Women's Mental Health Lunch

2024 Sponsorship Proposal

Funding research into the mental effects of perimenopause and menopause

About One in Five

Established in 2003, One in Five is a Melbourne based not-for-profit charity.

It started with one.

In 2001, Matt Wardlaw died from suicide. This intelligent, creative and beautiful soul was just 32 years old.

Inspired by Matt, his family and friends united to take positive action and raise funds for medical research into mental illness.

Not only was Matt one of five children, but one in five Australians experience mental ill health every year.

Since 2003, One in Five's events and campaigns have raised over $4m. And 20 years on, we remain committed to raising hope by funding much needed scientific research into causes, treatments and cures for mental illness.

oneinfive

Our Mission

To develop better treatments and find cures for mental illness through medical research.

One in Five
Research Partners

We partner with leading Australian scientists and research centres.

The funds we raise directly supports researchers and studies to unlock new knowledge and find cures for mental illness.

Professor Jayashri Kulkarni AM

Director, HER Centre Australia
Professor of Psychiatry and Director and founder, Monash Alfred Psychiatry research centre (MAPrc)
Medical Director, Cabrini Women's Mental Health Centre
Research focus: Women's mental disorders

Professor Suresh Sundram

Head, Department of Psychiatry
School of Clinical Sciences
Faculty of Medicine, Nursing & Health Sciences Monash University
Director of Research, Mental Health Program, Monash Health
Research focus: Schizophrenia, Refugee mental health

Associate Professor Rachel Hill

Head, Behavioral Neuroscience Laboratory
Higher degree research coordinator, Department of Psychiatry
School of Clinical Science, Monash University
Research focus: Schizophrenia, Neonatal brain development

Associate Professor Jess Nithianantharajah

Head, Synapse Biology and Cognition Laboratory
The Florey Institute of Neuroscience and Mental Health, University of Melbourne
Research focus: Changes in synaptic brain connections

Women's Mental Health Lunch 2024

An annual lunch to raise funds for research conducted by the HER Centre.

The 2024 event will raise funds for research into the mental effects of perimenopause and menopause.

Friday 7 June at Carousel, Albert Park
Sit-down lunch capacity: 200 people
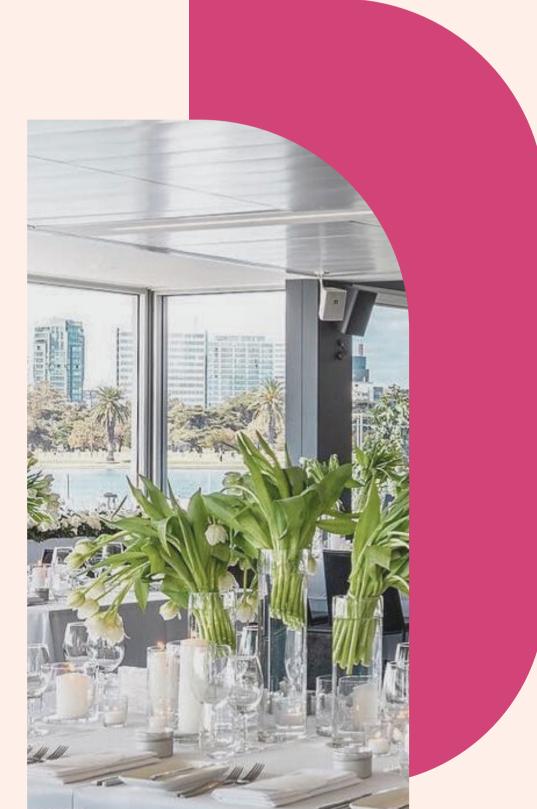Cost: $200 per ticket
Fundraising target: $40,000

Keynote Speaker
Professor Jayashri Kulkarni AM
Director, HER Centre Australia

MC
Shelly Horton
Journalist, TV presenter, keynote speaker, MC
and proud peri and menopause warrior

What we know about
Perimenopause & Menopause

- Generally beginning in a woman's mid-40s and can continue for more than a decade, **menopause-induced depression can be more severe than that experienced by pre- and post-menopausal women** (or by men of any age). Not coincidentally, **suicide rates for women are highest in the 45–64 age group**.

- **83% of women experiencing menopause are affected at work**, but only **70% feel comfortable speaking with their manager** about it.

- From a survey of 2,000 women aged 40 - 60, approximately **one in six women have considered leaving work** due to a lack of support in relation to their menopause symptoms, with a further **6% leaving work**.

More research is required

Key Gaps:

- Few menopause treatment options have undergone extensive long-term studies.

- The timing of menopause varies widely among individuals, making age-based restrictions on treatments problematic and illogical.

- Each treatment method carries potential side effects and health risks. Even hormone therapy, the most researched option focusing on estrogen, isn't universally effective.

- Certain symptoms, like short-term memory loss, might be temporary, while others such as depression and anxiety could be existing conditions wrongly associated with menopause due to societal stigma.

- Socio-economic factors, like impact on quality of life, how menopause affects work performance, as well as its impact on individuals with non-traditional careers.

Sponsorship Opportunities

100% of funds raised will be directed to funding research into the mental effects of perimenopause and menopause.

One in Five Association Inc is a registered Type 1 DGR Charity. All gifts and contributions over $2 are fully tax deductible.

Bronze $3,000

- MC gratitude acknowledgement
- Logo placement: Media wall/table menu
- Feature on One in Five website and dedicated social media posts recognising your organisation as a Bronze Sponsor
- 4 x tickets to the event

Silver $5,000

- MC gratitude acknowledgement
- Logo placement: Media wall/table menu
- Goody bag collateral placement
- Feature on One in Five website and dedicated social media posts recognising your organisation as a Silver Sponsor
- 1 x table of 8 people to the event

Gold $10,000

- MC gratitude acknowledgement
- Event naming rights (e.g. *"Women's Mental Health Lunch brought to you by..."*)
- Logo placement: Media wall/table menu
- Goody bag collateral placement
- Feature on One in Five website and dedicated social media posts recognising your organisation as a Gold Sponsor
- Brand signage placement
- 2 x tables of 8 people to the event

Other ways to get involved

Purchase a Ticket or Table

Support our fundraising by attending the Women's Mental Health Lunch 2024. Everyone is welcome!

Make a Donation

Help us fund vital research into menopausal depression by making a financial contribution or donating goods or services for fundraising activities. Make a financial donation here.

Spread the Word

Share our story with colleagues, family and friends, and help us develop better treatments and cures for mental illness.

Sponsors & Contributors

To discuss sponsorships, donations and other ways to get involved:

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