Gmail

Damian Leach <damianleach@gmail.com>

Because of you - research is delivering real impact

Australian Rotary Health <news@australianrotaryhealth.org.au> 3 February 2026 at 13:30
Reply-To: Australian Rotary Health <news@australianrotaryhealth.org.au>
To: Damian <dg27-28@rotary9510.org>



Because of you...

Australian Rotary Health:

A shared story of research, community and hope.

Dear Damian,

As we settle into 2026, I want to **invite** you into something important.

This week, we are launching ***Because of You* - a campaign that tells the true story of Australian Rotary Health**. Not as an organisation alone, but as a community of people who make impact possible.

- Because of you, mental health research is funded.
- Because of you, evidence guides care.
- Because of you, lives are changed.

What makes ARH special is not just what we fund, but how we do it - together. This work is powered by community. From Rotary clubs across Australia to individuals who give, walk, volunteer and advocate, **every person plays a role in turning research into hope**.

Belonging matters. It builds resilience, reduces stigma, and reminds people they are not alone. Because of you, research reaches communities where it is needed most, and we can better ensure that no one is left behind.

In 2026, we are sharpening our focus on what matters most: r**esearch that improves real lives, delivers measurable impact, and strengthens mental health outcomes** for children, families and communities across Australia.

This year is not just about what ARH will do - it's about **what we will do together**.

Over the coming weeks, we'll be sharing spotlight stories of the people, the research, and the impact made possible ***because of you***. I hope you see yourself in this story - because it is yours.

Thank you for being part of this community.
Thank you for believing in research.
Thank you for walking beside us into the year ahead.

Warmly,



Yvonne Keane AM

Chief Executive Officer

Australian Rotary Health

Connect with us...

Follow our new “Because of You’ campaign on our socials:







FACEBOOK INSTAGRAM LINKEDIN

Did you know?

Through research grants Australian Rotary Health has invested over $58 million into

mental health and general health research since 1985.

That’s 41 years of turning research into hope - because of you!

$58,211,973

1985-2026

Research Spotlight...



Mental Health First Aid

Mental Health First Aid was founded in 2000 by Betty Kitchener AM and Professor Tony Jorm to fill a community gap for practical mental health training that would parallel the first-aid training provided for physical health, with grant support from Australian Mental Health. Since then Mental Health First Aid grown to reach over eight million people in more than 29 countries across the globe.

We are so proud that grants from Australian Rotary Health, from inception, have helped to enable Mental Health First Aid to achieve such an extraordinary impact, not only in Australia, but worldwide. Find out more about the organisation, its programs and continuing impact below.

LEARN MORE

ARH Board News…

Australian Rotary Health welcomes our Chair-Elect & new Board Members for 2026:



PDG ADRIAN ROACH

Chair-Elect



PDG PATRICIA SCHRAVEN

Director



PDG IAN MCKAY

Director



DGN RICK VOSILA

DG 2027-2028

Upcoming Events...

Get involved and support Australian Rotary Health turn research into hope:



Ride for Research

WOODEND to KYNETON (VIC)

22-27 March 2026

Join the 2026 Ride for Research to mark 40 years of dedication to funding life-changing research. Riders will cover approximately 578 km and spending six days exploring the beautiful surrounding Victorian countryside.

LEARN MORE



Jatbula Trail Trek

NORTHERN TERRITORY

30 May - 05 June 2026

Experience one of Australia's most spectacular trails, taking in stunning waterfalls, crystal-clear swimming holes, and ancient landscapes along the edge of the Arnhem Land escarpment, while supporting vital mental health research.

LEARN MORE



Lift the Lid Walk

SUNBURY

28 February 2026

The Rotary Club of Sunbury invites you to their Annual Lift the Lid Walk to support Australian Rotary Health - a relaxed event supporting connection and community. Let's get walking and get everyone talking about mental health!

LEARN MORE



Melbourne Celtic Festival

FLINDERS ST, MELBOURNE

17 March 2026

Rotary Port Phillip invites you to experience world-class Celtic music and dance at the Melbourne Celtic Festival 2026. This St Patrick's Day celebration brings the community together for an unforgettable day of music, dance, food, drink, and connection.

LEARN MORE



Lift the Lid Walk

MACARTHUR

01 March 2026

The Macarthur Group - Rotary Clubs of Camden, Gregory Hills Next-Gen, Narellan, Campbelltown, Macarthur Sunrise, Picton, Ingleburn, and Wollondilly North, NSW - invite you to their 2nd Annual Lift the Lid Walk to support Australian Rotary Health.

LEARN MORE



IGFR 2026 Golf Tournament

DARWIN

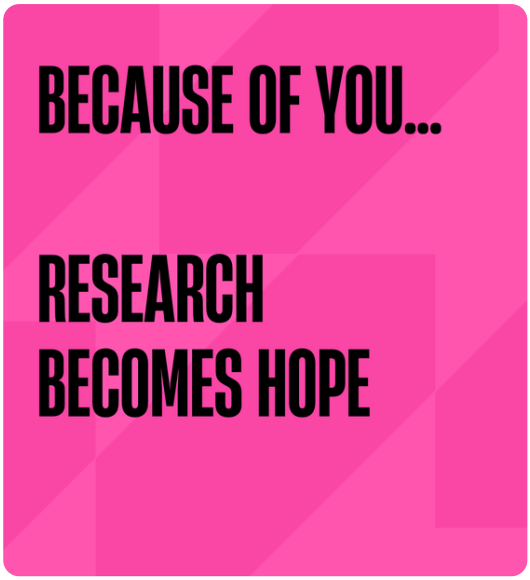
10-15 May 2026

Rotary Port Phillip invites you to experience world-class Celtic music and dance at the Melbourne Celtic Festival 2026. This St Patrick's Day celebration brings the community together for an unforgettable day of music, dance, food, drink, and connection.

LEARN MORE

How you can support us...

When it comes to health research, lots of little things make a big difference. Donations come in all different sizes, too. You can donate individually, or you can set up a recurring donation to suit your budget. We appreciate every effort, large and small, to further health research in Australia. Donations $2 and over are tax-deductible.



DONATE NOW

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You're receiving this email because you previously expressed interest in Australian Rotary Health research, programs, and events, aimed at improving the health and wellbeing of all Australians.

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