

LIFT THE LID WALK

PHYSICAL HEALTH FOR MENTAL HEALTH

1 March 2025. Rotary Park, Ligar St Sunbury



SUNBURY ROTARY CLUB LIFT THE LID WALK FOR MENTAL HEALTH

On Saturday March 1st 2025, Sunbury Rotary will host their inaugural LIFT THE LID WALK for Mental Health - a mental health awareness and fundraising event for Australian Rotary Health (ARH).

ARH is one of the largest independent funders of Mental Health Research in Australia and has allocated over \$52 million to health research, awareness and education.
<https://australianrotaryhealth.org.au/>

THIS WILL BE A FOLLOW UP TO THE FAMILY VIOLENCE FORUM HELD EARLY IN 2024.

The SUNBURY ROTARY CLUB LIFT THE LID WALK will begin at Rotary park in Ligar Street, Sunbury and continue through the Pine Forest and around Clarke Oval. The walk and talk format is deliberately not a race and is not just about raising funds. It's also an opportunity for people to talk about mental health as they walk and to raise awareness of the serious mental health issues we face in all areas of our communities, schools, homes and workplaces. We need to break down the stigma of mental illness so that people are more comfortable discussing and seeking help for their mental health issues.

Tragically, eight people take their own lives every day in Australia and 43% of people aged 15–85 experience a mental disorder at some time in their life. Each year approximately 1-in-5 Australians will experience a mental illness. This is why mental health research is so important. Today's research is tomorrow's treatments and cures. Please join us on March 1st 2025.

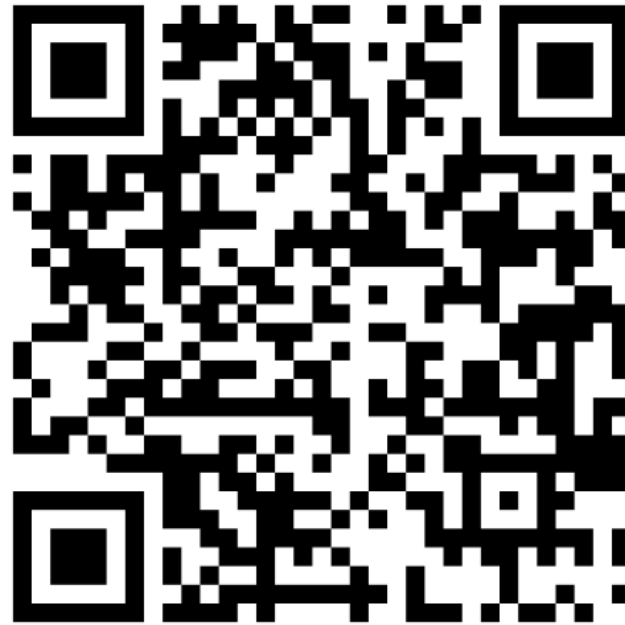
To register click on the link <https://www.liftthelidwalk.com.au/sunbury>

Sunbury Rotary is committed to supporting Mental Health research and finding ways to combat mental illness. If you would like further details about ARH or information about the LIFT THE LID WALK for Mental Health, please don't hesitate to contact me.

Terry Grant,
ARH Ambassador
0412 111 499 | terryg@altaire.com.au

SUNBURY ROTARY CLUB LIFT THE LID WALK FOR MENTAL HEALTH

For more information, please visit our website.



LIFT THE LID SUNBURY



PARTNERSHIP OPPORTUNITIES, 2025



PACKAGE INCLUDES:

- 3X3M ON-SITE ACTIVATION SPACE FOR YOUR BUSINESS TO COME ALIVE
- SPONSORS BANNERS AT THE START/FINISH LINE AND HALFWAY
- PRINTING OF LOGO ON THE EVENT T-SHIRT
- OPPORTUNITY TO ADDRESS THE PARTICIPANTS BEFORE THE START
- LOGO ACKNOWLEDGEMENT ON YOUR SPONSORSHIP ON THE EVENT POSTERS AND SIGNS
- LOGO ACKNOWLEDGMENT ON THE EVENT PAGE LOCATED ON WWW.LIFTTHELID.COM.AU
- LOGO ACKNOWLEDGMENT AND WRITTEN MESSAGE OF SUPPORT ON FACEBOOK PAGE.
- ABILITY YOU USE EVENT LOGO ON YOUR OWN SOCIAL MEDIA CHANNELS
- ACKNOWLEDGMENT OF THE SPONSORSHIP IN AUSTRALIAN ROTARY HEALTH NEWSLETTER.

Package Value \$1,000

GOLD EVENT SPONSOR



PACKAGE INCLUDES:

- 3X3M ON-SITE ACTIVATION SPACE FOR YOUR BUSINESS TO COME ALIVE
- SPONSORS BANNERS AT THE START/FINISH LINE
- LOGO ACKNOWLEDGMENT ON THE EVENT PAGE LOCATED ON WWW.LIFTTHELID.COM.AU
- LOGO ACKNOWLEDGMENT AND WRITTEN MESSAGE OF SUPPORT ON FACEBOOK PAGE.
- ABILITY YOU USE EVENT LOGO ON YOUR OWN SOCIAL MEDIA CHANNELS

Package Value \$500

SILVER EVENT SPONSOR



PACKAGE INCLUDES:

- 3X3M ON-SITE ACTIVATION SPACE FOR YOUR BUSINESS TO COME ALIVE
- LOGO ACKNOWLEDGMENT ON THE EVENT PAGE LOCATED ON WWW.LIFTTHELID.COM.AU
- ABILITY YOU USE EVENT LOGO ON YOUR OWN SOCIAL MEDIA CHANNELS

Package Value \$250

BRONZE EVENT SPONSOR

LIFT THE LID SUNBURY



OUR CURRENT PARTNERS

LIFT THE LID WALK

PHYSICAL HEALTH FOR MENTAL HEALTH

1 March 2025. Rotary Park, Ligar St Sunbury

GOLD PARTNERS



SILVER PARTNERS



BRONZE PARTNERS



LIFT THE LID SUNBURY



EVENT LOCATION & MAP

LIFT THE LID WALK

LOCATION / ROUTE MAP

The circuit is from the start/finish arch in Rotary Club Park, Ligar St Sunbury. There are two distance options: a **1.5km circuit** and a **2km circuit** for those wanting to extend their walk.



LIFT THE LID SUNBURY



PHOTO SCAVENGER HUNT

PHOTO SCAVENGER HUNT DETAILS



LIFT THE LID WALK

PHYSICAL HEALTH FOR MENTAL HEALTH



**Saturday
1st March
2025**

**Rotary Park
Ligar St
Sunbury**

PHOTO SCAVENGER HUNT

TAKE A PHOTO AT THE 10 SITES LISTED BELOW TO WIN A PRIZE

1	START LINE ARCH	6	FOOTBALL GRANDSTAND
2	SKATE PARK RAMPS	7	GOAL POSTS
3	THE "PINE FOREST"	8	CRICKET NETS
4	CREEK CROSSING	9	OUTDOOR GYM
5	NETBALL COURTS	10	THE FINAL BRIDGE

