AUSTRALIAN ROTARY HEALTH

Annual Report 2015

Supporting healthier minds, bodies and communities through research, awareness and education.
Our Vision
It is our vision to be a catalyst for projects that improve the quality of life for people who are least able to assist themselves.

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

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

What We Do
MENTAL HEALTH RESEARCH
Since the year 2000, Australian Rotary Health has focused its funding on mental health research. In 2012 this focus narrowed to the Mental Health of Young Australians, and in 2013 research projects focussing on the Prevention of Mental Health Disorders were included.

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

DISSEMINATING RESEARCH INFORMATION TO THE PUBLIC
Through Mental Health Prevention Forums, the Knowledge Dissemination Award and by funding research which is community-focused, Australian Rotary Health aims to promote research findings to the public.

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

INDIGENOUS HEALTH SCHOLARSHIPS
These Scholarships support Indigenous students to undertake tertiary training in nursing, physiotherapy, psychology, dentistry and other health related degrees at university. These scholarships help Indigenous students to overcome barriers to tertiary study and qualification.
In this, my first report as Chairman of Australian Rotary Health, I wish to begin by thanking all Australian Rotary Clubs, Districts, Rotarians and supporters for their commitment to the great project in support of the health and well-being of all Australians. Our principal focus of research into the treatment and prevention of Mental Illness in Young Australians is becoming of even greater relevance within our diverse communities, as are our highly sought after Rural Medical and Nursing and Indigenous Health Scholarships. None of this could continue to happen without your ongoing commitment and financial support.

REMEMBERING THE COMMITTED SERVICE OF PAST FRIENDS

It is also important to recognise that our organisation only exists through the dedication, hard work and foresight of our founding Rotarians. Sadly this year has seen the loss of three distinguished Rotarians whose commitment to the organisation and programs of Australian Rotary Health has been instrumental in us achieving the outcomes that we now provide for all Australians. PDG Geoff Betts AM MBE, a member of the Rotary Club of Geelong, was a Foundation Member of Australian Rotary Health, served as Vice Chairman 1983-88, and was our second Chairman from 1988-91. PP Geoff Bailey OAM, of the Rotary Club of Mitcham, SA, was the instigator of the Australian Rotary Health Indigenous Health Scholarship Program established in 2000. PP Loch Adams OAM, a member of the Rotary Club of Mooleigh-Moorabbin, served as Australian Rotary Health’s Honorary Solicitor since its inception 34 years ago. Australian Rotary Health has benefited significantly from the service of these committed Rotarians.

OUR DISTRICT COMMITTEE

I also wish to acknowledge the vital support of our Rotary District Committees, working under the direction of our Australian Rotary Health District Representatives and their District Governors. The efforts of all these Rotarians is so important in promoting and maintaining the awareness of the programs of Australian Rotary Health throughout our communities around Australia. To this end, this year we have arranged, with the assistance of our Regional Directors, to hold a number of training days around the country in Perth, Adelaide, Melbourne, Sydney and Brisbane, to bring together not only our District Representatives, but also members of their committees and, where available, their current and incoming District Governors. These training events have proved to be very successful in building the skills and awareness of our District teams in support of Australian Rotary Health.

MAKING A DIFFERENCE THROUGH RESEARCH

Of course, the most important work of Australian Rotary Health quietly continues to be achieved through the dedicated work of our research grant and scholarship recipients into their respective fields of endeavour, full details of which are set out elsewhere in this report. I am continually amazed at the range and ingenuity of research being undertaken on behalf of Australian Rotary Health by our researchers, under the guidance of our dedicated Research Committee. We are indebted as always to the members of that committee, under the leadership of Professor Ron Rapee, who freely put in so much time and effort each year on our behalf.

HAT DAY

To achieve these outcomes, we have again received the benefit of the many fundraising events and activities that have taken place throughout the country this year, including our annual Hat Day event on the Friday of Mental Health Week in October. This latter event continues to strengthen as we see increased involvement of community and commercial organisations, in addition to our traditional Rotary Club support. This increasing awareness and participation by the broader community, combined with a number of public transport initiatives planned for next year’s event, augers well for the ongoing growth of Hat Day as the major fundraising and awareness activity for Australian Rotary Health nationally.

OUR DEDICATED STAFF

And, of course, none of this would happen without the continued effort and commitment of our dedicated staff, ably led by our amazing CEO Joy Gillett. Everything that we achieve each year, whether it be grants, scholarships, events or administration is only possible through the hard work and enthusiasm of our valued staff.

OUR NEW BOARD

On the matter of governance, I am pleased to advise that the Directors of Australian Rotary Health continue to provide close attention to the oversight, policies and future direction of the organisation. There was a significant number of changes to the makeup of the Board this year with the retirement of outgoing directors Terry Grant, Phil Cordery, John Egan, Barney Koo and Dick Wilson. However the new Board has continued to function well with incoming directors Phil Armstrong, Graeme Davies, Kevin Shadbolt, Colin Thorniley and Barbara Wheatcroft joining continuing directors Russ O’Malley (Vice Chairman), Laurie Barber, Greg Ross, Peter Williams and myself.

OTHERS WHO GUIDE US

My particular thanks go to all our retiring directors for their years of service, but especially to Past Chairman Terry Grant for the leadership, passion and enthusiasm that has marked his seven year contribution to the organisation. I must also recognise the ongoing and invaluable assistance of our non-executive directors Professor Michael Sawyer, Honorary Medical Adviser, and Ron Beslich, Honorary Treasurer, for their timely guidance and advice.

Jeff Crofts
Chairman
Historian Geof

Sadly we have also lost several great friends this year;

REMEMBERING FRIENDS WHO HAVE PASSED

June 2016.

7 drought affected areas. The donation will provide MHFA

Health First Aid courses have been sponsored in

program was introduced in NSW rural areas and so far, Mental

Health PTSD (post traumatic stress disorder)

Several new initiatives have been

NEW INITIATIVES

The introduction of the Australian Rotary Health PTSD (post traumatic stress disorder)

PhD Scholarship in war veterans. The initial scholarship was

Awarded to Kristen Graham at the Centre for Traumatic Stress Studies at the University of Adelaide. Since the introduction of this scholarship, a further one will be awarded in 2016 funded jointly with the Rotary Club of Ballarat South. Early planning is in place for additional scholarships with the RSL in Victoria and Legacy in Victoria.

Our fourth Post Doctoral Fellowship commenced. Named in honour of the fourth chairman of Australian Rotary Health PDG Bruce Edwards, this fellowship was awarded to Dr Louise Mewton from the National Drug and Alcohol Centre in NSW. Dr Mewton joins three other Post Doctoral Fellows – The Royce Abbey (1st chairman), the Geoffrey Betts (2nd Chairman) Fellow and the Colin Dodds (3rd Chairman) Fellow. All four fellowships are focused on the Mental Health of Young Australians with an emphasis on prevention of mental health disorders.

Through a donation from the Rotary Club of Sydney, a new program was introduced in NSW rural areas and so far, Mental Health First Aid courses have been sponsored in 7 drought affected areas. The donation will provide MHFA courses in 15 areas.

The Prevention of Mental Health Disorders community forums have continued into 2014/15 and 10 forums have been held with several more planned. This program will wind up by 30th June 2016.

REMEMBERING FRIENDS WHO HAVE PASSED

Sadly we have also lost several great friends this year; Past Chairman Geoff Betts passed away in February this year; Geoff Bailey, the instigator of the Indigenous Scholarship program passed away in March; Honorary Solicitor Loch Adams passed away in August. Our thoughts are with their families and friends.

Corporate Manager Terry Davies & CEO Joy Gillett at NSW Government House, as Australian Rotary Health continues to work with governments to achieve its goal for a healthier Australia.

SUPPORTERS OF AUSTRALIAN ROTARY HEALTH

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

Our donor recognition program continues to gain numbers and to the very special people who are our Friends and Companions, we thank you.

DISTRICT REPRESENTATIVES AND COMMITTEES

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

ROSTERY AMBASSADORS

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

STAFF

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

Current staff:

Terry Davies – Corporate Manager
Jenny Towe – Office Manager
Cheryl Deguara – Programs Coordinator
Bridget Moore – Research Administration Manager
Stephanie Fenton - Media and Communications Manager & Hat Day Head Honcho
Maddison Hancock – Administration Assistant

BOARD OF DIRECTORS, HONORARY TREASURER AND HONORARY RESEARCH ADVISER

Directors of Australian Rotary Health serve a three year term. Directors can be invited to serve an additional year (total years served is limited to six) to retain continuity when necessary. I would like to acknowledge all current and past Directors for their dedication to the role and congratulate them on their achievements. It has been a pleasure working with each one.

Jeff Crofts has served as Chairman since the AGM in 2014 with Russ O’Malley as Vice Chairman. Russ retires from the board at the AGM in 2015 and I would like to acknowledge his dedication and input over the past five years.

Professor Michael Sawyer remains as Honorary Medical Advisor to the Board. Michael commenced involvement with Australian Rotary Health as a member of the Research Committee, then Chairman for six years and now in an honorary role, assisting the Board in their discussions about research and mental health. Michael set the structure for the current grant and scholarship process and his input into Australian Rotary Health has been vital to our growth and ultimate success.

Ron Beslich has served as Honorary Treasurer by invitation of the Board. His enthusiasm for Australian Rotary Health remains strong and his questioning and challenging of procedures and practice is appreciated by all Board members. I would like to thank Ron for his assistance with all governance matters and his general guidance and mentoring role and his advice freely given to me, is always constructive and welcome.

Joy Gillett OAM
Chief Executive Officer

AUSTRALIAN ROTARY HEALTH ANNUAL REPORT 2014-2015

Chief Executive Officer

Joy Gillett OAM

Back Row: Corporate Manager Terry Davies, Office Manger Jenny Towe, Research Administration Manager Bridget Moore, Communications Manager Steff Fenton.
Front Row: CEO Joy Gillett, Administration Assistant Maddison Hancock, Programs Coordinator Cheryl Deguara

PHOTO:

Face of Australian Rotary Health

Manager Terry Davies & CEO Joy Gillett at NSW Government House, as Australian Rotary Health continues to work with governments to achieve its goal for a healthier Australia.
## Financial Report

The audited Statement of Accounts of Australian Rotary Health (a company limited by guarantee) is circulated to Members for adoption at the Annual General Meeting.

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

Some financial features for the 2014-2015 year are summarised as follows:

### Current Assets

- **Cash assets**: 971,714 1,071,782
- **Receivables**: 72,469 72,825
- **Other financial assets**: 14,136,072 13,787,757
- **Other**: 32,769 42,374

**Total Current Assets**: 15,213,024 14,974,738

### Non-Current Assets

- **Other financial assets**: -- --
- **Property, Plant & Equipment**: 41,047 31,042
- **Intangible Assets**: -- --

**Total Non-Current Assets**: 41,047 31,042

### Total Assets

**Total Assets**: 15,254,071 15,005,780

### Current Liabilities

- **Payables**: 1,572,932 1,276,669
- **Provisions Annual & Long Service Leave**: 152,525 146,184

**Total Current Liabilities**: 1,725,457 1,422,853

### Total Liabilities

**Total Liabilities**: 13,528,614 13,582,927

**Net Assets**: 13,528,614 13,582,927

### Accumulated Funds

**Retained surplus**: 13,527,614 13,582,927

### Total Accumulated Funds

**Total Accumulated Funds**: 13,527,614 13,582,927

### Revenue from Ordinary Activities

**Total Revenue**: $3,534,868 4,267,981

### Operating Revenue:

- **District 9455**: 44,922 29,306
- **District 9465**: 58,729 37,712
- **District 9500**: 48,626 65,295
- **District 9520**: 51,698 103,683
- **District 9550**: 122,161 177,996
- **District 9570**: 24,466 33,776
- **District 9600**: 56,096 42,399
- **District 9630**: 53,666 52,259
- **District 9640**: 21,767 27,354
- **District 9650**: 57,794 75,862
- **District 9670**: 47,709 55,925
- **District 9675**: 241,230 340,524
- **District 9680**: 135,006 185,674
- **District 9700**: 37,808 27,142
- **District 9710**: 49,654 38,271
- **District 9720**: 52,490 25,114
- **District 9730**: 59,384 50,119
- **District 9750**: 92,709 520,911
- **District 9780**: 77,268 115,415
- **District 9790**: 71,528 85,620
- **District 9800**: 34,882 34,858
- **District 9810**: 187,962 121,303

**Club Donations – Indigenous Scholarships**: 184,300 141,852

**Cancer Australia partnership**: 1,379 1,811,855 2,389,749

**Interest/dividend– non-related party**: 1,021 11,820

**Revenue from government grants - MHFA**: 126,909 236,909

**Membership Fees**: 1,244 648

**Realised & unrealised losses on market value of investments**: 740,945 435,780

**Trust distributions reinvested**: 815,785 947,844

**Imputation Credits**: 72,328 75,512

**Profit on sale of assets**: --

**Total Revenue**: 3,534,868 4,267,981

### Surplus/Loss From Ordinary Activities

**Surplus/Loss From Ordinary Activities**: ($54,313) 1,296,338
REHABILITATION

Development, The Rotary Foundation and Aitape

Russ is a recipient of the Service Above Self Award from Fellow with five sapphires. He is a Benefactor of The Rotary Foundation and is a Paul Harris Fellow with two sapphires. He and his wife Glenda are Gold Companions of Australian Rotary Health.

Russ worked previously in sales and sales management (life insurance and real estate).

Russ joined the Rotary Club of Rockhampton, Queensland, in 1980. He is a Past President of the Rotary Club of Rockhampton/River, Queensland, Past President and current member of the Rotary Club of Ashgrove/The Gap, Queensland. Russ is a Past Governor of District 9600 and has served on District Committees for 33 consecutive years in areas including Youth Exchange, Membership Development, The Rotary Foundation and Art Alps Rehabilitation.

Russ is a recipient of the Service Above Self Award from Rotary International and the Citation for Meritorious Service for his work in South Pacific. He is Past District Governor of District 9650 and has served on District Committees for 33 consecutive years in areas including Youth Exchange, Membership Development, The Rotary Foundation and Art Alps Rehabilitation.

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CHAIRMAN: JEFF CROFTS

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

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Peter joined Rotary Club of Sutherland Civic, NSW, in 1984 and is a current member of the Rotary Club of Sutherland, NSW. He is a Past District Governor of District 9750 and Past Director of RDG, including Chairman from 2006 to 2007.

Peter has been a solicitor since 1982; Previous Partner in Sydney CBD Law Firm now Sole Practitioner specialising in Commercial Law, Property, Succession and Estate Planning. Director of several Private Companies since 1996.

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PHIL ARMSTRONG

Phil Armstrong joined Australian Rotary Health as a Director in October 2014.

Phil joined the Rotary Club of Monuya, NSW, in 2000 and is a current member. He is a past "Peace" Governor of District 9710 serving on “Team Tanaka”. Phil’s ties to Rotary go back to his Father's membership of both the Temora and Goulburn Mulwaree Clubs of NSW in the 1960’s, as well as his own membership of Rotaract in the 1970's.

Phil and his wife Kim are Companion supporters of Australian Rotary Health.

Phil has worked as the CEO of Bankia Villages Ltd – a community based, not for profit organisation that runs a residential aged care facility and retirement village on the far south coast of NSW. He has recently retired from the Board of Aged and Community Services Australia of NSW & ACT and the Management Committee for Yumara Inc in Moruya. He also serves on the Boards of Aged and Community Services Association of NSW & ACT (the peak body for the church and charitable sector), Campbell Page Group Ltd, Campbell Page UK Ltd and Campbell Page Ltd in the UK and the Management Committee for Yumara Inc in Moruya.

LAURIE BARBER

Laurie Barber has been a Director of Australian Rotary Health since November 2013.

Laurie joined the Rotary Club of Inverell East, NSW, in 1971 and is now a current member of the Rotary Club of Port Macquarie. He is a Past District Governor of District 9650.

Laurie is a Paul Harris Fellow with two sapphires. He and his wife Glenda are Gold Companions of Australian Rotary Health.

Laurie is a retired journalist, he wrote a weekly newspaper column, My Word, for papers in various parts of Australia and has written four books. He is Port Macquarie’s Senior Citizen of the Year 2014. His memberships include Probus, U3A, Meals on Wheels, Fellowship of Writers (patron), Douglas Vale Heritage Park and bowls. He refereed basketball for 20 years and represented NSW.

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GRAEME DAVIES

Graeme Davies has been a Director of Australian Rotary Health since October 2014.

Graeme joined the Rotary Club of Griffith, NSW, in 1991 and is Past President of the Club. He is a current member and Past President of the Rotary Club of Kincumber, NSW in 1999.

Graeme and his wife Lyn were long term members of District 9670's Rotary Youth Exchange Committee. He is a past member of the District 9685 Australian Rotary Health Committee and is Past District Governor for D9685. He is currently District 9685 Club Extension officer, and a Paul Harris Society member.

Graeme was Principal of Griffith High School (1990 – 98) and Kincumber High School (1999 – 2008). He is a Life Member of the NSW Secondary Principal Council.

GREG ROSS

Greg Ross has been a Director of Australian Rotary Health since November 2013.

Greg joined Rotary in 1976 in Berwick, then moved Districts and joined the Rotary Club of North Balwyn in 1986. He served as District Governor of District 9800 in 1991/92, has worked as a literacy volunteer in Thailand, as a RAWCS volunteer in Vanuatu and led a GSE Team to California. Greg was also MC at the Rotary International Conventions in Taipei and Melbourne, and Song Leader/MC at the International Assembly in Anaheim.

Greg is a professional actor (TV, stage and music theatre), best known as policeman Tony Benjamin in Cop Shop. He is an accomplished MC, and over the last decade, he has also worked as a civil celebrant (marriages and funerals), and has conducted nearly 1,000 funerals.

COLIN THORNILEY

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

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

Colin is currently an Assistant Coordinator for part of Rotary Zone 8, a Past District 9455 Governor, past Group Study Exchange Team Leader to San Francisco in 1992. He has been the District Chair of many district Committees.

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

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

KEVIN SHADBOLT

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

Kevin joined the Rotary Club of Latrobe, Tasmania, in 1985, he is a Past President and current member. He is Past District Governor of D9830 in both 2003-04 and 2007-08. Kevin has been Chairman of the Rotary Foundation, District Trainer and Group Study Chairman. He initiated District involvement in Fiji low-cost Shelters and established the District’s participation in Nepal where projects have included eye camps, school construction, village water project and others. He has also served on a wide variety of club and District committees and was recently presented with a Service Above Self award.

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

CHAIRMAN:
Professor Ronald M. Rapee AM
BSc (Psych), MSc (Psych), PhD, AM and FASSA
Psychology
NSW

MEMBERS:
Associate Professor Jordana Bayer
BA (Hons), MPsych (Clinical), PhD
Psychology
VIC

Associate Professor Peter Butterworth
BA (Hons), PhD
Psychiatric Epidemiology
ACT

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

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

Associate Professor Meg Smith OAM FAPsS
BA (Hons), M Psychol, PhD, MAPS
Psychology
NSW

Associate Professor David Pierce
MBBS, MGPsp, MMed, MD, FRACGP, FAAPM
General Practice, Vic

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

Professor Brett McDermott
B MedSci, MBBS, FRANZCP, CentChildPsych, MD
Psychiatry
QLD

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

Professor Michael Sawyer
MBBS, PhD, Dip Child Psych., FRANZCP, FRCPC
Psychiatry
SA

RESEARCH HIGHLIGHTS

Australian Rotary Health is at the forefront of medical & health research findings. We invest in projects that will develop new interventions for a range of illnesses, advance current treatment programs and ultimately improve the health & wellbeing of all Australians.
First Support Groups to Help Sufferers of Hidden Mental Disorder

RENETA SLIKBOER
Ian Scott PhD Scholar
Swinburne University of Technology, Vic.
"Reward Sensitivity Theory in Trichotillomania"

Reneta Slikboer has received a lot of media attention this year for her breakthrough research helping people with compulsive hair pulling disorder, Trichotillomania.

"Trich" is a psychological disorder that leads people to compulsively and uncontrollably pull out hair from the head, eyelashes, eyebrows, and other bodily areas. Although it affects 2-4% of the Australian population, it remains relatively unknown and misunderstood.

Reneta's early research has been revolutionary in the treatment of Trichotillomania; when her team conducted a review of available treatments they showed that psychological therapies were more effective in reducing symptoms than prescribed medications, which has been almost solely the treatment for Trich.

Reneta volunteered with the Anxiety Recovery Centre of Victoria (ARVC) to set up Australia's first ever support groups for Trichotillomania, and continues to volunteer as a support group facilitator. There are now monthly support groups running in Melbourne, Adelaide, Brisbane, and Perth, as well as online Facebook support groups.

People who experience Trichotillomania can now meet others to reduce their feelings of isolation, share tips for coping with hair pulling and encourage each other on their journey to recovery.

New Urine Test Detects & Monitors Motor Neuron Disease

DR. STEPHANIE SHEPHEARD
The York Family Research
Companion PhD Scholarship
Flinders University, SA
"p75NTRECD as a biomarker for disease progression in the Motor Neuron Disease mouse model SOD1 G93A"

Researchers monitored the levels of a protein called 'p75NTRECD' in people's urine and found three things:

1. Levels of ‘p7’ were significantly higher in the urine of people with MND compared to healthy individuals, meaning we can use this to detect whether someone has MND;
2. Levels of ‘p7’ in urine increase as disease gets worse, which allows doctors to know what stage of the disease a person is experiencing; and
3. Levels of ‘p7’ decreased in mice when they were given certain treatments, meaning this test can also be used to monitor how well a patient is responding to MND treatments.

This research is significant because most other MND studies look at cerebrospinal fluid and blood to monitor the disease and the collection of cerebrospinal fluid and blood can be very painful and difficult for people with MND who are physically disabled. In contrast, urine is easy and painless to collect, and holds wonderful opportunities for the future.

Using Adolescent Sleep Patterns to Predict & Prevent Depression

PROFESSOR PHILIP HAZEL
Co-Investigators: Dr Chin Moe Chow, Dr Katherine Steinbeck & Dr Catherine Hawke
Mental Health Research Grant
University of Sydney, NSW
“Sleep, puberty and depression”

There is preliminary evidence from studies of adolescents and young adults to suggest that sleep problems precede the onset of depressive episodes by several months. This study was the beginning of a program leading to new approaches to the detection and early intervention of depression in adolescents.

The aim of this study was to use pilot data to inform decisions about a full study. Researchers tested methods for gathering information from adolescents, monitoring the relationship between sleep and mood in puberty. The study did three things:
1. Tested a device called the Actiwatch 2 to capture information about a young person's weekday and weekend sleep routine;
2. Captured mood information by SMS text every three months; and
3. Gathered urine and blood samples from adolescents to measure hormone levels.

Information from this study will be used to better inform young people about what is going on in their bodies and in their emotions, what is normal and what they should seek help for. It will also help clinicians to detect early manifestations of depression, so they can provide early intervention.

Australia's Cool Kids: Reducing Anxiety Online

DR. LAUREN MCLELLAN
Co-Investigator: Professor Jennifer Hudson
Mental Health Research Grant
Centre for Emotional Health, Macquarie University, NSW
“Improving access to mental health services for children with anxiety”

There are numerous variations of the Cool Kids program e.g. for Autistic children, translated into different languages, delivered as an outreach program, as well as being delivered through schools and to adolescents.

Dr. Lauren McLellan is now leading a project to make treatment for child anxiety accessible to more Australians by offering the Cool Kids program via the internet. As a result, children and families who usually can't access face-to-face treatment, such as those in regional or remote areas, will get the opportunity to complete the Cool Kids program, learn to manage anxiety, and improve their future emotional health.

*The Cool Kids program is one of the first mental health research projects funded by Australian Rotary Health, awarding eight Mental Health Project Grants over 15 years to its development.
ASSOCIATE PROFESSOR HELEN STAIN  
Co-Investigators: Associate Professor Amanda Baker, Associate Professor Christopher Jackson, Dr Leanne Hides, Professor Rhoshel Lenroot, Dr Georgie Paulik & Professor Patrick McDuff  
Mental Health Research Grant  
University of Newcastle, NSW  
“Improving social engagement of rural ‘at risk’ youth: A randomised effectiveness trial of a telephone delivered Cognitive and Dialectical Behaviour Therapy intervention”

Adolescence is a period of rapid physical, emotional and social growth - the establishment of a stable identity, mastery of personal relationships and the achievement of major educational and vocational goals. However, many young people lack the socio-emotional skills necessary to successfully negotiate the transition through adolescence, and are at increased risk of disengaging from education, family and community.

Once disengaged, youth are at risk of a range of adverse outcomes such as reduced social and community participation in young adulthood and beyond. Much of this social disadvantage could be avoided if disengaged youth had access to effective prevention and early intervention programs.

This is the first clinical trial to investigate the efficacy of a telephone delivered Social Wellbeing and Engaged Living (SWEL) intervention for improving the social engagement, emotional health and wellbeing of disengaged rural youth.

SWEL will increase access to effective early intervention for disengaged rural youth by fostering positive social and emotional skills in adolescents and promoting health-enhancing lifestyles. It will facilitate the resumption of education, training or employment and enhance the social inclusion of disengaged youth.

This study was a pilot study involving 27 young people, and has since received funding from NHMRC to 82 youth aged 12-25 years, including Aboriginal youth. Australian Rotary Health is proud to provide a launching pad for significant studies like this one.

PROFESSOR GREGORY SNELL  
Co-Investigators: Associate Professor Frank RosenReed, Dr Takahiro Oto & Dr Leif Erikson  
Special Research Grant  
Alfred Hospital, Vic.  
“A multi-organ preservation & procurement strategy from non-heart beating donors (NHBD)”

“We set up experiments that lead to clinical programs and changes in process within the hospitals and Intensive Care Units - first of all in Melbourne, later in Victoria and now across Australia and indeed elsewhere in the world. These processes have now delivered us 110 lung transplants at The Alfred Hospital and another 140 elsewhere in Australia. Several hundred kidney transplants have followed here in Victoria.”

“Although the details of the report remain confidential they confirmed that we are running one of the largest lung transplant programs in the world servicing southern Australia and have achieved the world’s best outcomes with a 98% one year survival and 95% two year survival in recent times. Our waiting list has dropped from an average of six months to now an average of three months and our deaths on the waiting list have dropped from 29% most recently to 3%.”

“We have had multiple presentations to the world and our approach is now adopted in many countries.”

Australian Rotary Health would like to highlight the significant support of Dr Ronnie Goldberg, OAM, the Rotary Club of Williamstown and their partners in establishing ‘Friends-R-4’ to raise funds for research into various areas of cancer, including early detection, treatment and medical equipment. Ronnie passed away in July 2015, and led the fundraising for 5 Research Project Grants, totalling $350,000.
Mental Health Research Grants

Mental Health Research Grants are awarded annually for a one, two or three year period. They are used to fund a group of researchers undertaking research focusing on the mental health of young Australians up to 25 years.

In 2015, Australian Rotary Health funded 20 Mental Health Grants totalling $1,197,979.

2015 GRANT RECIPIENTS (commenced 2015)

**DR PHILIP BATTERHAM**
Dr Alison Callear & Dr Louise Farrer
A Randomised Controlled Trial testing the effectiveness of a fully-tailored adaptive intervention in reducing mental health symptoms among young people
The Australian National University, ACT, $58,193

**DR MATTHEW FULLER-TYSZKEWICZ**
Associate Professor Britt Klein, Dr Helen Skouteris, Dr Ben Richardson, Associate Professor David Austin & Professor David Castle
Timely intervention: Efficacy of a depression symptom monitoring smartphone app to deliver psychological intervention at a time greatest need
Deakin University, Vic, $46,096

**DR SOPHIE HAVIGHURST**
Dr Rae Thomas, Professor Nicholas Allen & Ms Belinda Power
Tuning in to Toddlers (TOTS): A randomised controlled trial of a program for parents of toddlers
University of Melbourne, Vic, $64,334

**ASSOCIATE PROFESSOR MARIA KANGAS**
Professor Mike Jones
The CoolKids: Health Program: An investigation of a psychotherapy program for distressed youth with functional (medically benign) somatic syndromes
Macquarie University, NSW, $69,975

**PROFESSOR RICHARD MATTICK**
Dr Monika Wadowolski, Dr Raimondino Bruno, Associate Professor Tim Slade, Professor Jake Najman & Professor Kypros Kypsi
Impacts of parental supply of alcohol on late-adolescent alcohol outcomes: Phase II of a longitudinal cohort study
University of New South Wales, NSW, $69,534

**DR LAUREN MCELLAN**
Professor Jennifer Hudson
Improving access to mental health services for children with anxiety
Macquarie University, NSW, $68,479

**DR LISA MUNDY**
Professor George Patton, Professor Nicholas Allen & Professor Susan Sawyer
Pubertal risks for mental health disorders
Murdock Childrens Research Institute, Vic, $67,632

**ASSOCIATE PROFESSOR CLARE REES**
Associate Professor Penelope Hasking, Dr Lauren Breen, Professor Ottmar Lipp & Dr Cyril Mamotte
Group mindfulness based cognitive therapy vs group support for self-injury among young people: A pilot randomised controlled trial
Curtin University, WA, $63,859

**DR MATTHEW SPITTAL**
Dr Allison Milner & Professor Jane Pirkis
Detecting fatal and non-fatal suicide attempt clusters in young people: A randomised controlled trial
Monash University, Vic, $64,198

**DR MARIE YAP**
Professor Anthony Jorm & Dr Katherine Lawrence
Evaluating a tailored web-based parenting intervention to prevent adolescent depression and anxiety problems: A pilot randomised controlled trial
Monash University, Vic, $70,000

**DR LAURA HART**
Dr Tony Jorm, Dr Claire Kelly & B Interstate Kitchener
Teen mental health first aid training: A pilot cluster randomised controlled trial
University of Melbourne, Vic, $70,000

**DR SOPHIE HAVIGHURST**
Professor Nicholas Allen, Dr Marie Bee Hu Yap & Dr Louise Hayes
Tuning in to Teens: The prevention of mental health difficulties in adolescents using an emotion-focused parenting program
University of Melbourne, Vic, $69,852

2015 GRANT RECIPIENTS (commenced 2014)

**ASSOCIATE PROFESSOR STEPHANIE BROWN**
Professor Jan Nicholson, Dr Dadre Garlant, Dr Hannah Woolhouse, Professor Helen Herman & Dr Fiona Mensah
The impact of intimate partner violence on child mental health in middle childhood
Murdock Children’s Research Institute, Vic, $69,705

**PROFESSOR JANE FISHER**
Dr Heather Rowe, Dr Karen Wynter, Associate Professor Harriet Hiscock, Associate Professor Jordana Bayer, Ms Janet Michelmore, Ms Joanna Burns & Ms Hau Nguyen
Identifying the earliest indicators of anxiety among toddlers and their mothers to inform effective early parenting interventions
Monash University, Vic, $70,000

**DR LAURA HART**
Dr Tony Jorm, Dr Claire Kelly & B Interstate Kitchener
Teen mental health first aid training: A pilot cluster randomised controlled trial
University of Melbourne, Vic, $70,000

**PROFESSOR HELEN HERMAN**
Dr Penny Mitchell, Ms Kristen Moelle-Saxone, Associate Professor Sue Cotton, Associate Professor Carol Harvey & Professor Cathy Humphreys
The Bounce Project: The effectiveness of peer support training to enhance the mental health and wellbeing of young people leaving Out of Home Care
University of Melbourne, Vic, $64,198

**PROFESSOR JANE PIRKS**
Ms Jo Robinson, Dr Matthew Spittal, Professor Debra Rickwood & Professor Pat McGorry
Effective suicide prevention material for young people: A randomised controlled trial
University of Melbourne, Vic, $67,489

**ASSOCIATE PROFESSOR JUDY PROUDFOOT**
Dr Janine Clarke, Dr Charles Verge, Professor Lesley Campbell, Dr Jane Holmes-Walker & Professor Kay Wilhelm
Tools for resilience: A mobile phone and web-based intervention for improving mental wellbeing and reducing distress in adolescents and young adults with Type I diabetes
Black Dog Institute, NSW $69,897

**DR CAROLYN SCHNIERING**
Dr Danielle Einstein & Professor Ron Rapee
The feasibility and outcome of internet delivery of transdiagnostic cognitive-behaviour therapy for adolescent
Macquarie University, NSW, $68,756

**ASSOCIATE PROFESSOR ALLISON WATERS**
Professor Melanie Zimmer-Gembeck, Professor Karin Mogg, Professor Brendan Bradley & Professor Michelle Carse
Helping young Australians to “Look for Good”: A school-based trial of positive attention training to increase children’s emotional well-being and prevent anxiety and depression
Griffith University, Qld, $23,794

"Despite the high prevalence of mental illness in young people, they tend to not seek professional help. Many of our research projects are developing online tools and resources to overcome this.” - Joy Gillett, Australian Rotary Health CEO
Postdoctoral Fellowships

Postdoctoral Fellowships are available to early career researchers to facilitate research into the field of mental health. They provide researchers with an annual salary of $75,000 for up to three years while they complete their projects.

Three fellowships have been named in honor of the first three Chairmen of Australian Rotary Health; The Royce Abbey Postdoctoral Fellowship, The Geoffrey Betts Postdoctoral Fellowship and The Colin Dodds Postdoctoral Fellowship.

In 2015, a fourth Fellowship was introduced in honour of the fourth Chairman, Bruce Edwards. See page 39 for more details.

Australian Rotary Health funded four Postdoctoral Fellowships in 2015 totalling $300,000.

2015 POSTDOCTORAL FELLOWSHIPS

JEREMY LUM
University of Wollongong, NSW
Positive allosteric modulation of metabotropic glutamate receptor 5 in the treatment of schizophrenia

CLARE MCCORMACK
University of New South Wales, NSW
Impacts of prenatal alcohol and drug exposure on infant cognitive development

AVES MIDDENTON
University of Melbourne, Vic.
The development of an effective response for the management of suicidality in primary care for patients with depressive symptoms

KATRINA PRIOR
University of New South Wales, NSW
The relationship between social phobia, depression and substance use disorders. The impact on treatment outcomes

RENETA SLIKBOER
Swinburne University of Technology, Vic.
Reward Sensitivity Theory in Trichotillomania

ANJALIKA WIJESURENDRA
University of New South Wales, NSW
Community Integrated Residential Aged care: Implications for planning and design

KATE YOUNG
Monash University, Vic.
Endometriosis and women’s mental health

Ian Scott PhD Scholarships

In 2000, the Ian Scott PhD Scholarship was created to honour and recognize the founder of Australian Rotary Health. The late Ian Scott (1933-2001) had a broad vision to better the health of all Australians, beginning with the cause and prevention of Sudden Infant Death Syndrome.

Ian Scott PhD Scholarships are awarded annually for up to 3.5 years, to the value of $29,000, for scholars researching a chosen area of mental health.

This year a total of 17 Ian Scott PhD Scholarships were awarded, totalling $493,000.

2015 SCHOLARSHIP RECIPIENTS

JESSICA ANDREWS
University of Wollongong, NSW
Lingo-1 signalling pathway: an emergent role in schizophrenia pathophysiology

MARLEE BOWER
University of Western Sydney, NSW
The experience of loneliness in the Australian homeless population

ANNIE BRENNAN
University of Sydney, NSW
Cognition in first episode psychosis: Mapping relationships between task performance, brain changes and symptoms

MICHAEL DE SANTIS
University of Wollongong, NSW
Effects of antipsychotic drug treatment in young rats on dopamine receptors

MARIA DI BIASE
University of Melbourne, Vic.
Mapping whole-brain connectivity networks in schizophrenia

RYAN DUCHATEL
University of Newcastle, NSW
Neurobiological investigation of interstitial white matter neurons in a maternal immune activation model of schizophrenia

LISA GIBSON
University of New South Wales, NSW
Development and evaluation of a novel community-based intervention to reduce cannabis use and associated harms among high risk adolescents

BREANNE HOBDEN
University of Newcastle, NSW
Depression management for individuals with comorbid alcohol dependence

EDITH HOLLOWAY
University of Melbourne, Vic.
Managing depression within low vision rehabilitation services: the effectiveness of integrating an evidence-based therapy ‘Problem solving therapy for primary care’ on depression, quality of life and service utilisation in those with low vision

TARA HUNT
University of Wollongong, NSW
The Development and trial of a training program to optimise telephone crisis-line outcomes with suicidal men

IAN SCOTT PHD SCHOLARSHIP RECIPIENTS 2015

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University of Wollongong, NSW
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Ian Scott PhD Scholar Breanne Hobden presenting at the University of Newcastle 3 Minute Thesis finals.

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2015 POSTDOCTORAL FELLOWSHIPS

DR TONELLE HANDLEY
Geoff Betts Postdoctoral Fellowship
Multi-tiered approach to suicide prevention in Young Australians
National Drug & Alcohol Centre, NSW

DR LAURA HART
Colin Dodds Postdoctoral Fellowship
Confident Body, Confident Child: Effectiveness trial community-based dissemination of a resource to support parents of preschoolers in preventing body dissatisfaction, eating disorders and obesity in their children
La Trobe University, Vic.

DR LOUISE MEWTON
Bruce Edwards Postdoctoral Fellowship
Preventing adolescent mental illness through brain training
University of New South Wales, NSW

DR JANETTE SMITH
Royce Abbey Fellowship
Neurocognitive deficits in young heavy drinkers
National Drug & Alcohol Centre, NSW

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University of Wollongong, NSW
Lingo-1 signalling pathway: an emergent role in schizophrenia pathophysiology

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Australian Rotary Health
PTSD PhD Scholarship

The Australian Rotary Health Scholarship Post-Traumatic Stress Disorder (PTSD) in service personnel and their families is offered to applicants undertaking research within Post-Traumatic Effects from War Related Stress. The scholarship is valued at up to $35,000 per annum for 3.5 years maximum.

In 2015, Australian Rotary Health is providing 1 PTSD PhD Scholarship totalling $35,000.

2015 SCHOLARSHIP RECIPIENT
KRISTIN GRAHAM
The relationship between combat exposure, the effects of post-traumatic stress and non-specific somatic symptoms
University of Adelaide, SA

Funding Partner PhD Scholarships

Funding Partner PhD Scholarships, established in 2002, are funded by three parties: a Rotary Club or District, a University and Australian Rotary Health. They provide Rotarians with an opportunity to contribute to research in an area that is of particular interest to them.

Funding Partner PhD Scholarships have supported research into a range of health areas including cancer, heart disease, neurological disorders and children’s health. Scholars receive a tax free stipend of up to $29,000 per year while completing a research project relevant to their area of expertise.

Some Clubs or Districts use the proceeds from the sales of Bowelscan screening kits to fund a PhD Scholarship in the area of Bowel Cancer research.

In 2015 Australian Rotary Health has funded 34 Funding Partner PhD Scholarships to the total of $986,000.

2015 SCHOLARSHIP RECIPIENTS
MOHAMMAD BASIM AL-ANSARI
Rotary Club of Manly & Royal Far West, NSW
Impact of health services on infants in rural and remote parts of Australia
University of Sydney, NSW

ANN BADGER
The David Henning Memorial Foundation PhD Scholarship
Rotary Club of Parramatta City, NSW
Developing science-based guidelines to overcome barriers which impede university students’ help-seeking and engagement in existing initiatives, for low intensity depression symptoms
University of Wollongong, NSW

MONIQUE BAX
Rotary Club of Cronulla, NSW
Modelling sporadic Amyotrophic Lateral Sclerosis (ALS) using induced pluripotent stem cells from ALS patients
University of Wollongong, NSW

MICHÉLE BENŠTEAD
Motto Fashions & Rotary Club of Richmond
Development and Evaluation for BEST-Foundations: A Preventative Family-based Intervention for Children at Risk of Developing Depression in Adolescence
Deakin University, Vic.

LOUISE BIRRELL
The David Henning Memorial Foundation PhD Scholarship
Rotary Club of Parramatta City, NSW
Untangling co-morbidity: substance use and mental health in young Australians
University of New South Wales, NSW

KELSEY BOULTON
Rotary Club of Illawarra Sunrise, NSW
The underpinnings of social dysfunction in autism and Williams Syndrome: from genes to brain to hormones
Macquarie University, NSW

Research Companion PhD Scholarships

Australian Rotary Health offers Research Companion Scholarships to PhD students completing their research in any health area over a three year period. They are named after the sponsors who choose the health subject and fund the PhD Project. To enable the awarding of a Research Companion Scholarship, a minimum of $100,000 is donated.

In 2015, Australian Rotary Health is providing 3 Research Companion PhD Scholarships totalling $87,000.

2015 SCHOLARSHIP RECIPIENTS
DR BRIDGET REGAN
Bartolina Peluso Research Scholarship
Cognitive Rehabilitation in Early Dementia and Mild Cognitive Impairment: is it helpful?
La Trobe University, Vic.

LEONARD KANOWSKI
The Kaiyu Enterprises Scholarship
Developing a mental health resilience program with Australian Aboriginal Communities
University of Newcastle, NSW

SIAN MCLEAN
The Lorraine and Bruce McKenzie Scholarship
Sociocultural and peer related factors in body image in adolescent girls: Implications for prevention
La Trobe University, Vic.

Research Companion PhD Scholar Sian McLean presenting a paper and poster at the International Conference for Eating Disorders in Boston in April 2015.
JAESUNG PETER CHOI  
The David Henning Memorial Foundation PhD Scholarship  
Rotary Club of Dural, NSW  
Role of androgens via AR in PTEN inactivation induced female reproductive pathologies  
ANZAC Research Institute, NSW  

SAMANTHA COSH  
The Gudrun Delarue Ovarian Cancer PhD Scholarship  
Rotary Club of Dural, NSW  
Investigations into genetic aberrations underlying recurrent ovarian cancer  
Mater Research, Qld.  

REBECCA DAGG  
Harry Banks Sutherland Rotary PhD Scholarship  
Rotary Club of Sutherland, NSW  
A novel mechanism for sustained proliferation of neuroblastoma cells  
The Children’s Hospital at Westmead, NSW  

MAREIKE DAHMER-HEATH  
Rotary Club of Toowong, Qld.  
Identifying the mechanism of the G2 phase UV checkpoint and repair response commonly defective in melanoma  
University of Queensland, Qld.  

NATALIE DODD  
Rotary District 9650 Bowelscan  
Improving uptake of colorectal screening among primary care attendees  
University of Newcastle, NSW  

ANTHONY ESPINOZA  
Rotary Club of Dural & Penrith Valley, NSW  
BrachyPix: advanced QA in prostate cancer treatment by High Dose Rate brachytherapy  
University of Wollongong, NSW  

JARRED GILLET  
Rotary Club of St Ives, NSW  
A randomised controlled trial of progressive resistance training and functional training on muscle properties and mechanical gait deficiencies in youth with spastic type cerebral palsy  
University of Queensland, Qld.  

EMMA GLIDDON  
Ian Parker Bipolar Fund PhD Scholarship  
Assessing an online psychotherapy program for bipolar disorder  
Deakin University, Vic.  

SUSANNAH HALLIAH  
Rotary Club of Caringbah, NSW  
Modulation of microglial function by glioblastoma stem cell-derived exosomes  
University of Sydney, NSW  

BLAGOJE JEVOSKI  
The David Henning Memorial Foundation PhD Scholarship  
The Rotary Club of Parramatta City, NSW  
Structure, function and interactions of Hsp20 with Hsp27 and alpha-crystallin: Potential implications in neurodegenerative disease  
University of Wollongong, NSW  

RICA KOHLI  
Rotary Club of Sunbury & The Isabella & Marcus Paediatric Brainstem Fund, Vic.  
(Metta Skiller PhD Scholarship)  
Genetically-modified neural stem cell lines as pre-clinical models of paediatric brainstem tumours  
Monash University, Vic.  

YANG KONG  
Rotary Club of Blacktown City, NSW  
Detection and prevention of early atherosclerosis in children with fetal growth restriction  
University of Sydney, NSW  

CATHERINE KUBEL  
Rotary Club of West Wollongong, NSW  
Towards a decision-making framework for behavioural problems in residential dementia-care facilities  
University of Wollongong, NSW  

ISABELLA LAMBERT-SMITH  
Rotary Club of Dural, NSW  
Are proteostasis defects responsible for Amyotrophic Lateral Sclerosis?  
University of Wollongong, NSW  

LARISSA LEWIS  
Rotary District 9690  
Social media and adolescent development  
University of Sydney, NSW  

BEVAN MAIN  
The Rotary Club of Mornington Ron Fallaw Memorial Scholarship  
Rotary Club of Mornington Inc, Vic.  
The role of type-1 interferons in Parkinson’s disease  
University of Melbourne, Vic.  

AMY MASSON  
Rotary District 9650 Bowelscan  
Elucidating genetic predispositions to Hereditary Non-Polyposis Colorectal Cancer (HNPCC)  
University of Newcastle, NSW  

CHIHO MURANUSHI  
Rotary Club of Toowong, Qld.  
Pharmacological impacts to development of keratinocyte cancers: Skin and Health Study  
University of Queensland, Qld.  

LISA OYSTON  
Rotary Club of Dural, NSW  
Conserved modifiers of Parkinson’s disease  
Garvan Institute of Medical Research, NSW  

MICHELLE PALMIERI  
Rotary District 9780 Bowelscan  
Understanding Oncogenic PI3K Signalling in Colorectal Cancer - From Function to Therapy  
The Walter & Eliza Hall Institute of Medical Research, Vic.  

JOSEPH PO  
Liverpool & Westmead Hospital, NSW  
Biology of circulating tumour cells in patients with advanced ovarian cancer: Does Epithelial to Mesenchymal Transition (EMT) contribute to chemoresistance?  

SEBASTIAN POHL  
Rotary Club of Balmain, WA  
The role of secreted frizzled protein 4 and DEAD-Box Helicase DPF103 on breast and brain cancer stem cells  
Curtin University, WA  

LAUREN WHYTE  
Rotary Club of Illawarra Sunrise, NSW  
Active Kids: A comprehensive biopsychosocial understandings of factors that enhance and hinder physical activity, social engagement and motor development in children with ASD  
Deakin University, Vic.  

THOMAS WARE  
Rotary Club of Templestowe, Vic & Dine For A Cure (Ann Henderson Scholarship)  
Targeting pro-inflammatory signaling network to overcome resistance to standard therapy in Glioblastoma  
University of Melbourne, Vic.  

LAUREN WHYTE  
The Ian Loxton Pancreatic Cancer scholarship  
Role of p21-activated kinases in pancreatic cancer  
University of Melbourne, Vic.  

SARRON RANDALL-DEMILLO  
Rotary District 9780 Bowelscan  
Investigation of carcinogenesis pathways in colitis-associated colorectal cancer  
University of Tasmania, Tas.  

SIMONE THOMAS  
Rotary Club of Illawarra Sunrise, NSW  
Active Kids: A comprehensive biopsychosocial understandings of factors that enhance and hinder physical activity, social engagement and motor development in children with ASD  
University of Adelaide, SA  

DANNEL YEO  
The Ian Loxton Pancreatic Cancer scholarship  
Role of p21-activated kinases in pancreatic cancer  
University of Melbourne, Vic.  

ANNALISA DODD  
Rotary Club of Parramatta City  
The David Henning Memorial Foundation PhD Scholarship  
Rotary Club of Sutherland, NSW  
The role of type-1 interferons in Parkinson’s disease  
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Annual Report 2014-2015
Rural Medical Scholarships

Since 2007 Australian Rotary Health has offered Scholarships Australia wide for medical students at a number of Rural Clinical Schools in Australia.

The Scholarships provide an incentive for medical students to complete one year working in a rural area. It is hoped the positive experience of rural life and the fellowship of Rotarians will encourage students to practice medicine in rural Australia. Students receive $5,000 per annum.

2014-2015 SCHOLARSHIP RECIPIENTS

STUDENTS SPONSORED FEBRUARY 2014 – DECEMBER 2014

MUGDHA BOKIL – GOULBURN, NSW
Australian National University (ANU) Clinical School
Sponsored by Rotary District 9750 (now District 9675)

HELENA CHAN – BURNIE, TAS.
University of Tasmania Clinical Rural School
Sponsored by Rotary District 9830

SCHOLAR SPOTLIGHT

HELEN CHAN
University of Tasmania Clinical Rural School, Burnie
Sponsored by District 9830

In the last year of her training, Helen organised a 5 week placement at the Royal Darwin Hospital working in anaesthetics and perioperative care. There was a diverse range of patients under her care with a vast range of conditions. Many were from rural and remote areas, as well as many Aboriginal patients - each of these experiences broadened her understanding of the unique healthcare challenges and needs of these people.

Helen attended the Tasmanian Rural Doctors Association conference and the Doctors for the Environment Tasmanian conference - a valuable opportunity to learn about Tasmanian rural and remote medicine.

Since graduating, Helen has started working as an intern at Royal Darwin Hospital. She has an interest in working as a rural/remote General Practitioner in future.

“I am thoroughly enjoying the experience of Royal Darwin Hospital. I have found the medicine unique and interesting here, and I have enjoyed the large component of Aboriginal health. I feel that the placements in Kununurra and Darwin last year really helped prepare me for my current job and I am thankful to Australian Rotary Health and District 9830 for this.”

2015 SCHOLARSHIP RECIPIENTS

Parnell Rural Medical Scholarship (2014) Helen Chan with Past District Governor Bruce Buxton (District 9830)

Rural Nursing Scholarships

Rural Nursing Scholarships provide an incentive for nursing students to complete their 3rd year final rural placement and graduating year in a rural/remote area. It is hoped the positive experience of rural life will encourage students to continue a nursing career in rural Australia.

Students benefit from a broader experience, a higher level of responsibility and the opportunity to learn more advanced decision making skills.

We currently have 2 major donors to these scholarships and they are known as:

Parnell Rural and Remote Nursing Scholarship - $12,500

Up to four scholarships are offered annually to nursing students to undertake their third year final rural placement and graduating year at a healthcare service in country New South Wales or Queensland.

Rotary Club of Sales Rural Nursing Scholarships - $12,500

Usually two scholarships are offered annually to nursing or midwifery students to undertake their third year final rural placement and graduating year at a healthcare service in the East Gippsland area, Victoria, on behalf of the Rotary Club of Sale.

This year a total of 6 Rural & Remote Nursing Scholarships were awarded, totalling $72,500.

2015 SCHOLARSHIP RECIPIENTS

Parnell Rural and Remote Nursing Scholarship 2014-2015

TEEGAN MASKILL
University of Southern Queensland - Longreach Hospital, Qld

JOANNE CAVANAGH
Central Queensland University - Clermont Hospital, Qld

Rotary Club of Sales Rural Nursing Scholarships - 2014-2015

NAOMI TAYLOR
Monash University - Sale Hospital, VIC

RHYS CUTHILL
Monash University - Sale Hospital, VIC

BETH MADDEN
Monash University - Sale Hospital, VIC

TEEGAN MASKILL
Central Queensland University - Clermont Hospital, Qld

Joanne Cavanagh and her family in Clermont, Queensland.

SCHOLAR SPOTLIGHT

Joanne Cavanagh, Central Queensland University - Clermont Hospital, Qld.

Joanne moved back to her home town of Clermont, Queensland, for her post-graduate year nursing at Clermont Hospital. She has three children and enjoys the support of her extended family, and also started volunteering for various local community groups. Joanne also had the opportunity of attending a Nursing Skills Course in Mackay, Qld, this year learning skills such as suturing which are necessary skills for nurses in rural settings.

“I proudly admired my work and then proceeded to tell him he was my first ‘real’ patient that I’d stitched up!”

“...I will never forget the look on my first patient’s face that I had to suture. He was a tough looking bloke who unfortunately for him, had come off his motorbike. I however was thrilled to be able to get out the suture kit and try out my new found skills. When I finished, I proudly admired my work and then proceeded to tell him he was my first ‘real’ patient that I’d stitched up!”

25
Indigenous Health Scholarships

Since 2002, Indigenous Health Scholarships have encouraged Indigenous students to undertake tertiary training in medicine, nursing, physiotherapy, dentistry and other health related degrees at university. These scholarships provide financial support of $3,000 per annum for Indigenous students during tertiary study and qualification.

The Indigenous Health Scholarship program sees a Rotary Club, Rotary District, business or individual, partner with the State & Commonwealth governments to provide a scholarship through Australian Rotary Health.

This year a total of 92 Indigenous Health Scholarships were awarded, totalling $435,000.

REBEKAH SPOTLIGHT

REBEKAH COON
Bachelor of Nursing
Charles Sturt University, NSW
Sponsored by the Rotary Club of Canberra East

Rebekah completed two placements in 2014, while also working part-time as an aged care nurse at Eden Community Aged Care. Her first placement as a Residential Nurse in Eden, NSW was challenging and allowed her to develop skills in liaising with GPs, specialists & allied health providers, as well as medication administration & management, assessment skills, supervision of staff and “lots of problem solving”.

“In the past semester I have developed a stronger urge to work in areas of disadvantage and marginalisation. I believe in equal opportunity and access to the same optimised outcomes for all those who require healthcare. Much work has been done to “close the gap” between Indigenous and non Indigenous populations although there is much more that can be achieved.”

2015 SCHOLARSHIP RECIPIENTS

AUSTRALIAN CAPITAL TERRITORY
Rebekah Coon - Charles Sturt University - Nursing - sponsored by RC of Canberra East

NEW SOUTH WALES
Karen Pinter Klemench - Charles Sturt University - Social Welfare - sponsored by RC of Parramatta City
Colin Hammond Tighe - University of Wollongong - Indigenous Health - sponsored by RC of Fairlight
Glenda Brown - University of Newcastle - Medicine - sponsored by RC of Parkes
Stephen Bell - University of Wollongong - Indigenous Health - sponsored by RC of Wauchope

Amy Hawker - University of Sydney - Physiotherapy - sponsored by the David Henning Foundation, RC of Parramatta City
James Begley - University of Sydney - Exercise & Sports Science - sponsored by RC of Sydney - Soukap Foundation
Rachael Green - University of Sydney - Physiotherapy - sponsored by RC of Sutherland
Josh Russell - Macquarie University - Physiotherapy - sponsored by RC of Sydney - Soukap Foundation
Kym Bowman - University of Western Sydney - Medicine - sponsored by Quality Occupational Health, Merrylands
Maddison-Rose Gillespie - University of Technology, Sydney - Midwifery - sponsored by RC’s of D9650
Jonathan Leath - University of Technology, Sydney - Exercise & Sports Science - sponsored by RC of Manly
John Towney - University of Newcastle - Medicine - sponsored by RC of Junee
Erika Chapman-Burgess - University of Newcastle - Medicine - sponsored by Eastern Suburbs Law Society
Michelle Pearce - Deakin University - Nursing - sponsored by RC of Randwick
Nadia Unk - Griffith University - Nutrition & Dietetics - sponsored by RC of Murrumbeena
Julieann Hall - Charles Sturt University - Mental Health - sponsored by RC of Wagga Wagga Sunrise
Taylor Degomos - Charles Sturt University - Mental Health - sponsored by RC of Wagga Wagga Mumbumbidgee
Joanne Scoble - Charles Sturt University - Mental Health - sponsored by the Don Draby Scholarship
Karen Richardson - University of Newcastle - Nursing - sponsored by RC of Young
Kate Postans - Canberra University - Nursing - sponsored by RC of Sydney CBD
Sarah Large - University of Sydney - Physiotherapy - sponsored by RC of Bowral Mittagong
Cameron Edwards - University of Sydney - Physiotherapy - sponsored by RC of Parramatta Daybreak
Joshua Brown - University of Sydney - Physiotherapy - sponsored by RC of Holroyd
Blake Badman - University of Sydney - Physiotherapy - sponsored by RC of Caringbah
Scott Doley - University of Sydney - Physiotherapy - sponsored by Mark Hancock, RC of Parramatta City
Thomas Hatch - University of Western Sydney - Medicine - sponsored by the Learmed Group
Russell Thompson - University of NSW - Medicine - sponsored by RC of Marrickville

NORTHERN TERRITORY
Valery Martin - Charles Darwin University - Nursing - sponsored by RC’s of D9710
Ian Lee - Flinders University (Darwin) - Medicine - sponsored by RC of Darwin Sunrise
Anne-Maree Nielsen - Flinders University (Darwin) - Medicine - sponsored by RC’s of D9790

QUEENSLAND
Niels Kristen - James Cook University - Dental Surgery - sponsored by RC of Cairns West
Regan Davis - James Cook University – Nursing – sponsored by RC of Mareeba
Nickalus Saveka - James Cook University - Dental Surgery - sponsored by RC of Thursday Island
Paul Cavanagh - James Cook University - Dental Surgery - sponsored by RC of Cairns Mulgrave
Alexander Kühle - James Cook University - Sport and Exercise Science - sponsored by RC of Mundingburraga
Shani Lavender - James Cook University - Medicine - sponsored by RC of Thuringowa Central
Bobby Hagan - James Cook University - Social Work - sponsored by RC of Jindalee
Samantha O’Connor - University of Queensland - Medicine - sponsored by RC of Ashgrove/The Gap
Hannah Tilling - University of Queensland: Occupational Therapy - sponsored by RC of Cleveland
Jennifer Briese - University of Sunshine Coast - Social Work - sponsored by RC of Gympie-Cooloola
Bellinda Barker - University of Sunshine Coast - Nursing - sponsored by RC of Deloraine
Jessie Binderhofer - University of Queensland - Nursing & Midwifery - sponsored by RC’s of D9710

VICTORIA
Ngaree Blow - University of Melbourne - Medicine and Surgery - sponsored by RC of Templestowe
Jessica McConnell - University of Melbourne - Medicine and Surgery - sponsored by RC of Ivanhoe
Codie Collins - University of Melbourne - Psychology - sponsored by RC of Forest Hill
Danika Dale - LaTrobe University - Nursing - sponsored by RC of Croydon
Michael Lawler - LaTrobe University - Dental Surgery - sponsored by RC of Bright
Malinaz Rind - Deakin University - Nursing - sponsored by RC of Geelong
AUSTRALIAN ROTARY HEALTH

OTHER HAPPENINGS

Australian Rotary Health has a strong focus & involvement in the community. As well as funding research and programs scholarships, we are also lead a number of local projects that focus on the communication of health information to the general public.

VICTORIA
Shaznay Rind - Deakin University - Nursing - sponsored by RC of Highton
Tameka See Kee - Deakin University - Nursing - sponsored by RC of Bentleigh Moorabbin
Sally Hood - Deakin University - Nursing - sponsored by RC of Rosebud
Samaera Rae - Deakin University - Nursing - sponsored by Motto Fashion
Coen Brown - Deakin University - Nursing - sponsored by RC of Eltham
Sharon Wallace - Deakin University - Public Health - sponsored by RC of Box Hill
Teagen Cornellsen - LaTrobe University - Maternal and Children Health - sponsored by Ian and Clare Graham
Ally Charles - LaTrobe University - Nursing - sponsored by RC of Bendigo
Laura Alsop - Deakin University - Medicine - sponsored by RC of Glen Waverley
Jennifer Turner - Deakin University - Nursing - sponsored by RC of Manningham

WESTERN AUSTRALIA
Vinka Cummis-Barunga - University of WA - Medicine - sponsored by RC’s of Applecross and Cockburn
Luke Davies - University of WA - Medicine - sponsored by RC of Kenwick
Shauna Hill - University of WA - Medicine - sponsored by RC of Ascot
Veronica Dolman - University of WA - Medicine - sponsored by RC of Mundaring
Daniel Hunt - University of WA - Dentistry - sponsored by RC of Southern Districts
Phoebe Strickland - University of WA - Medicine - sponsored by RC of Melville
Samantha Jackson - University of WA - Medicine - sponsored by RC of Karriyup
Shaydeen Stocker - Marr Mooditj Training - Nursing - sponsored by RC of Boronia

SOUTH AUSTRALIA
Lauren Sperring - University of Adelaide - Medicine - sponsored by Dr. Sage
Hannah Ryle - University of Adelaide - Medicine - sponsored by RC of Alice Springs
Reginald Charles - University of SA - Physiotherapy - sponsored by RC of Hyde Park
Jessica Beinscke - Flinders University - Medicine - sponsored by Coopers Brewery
Amy Hocking - University of SA - Nursing - sponsored by RC of Norwood
Kim Morey - Deakin University - Public Health - sponsored by Coopers Brewery
Amanda Mitchell - Deakin University - Public Health - sponsored by Coopers Brewery
James Blewitt - Flinders University - Physiotherapy - sponsored RC of Walkerville
Myra Wilson - Deakin University - Social Work - sponsored by RC of Blackwood
Chelsea Moore - Flinders University - Nursing - sponsored by RC of Monivale
Lisa Hanson - Flinders University - Public Health - sponsored by RC of Stirling
Damien Rigney - University of SA - Nursing - sponsored by RC of Elizabeth
Tameka O’Donnell - University of Adelaide - Nursing - sponsored by Australian Chinese Medical Association
Sherica Ansell - Flinders University - Medicine - sponsored by RC of Mitcham
Haley Matthews - University of Adelaide - Psychological Sciences - sponsored by RC of Walkerville
Teegan Hart - University of Adelaide - Psychological Sciences - sponsored by RC of Salisbury
Virginia Stuart - University of SA - Midwifery - sponsored by Mr Gibson
Lauren Modystach - Flinders University - Occupational Therapy - sponsored by RC of Port Augusta
Joanne O’Connor - Adelaide University - Psychology - sponsored by RC of Adelaide
Kimberley Shearer - Adelaide University - Health Science - sponsored by RC of Campbelltown
Nicolas Reid - Adelaide University - Dental Surgery - sponsored by RC of Coromandel Valley
Rosemary MacLaine - Flinders University - Midwifery - sponsored by RC of Elizabeth
Daniel Zweck - Adelaide University - Medicine - sponsored by Professor M Sage
Danielle Lovegrove - University of SA - Nursing - sponsored by RC of Mitcham
Kali Graham - Flinders University - Paramedic Science - sponsored by RC of Modbury
Tahnee Elliott - University of SA - Occupational Therapy - sponsored by Margaret Mayo
New Scholarship in Veterans PTSD

On ANZAC Day 2015, Australian Rotary Health announced its newest PhD Scholarship initiative the ‘Australian Rotary Health PhD Scholarship - Post Traumatic Stress Disorder in Service Personnel and their Families’.

The inaugural PTSD in Service Personnel and their Families PhD Scholarship was awarded to Kristin Graham at the Centre for Traumatic Stress Studies, University of Adelaide, South Australia. Ms Graham is investigating the link between common physical health symptoms and the development of mental illness.

“Although physical symptoms are the reason for many personnel to seek treatment, these symptoms are often explained by the psychiatric disorders associated with combat exposure such as depression and PTSD,” Ms Graham said.

Ms Graham will use the largest databases recording the physical and mental health and wellbeing of Australian military personnel to identify patterns in physical symptoms that are associated with trauma-related mental health symptoms, which have happened over a 5 year period.

The second scholarship as part of this initiative, soon to be announced and awarded is the ‘Rotary Club of Ballarat South PTSD Scholarship’.

Future plans are for ARH to jointly fund A PhD Scholarship with the RSL and one jointly with Legacy – ‘ARH & RSL Scholarship in PTSD in service personnel and their families’ and ‘ARH & Legacy Scholarship in PTSD in service personnel and their families’.

The inaugural PTSD in Service Personnel and their Families’ and ‘ARH & Legacy PTSD Scholarship’.

New Australian Rotary Health Film

Australian Rotary Health released its new movie in January 2015 to highlight its research, programs and activities. Separated into four short clips, the movie explores four inspiring people, supported by Australian Rotary Health, who are now changing their communities in various amazing ways:

Part 1: ARH gave Fay Jackson, NSW Deputy Mental Health Commissioner, a launch pad to fulfill her passions in helping people living with mental ill-health to succeed in the workplace.

Part 2: An Indigenous scholarship from ARH supported Dr. James Charles to complete his degree at university and become South Australia’s first Indigenous podiatrist.

Part 3: Professor Jane Pirkis received ARH Research funding crucial to the development of guidelines in preventing ‘copycat’ suicides, among other suicide prevention initiatives.

Part 4: ARH allowed Betty Kitchener AM to gather enough information to develop the Mental Health First Aid (MHFA) course.

Mental Illness Prevention Forums

As part of Australian Rotary Health’s new prevention initiatives, Rotary Clubs throughout Australia were invited to host community forums focusing on “Preventing Mental Health Problems in the Community”. Forums were organised by Rotary Clubs as part of their contribution to community service, and focused on the public’s awareness of mental illness issues.

Each event is open to the public, where attendees hear from a panel of mental health experts. The aims of the community forum and workshop project are to:

- Improve mental health and knowledge about prevention activities
- Increase health and wellbeing in the community
- Decrease the incidence of mental health problems in the community

Events were held by:
- 5 Rotary Clubs of the Melville area (Applecross, Attadale, Booragoon, Cockburn and Melville)
- Rotary Club of West Wyalong
- Rotary Club of Mornington
- Rotary Club of Darwin Sunrise
- Rotary Clubs of Cairns
- Rotary Club of St Kilda
- Rotary Club of Preston
- Rotary Clubs of Port Macquarie
- Rotary Clubs of Moruya, Narooma and Batemans Bay
- Rotary Club of Packenham

Rural Mental Health First Aid Courses

Using a grant from the Rotary Club of Sydney, ARH coordinated a series of Mental Health First Aid Courses in fifteen NSW rural towns. ARH worked with Rotary Clubs and Mental Health First Aid Facilitators to run two-day workshops in the towns of Armidale, Bourke, Coonabarabran, Cooranbottle, Coonamble, Dubbo, Forbes, Gundedah, Moree, Mudgee, Muswellbrook, Narrabri, Nyngan, Tamworth and Walgett/Lightning Ridge.

Most Australians have the knowledge to help someone on the street when they get injured. However many feel out of their depth when a person threatens to harm themselves or someone else due to mental ill-health.

Funds for the grant were raised via the 2GB/Rotary Appeal to help people in drought-affected Western NSW. ARH is proud to have partnered with Professor Tony Jorm and Betty Kitchener in developing the program.

ARH runs an annual Indigenous Health Scholarship Mentor Workshop Program, under the leadership of Programs Coordinator, Cheryl Deguara. The aim of the Mentor Program is to bring Indigenous Health students and sponsoring Rotary Clubs together to encourage communication and build relationships. The events have a great outcome with both students and Rotarians feeling they have more in common with each other than they did before the workshop. Events were in Sydney, Melbourne, Canberra, Cairns, Brisbane, Darwin, Perth, and Adelaide.

“While some of the students have attended these Mentor events in previous years, the newer scholarship recipients find themselves being quite nervous not knowing what to expect,” Cheryl said. “By the end of the meeting there is far more confidence in the room with students being able to engage with larger groups of Rotarians and share their life’s journey in a far more relaxed state.”
Awards

LIFE MEMBERSHIP
Terry Grant was awarded the most prestigious ARH award, Life Membership. In recognition of his 3 years as chairman and previous 4 years as a director. PDG Terry, a member of the Rotary Club of Sunbury, Victoria, brought energy, passion and a new vision for ARH and we congratulate and thank him.

AUSTRALIAN ROTARY HEALTH MEDAL
Honorary Member Dean Brown was awarded the 2014 ARH Medal to recognise his significant contribution in establishing the Indigenous Health Scholarship SA government funding (in 2002) when he was the State Minister of Human Services, SA. Dean paid tribute to Rotary Club of Mitcham, SA member, the late Geoff Bailey, who was the initiator of the project.

PDG Bob Aitken was awarded the second ARH Medal in 2014 for his contribution over 25 years to the promotion and public image of ARH through all media resources, including Rotary Down Under. Bob was presented with the award at the ARH Christmas Dinner.

DISTRICT ACHIEVEMENT AWARD
District 9675 received the Dick White District Achievement Award for the introduction of the ARH Golden Microscope Award, their support of Indigenous Health Scholarships throughout Australia, continued financial support of numerous Funding Partner PhD Scholarships, and their generous general support and donations to ARH.

AWARD FOR KNOWLEDGE DISSEMINATION
Dr Lexine Stapinski from the Centre of Research Excellence in Mental Health and Substance Use (CREMS) developed a series of school-based programs for adolescents (14yrs+) that have proven effective in delaying the uptake of alcohol and drug use. In Term four 2014, every secondary school in Australia received a resource package.

Our Supporters
The fundraising initiatives of Rotarians, individuals and businesses in Australia are the driving force behind the donations we receive and therefore the research and programs we fund. 100% of donations we receive go directly to funding our projects and we would like to acknowledge and thank all those who generously support our work.
**Fundraising & Events**

**SUNDAY AUGUST 10, 2014**

**CITY2SURF**
The City2Surf is an annual 14km running event starting from Sydney CBD and finishing at Bondi Beach. Australian Rotary Health entered an ‘ARH Research Team’ which included 5 PhD funded Scholars and 3 staff members, raising a total of $2,500.

**MONDAY OCTOBER 5, 2014**

**MELBOURNE GOLF DAY**
In Australian Rotary Health’s second year of running this event, 56 golfers challenged the number one golf course in Australia - the Royal Melbourne in Victoria. A BMW X5 was also up for grabs to any player able to score a Hole-In-One on the 7th tee.

**FRIDAY OCTOBER 10, 2014**

**HAT DAY**
Since Hat Day on Friday October 10, we have been inundated with success stories, photos and generous cheque presentations from our Hat Day supporters. A tremendous $166,000 was raised for mental health research and 100% of donations will go directly to this cause.

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**SUNDAY OCTOBER 12, 2014**

**AUSTRALIAN ROTARY HEALTH WINE, FOOD & MUSIC RACE DAY**
The annual Ambrose event held at Twin Creeks Golf Club in Luddenham, NSW. Around 30 local businesses took part in the event which raised $7,400 for mental health research projects.

2014 was an exciting year for Hat Day, as we engaged with organisations and the media to shine a light on mental illness. Australian Rotary Health was privileged to partner with the ABC in their ‘Mental Au’ Campaign, a week of programming related to mental health.

Many of our mental health scholars and researchers became Hat Day Research Reps, discussing exciting research findings in videos and blogs for a widespread social media campaign. They also took part in interviews for radio, television, newspaper, magazine and online news stories.

**SATURDAY OCTOBER 19, 2014**

**NORTH RYDE FUN RUN**
The inaugural North Ryde Fun Run was a community event organised by the Rotary Club of North Ryde and Macquarie University, NSW, with support from local businesses. It has since become an annual event, growing in size and fundraising. Proceeds of $5,000 will fund youth emotional health research through ARH.

**FRIDAY 24 & SATURDAY 25 OCTOBER, 2014**

**ULVERSTONE HEALTH & WELLBEING EXPO AND GALA DINNER**
The Expo and Gala Dinner is an annual event run by District 9830, in conjunction with ARH, to raise awareness and promote ways to build personal health. Held in Ulverstone, Tasmania, the event also raised over $4,000 for Australian Rotary Health through sale of merchandise and donations.

**FRIDAY NOVEMBER 21, 2014**

**GOLF FOR A PURPOSE**
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**TUESDAY DECEMBER 2, 2014**

**RESEARCHER MEDIA TRAINING**
The 2014 Media Training Workshop was held at the University of Adelaide, SA, as part of the Annual Society for Mental Health Research Conference. Nine ARH-funded PhD Scholars (2nd & 3rd years) attended the workshop, which focused on essential media skills and presenting research to community groups. The workshop was run by Professor Rob Morrison and Professor Michael Sawyer.

**WEDNESDAY DECEMBER 10, 2014**

**ANNUAL CHRISTMAS DINNER**
The ARH Christmas Function held at The Epping Club in Sydney was a magnificent showcase of the work of a number of our current researchers on the subject of their ARH research grants and scholarships. Guest speaker Associate Professor Felice Jacka shared her groundbreaking study, now world renowned, which discovered the link between food and mental health. We also celebrated and thanked our generous supporters around Australia.

**JANUARY 26 - APRIL 25, 2015**

**PHOTOGRAPHY COMPETITION**
In its third year running, the Australian Rotary Health Photography Competition collected entries from all around Australia. Participants captured moments on camera to connect with the theme ‘Health and Wellbeing of the Community’. Entries closed on ANZAC Day.

Winners were:
- **Adult Winner** - Dr Nitin Saksena ‘Being Healthy Starts Young’
- **Youth Winner** - Zoe Ellins ‘Health and Happiness’
- **Peoples’ Choice Winner** - Sonia Huggins ‘Healthy Living Healthy Heart’

www.australianrotaryhealthphotocomp.org

**WEDNESDAY FEBRUARY 25, 2015**

**ANNUAL ARH CHARITY GOLF DAY**
This Ambrose event held at Riverside Oaks Golf Course, NSW is often known for being rained out. Fortunately the sun was out as teams took part in a range of novelty competitions around the course, as well as competing for the overall winners title. 84 players raised $13,400 for ARH.

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Furlong will be using a multi-level nation-wide approach to coach to people involved, including one participant who swam 51km outside Launceston; 23km, 55km or 102km.

Saturday March 14 – Thursday March 19, 2015
Tour de Norfolk Plains Bike Ride

Tour de Norfolk Plains Bike Ride

For its seventh annual Ride to Conference, cyclists took part in a circular ride of 600kms over 6 days, beginning and ending in Wangaratta. This year’s ride had 32 people involved, including one participant who swam 51km over 6 days to raise funds and awareness. The ride was a great success with donations totaling $16,545.

Sunday March 15 – Saturday March 21, 2015
Ride for Research $55s - the Great Western Cycling Tour

The ride for Research $55s bike ride is one of ARH’s largest and longest-running annual fundraising events. Cyclists completed a circular tour this year starting and ending in Ballarat, Victoria — a total distance of 808.75kms over six days. Fifty-seven cyclists, including 13 support crew, took part in the challenge. Ride for Research $55s is an initiative of District 9810, who will be hosting their ‘Million Dollar Milestone Ride’ challenge. Ride for Research $55s is an initiative of District 9810, who will be hosting their ‘Million Dollar Milestone Ride’ challenge.

Monday April 14 – Thursday April 17, 2015
Glen to Goondiwindi Ride

Run by District 9640, Victoria, under the slogan ‘Cycling for Mental Health’. Riders cycled 263kms over four days from Glen Innes, NSW to Goondiwindi, Queensland, for their annual Ride to Conference. 13 riders aimed to raise $10,000 to be used for rural mental health research through ARH.

Saturday May 23 – Sunday May 24, 2015
Banish the Black Dog Ride

A relaxed annual cycling tour promoted by the Rotary Club of Townsville Central, Queensland, to raise awareness and funds for mental health. It was another successful Ride this year, where 79 people took part, plus numerous support crew.

The Ride raised $38,811 for ARH.

Monday June 8 – Sunday July 12, 2015
Ride to the Other Side

Craig Alford and the Rotary Club of Armadale, WA are riding around the country on a ride-on lawn-mower to raise funds for ARH – a distance which totals 15,000kms. In their fourth stage, the team covered 5,500kms from Junee, NSW via Cairns to Darwin. Since 2012, they have raised $53,733 for mental health research projects.

significant supporters

The Judith Annette Thompson PhD Scholarship

In 2014, Australian Rotary Health received a $400,000 bequest from Judith Thompson, with thanks to the Rotary Club of Keilor, Victoria, and Rotarian David Whiting. Funds have been used to establish a new perpetual research PhD scholarship to support bowel cancer research for at least the next 30 years; ‘The Judith Annette Thompson PhD Scholarship’.

Judith Annette Thompson was born in Kew, Victoria and grew up on a farm at Yering, and in Bayswater. She studied nursing at the Royal Children’s Hospital, and completed midwifery training at the Royal Women’s Hospital. After a short time at Rochester, Judith took up a position at the Jessie MacPherson Hospital (then part of the Queen Victoria complex, and now part of the Monash Medical Centre) and spent a considerable period of time looking after her mother in her mother’s later years. Upon retirement as a nurse, Judith bought some acres in Gippsland and ran cattle before returning to Melbourne. She was an active member of the Rotary Club of Keilor. In her later years, Judith was diagnosed with bowel cancer, and passed away in December 2013. Judith donated almost all of her estate to Australian Rotary Health in her will.

“In one form or another, Judith spent her life in the service of others,” said David Whiting, member of Keilor Rotary Club and Judith’s solicitor and friend.

“arh director Greg ross

our members decided to participate in a major project specifically as part of our Club’s 50th anniversary celebrations in 2014. Members sought a project of relevance and sustainability for the benefit of others over the long term. Not just a financial involvement, but a meaningful contribution towards two serious health problems confronting society today – namely dementia and related issues as well as youth suicide.”

The Rotary Club of West Wollongong also hosted a Combined Illawarra Clubs (D9675) Showcase & Fundraising Night on May 27, 2015. Four ARH PhD Scholars presented their latest research findings into prostate cancer, suicide, schizophrenia & dementia.

In 2015 Bequest Giving to Australian Rotary Health reached over $1 million since 2010. The gifts given in a Will can provide research today for our grandchildren’s mental health cures. To make a bequest to Australian Rotary Health please contact the Office on 02 8837 1900 or visit the website.

australian rotary health annual report 2014-2015
BRUCE EDWARDS POSTDOCTORAL FELLOWSHIP

The Bruce Edwards Postdoctoral Fellowship is a new perpetual research funding award named after ARH’s fourth Chairman. Dr Louise Mewton was awarded the first ever Fellowship in November 2014. Her research project aims to investigate novel and scalable internet-delivered prevention strategies, to prevent the onset of mental illness during adolescence.

Dr Mewton spoke at two meetings this year; the Rotary Club of Adelaide and the combined South Australian Districts of 9500 & 9520 – both hosted approximately 100 attendees.

Bruce Edwards said Dr Mewton’s presentation was both excellent and well received, before presenting her with her award.

PARTNERS OF DISTRICT GOVERNORS

The partners of District Governors in many Districts of Australia are obviously in tune with Australian Rotary Health.

Some time ago, Glenda Barber, wife of PDG Laurie (D9650) asked clubs, instead of giving the traditional bunch of flowers, to give a donation to Australian Rotary Health. Glenda raised $60,000 that year and provided funds for Motor Neurone research.

Since then partners of many Governors have adopted the same idea with a number of research projects plus scholarships being funded. The area of research has ranged through Mental Health, Hearing, Butterfly Syndrome, Parkinson’s Disease and Kidney Disease as well as funds for Indigenous Health Scholarships.

The board of Australian Rotary Health would like to thank and recognise the partners of DGs.

ROTARY CLUB OF BLACKTOWN CITY

The Rotary Club of Blacktown City has funded 3 Funding Partner PhD Scholarships since 2007. Scholarships have supported health areas where members were personally affected, and also health areas with critical funding needs.

PhD Scholarship in Chronic Kidney Disease - The Club’s 2014 President, John Smith, has suffered kidney failure and is now on dialysis. His fellow members raised money for the scholarship by hosting a Charity Golf Day at Stonecutters Ridge Golf Club in Sydney.

Melvin Gray Arthritis PhD Scholarship - Club member Mel Gray suffers personally from rheumatoid arthritis and organised four solo bike rides to raise the funds for this PhD Scholarship; Blacktown to Bourke (2005), Broken Hill to Blacktown (2007), Blacktown to Bega and up to Bomaderry (2008). Mel rode all three rides with artificial knees.

PhD Scholarship in Children’s Heart Diseases - The Club collectively chose a cause they thought was much-needed. Funds were raised through Muscle Car cruises and in April 2013 they finished with a ‘Stretch to the End’ drive over 15 days from Blacktown, NSW to Cooktown, Qld, and return.

Rotary Club of Toowong

The Rotary Club of Toowong, Queensland, has had a strong connection with Australian Rotary Health (ARH) since soon after ARH’s establishment. Former member, the late Dr John Feros OAM served as Chairman of the ARH Research Committee from 1997-2002, steering the Board to its involvement with mental illness research and awareness. Since 2005, the Club has funded 4 Funding Partner PhD Scholarships:

• The Basil Shaw Scholarship in Cancer
• The Basil Shaw Scholarship for research into Auto-Immune Disease
• PhD Scholarship in Melanoma x 2

“The scholarship was called the Basil Shaw Memorial Fellowship in memory of past member Dr Basil Shaw, a Past Governor of our District 9600. He died from cancer still relatively young (69) on 1.3.2002, soon after the club established the ARH PhD project. The club felt naming the scholarship after Basil would be a fitting ongoing memorial to a much loved member, who was extremely capable with great humility. Many feel, but for his early death, he would have gone on to even more significant roles in Rotary.”

“The first two times the scholarship was awarded it was more in the area of auto-immune research, as in a way that was more closely related to PDG Dr Shaw’s experience with cancer. However when offering the current round, the club chose to acknowledge that for Queenslanders, skin cancer/melanomas are a major concern. Queensland has one of the highest rates of skin cancer in the world. Melanoma is the third most commonly diagnosed cancer in Queensland males and females.”
Companions & Ambassadors

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

**Diamond Companions**
- The Beslich Family
- Les Whitcroft AM
- Lorraine & Bruce McKenzies OAM
- The Late Fred McKenzie OAM
- Lorraine & Bruce McKenzies OAM
- The Late Valda Mary Kynnersley
- The Late Arthur R. Hawke
- Brian Laney
- Ted Atkinson
- Fred Hay
- George Doe
- Heathier, Brian & Graham Beesley
- Mark Hancock

**Emerald Companions**
- Don Stain AM
- Sally Fletcher
- Daniel Holzapfel
- Cliff Hoare
- Ken Schilling
- Emil Weber
- Geoffrey Kellerman AO
- Garry Browne AM
- Robyn Browne
- Dorothy Gordon
- Craig Alford

**Corporate Emerald Companions**
- Pratt Foundation
- The Pantry, Brighton, Vic.
- Winniebago Industries
- Armadale Mower World

**Ruby Companions**
- Jennifer Thomas AM
- John Keating
- Brian Goldsworth
- Phil Aker
- Margaret Dean
- John Ellis
- Athalie Lucas
- The Late Geoffrey Betts AM
- Ron Geary
- Ian Graham
- Margaret & Peter Waite
- Mavis & Bill Jennings

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- Harvey Norman
- Genesis Wealth Advisors
- CoOrdinated Landscapes
- Masterton Homes
- Camden Hire
- The Deno Group
- Angostura
- Microsoft
- Woodside

**Patrons**
- Glen Kinross AO RI
- President 1997 to 1998
- Sir Clem Renouf AM RI
- President 1978 to 1979

His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd) Governor-General of the Commonwealth of Australia

**Life Members**
- PDG Ted Atkinson
- PDG Ron Beslich OAM
- PDG Bruce Edwards AM
- PDG Terry Edwards AM
- PP David Fin
- PP Joy Gillett OAM
- PP Don Gordon
- PDG Alan Grady
- PDG Terry Grant
- PDG Denis Green
- PDG Fred Hay
- PDG Des Jones
- PDG Don Keighran
- PDG Terry Lees
- PDG Fred Marsh
- PDG Bruce McKenzie OAM
- PDG Ian Oliver OAM
- PDG John Ranieri
- PDG Noel Trevaskis OAM
- PDG Don Whitton
- PDG Les Whitcroft AM
- PDG Dick White OAM

We respectfully acknowledge the service of Life Members
- PRP Royal Abbey AO, DCM
- PDG Leon Becker
- PDG Geoff Betts AM
- PDG Colin Dodds
- PP John Hayler
- PDG Clair Rogers
- PP Ian Scott
- PDG John Feros
- PDG Geoff Stevens
- and PP Loch Adams OAM who are sadly no longer with us.

**Medal recipients**
- Dean Brown AO – 2014
- Robert Atkinson – 2014
- Geoff Bailey OAM – 2013
- Joy Gillett OAM – 2013
- Rob Henry – 2012
- Peter Lean – 2011
- Ron Beslich OAM – 2010
- Geoff Kennedy – 2009
- Dick White OAM – 2008
- Tony Jorm – 2007
- Paul Henningsham OAM – 2006
- Phil Francis – 2005
- Noel Trevaskis OAM – 2004
- Michael Sawyer OAM – 2003
- Pay Jackson – 2003
- Fred Hay – 2003
- Loch Adams OAM – 2003

**Rotary Ambassadors**
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- Michael Sawyer OAM
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- Fred Hay
- Loch Adams OAM

**Central Region**
- Terry Edwards AM
- Ian Oliver OAM
- Allan Wilson
- Dick Wilson

**Northern Region**
- John Gough
- Mal Langley
- Terry Lees
- Rob Wylie
- Peter Kaye

**Southern Region**
- Fred Hay
- Des Jones
- Bruce McKenzie OAM

**Corporate Ruby Companions**
- Dorothea Gordon
- Robyn Browne
- Garry Browne AM
- Geoff Emill Weber
- Ken Schilling
- Emil Weber
- Geoffrey Kellerman AO
- Garry Browne AM
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- Bruce McKenzie OAM

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You become a ‘FRIEND’ when your donations reach $500
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www.australianrotaryhealth.org.au

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Thank you to all who support and promote our good work.