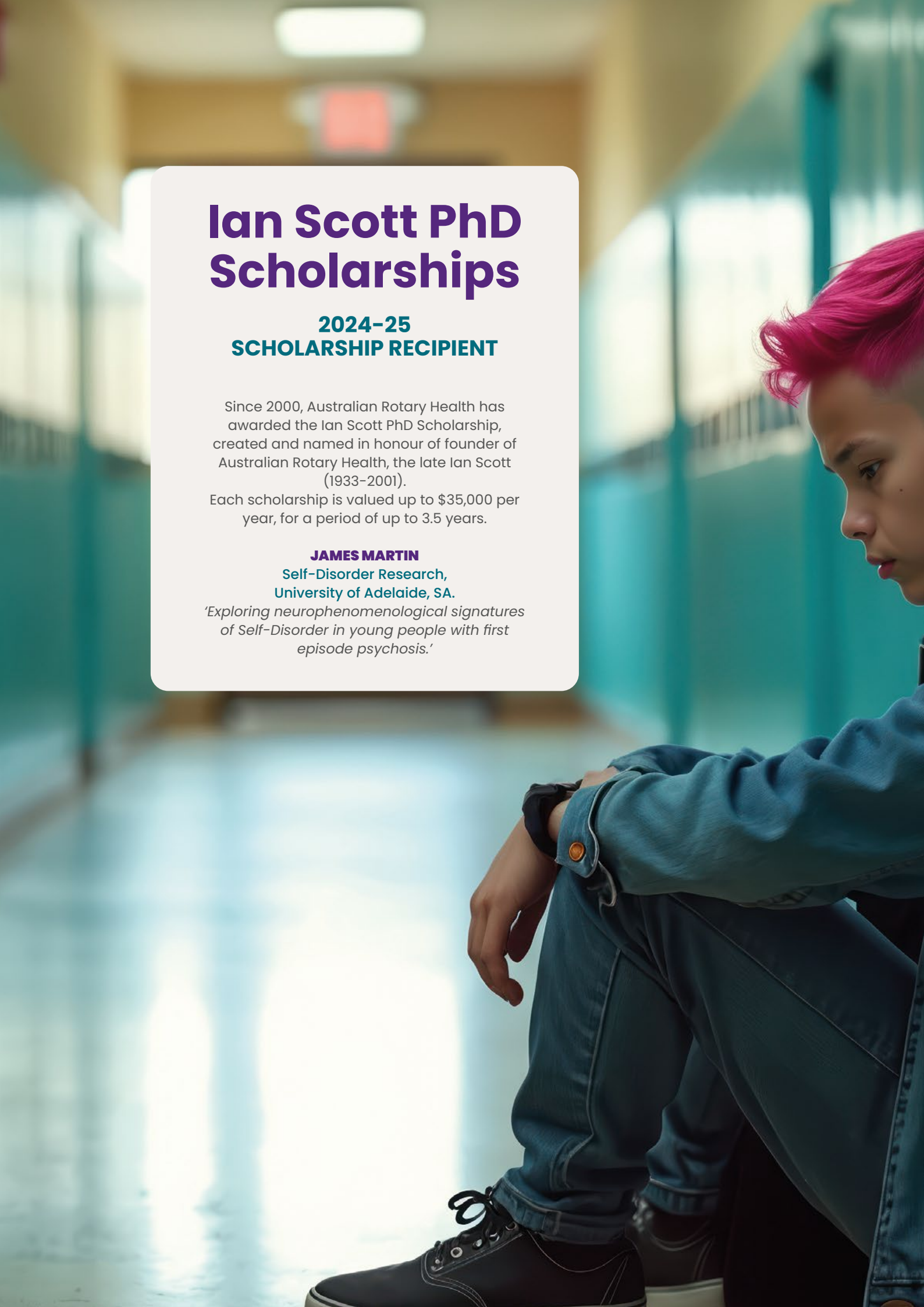
2024-25 FELLOWSHIP RECIPIENTS

DR GEMMA SICOURI
The Geoffrey Betts Postdoctoral Fellowship
Early Intervention in Childhood Mental Health
Black Dog Institute, University of New South Wales, NSW
'Empowering parents to optimise child anxiety treatment'

DR MELISSA AJI
The Colin Dodds Postdoctoral Fellowship
Intervention of childhood fear and anxiety at night
Black Dog Institute, University of New South Wales, NSW
'A preventative digital intervention for children with night-time fears.'

DR SHURONG LU
The Royce Abbey Postdoctoral Fellowship
Mental Health First Aid by Parents
University of Melbourne, VIC
'Empowering culturally and linguistically diverse parents to support primary school-aged children: an evaluation of Mental Health First Aid for Supporting Children'





Ian Scott PhD Scholarships

2024-25
SCHOLARSHIP RECIPIENT

Since 2000, Australian Rotary Health has awarded the Ian Scott PhD Scholarship, created and named in honour of founder of Australian Rotary Health, the late Ian Scott (1933-2001).
Each scholarship is valued up to $35,000 per year, for a period of up to 3.5 years.

JAMES MARTIN
Self-Disorder Research,
University of Adelaide, SA.
'Exploring neurophenomenological signatures of Self-Disorder in young people with first episode psychosis.'

Funding Partner PhD Scholarships

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

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

Scholars have received up to $35,000 annually to investigate areas such as cancer, heart disease, neurological disorders and children's health.

2024-25 SCHOLARSHIP RECIPIENTS

AISLING MCEVOY
Bartolina Peluso PhD and co-supported by RC of Camden, NSW
Dementia, Monash University, VIC
'Don't lose sleep over your medications: Investigating the safe and effective reduction of harmful sedative medications in people living with dementia'.

AJAY KONURI
Rotary Club of Belconnen, ACT
'50th Anniversary PhD Scholarship'
Parkinson's Disease, University of Sydney, NSW
'Using neuroimaging to identify biomarkers of progression to dementia and novel therapeutic mechanisms in patients with prodromal Lewy body disease'

ALYSA BACHMANN
Rotary NSW & ACT Emergency Services Community Awards PhD Scholarship
Mental health for emergency service personnel
Central Queensland University, QLD
'Exploring Psychosocial Hazards in Australian Emergency Services Workers'

ARIEL KIM
Kaiyu Enterprise PhD Scholarship
Mental Health
University of Melbourne, VIC
'Understanding Neurocircuitry in Anxiety Disorders Using 7-Tesla fMRI '

CATHERINE JOHNSON
Rotary Club of Flemington Kensington, VIC
Mental health of children aged 5–12 years
University of Melbourne, VIC
'Training teachers to provide early intervention to primary school aged children experiencing mental health problems'

CHARLIE FFRENCH
Phillip & Glenis Hayes PhD Scholarship
Pancreatic Cancer
University of South Australia, SA
'Advancing a novel biomarker for pancreatic cancer'

CHARLOTTE BLACKLOCK
Co-funded by combined Rotary Clubs of Mackay, QLD. Depression and/or Suicide in Young People
Murdoch Children's University of Technology, VIC
'Exploring the mental health and gender affirming needs of young people with a non-binary gender identity'

CHOW LAI
Rotary Club of Murrumbidgee, Canberra, ACT
Childhood Cancer
Walter & Eliza Hall Institute of Medical Research, VIC
'Towards using CRISPR-Type III for fusion oncogene detection and ablation of cancer cells in paediatric patients with acute myeloid leukaemia'

DAGMAWI HAILE
Rotary Passport Club of Sylvania Waters, NSW
Multiple Sclerosis
University of Melbourne, VIC
'Evaluating causal effects of therapies in multiple sclerosis'

EMILY MAJOR
Pamela Maud Ratcliff PKD Scholarship
PKD Research
La Trobe University, VIC
'Discovering the influence of the NLRP3 inflammasome on Polycystic Kidney Disease progression'

EVELYN SLOAN
Sharon Green & Marcel Skjald PhD Scholarship
Post Traumatic Stress Disorder
University of Melbourne, VIC.
'Paving the path to recovery: Improving mental health and physical outcomes for intensive care survivors'

GEORGINA RAWSON
Bartolina Peluso PhD Scholarship
Dementia
Monash University, VIC
'Slow wave sleep and biomarkers of neurodegeneration in obstructive sleep apnoea'

HANNA CORRE
Ian Parker Bipolar Research PhD Scholarship
Bipolar, University of Melbourne, VIC
'Understanding Lifestyle Correlates of Cognitive Function in Bipolar Disorder'

HARRY DEMPSEY
Rob Henry Memorial PhD Scholarship
Mental Health
Monash University, VIC
'Creating a turnkey solution to detect behaviour'

JEANTI PROFACA
Josephine Margaret Redfern & Ross Edward Redfern (RC of Granville, NSW)
Mental Health
University of New South Wales, NSW
'Childhood schizotypy as a mediator of risk for psychosis in adulthood'

JINGJING LIN
Rotary Clubs of District 9800 and Members
Parkinson's Disease Research PhD, VIC
Parkinson's Disease
University of Melbourne, VIC
'Retinal Biomarkers in Parkinson's disease'

JOANNA NEW
Dan Vickerman Research PhD Scholarship
Concussion Disease
University of Sydney, NSW
'Exploiting tau amyloid polymorphism for diagnosis of chronic traumatic encephalopathy (CTE)'

JORDAN CLARKE
Jonathan Ceddia Memorial PhD Scholarship
Schizophrenia
University of Melbourne, VIC
'Modelling Anatomical Phenotypes of Schizophrenia in Patient-Specific Cerebral Organoids'

JORDAN VELLA
Rotary Club of Mont Albert and Surrey Hills, VIC
'Danny Frawley' Centre PhD Scholarship
Athlete Mental Health
Monash University, VIC
'Exploring the Risk-Protective Factors for the Mental Health of Retired Elite Athletes'

MEGAN SMITH
Lorraine & Bruce McKenzie PhD Scholarship
Mental Health
University of Melbourne, VIC
'Mapping the care pathways initiated by primary schools to support the mental health of their students'

MICHELLE GOSSNER
Rotary District 9640, (QLD) PhD Scholarship
Rural Mental Health
Central Queensland University, QLD
'Targeting Youth Educational Disengagement in Regional Queensland'

NINA PERRY
David Henning Memorial PhD Scholarship
Autism
The University of Sydney, NSW
'Transforming the assessment of adaptive functioning in children with neurodevelopmental conditions'

NICHOLAS LEIDIG
Rotary Club of Adelaide, SA
Centennial Project
Chronic Disease within Aboriginal Communities
University of Adelaide, SA
'The relationship between chronic disease and intergenerational trauma in Aboriginal population groups'

PHILLIPA HUYNH
Rotary Club of Victor Harbor, SA
Rural Men's Mental Health
Swinburne University of Technology, VIC
'Risk and Protective Factors for Complex Trauma in Australian Rural and Urban Men'

REBECCA ONG
Gail and Bryan PhD Scholarship
Brain Health
University of Western Australia, WA
'Promoting healthy brain ageing with non-invasive brain stimulation'

SANDRA SURSOCK
Rotary District 9650 Bowelscan, NSW
Bowel Cancer, University of Melbourne, VIC
'Optimising the National Bowel Cancer Screening Follow-Up: Integrating Innovative Technology to Improve Cancer Outcomes'

STELLA-MARIS EGBAH
Rotary Club of Devonport, TAS
Gastroparesis, University of Newcastle, NSW
'Pathophysiology and treatment of idiopathic gastroparesis: duodenal and gastric pathology, intestinal immune activation and microbiome'

THANAPON DEEKAIKAM
Rotary Club of West Wollongong, NSW
'60th Anniversary' PhD Scholarship
Neurological and/or Mental Health Conditions, University of Wollongong, NSW
'Building benchtop tissue models of human mechanosensory neurons'

WINSTON HUA
Co-funded by Rotary Club of Youngtown, TAS
Gastroparesis
Western Sydney University, NSW
'Prebiotic effects of partially hydrolysed guar gum in individuals and gastroparesis'

ZHE (DARREN) QIANG
Co-funded by Rotary Club of Gisborne/ Rotary Action Group Against MS 'Jacob Taurins Memorial. Progressive Multiple Sclerosis, University of Melbourne, VIC
'Biomarkers of Personalized therapy for Multiple Sclerosis'

ZOE WHITEHOUSE
Co-funded by Rotary Clubs of Wahroonga and Turramurra, NSW
PhD Scholarship
Parkinson's Disease, La Trobe University, VIC
'Characterisation of calcium regulation and mitochondrial function in Parkinson Disease lymphoblast cell lines'



Rural Medical Scholarships

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

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

2024-25 SCHOLARSHIP RECIPIENTS

BRIDGET GAUL
Australian National University, ACT
Bega Rural Clinical School, NSW
Sponsored by: The Late PDG Joe Scorer

TARA COLLAERY
Australian National University, ACT
Cowra Rural Clinical School, NSW
Sponsored by: The Late PDG Joe Scorer

LABIBA RAHMAN
Australian National University, ACT
Bega Rural Clinical School, NSW
Sponsored by: The Late PDG Joe Scorer

CHRISTINE ZHU
Australian National University, ACT
Cooma Rural Clinical School, NSW
Sponsored by: The Late PDG Joe Scorer

SAMANTHA SKUNDRIC
Western Sydney University, NSW
Bathurst Rural Clinical School, NSW
Sponsored by: Rotary Inspirational Women's Award/District 9675

CHRISTO JOSEPH
Western Sydney University, NSW
Bathurst Rural Clinical School, NSW
Sponsored by: Rotary Club of Bentleigh-Moorabbin Central, VIC

GAHENA RAM
Western Sydney University, NSW
Bathurst Rural Clinical School, NSW
Sponsored by: Individual Donations

TRISTAN SPRUMONT
University of Adelaide, SA
Yorkes-Kadina/Wallaroo Rural Clinical School, SA
Sponsored by: Rotary Club of St Peters, SA

ANISHKA FERNANDOPULLE
Australian National University, ACT
Bega Rural Clinical School, NSW
Sponsored by: Rotary Clubs of Murrumbidgee/Deniliquin, NSW

VINCENT BATCHELOR
Australian National University, ACT
Bega Rural Clinical School, NSW
Sponsored by: The Late PDG Joe Scorer

LOREN HUGHES
Australian National University, ACT
Cowra Rural Clinical School, NSW
Sponsored by: Rotary Club of Wagga Wagga Sunrise, NSW

EMAN TAHIR
Western Sydney University, NSW
Bathurst Rural Clinical School, NSW
Sponsored by: Lechner Scholarship

RASHMI PERERA
Western Sydney University, NSW
Bathurst Rural Clinical School, NSW
Sponsored by: Rotary Inspirational Women's Award/District 9675

TATUM FABER
Western Sydney University, NSW
Lismore Rural Clinical School, NSW
Sponsored by: Harris Scholarship

SABRINA PENG
Western Sydney University, NSW
Lismore Rural Clinical School, NSW
Sponsored by: Raya Scholarship

CONSTANCE MCINTOSH
University of Adelaide, SA
Port Pirie/Crystal Brook Rural Clinic, SA
Sponsored by: Rotary Club of St Peters, SA

Rural Nursing Scholarships

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

2024-25 SCHOLARSHIP RECIPIENTS

JANA HOFFMAN
University of Wollongong, NSW
South East Regional Hospital (Bega)
Sponsored by: The Late PDG Joe Scorer

STEPHANIE MERTON
University of Wollongong, NSW
South East Regional Hospital (Bega)
Sponsored by: The Late PDG Joe Scorer

CARLY BREMNER
University of Wollongong, NSW
South East Regional Hospital (Bega)
Sponsored by: The Late PDG Joe Scorer

CASSANDRA FRENCH
University of Wollongong, NSW
South East Regional Hospital (Bega)
Sponsored by: The Late PDG Joe Scorer

GEORGINA BOYCE
Federation University, VIC
Bairnsdale Regional Hospital
Sponsored by: Rotary Club of Sale, VIC

CHELSEA HURLEY
Federation University, VIC
Central Gippsland Health Service (Sale)
Sponsored by: Rotary Club of Sale, VIC

EBONY HENRY
Federation University, VIC
Central Gippsland Health Service (Sale)
Sponsored by: Rotary Club of Sale, VIC

NARELLE BROWN
Federation University, VIC
Central Gippsland Health Service (Sale)
Sponsored by: Rotary Club of Sale, VIC

JAYNA DICKINSON
University of Wollongong, NSW
South East Regional Hospital (Bega)
Sponsored by: Late PDG Joe Scorer

NWANYIBUAKU UBOCHI-NJOKU
University of Wollongong, NSW
South East Regional Hospital (Bega)
Sponsored by: The Late PDG Joe Scorer

MAREE MCDONALD
Federation University, VIC
Bairnsdale Regional Hospital
Sponsored by: Rotary Club of Sale, VIC

JAYNE PINI
Federation University, VIC
Bairnsdale Regional Hospital
Sponsored by: Rotary Club of Sale, VIC

ROSALIE ROTHNIE
Federation University, VIC
Central Gippsland Health Service (Sale)
Sponsored by: Rotary Club of Sale, VIC



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 all health areas that include nursing, medicine, social work, and dentistry.

2025 SCHOLARSHIP RECIPIENTS

Australian Capital Territory

JOEL MATYSEK
Psychology - University of Canberra, ACT
Sponsored by: Rotary Club of Tuggeranong, ACT

REESE SALMON
Psychology - Deakin University, VIC
Sponsored by: Rotary Club of Murrumbidgee Canberra, ACT

NEW SOUTH WALES

ASHTON EMBRY
Critical Care Nursing - University of Tasmania, TAS
Sponsored by: Rotary Club of Sutherland, NSW

BIANCA KNIGHT
Medicine - University of Sydney, NSW
Sponsored by: Rotary Club of Upper Northern Beaches, NSW

BIANCA SIMPSON
Nursing - University of Wollongong, NSW
Sponsored by: Rotary Club of Fairy Meadow, NSW

CRAIG RAYMOND
Psychology - University of New England, NSW
Sponsored by: Rotary Club of Orange, NSW

EDEN SLICER
Medicine - University of New South Wales, NSW
Sponsored by: The Late Keith Henning OAM

JESSE ALDRIDGE
Vision Science/Optometry - Flinders University, SA
Sponsored by: Rotary Club of Botany Randwick, NSW

KALEISHA COWAN-ROBERTS
Medicine - University of New South Wales, NSW
Sponsored by: The Late Keith Henning OAM/ PDG Mina Howard

LAURA CAUCHI
Medicine - Western Sydney University, NSW
Sponsored by: PDG Paul and Julia Reid/RC of Pambula, NSW

LESLEY MCKENZIE
Medicine - University of Sydney, NSW
Sponsored by: The Late PDG Joe Scorer/RC of Batemans Bay, NSW

MADELEINE LAWSON
Public Health - University of Wollongong, NSW
Sponsored by: Rotary Club of West Wollongong, NSW

MEGAN TORPEY
Medicine - University of New South Wales, NSW
Sponsored by: The Late Keith Henning OAM

MILANI DASILVA
Mental Health - Charles Sturt University, NSW
Sponsored by: The David Henning Foundation

MIRANDA WALLACE
Medicine - University of New South Wales, NSW
Sponsored by: Learnmed & Dr Ian Fitzpatrick Bequest

NICHOLAS TEDIM
Paramedicine - Charles Sturt University, NSW
Sponsored by: Rotary Club of Junee, NSW/The Late PDG Joe Scorer

PIPER STEWART
Paramedicine - Western Sydney University, NSW
Sponsored by: Rotary Club of Camden, NSW/ The Late PDG Joe Scorer

STEVEN CABLE
Medicine - University of Sydney, NSW
Sponsored by: PDG Stephen & Judith Humphreys

TAMEEKA TIGHE
Nursing - University of South Queensland, QLD
Sponsored by: The David Henning Foundation

ZOE SMART
Social Work - Griffith University, NSW
Sponsored by: Rotary Club of Parramatta, NSW

Northern Territory

EBONY HILL
Medicine - Flinders University, NT
Sponsored by: Rotary Club of Darwin, NT

EMILY POST
Medicine - Flinders University, NT
Sponsored by: Rotary Club of Darwin South, NT

SOPHIE L'ESTRANGE
Medicine - Flinders University, NT
Sponsored by: Rotary Club of Darwin North, NT

TIANA JAMES
Medicine - Flinders University, NT
Sponsored by: Rotary Club of Litchfield/ Palmerston, NT

Queensland

ALEXANDER GOTZ
Medicine - James Cook University, QLD
Sponsored by: Lyndal Brown (Harris Estate)

BRADLEY SMITH
Medicine - University of Queensland, QLD
Sponsored by: Dr King Gan

CHARLIE HAZELTON
Health Science - Griffith University, QLD
Sponsored by: Rotary Club of Runaway Bay, QLD

DIANE BROOKES
Nursing - Central Queensland University, QLD
Sponsored by: Sam Storey Memorial Scholarship

HAYLEY MCMAHON
Physiotherapy - Australian Catholic University, QLD
Sponsored by: Lee Tyrrell

LOGAN WALSH
Physiotherapy - Australian Catholic University, QLD
Sponsored by: Lyndal Brown (Harris Estate)

MIAH HICKMAN
Medicine/Nursing - University of Queensland, QLD
Sponsored by: Lyndal Brown (Harris Estate)

MYLES MCKENZIE
Medicine - James Cook University, QLD
Sponsored by: Rotary Club of Essendon, VIC

SHANNON PECKHAM
Clinical Audiology - University of Melbourne, VIC
Sponsored by: Rotary Club of Mt Morgan, QLD

SHI-ANNE WALLACE
Pharmacy - James Cook University, QLD
Sponsored by: Rotary Club of Cairns, QLD

TAHLIA O'HARA
Pharmacy - Griffith University, QLD
Sponsored by: Dr King Gan

Tasmania

JACKSON CORONA
Medicine - University of Tasmania, TAS
Sponsored by: Dr King Gan

Victoria

ALISON HAMMOND
Oral Health Science - La Trobe University, VIC
Sponsored by: Rotary Club of Bendigo Sandhurst, VIC

BENJAMIN CROOK
Medicine - Monash University, VIC
Sponsored by: Rotary District 9790 Group

CASEY SLADE
Medicine - Monash University, VIC
Sponsored by: Eltham Rotary Group, VIC

CHLOE RAWSON-HARRIS
Medicine - Monash University, VIC
Sponsored by: Peter Lewis OAM

DANE GREENFIELD
Medicine - Deakin University, VIC
Sponsored by: Rotary Club of Kardinia, VIC

EBONY WOOLSTENCROFT
Nursing - La Trobe University, VIC
Sponsored by: Rotary Club of Mooroopna, VIC

JAYDE COUZENS
Nursing - La Trobe University, VIC
Sponsored by: Rotary Club of Bright, VIC

KAIARA BRAYBROOK
Medicine - Monash University, VIC
Sponsored by: Rotary Club of Bentleigh Moorabbin Central, VIC

LEILIA THURLING
Medicine - Monash University, VIC
Sponsored by: Rotary of Geelong Central, VIC

LOUISE TUSCHE-PRATT
Medicine - Monash University, VIC
Sponsored by: Rotary Club of Box Hill Burwood, VIC

PAIGE STALKER-GRIGG
Occupational Therapy - Monash University, VIC
Sponsored by: Rotary of Monash Glen Waverley, VIC

RYAN DI PIETRO
Medicine - Monash University, VIC
Sponsored by: Rotary District 9790 Group

SUSAN CHAMBERS
Medicine - Monash University, VIC
Sponsored by: Dr King Gan

TALIA COOKE
Medicine - Monash University, VIC
Sponsored by: Rotary of Mornington, VIC

Western Australia

CLAUDIA WALTON-MCDERMOTT
Medicine - University of Western Australia, WA
Sponsored by: Rotary Club of Kalamunda, WA

JAARON DAVIS
Medicine - Curtin University, WA
Sponsored by: Dr King Gan

JAMILIAH BIN SWANI
Nursing - University of Notre Dame, WA
Sponsored by: Rotary Clubs of Baldivis, Kwinana, Rockingham & Palm Beach, WA

JASMINE JOHN
Occupational Therapy - Curtin University, WA
Sponsored by: Rotary Club of Geelong East, WA

KAHLIE LOCKYER
Medicine - University of Western Australia, WA
Sponsored by: Lee Tyrrell

KEISHA CALYUN
Medicine/Surgery - Curtin University, WA
Sponsored by: Rotary Club of Como, WA

KIRBY HOBBS
Biomedical Science - University of Western Australia, WA
Sponsored by: Rotary Club of Matilda Bay, WA

LUKE WHITE
Medicine - University of Western Australia, WA
Sponsored by: Rotary Club of Karrinyup, WA

MAYA STASIUK
Medicine - University of Western Australia, WA
Sponsored by: Rotary Club of West Perth, WA

NIKKI MCKENZIE
Psychology - Curtin University, WA
Sponsored by: Rotary Club of Mundaring, WA

SACHI NEVILL
Medicine - University of Western Australia, WA
Sponsored by: Lindsay Cozens Aboriginal Education Trust

SHAHNAZ RIND
Optometry - University of Western Australia, WA
Sponsored by: Rotary Club of Ascot, WA

SOFIE GILMARTIN
Medicine - University of Western Australia, WA
Sponsored by: The Late PDG Joe Scorer

South Australia

CHLOE-MARIE PASSMORE
Medicine/Surgery - University of Adelaide, SA
Sponsored by: Prof Michael Sage

DANNIELLE GHEZZI
Genetic Counselling - University of Technology Sydney, NSW
Sponsored by: Rotary Club of Mt Barker, SA

EMMA VINCENT
Medicine - Flinders University, SA
Sponsored by: Margaret Mayo

HALEY PICKERING
Midwifery - University of South Australia, SA
Sponsored by: PDG Marie Louise Lees

HANNAH HUGHES
Medicine - Flinders University, SA
Sponsored by: Rotary Club of Kidman Park, SA

INDIA SHACKLEFORD
Medicine - Flinders University, SA
Sponsored by: Rotary Club of Somerton Park, SA

ISAAC BROWN
Nursing - University of Adelaide, SA
Sponsored by: Rotary Club of Campbelltown, SA

JASMYN LLOYD
Medicine/Surgery - University of Adelaide, SA
Sponsored by: Rotary Club of Morialta, SA

KAYLA VITALE
Medicine - Flinders University, SA
Sponsored by: Emeritus Professor Michael Sawyer OAM

KRISTAL TAK
Physiotherapy - Flinders University, SA
Sponsored by: Rotary Club of Gawler, SA

KRISTINE HAMPTON
Maternal Critical Care - Charles Darwin University, NT
Sponsored by: Rotary Club of Hyde Park, SA

KRYSTAL SMITH
Nursing - University of South Australia, SA
Sponsored by: Coopers Foundation

KY BURGOYNE
Medical Radiation Science - University of South Australia, SA
Sponsored by: Margaret Mayo

MAHLEE SINKINSON
Midwifery - Flinders University, SA
Sponsored by: Rotary Club of Port Lincoln, SA

NATHAN HARTMAN
Medicine - Flinders University, SA
Sponsored by: Rotary Club of Mitcham, SA

PETER LACEY
Medicine - Flinders University, SA
Sponsored by: Dr Helen Sage

SARAH BROWNE
Paramedicine - Flinders University, SA
Sponsored by: Rotary Club of Adelaide Light, SA

Awards

Australian Rotary Health Medal

The Board of Australian Rotary Health Awards an annual 'Medal' to an individual who has contributed outstanding service to Australian Rotary Health. Recipients are presented with a framed certificate and commemorative pin.



▲ ARH CEO JOY GILLETT OAM, PROFESSOR JANE PIRKIS, UNIVERSITY OF MELBOURNE, FORMER CHAIR OF THE ARH RESEARCH COMMITTEE AND ARH CHAIR PDG STEPHEN HUMPHREYS.

In 2025, Former Chair of the ARH Research Committee, Professor Jane Pirkis, was awarded the prestigious 2025 ARH Medal in recognition of her remarkable service to Australian Rotary Health. Professor Pirkis began her tenure on the Research Committee in 2007 and served as Chair from 2017 to 2024. Under her leadership, the committee navigated key transitions — including the challenges of the COVID-19 pandemic, a strategic focus on mental health in children aged 0–12, and the introduction of a new three-year grant rotation process.

Since 2020 when the focus on Mental Illness was introduced, Professor Pirkis has been involved in overseeing 742 Research Grants, 59 PhD Scholarships, and 19 Postdoctoral Fellowships — contributing to more than $40 million in research funding. We extend our heartfelt thanks to Professor Pirkis for her exceptional dedication, visionary leadership, and lasting contributions to the work of Australian Rotary Health.

PAST RECIPIENTS:

2003	Loch Adams (deceased), Fred Hay (deceased), Emeritus Professor Michael Sawyer OAM & Fay Jackson
2004	Noel Trevaskis OAM
2005	Philip James Francis
2006	Paul Henningham OAM (deceased)
2007	Emeritus Professor Tony Jorm
2008	Dick White OAM
2009	Geoff Kennedy (deceased)
2010	Ron Beslich OAM (deceased)
2011	Peter Lean (deceased)
2012	Rob Henry (deceased)
2013	Geoffrey Bailey (deceased) and Joy Gillett OAM
2014	Dean Brown AO and Bob Aitken AM (deceased)
2015	David and Karen Brown
2016	Keith Henning OAM (deceased)
2017	Melvin Gray OAM
2018	Lindsay Morgan OAM
2019	Phil Lacey
2020	Not Awarded
2021	Lyn Jones
2022	Vicki Stewart
2023	Not Awarded
2024	Betty Kitchener AM
2025	Professor Jane Pirkis

Life Membership



▲ ARH CHAIR PDG STEPHEN HUMPHREYS AND ARH DIRECTOR PDG JERRY PILCHER.

At the November 2025 Board Meeting, ARH Chair PDG Stephen Humphreys presented a Life Membership Award to ARH Director PDG Jerry Pilcher.

PDG Jerry Pilcher joined the Australian Rotary Health Board in 2017. His first six years were served by invitation of the Chair, followed by a two-year extraordinary extension for 2024 and 2025. In 2022, Jerry was elected by the Board to the Executive Committee, and at the October 2023 AGM he was appointed Vice Chair under incoming ARH Chair PDG Stephen Humphreys. In 2023, Jerry also willingly accepted the role of Chair, Lift the Lid Walks, a position he continues to hold today.

Jerry is an extremely proactive and valued Director, always willing to assist and contribute across all areas of the organisation's work. We extend our sincere thanks to PDG Jerry Pilcher for his dedicated service, leadership, and unwavering commitment to advancing the mission of Australian Rotary Health.

Awards
Supporters



▲ ARH DIRECTOR PDG PAUL MEE PRESENTED AN ACHIEVEMENT AWARD TO GLENN TIPPETT, WHO RETIRED AFTER 11 YEARS AS ARH DISTRICT 9810 CHAIR. A HUGE THANK YOU TO GLENN FOR 11 YEARS OF DEDICATED SERVICE AND COMMITMENT TO AUSTRALIAN ROTARY HEALTH.



▲ ARH DIRECTOR PDG JERRY PILCHER PRESENTED ROTARY CLUB OF GREATER BUNBURY PRESIDENT PDG ROBYN LLOYD WITH A DIAMOND COMPANION AWARD AND COMMEMORATIVE PIN!



▲ ROTARY CLUB OF MILDURA DEAKIN, VIC MEMBERS LESLEY AND NEVILLE MITCHELL BECAME COMPANIONS!



▲ ARH CHAIR PDG STEPHEN HUMPHREYS, PRESENTED ROTARY INTERNATIONAL DIRECTOR JENNIFER SCOTT AM WITH A GOLD COMPANION AWARD IN RECOGNITION OF HER EXCEPTIONAL SERVICE AND DEDICATED SUPPORT OF AUSTRALIAN ROTARY HEALTH.



▲ ARH CHAIR PDG STEPHEN HUMPHREYS AND HIS WIFE JUDITH, WERE HONOURED WITH A RUBY COMPANION AWARD, PRESENTED BY ARH DIRECTOR PDG BERNIE BOTT. THEIR DEDICATION AND ONGOING COMMITMENT TO AUSTRALIAN ROTARY HEALTH CONTINUES TO MAKE A MEANINGFUL IMPACT.

Fundraising, Events, & Other Happenings

Lift the Lid Walk for Mental Health

Since 2020, the Lift the Lid walks have raised over $500,000 for mental health research!

The very first walk event that inspired the Lift the Lid Walks was hosted by Vicki Stewart at the Rotary Club of Mooloolaba, QLD in 2017. Ever since then, Vicki's idea has expanded to more Rotary Clubs across Australia.

The walk and talk format is deliberately not a race but gives an opportunity for locals to get together and raise awareness of the serious mental health issues we all face. With 1 in 5 Australians suffering a mental health disorder, we use these walk events to break down the stigma and make it easier to seek support for mental health concerns.

Thank you to all the Clubs who held walks during 2024-2025 - together we can Lift the Lid on Mental Illness.



▲ A HUGE AND WELL-DESERVED CONGRATULATIONS TO THE ROTARY CLUB OF TOWNSVILLE SAINTS, QLD FOR A VERY SUCCESSFUL LIFT THE LID WALK.



◀ ANOTHER SUCCESSFUL LIFT THE LID WALK FOR MENTAL HEALTH WAS HOSTED BY ROTARY CLUB OF BEENLEIGH, QLD. A PEACEFUL, CALMING WALK SURROUNDED BY NATURE, FRIENDLY ANIMALS AND DELICIOUS FOOD SHARED BY EVERYONE.



▲ THE ROTARY CLUB OF KINGLAKE RANGES, VIC HOSTED THEIR HIGHLY ANTICIPATED LIFT THE LID WALK AND SHOW 'N SHINE FUNDRAISING EVENTS. IT WAS A DAY FILLED WITH FUN AND COMMUNITY SPIRIT!



◀ THANK YOU TO ROTARY CLUBS OF EASTWOOD AND REGENCY PARK, SA FOR HOSTING THEIR 5TH ANNUAL WALKING FUNDRAISER IN OCTOBER.



▲ AROUND 50 WALKERS TOOK PART IN ROTARY CLUB OF SUNBURY, VIC'S INAUGURAL LIFT THE LID FUNDRAISER. THE EVENT SAW PARTICIPANTS COMPLETE A 2KM ROUTE AROUND CLARKE OVAL AND BLIND CREEK TO RAISE $4,000 FOR AUSTRALIAN ROTARY HEALTH.



▲ THE MACARTHUR GROUP HELD THEIR INAUGURAL LIFT THE LID WALK FOR MENTAL HEALTH - ROTARY CLUBS OF CAMDEN, GREGORY HILLS NEXT-GEN, NARELLAN, CAMPBELLTOWN, MACARTHUR SUNRISE, PICTON, INGLEBURN, AND WOLLONDILLY NORTH, NSW.



▲ THE COMBINED ROTARY CLUBS OF MAITLAND, NSW HOSTED A SUCCESSFUL INAUGURAL LIFT THE LID WALK. WITH THE SUN SHINING, MAYOR PHILIP PENFOLD OFFICIALLY KICKED OFF THE WALK.



▲ ROTARY CLUB OF SUNNYBANK HILLS, QLD HOSTED ANOTHER LIFT THE LID WALK FOR MENTAL HEALTH.



▲ OVER 100 WALKERS JOINED THE COMBINED LIFT THE LID WALK HOSTED BY THE ROTARY CLUB OF KARRINYUP, ROTARY CLUB OF SCARBOROUGH, AND ROTARY CLUB OF OSBORNE PARK, WA. GRATEFUL FOR THE SUPPORT OF COUNCILLOR TONY KRSTICEVIC, COUNCILLOR ROB PAPARDE, AND COUNCILLOR KARLO PERKOV.



▲ THE ROTARY CLUB OF NUNDAH, QLD PROUDLY HOSTED THEIR INAUGURAL LIFT THE LID WALK IN 2025, RAISING $1,000! THANK YOU TO ALL THE EVENT SUPPORTERS: DEVILS NORTH LEAGUE CLUB, NUNDAH NOW, LOVING NUNDAH, BUNNINGS VIRGINIA, CR ADAM ALLEN, LEANNE LINARD MP AND ANIKA WELLS MP.

Fundraising, Events, & Other Happenings

Hat Day

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



▲ AN INTIMATE CHRISTMAS IN JULY AND HAT DAY DINNER, HOSTED BY ROTARY CLUB OF MAGILL SUNRISE AND CAMPBELLTOWN, SA RAISED $400 FOR ARH.



▲ ROTARY CLUB OF CANBERRA SUNDOWNERS, ACT SHOWCASED A COLOURFUL ARRAY OF HATS AT THEIR WEEKLY MEETING TO HELP LIFT THE LID ON MENTAL ILLNESS. THANK YOU TO THE TEAM FOR THEIR COMMENDABLE EFFORTS AND SUPER CREATIVE HATS!



▲ CONGRATULATIONS TO ROTARY CLUB OF EAST MAITLAND, NSW FOR THEIR SUCCESSFUL HAT DAY EVENT AT EL CHAPOS RESTAURANT! THE GATHERING NOT ONLY RAISED AWARENESS FOR MENTAL HEALTH DISORDERS BUT ALSO PROVIDED THE OPPORTUNITY FOR MEMBERS TO ENGAGE AND FOSTER MEANINGFUL DISCUSSIONS.



▲ ROTARY CLUB OF WAHROONGA, NSW HOSTED A SPECTACULAR HAT DAY MEETING, LIFTING THE LID AND RAISING MUCH NEEDED FUNDS FOR ARH.



▲ ROTARY CLUB OF MOUNT ISA SOUTHWEST, QLD LIT UP THE MOUNT ISA SHOPPING VILLAGE WITH A SPECTACULAR HAT DAY PARADE, WHERE ANUSHA AND THE TEAM DECORATED HATS WITH CHILDREN FROM THE COMMUNITY.



▲ THANK YOU TO THE ROTARY CLUB OF ALTONA CITY, VIC - DISTRICT 9800 FOR THEIR TREMENDOUS SUPPORT OF OUR LIFT THE LID CAMPAIGN. MEMBERS SHOWCASED A BRIGHT AND CREATIVE HAT DISPLAY AT THE KOORINGAL GOLF CLUB, RAISING OVER $1,000 FOR MENTAL HEALTH RESEARCH!



▲ HATS OFF TO ROTARY CLUB OF WALKERVILLE, SA FOR HOSTING THEIR MOST SUCCESSFUL ART SHOW TO DATE ON SATURDAY, 12 OCTOBER, AS PART OF THEIR HAT DAY EVENT! MAJORITY OF THE ARTWORK WAS SOLD, WITH PROCEEDS GENEROUSLY DONATED TO ARH!



▲ THE VIBRANT COMMUNITY OF WESTBURY, TAS CAME TOGETHER FOR A HAT DAY CELEBRATION, WHERE ATTENDEES WENT FOR A WALK (OR RUN) FOLLOWED BY A MORMING TEA AND SAUSAGE SIZZLE, HOSTED BY ROTARY CLUB OF WESTBURY, TAS.



▲ MEMBERS OF THE ROTARY CLUB OF HIGHTON, VIC HELD A SUCCESSFUL HAT DAY EVENT!



▲ ROTARY CLUB OF MAITLAND SUNRISE, NSW DEDICATED ONE OF THEIR MEETINGS TO THE "LIFTING THE LID ON MENTAL ILLNESS," WITH MEMBERS WEARING ENTERTAINING HATS.



▲ A HUGE THANK YOU TO ROTARY CLUB OF KENTHURST, NSW FOR HOSTING THEIR HAT DAY. PICTURED IS RAY WINNING THE "BEST HAT" AWARD - WELL DONE, MR MONOPOLY!



▲ ROTARY CLUB OF TOWNSVILLE SUNRISE, QLD HOSTED A HAT DAY EVENT. A HEARTFELT THANK YOU TO ALL MEMBERS AND THEIR GUESTS FOR THEIR GENEROUS SUPPORT IN RAISING AWARENESS AND FUNDS.



▲ ROTARY CLUB OF LEETON, NSW HOSTED THEIR ANNUAL HAT DAY EVENT AT THE HYDRO HOTEL IN LEETON. IN A PLAYFUL TWIST ON TRADITIONAL ETIQUETTE, MEMBERS AND THEIR GUESTS ENJOYED DINNER WHILE PROUDLY WEARING THEIR HATS.



▲ ROTARY CLUB OF MURRUMBURRAH-HARDEN, NSW HOSTED THEIR HAT DAY EVENT, WITH GUEST SPEAKER KIRSTY MCINTYRE-SMITH, A REGISTERED NURSE SPECIALISING IN COMMUNITY HEALTH AT MURRUMBURRAH-HARDEN DISTRICT HOSPITAL.



◀ ROTARY CLUB OF SUMMERLAND SUNRISE, QLD HELD THEIR HAT DAY EVENT, WHERE GUEST SPEAKER, STEPHEN CARRIGG, FROM THE RURAL ADVERSITY MENTAL HEALTH PROGRAM DISCUSSED THE UNIQUE MENTAL HEALTH CHALLENGES FACED BY RURAL COMMUNITIES. THANK YOU TO ALL INVOLVED FOR SUPPORTING OUR CAUSE AND FOR RAISING OVER $600 FOR ARH.

Fundraising, Events, & Other Happenings

Events

▶ ARH Chair PDG Stephen Humphreys attended the Rotary Club of Dorrigo's, NSW Changeover, where he spoke about the importance of Australian Rotary Health. Stephen also thanked the club for the great results at their LIFT THE LID Walk.





◀ ARH hosted it's annual Let's Get Together in Melbourne, VIC. Rotarians met with one of our Indigenous Health Scholarship recipients and 8 of our PhD scholars.



◀ Another great Let's Get Together event in Brisbane, QLD hosted by ARH. Past Director Roger Crawfoot, District 9620 New Chair Donelle Whiteley and Rotarians had the opportunity of meeting 2 Alumni Leaders; Gari Watson and Jennie Briese, 4 of our Indigenous Health Scholarship recipients; Charles Hazelton, Miah Hickman, Alfred Sing and Bradley Smith.

▶ Australian Rotary Health hosted its annual Let's Get Together event in Sydney, NSW. Rotarians had the opportunity to meet one of our Indigenous Health Scholarship recipients Sally Blackwell, as well as two of our PhD scholars, Dr. Sally Vuong and Ajay Konuri.





▲ The Rotary Clubs of Darwin, NT got to catch up on what is new in our recipients lives. Hosted by ARH, the Let's Get Together events are truly Creating Hope in health.



◀ ARH recently hosted another annual Let's Get Together event in Perth, WA. ARH Vice Chair PDG Jerry Pilcher, ARH District Governor Patricia Schraven and Rotarians had the opportunity of meeting our Indigenous Health Scholarship recipients Nikki McKenzie, Kahlie Lockyer, Jamiliah Bin Swani and Shondell Hayden.

Fundraising, Events, & Other Happenings

Events



▲ A huge thank you to Rotary Club of Traralgon Central, VIC who raised much appreciated funds for ARH, with specific focus on mental health research for young Australians, while supporting the Cowwarr Saints F.N.C in their Round 17 Footy match against Glengarry.

▶ Rotary Club of Mill Point, WA proudly presented a $5,000 cheque to ARH District Chair Warwick Smith, raised during their 6th annual Bull Dust 'n' Back event, held in October 2024.



▲ 'Dirt and Dust Run' is a thrilling 5-day road adventure through some of Western Australia's dustiest tracks, organised by Greater Bunbury Rotary. 70 enthusiastic drivers participated, raising over $120,000 for various mental health initiatives, including ARH.





◀ Rotary Club of Hawthorn, VIC hosted an inspiring 'Lift the Lid on Mental Illness' fundraising luncheon, featuring Guest Speaker Craig Tiley, CEO of Tennis Australia. All funds raised went directly to ARH.



▲ During Bob Ryan's tenure as Governor of Rotary District 9650 in 2017-2018, his wife Margaret Ryan turned personal adversity into a powerful mission—raising an incredible $56,192.77 for Australian Rotary Health to fund cardiovascular disease research. To honor Margaret and Bob's extraordinary contribution through Australian Rotary Health, Chair of ARH, PDG Stephen Humphreys, Director PDG Adrian Roach, and CEO Joy Gillett OAM visited the Hunter Medical Research Institute (HMRI). There, they met with Professor Boyle and Dr. Murtha to witness firsthand how this donation is driving vital research forward.



◄ During an "Escape to the Country" weekend in October, Members of Rotary Parramatta, NSW enjoyed a getaway in Bathurst, NSW. The highlight of the trip was an evening spent with the three ARH Rural Medical Scholarship recipients, Samantha, Gehena, and Christo. These dedicated students took a break from their studies to share inspiring stories of their journeys with the Rotary members over a memorable dinner.



► Rotary E-Club of Brindabella, NSW recently hosted a Trivia Night. Thanks to their continued support, trivia nights over the years have raised over $20,000.

Fundraising, Events, & Other Happenings

Events



◄ The Greater Bunbury Rotary club, WA held their annual 'Dirt and Dust Run' run late last year. This has been an annual event – formerly organised by the South Bunbury Rotary club until the three Bunbury Rotary clubs merged. Australian Rotary Health has been a major recipient of funding over the past 8 years at least. The donation this year was a magnificent $37,271. Overall, the club has donated $199,757 to Australian Rotary Health – this is the total amount donated – over time – from the 3 Bunbury clubs – now one.



◄ District Chair Betty Kitchener AM and ARH Director PDG Adrian Roach with the ARH stall at the District 9660 Conference in Narrabri, NSW. ARH Chair PDG Stephen Humphreys spoke about the importance on Australian Rotary Health.



► 215km. 3 days. 25 dedicated riders. The Rotary District 9790 Ride to Conference challenge was a huge success! They raised $9,000 for Australian Rotary Health, supporting vital mental health research.



▲ Amazing effort by all riders and support crew who participated in the Rotary Ride for Research D9815 – The Ruby Ramble. The team covered over 570km in 6 days, riding from Baddaginnie to Benalla via the Wangaratta region. This year's event was another great success, raising just over $30,000 for Australian Rotary Health. The MAD March Cycle Challenge is organised by the Rotary District 9815 Ride for Medical Research team. Rotary District 9815 bike rides began in 1985 and have now been running for 40 years, raising an incredible $1.4 million for Australian Rotary Health.



◄ A huge thank you to the Rotary Club of Devonport, TAS for organising another Bear Drop. The event has been running for 21 years as a free-entry family event, attracting an average of around 3,000 attendees throughout the day. It features free entertainment from musicians and singers, along with family-friendly activities such as face painting, food stalls and jumping castles. The event raised $4,000 for Australian Rotary Health to fund vital research into Gastroparesis.



► The Rotary Club of Matilda Bay, WA hosted its annual Mental Health Awareness Golf Day, raising $2,500 in support of ARH.

Companions

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

DIAMOND COMPANIONS

Alan Grady
Beverley & Graham Webb
Dan Crisp
Daniel Holzapfel
Emil Weber
Garry Fenner
Geoff Kellerman AO
Michael Wright
Rotary Club of Geraldton Greenough, WA
Rotary Club of Greater Bunbury, WA
Rotary Club of Salisbury, SA
Rotary Club of South Bunbury, WA
The Beslich Family
The Henning Family
The Koo Family
The McDonald Family

EMERALD COMPANIONS

Ann & John Odlum
Carol Coffey
Cliff Hoare
Craig Alford
Donald Gordon
Dr King Gan
Garry Browne AM & Robyn Browne
John & Jennifer Henshall
Mark & Karen Hancock
Michael & Juanita Wright
Peter M Lewis OAM
Sally Fletcher
Sharon Green & Marcel Skjald
The Late Janette Jones

RUBY COMPANIONS

Athalie Lucas
Ben Beresford
Bev & Bill Richardson
Brian Condon OAM
Brian Goldstraw
Brian Lanyon
Colin Roy Acton
David Reed OAM
Diane Fisher
Donald Gordon
Dr David Squirrell
Elgin Brown
Ernst Hug
Gail Keeler
Garnet Wood
George Dee
Gregory Ross OAM
Gwen Fisher
Heather, Brian & Graham Beesley
Ian Graham
The Late Janet Jackson
Jeff Crofts
Jennifer Thomas AM
John Boundy
John Ellis
John Henshall
John Keating
John King OAM
Kevin Shadbolt OAM & Anne Shadbolt
Kevin Sharp
Les Rae
Margaret & Peter Waite
Margaret Dean
Nola Blair
Paul Ying
Peter Lewis
Phil Asker
Rob McDougall
Robert Gardiner
Ron G Geary
Stephen Fisher
The Whykes Family
Val Henry

Patrons, Life Members and Ambassadors

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

ROTARY PATRON
Ian Riseley AM
RI President 2017 to 2018

GENERAL PATRON
Her Excellency the Honourable Ms Sam Mostyn AC
Governor-General of the Commonwealth

LIFE MEMBERS
PDG Jeff Crofts
PDG Terry Edwards AM
PP David Finn
PP Joy Gillett OAM
PP Don Gordon
PDG Alan Grady
PDG Terry Grant
PDG Denis Green
PDG Terry Lees OAM
PDG Fred Marsh
PDG Ian Oliver OAM
PDG Gregory Ross OAM
Emeritus Professor Michael Sawyer OAM
PDG Kevin Shadbolt OAM
PRID Noel Trevaskis OAM
PDG Don Whatham
PDG Dick White OAM

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

MEDAL RECIPIENTS
Professor Jane Pirkis – 2025
Betty Kitchener AM - 2024
Vicki Stewart – 2022
Lyn Jones – 2021
Phil Lacey – 2019
Lindsay Morgan OAM – 2018
Melvin Gray OAM – 2017
The Late Keith Henning OAM – 2016
David & Karen Brown – 2015
Dean Brown AO – 2014
The Late Robert Aitken AM – 2014
The Late Geoff Bailey OAM – 2013
Joy Gillett OAM – 2013
The Late Rob Henry – 2012
The Late Peter Lean – 2011
The Late Ron Beslich OAM – 2010
The Late Geoff Kennedy – 2009
Dick White OAM – 2008
Emeritus Professor Tony Jorm – 2007
The Late Paul Henningham OAM – 2006
Philip Francis – 2005
Noel Trevaskis OAM – 2004
Emeritus Professor Michael Sawyer OAM – 2003
Fay Jackson – 2003
The Late Fred Hay – 2003
The Late Loch Adams OAM - 2003

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Dick Wilson
Ian Oliver OAM
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Tony Hennessy

Western Region
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