



ROTARY CLUB OF GLEN WAVERLEY INC.

District 9810 Victoria Australia

Registered Association A 13095A ABN: 45849639921

Volume 1 : Issue 2 : February 2020

Meets every Monday 6.00 for 6.30 pm at
The Village Green Hotel
Cnr. Ferntree Gully & Springvale Rds. Mulgrave

CLUB NEWSLETTER

MENTAL HEALTH FIRST AID SUCCESS IN THE CITY OF MONASH

Addressing mental health issues throughout the world was the vision of Ian Riseley, 2017/18 President of Rotary International. The theme for his year was Rotary Making a Difference. Louis Jahshan, 2017/18 President of the Rotary Club of Glen Waverley accepted this challenge to make a difference by developing the project "Mental Health First Aid in Secondary Colleges of Monash".

Knowledge of physical first aid is widespread in our communities but does not usually cover how to handle mental problems. To remedy this, a program called Mental Health First Aid (MHFA) had been developed by the University of Melbourne to teach people how to help when they are concerned about the mental wellbeing of someone they know.

The project of the Rotary Club of Glen Waverley was to introduce MHFA to secondary colleges in the City of Monash, beginning with a pilot program in two schools.

PARTNERSHIP

With great support from Mayor Cr Rebecca Patterson, Monash Youth Services Manager, Chris Thompson and Mental Health First Aid Australia, the program was implemented to assist year 10 students and teachers at Avila College and Glen Waverley Secondary College. In the first year 40 teachers and 493 students completed the training.

In mid-2018, through a State Government initiative known as 'Pick my Project', the Rotary Club of Glen Waverley in partnership with Monash Council applied for funding to provide Mental Health training to year 10 students and teachers throughout the City of Monash. The application was successful in achieving a grant of \$200,000!

This extended project is being administered by Monash Family and Youth Services. So far 34 'Teen' courses have been delivered to year 10 students, making the total number of trained students over 1250. One hundred and sixty-two school staff were also trained as well as 64 additional community members. Work is continuing and Monash Council is actively engaged with schools assisting them to incorporate MHFA into their curriculums.

THE BIG PICTURE

We all know that positive mental health leads directly to social, economic and personal benefits including a greater sense of inclusion, reduced isolation, better educational outcomes, and greater success in maintaining employment and productivity.

Research shows that suicide accounts for about 38 per cent of deaths of 15 to 24-year-olds in Australia. It is also reported that half of state school teachers and staff say [they know of students in their school who have self-harmed in the past year](#), and 95 percent of teachers have noticed anxiety affecting student performance.

Developing the awareness of students, teachers, and members of the wider community to recognise mental health issues is crucial to improving this situation. Once a mental health issue is identified, knowing what to do and where to go for help is vital first aid knowledge for everyone in our community. The Rotary Club of Glen Waverley hopes that the “MHFA in Secondary Collages of Monash” project provides valuable support to young people in our community as they journey into adulthood. An interesting result that has already emerged from the program is that students who have done the training are 35 times more likely to notice when a friend is struggling with their mental health.

THANKS

Rotary Club of Glen Waverley is grateful for the generous support of the Victorian State Government, the City of Monash and the tireless work of staff at Monash Family and Youth Services in assisting young people in our community.

The Club would like also to acknowledge the invaluable contribution to this project of Past President Brian Norton who passed away just before last Christmas.

Launch of Mental Health First Aid Course at Brentwood Secondary College October 2019



L to R: (Standing) – Brentwood Secondary College Students Zac, Divi, Ashley and Jennifer, staff members Victoria Strong and Kerrie Small, Rotary Club of Glen Waverley Members Brian Norton, Louis Jahshan and Sue Mills (President 2019/20). (Seated) – City of Monash Mayor Shane McCluskey, Brentwood SC Principal John Ballagh, Mount Waverley State Labor MP Matt Fregon.

"Working Together to Create Safer Communities for all Victorians" : February 2020

On the 10th February 2020 the Rotary Club of Glen Waverley and Victoria Police of Glen Waverley launched the Residential Information Kit. This kit is designed to give residents in the area of Monash a quick easy guide to some of the issues facing us in our everyday lives. These useful kits are available from Police Stations in the Monash area. They have magnets and can stick to the fridge for easy reference.



Left to Right : President Sue Mills, Inspector Paul Rowbotham, Rotarian Jan Rattray and Snr Constable Sarah Coe.

The information is divided into sections such as:

Property Damage: what to do about Graffiti Removal

Neighbourhood Disputes: Noise, Trespassers.

Victoria Police and Party Safe: Register your party, Awareness of Alcohol and help if required

Farm, Garage and Shed Security: What to do if your shed has been broken into.

Family Violence: What you can do, who can you talk to.

Personal Safety: using your ATM, Handbag Security, your car, traveling on public transport

Vehicle Safety: What to do if your vehicle is stolen.

Scams and Door to Door Sales: Protect yourself from Scammers

Fraud: Identity Theft

Electronic Crime: E-Crime Internet Banking, on-line Shopping

Burglary and Theft: General Security

Rotary is proud to be the sponsor of this community initiative, helping us serve the community we live in.

Biannual Book Sale – 14 & 15 March 2020



It's on again at the Black Flats School cnr Waverley and Springvale Roads from 9am Saturday and Sunday. Get down there and grab a bargain. Good quality books available from only \$2.

Essay Writing Competition 2019

A panel of RCGW members judged the essay titled "We will be Fine" by **Evie Ransom** of Grade 4 Mount View Primary School to be the Champion. This sensitive story based on the suggested topic "What the World needs most" explored the plight of asylum seeker children in their quest for acceptance in Australia after fleeing their war torn homeland.



Evie with Rotarian Bev Leishman

We will be Fine

Our world was fine. Then it wasn't.

The soldiers came first, then the bombs. When the bombs came we would run to the basement, my whole family running down four flights of stairs. On nights with no bombs, me and my sister would watch the grief stricken

streets from the window of the apartment on the 5th floor. We would see soldiers yelling and screaming at people out of their houses, and even taking people away.

They took away our parents.

I didn't know how it happened, but it happened. My sister then declared we were leaving. She ran to the basement, and I was confused because I couldn't hear any bombers, but she came back with a big grey suitcase, which already had our big blue blanket inside. She filled the rest of the suitcase with money and food.

We ducked behind buildings and dodged soldiers in the dead of night, me having no idea where I was going, until we arrived at the beach. Before I could ask where we were going, a ugly little fishing boat arrived, and my sister climbed on. I noticed some soldiers moving in the distance, and they saw us. They started shooting as my sister pulled me onto the grimy, dirty, damp boat that was already sailing away at full speed. When we were almost sure we lost them, we wrapped each other up in the blanket. "We will be fine." My sister said. We were not fine.

4 years later

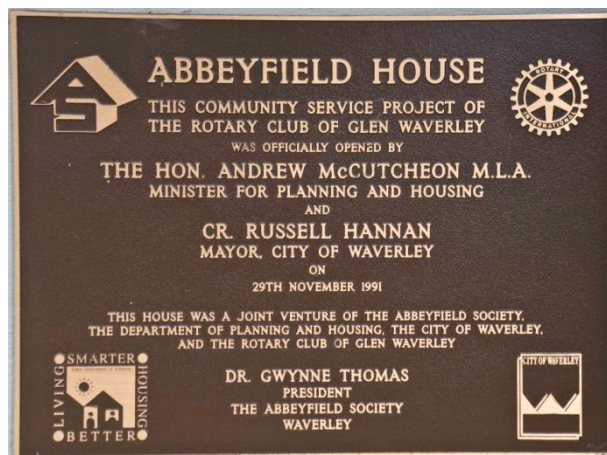
They are taking me to Australia. But leaving my sister. They are taking all the children and sick people off this island prison, but they said my sister is an adult now. I was shocked when I was sent to jail when we were supposed to live a happy life in Australia, but I am more shocked that my sister is going. Forever. Most stories have a solution, but life doesn't have a solution. Only an end. We won't be fine anymore.

Evie 4JT

A Story from the Archives

The Abbeyfield Waverley House in Ashwood was officially opened on 29 November 1991 being a Community Service project of The Rotary Club of Glen Waverley, set up when Dr. Gwynne Thomas was President of the Club.

The House was a joint venture of the Abbeyfield Society, the Department of Planning and Housing, the City of Waverley and The Rotary Club of Glen Waverley.



The managed program at the House gives independence to 10 residents who can live in a friendly supportive environment with a resident housekeeper, where meals and utilities are included in their rent.

OUR ROTARY CLUB

MEETINGS -

Monday evenings in the Cabaret Room of the Village Green Hotel, corner of Springvale & Ferntree Gully Road, Mulgrave. Meetings commence at 6.00 for 6.30pm. Changes to the meeting venue are announced in our weekly Bulletin or online at <https://glenwaverleyrotary.org.au/>
Meetings are for approximately 1 hour and consist of a meal, a guest speaker, networking and conducting Rotary business.

THE COST OF ROTARY -

There is a Joining Fee of \$100. An Annual Subscription is payable at the commencement of the Rotary year. It is currently \$320 (2019-2020 year). Cost per week for dinner meeting is \$30.

CLUB MANAGEMENT -

The Club is managed by a Board of Directors consisting of a President, President-Elect, Vice-President, Secretary, Treasurer, Past President and 3 Committee Chairs. The Committees consist of Community Service, Youth and Vocational Service and International Service. Club Members are allocated to a Committee by the incoming President.

FUND RAISING PROJECTS -

The Club runs events and conducts fundraising to fund various Club projects (Local Community, Youth and International). All members are encouraged to get involved.

FURTHER INFORMATION -

See our website <https://glenwaverleyrotary.org.au/>

Or contact our Secretary: Roger Lough 0417812320 (rotarygw@gmail.com) who will invite you to our next meeting.

We look forward to seeing you at one of our meetings.

President Sue Mills

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This newsletter is produced by the Rotary Club of Glen Waverley Public Image team.
Please distribute to your friends/colleagues who may be interested in receiving a copy.

Contributions are welcome (approx. 300 words) plus photos.

Please forward to: Ray Walker - raygwalker@optusnet.com.au

If you would like to make a donation to support these initiatives, the Club's Bank Account details are:
Bendigo Bank BSB 633 000, Account No. 128508488 "Rotary Club of Glen Waverley"
Please make sure you identify who the payment is from and for what.