

AUSTRALIAN ROTARY HEALTH MESSAGE STICK



Supporting healthier minds, bodies and communities through research, awareness and education

April, 2009

ABOUT OUR INDIGENOUS HEALTH SCHOLARS

Volume 1 Number 1

Introducing Australian Rotary Health's Message Stick, a Newsletter that can keep clubs updated with some of the activities that students and as well as the other clubs are involved while participating program.

This year the Australian Commonwealth Government has increased their sponsorship to students from 35 to 40 students. We will continue to receive sponsorship in 2009 from NSW Department of Health for 10 students and Victorian State Government for 2 students. At the time of going to press with this newsletter we have not been able to confirm how many students will be sponsored by South Australian Government but it should be around 28 (similar to 2008). In the next edition of the Newsletter we will have a full updated list of students and clubs from all states.

Cheryl Deguara Program Co-Ordinator

LETTER OF OFFER HAS BEEN SENT TO THE FOLLOWING 'NEW' STUDENTS FOR 2009

Erin Lowrie—University of Sydney—Occupational Therapy

Murray Haar—University of NSW—Medicine

Haylee Solomons—University of NSW—Medicine

Michael Strong—University of Newcastle—Medicine

Susan Morris—University of Newcastle—Nursing

Leah Butcher—Charles Sturt University—Indigenous Mental Health

Gari Watson—James Cook University—Dental Surgery

Renae Silver—University of Sunshine Coast—Social Work

Melissa Walker—University of Southern Queensland—Masters of Mental Health

Jessica Bowron—Deakin University—Nursing

Jessica McConnell—University of Melbourne—Medicine

Veronica Kyle—University of Melbourne—Medicine

Mary Lane—Notre Dame University, Broome—Nursing

Albert Torrens—Curtin University—Health Science

Cassandra Dodd—Charles Darwin University—Social Work

Confirmation of South Australian New Students will be listed in next edition of Message Stick

Full list of recipients with sponsoring Rotary Clubs allocated in next issue of Message Stick

GRADUATIONS AT THE END OF 2008



Melinda Wright—University of Sydney, Occupational Therapy—Sponsored by RC of Kiama

Michelle Cutmore—University of Western Sydney, Nursing—Sponsored by RC of Sutherland

Nino Scuderi—University of Newcastle, Medicine—Sponsored by RC of Caringbah

Luke Hinton—University of Sydney, Physiotherapy—Sponsored by RC of Carlingford

Sonya Cameron—University Western Sydney, Nursing—Sponsored by RC of Fairy Meadow

Sharon Donovan—University of Technology, Midwifery—Sponsored by RC of Gynea

Alana Moffett—Sydney University, Health Science—Sponsored by RC of Burwood

Joanne Horton—University of Sydney, Indigenous Health Science—Sponsored by RC of Miranda

Joshua Pearce—Australian Catholic University, Nursing—Sponsored by RC of Maffra

Jessica McConnell—La Trobe University, Nursing—Sponsored by RC of Waverley

Tarina Martyn—University of Queensland, Applied Health Science—Sponsored by RC of Geebung

Bobby Hagan—University of Queensland, Primary Health Care—Sponsored by RC of Samford Valley

Dylan McKeown—University of SA, Behavioural Science—Sponsored by RC of Eastwood

James Charles—University of SA, Health Science—Sponsored by RC of Adelaide East

Paul Newchurch—University of Flinders, Grad Certificate Remote Health—Sponsored by a Consortium

David Copley—Flinders University, Grad. Diploma Mental Health—Sponsored by RC of Blackwood

Joy Makepeace—University of SA, Masters Social Science—Sponsored by a Consortium



ROTARY CLUBS SPONSORING STUDENTS IN 2009

NEW SOUTH WALES

South Sydney - TBA, Bulli & Northern Illawarra,
Parkes, Canberra Woden - TBA, Batemans Bay,
GyMEA, Miranda, Fairy Meadow, Macarthur
Sunrise, Burwood, Orange North, Kiama

QUEENSLAND

Mt Isa South West, Geebung, Nambour,
Mooloolaba, Aspley, Redlands Bayside

SOUTH AUSTRALIA

Alice Springs, Mitcham, Morialta—TBA, Adelaide
East, St Peters—TBA, Campbelltown, Mildura,
Unley, Port Lincoln, Noarlunga—TBA, Blackwood,
Victor Harbor, Thebarton—TBA, Two Wells,
Playford—TBA, Munno Para—TBA, Salisbury, Tea
Tree Gully—TBA, Eastwood, Onkaparinga—TBA,
Adelaide—TBA, Mawson Lakes—TBA, Mt Barker—
TBA, Kidman Park—TBA, Brighton, SA, Hyde Park,
Stirling - Adelaide Med Grads, Norwood,
Elizabeth—TBA, Port Augusta, Gawler—TBA,
Barossa District—TBA, Barossa Valley—TBA,
Gawler Light—TBA, Adelaide West -TBA, Kapunda,
West Lakes, Regency Park, Coromandel Valley,
Goolwa, Charles Sturt Grange, West Torrens,
Professor Michael and Helen Sage

VICTORIA

Warragul, Glen Waverley, North Balwyn - TBA
Mt Martha, Mornington, Waverley, Maffra,
Mitcham, Geelong, Beaumaris, Rosebud

FIRST INDIGENOUS MENTAL HEALTH NURSE IN SOUTH AUSTRALIA



Flinders graduate **David Copley** - the first Aboriginal person to complete a Graduate Diploma in Mental Health Nursing in South Australia (2009) - says discussions around Aboriginal health have historically focused on illnesses such as diabetes and heart disease.

With the support of an Indigenous Health Scholarship through the Australian Rotary Health, he enrolled in the Bachelor of Nursing at Flinders in 2006, completing his Degree in 2007. David tutored third year nursing students in the first semester of 2008 at Flinders University's inaugural compulsory Aboriginal Health Studies topic. "We not only need to increase the number of Aboriginal people taking on nursing as a career, but to provide informative training for non-Aboriginal health professionals."

David now works as the Aboriginal Mental Health Clinician for General Practice Network South (GPNS). In a partnership arrangement between GPNS and Southern Adelaide Health Service (SAHS) David is engaged in mental health programs for Aboriginal clients at the two Aboriginal Family Clinics operated by SAHS in the Southern Region.

David Copley—Bachelor of Nursing and Diploma of Mental Health Nursing - Flinders University
Sponsored by RC of Blackwood , SA

JESSICA MCCONNELL MAKES A MOVE TO FURTHER HER STUDIES

I was granted this scholarship at the beginning of 2008 while in my final year of the Bachelor of Nursing at La Trobe University. 2008 was by far the busiest year I have had since completing year 12. With La Trobe, the final year of the nursing course is undertaken at one of two hospitals, the Austin or the Alfred, which are both major metropolitan hospitals in Melbourne. I elected to go to The Alfred. All of my classes and eight weeks of clinical placements were held there. I was placed on a general medical ward where I cared for patients experiencing a range of illnesses and diseases while encountering many challenging situations. I enjoyed my time immensely at The Alfred, so much that I decided to apply for employment there on completion of my degree. At the same time I decided to apply for entry into the Bachelor of Medicine and Surgery at the University of Melbourne as I have always wanted to become a Doctor although I thought it was unachievable.

I received interviews for the job I applied for at The Alfred and to study Medicine at University of Melbourne. It was in November of 2008 that I found out I gained employment at The Alfred and also gained a position in the Bachelor of Medicine at Melbourne University. I sadly declined the job at the Alfred, I say sadly as I was looking forward to working although I ecstatically accepted to offer from Melbourne University. I spoke at my sponsoring club in February of this year and it was fantastic to meet those involved with the club and see so many people wanting to support Indigenous students. I have encouraged other fellow students to apply for the scholarship when applications come out as I believe there are many other students that can benefit from the support that Rotary Health, Rotary Club of Waverley and Fitzpatrick Insurance are providing me.



SNIPPETS FROM THE STUDENTS IN 2008

I started my Nursing degree in 2008. I have successfully completed all my subjects and these are; Health Professional, Human Body 1, Lifespan Development, Cultural Perspectives on Health, Human Body 2 and Determinants Australia Health. These subjects helped me to gain a better understanding of Aboriginal health issues and importance of working with Aboriginal people to help improve health & wellbeing of all people in the community. I also enrolled in the Summer School during this summer break so I can complete this course as soon as possible.

I am enjoying this course and I am looking forward to completing it as soon as possible. I look forward to working in Aboriginal communities, particularly as a mental health nurse because I think it is the greatest area of need.

During the year, I met up with my sponsoring rotary club on several occasions. A one occasion that I really enjoyed was when I attended a rotary lunch at the Adelaide Cricket grounds, because, it gave me the opportunity to meet people who are sponsoring me to complete my university degree. This scholarship is reducing the pressure on me and I am able to enjoy the university life that much more; without it, I would most definitely have to work to meet my study expenses.

Melanie Coulthard—*Bachelor of Nursing*
University of SA
Sponsored by RC of Adelaide

As I started my first year back in 2004 part time, I have been trying to play catch up on subjects that I had missed along the way. This meant that in 2008 I was completing subjects from year two, three and four, placing me in three different year groups with completely different people. This was a little hard for me as I had to form friendships with new people and do group assignments with people that I have never met before and whom had already form their own friendships during the course of their studies. Although uni has been an interesting and exciting journey, it has been difficult leaving my family and friends behind. I could not imagine how university life would be without the support of the Rotary Club, who have kept me studying when I thought I would not be able to keep going. My gratitude is endless.

Hannah Sutherland—*Bachelor of Occupational Therapy*
Sydney University
Sponsored by RC of Batemans Bay

I knew from a young age that I wanted to work in the health area, but wasn't sure exactly which health profession I was best suited for.....

This financial help has ensured that my workload at my place of employment is only small, which has dramatically increased the time I have available to concentrate on my studies. This was reflected in my grades for this year.

1 High Distinction, 4 Distinctions and 1 Credit

Nicole Ellis—*Bachelor of Biomedical Science*
University of Sunshine Coast
Sponsored by RC of Mooloolaba

Along with beginning our research proposal, we also had to be at university for classes and clinic for an average of thirty hours a week so it was very heavy, and while at this point I'm used to lots of learning and lots of hours due to the sheer volume of the course content, the addition of student clinic twice a week (Wednesday and Saturday) was very daunting. I was very fortunate to find my feet in a hurry in clinic and it became a smooth routine with lots of people around for support. Last year was undoubtedly the hardest year I've had to endure, having on average eight to ten exams at the end of each semester and two or three assignments to go along with it as well as getting our research organized.

Troy Walker—*Bachelor Clinical Chiropractic*
RMIT, Bundoora
Sponsored by RC of Glen Waverley

2008 has been a hectic one with both university and home life. At the same time it has given me the opportunity to expand my knowledge and skills and given me an idea of which area I would like to work in within the nursing field.

I was awarded an encouragement award from the Ngunnawal centre at the end of my first year of study in 2007. I have always given 110% during my studies, but the award is encouraging me to complete what I set out to accomplish when I started my nursing degree .

Thanks to the help and support from the Rotary Scholarship I am able to buy my textbooks, pay some of my HELP fees and help support myself and my family throughout the completion of my degree.

Marion Bateup—*Bachelor of Nursing*
Australian National University
Sponsored by RC of Woden

For further information please contact Cheryl Deguara—Programs Co-ordinator

Phone: 02 8837 1900

Fax: 02 9635 5042

Email: cheryldeguara@australianrotaryhealth.org.au