



On your bike for Mental Health

Wights Mountain resident and recreational cyclist, Mike Campbell will ride from Brisbane to Nambour on May 10 as part of the Great Australian Bike Ride. This great cycling event is organised by Australian Rotary Health (ARH) to raise funds for and awareness of research into mental illness.

Mike says that "ARH research provides real hope to those affected by mental illness. In particular, those sufferers whose lives have been devastated and their loved ones who have experienced the associated despair and heartbreak."

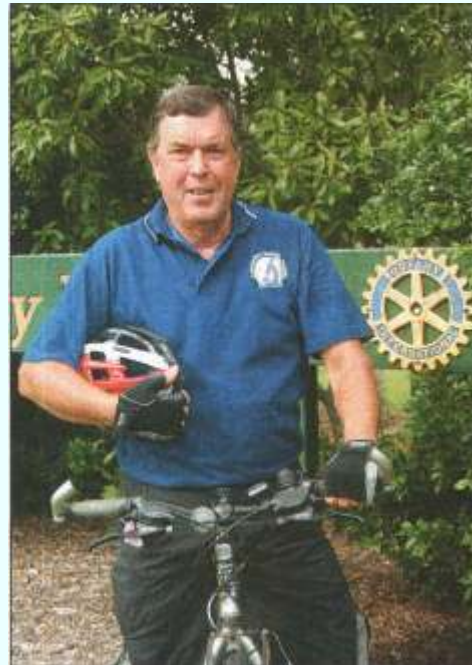
Preparation for the ride sees Mike around the many country roads of Samford Valley and beyond.

"I have not ridden that far before and there are a few hills around Palmwoods but my abdomen is looking more like a six pack than a barrel each time I go over the Samford range and I am sure that I will make it to Nambour."

"I am motivated by the credibility of the ARH research programme as I am no stranger to the despair which is associated with mental illness. This ride is dedicated to my late brother Mark," Mike said.

Donations are tax deductible and can be given by the following means:

Credit Card - Go to the website at



www.greataustralianbikeride.org.au and scroll to the Donate button; or

Mail - Send your cheque or money order to:

Australian Rotary Health

P.O. Box 3455

Parramatta NSW 2124

(Please reference Mike's name)

Mike will also be at the IGA from 8am to 4pm tomorrow, Saturday 18 April.



Village Pump

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The Australian Rotary Health (ARH) program, established 27 years ago has been a significant provider of funds for research, by Australians, into the various medical issues that we face in Australia.

Since 2000, it has had a clear focus on mental health issues and has been recognised as being a leader in the field of research and community awareness of mental health issues. This year alone they have allocated \$1,425,718 to research alone, as well as other money on other programs that they run to support the mental health focus.

Several years ago ARH ran a Safari around Australia to assist people who were affected by mental health to come forward and to seek appropriate assistance. This was a huge success and was responsible for a greater awareness and understanding of the issues faced by you and me when we are confronted

by mental health issues in our family or circle of friends. This year the ARH is conducting the Great Australian Bike Ride for the same purpose and several well known local personalities are joining in for the Brisbane to Nambour leg on Mother's Day. Neither Mike Campbell nor Geoff Voigt have been serious riders in the past but have both taken up this challenge because of their understanding and interest in mental health issues and how people are affected accordingly.

On Saturday 18th April, Mike will be outside the IGA all day to talk with you and to sell tickets in a raffle. The prize is a \$100 gift voucher generously donated by The Homestead Restaurant for this purpose.

**See you there,
Chris Ellis
Rotary Club of Samford Valley**