



Rotary E-Club of D9700

Serving Humanity

rotaryclubofd9700.org.au

President: John Roberson

johnroberson@bigpond.com



Next E-Club Meeting

TBC.

See article in newsletter.

7.30pm ([Sydney Time](#))

Report of last night's meeting.

Attendance: John, Marilyn, Debbie, Monica, Donna, Mal, Dr Perkins, PDG Gary Roberts.

Apology: Ruth, Cameron and Sharon who is currently on leave. Tebao, had indicated he was attending, but obviously was delayed.



Our Guest Speaker was:

David Perkins, Professor of Rural Health Research

PhD Social Policy and Administration (Health Services) (University of Kent)

BA (Hons) (University of East Anglia)

Organisation:

Centre for Rural and Remote Mental Health,
Faculty of Health and Medicine,
The University of Newcastle

Interests:

1. Rural and primary mental health care
2. Health system development and integration
3. Primary health care workforce



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Brief Bio.

Professor David Perkins is Professor of Rural Health Research at the Centre for Rural and Remote Mental Health, The University of Newcastle. Previously, David was Director of the Centre for Remote Health Research at the Broken Hill University Department of Rural Health, University of Sydney. He completed his doctorate in the UK and worked as a senior manager in the NHS. He researches primary health care systems in rural and remote settings with a particular interest in mental health services.

His research includes narrative systematic reviews, rapid reviews, controlled trials, service evaluations, and a major rural mental health cohort study examining patterns and predictors of mental disorder in rural and remote settings.

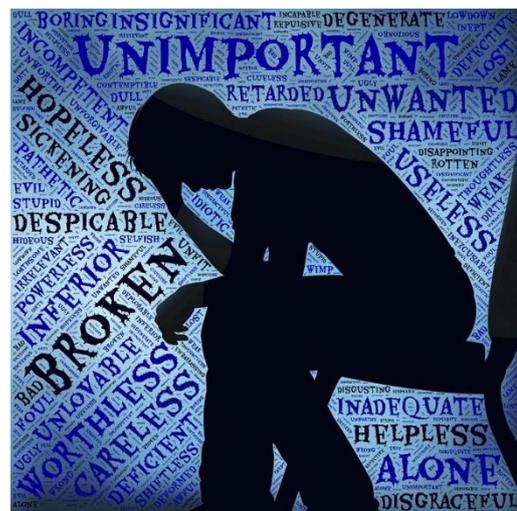
He has held academic positions at the Universities of Kent, Wollongong, New South Wales, and Sydney.

Current research includes the development and evaluation of a new service model for the Royal Flying Doctor Service, analysis of data on utilisation of mental health services by rural and remote residents, research on new models of clinical workforce development in remote settings, and the development of new mental health service models in primary health care.

David is editor in chief of the Australian Journal of Rural Health and an Associate Editor of the International Journal of Integrated Health Care. He was convener of the second National Rural Scientific Research Symposium held in Brisbane in 2010.

He has published widely in Australia and overseas in peer reviewed articles, reports, edited books and an authored textbook on health economics.

He is currently director of the Australian Rural Health Research Collaboration of Rural Research Centres and Health Services in New South Wales.



He is Chief Investigator C in the Centre of Research Excellence in Rural and Remote Primary Health Care with responsibility for Stream 3 which is developing and evaluating new primary health care services.

David, who is Head of Centre of Rural and Remote Health, gave an excellent presentation to us all regarding the understanding of suicide. His PowerPoint presentation was interesting in explaining to us how to professional is they are able to diagnose those who are the most



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vulnerable in society and who show tendencies to be susceptible to suicide. I found the information easy to absorb and also helped me understand why sometimes people feel worthless. Something that has always concerned me.

David, showed us how professionals are able to diagnose those in society who may be susceptible to suicide. The statistics on isolation of those who reside in rural and remote areas showed a much higher rate of suicide as there are services for intervention. Isolation and the feeling of worthlessness and being burden to all can lead to suicide. It breaks my heart to hear of those who suffer in this way.

I'm afraid I found the subject so interesting, my note is a little sparse. However, I did note that if anyone is concerned about a friend, family member they can go onto the website of Centre of Rural and Remote Health, www.crerrphc.org.au, and put in a postcode and you will be given contact details of those who can help you in your area.

On a personal note, our daughter lost a friend to suicide, two weeks ago, he was 35 year old, with two small children. His passing was a shock to all and his wife and parents, had no idea of his desperate situation. We are all asking ourselves, how come we didn't pick it up?

Professor Perkins, presentation was a great help to me personally.

Debbie Schache thanked David for his time and again stipulated the importance of awareness of suicide in our society.

Thankyou David. Thank you Mal, for arranging for David to speak to us, we were privileged to have such a high quality speaker.

I gave a quick report on the District Conference in Leeton and our information table. I gave a presentation to the conference of our club and the differences of our club and a traditional Rotary Club, and that we are just another option for those who wish to serve humanity but the traditional clubs are unsuitable for them. I had a good response, of those who told me they had friends who were unable to meet Rotary's traditional requirements. Ruth Barber was a wonderful support and I thank you Ruth for all assistance. I certainly couldn't have managed without you.

I will be sending you a package shortly, with information for you to share through your community, such as Libraries, Community Centres etc that may reach out to those who may be interested. More on this later.

John took us shopping online with Kiva and selected three more projects. I quite enjoyed the process and it was so easy.



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Discussion re meeting day came up again, and Cameron will be sending out a survey for members to give their views.

I have been concerned for some time that Wednesday's doesn't work too well. I will be interested in the outcome of this survey.

Sharon, we heard that you have lost a dear friend through illness recently and we send our condolences and best wishes to you. Take care.

Tebao, hope all is well with you and we look forward to your induction at the next meeting.



Marilyn