



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 10th December 2025

The Garvin House Christmas Mini Market was a huge success!

We enjoyed wonderful local support, with many stallholders offering a fantastic variety of items for our residents. The sense of community spirit was truly heart-warming.

We were delighted to welcome residents from **Richardson House** and **Bingara MPS**, who joined us for the morning's festivities. The event created a special opportunity for our aged care residents to do their Christmas shopping, which they thoroughly appreciated.

A special thank you to Rachel and the team at Opportunity knocks for donating 50 brand new gift hampers for every resident free of charge!

It was a morning filled with **happy, smiling faces**, festive cheer, and a strong feeling of connection. Thank you to everyone who helped make the day so special! 🎄 😊

Leah Hyles

Aged Care Coordinator, Barraba MPS



Barraba Museum Xmas Markets



Saturday December 13th

8.00am – 11.30am

Gifts, Food, Music, BBQ,
Refreshments, Hand crafts
2026 Historical Calendars

Medical Centre closure dates

The surgery will be closed from Monday 22nd December 2025 until Monday 29th December 2025.

Reopening on Tuesday 30th December 2025 @ 11.30am.

Also, we will be closed on Thursday 1st January & Friday 2nd January 2026 and will reopen Monday 5th January 2026 @ 11.30am.

If you require scripts before the closures, please call the surgery to make an appointment.

If you require medical attention, please present to the Barraba Hospital or in an emergency call 000.

NOTICE

The offices of PJK Law will close at 5pm on Friday, 19 December 2025 and reopen at 9am on Wednesday 7th January 2026.



149 Queen Street, Barraba NSW 2347

PO Box 14, Barraba NSW 2347

Telephone: (02) 6782 1103

Email: admin@pjklaw.com.au



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of
members and guests.

THIS WEEK

THURSDAY 11th DECEMBER

Bingo starts 6pm

FRIDAY 12th DECEMBER

Ham Raffles. Over 50 prizes up for grabs

Tickets on sale from 5.30pm.

Membership Draw \$1300

SUNDAY 14th DECEMBER

Angler Club Raffles on sale from 12md.

Drawn at 1.30pm.

Membership Draw \$1000

BISTRO HOURS

Phone 0427330808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS AVAILABLE

ALSO PIZZAS MADE TO ORDER

Monday/Tuesday/Wednesday—**Closed**

Thurs/Fri/Sat **Lunch 12-2pm Dinner 6pm**

Sunday **12-2pm**



Barraba High Country Music Musta

Sunday 14th December 2025. 12 to 4pm.

FREE ENTRY.

Walk-up artists welcome.

Barraba Bowling Club.

History Notes

One of our special buildings in Barraba would have to be Clifton Hall built in 1921 – a building considered to be very necessary as the Barraba population had increased so much that the Mechanics Institute in Maude Street could no longer cater for big events such as meetings, floor shows and popular dances.

Tim Shellshear, in his report in 1999, on the whole of Barraba's main street, devoted a whole page to its design and what could be done to bring it back to its former self. Tim's description of the facility included the gates, shop front and fire escape – at the time, the building had been freshly repainted which sadly was probably the last time it was painted!

Clifton Hall was actually built for Mr Clifton of Clifton's Garage across the road – it was soon accompanied by the Empire Café next door, where Mr Sofis advertised meals at all hours. He later moved his café across the road and the building became an accountant's office. It is now Andy's Backpackers.

In later years, deck chairs supplied seating on the ground floor (they had been bought originally for showing films on the eastern outside of the building.) I do not know the reason for bringing the film shows inside but I suspect storms and mosquitos had something to do with the move.

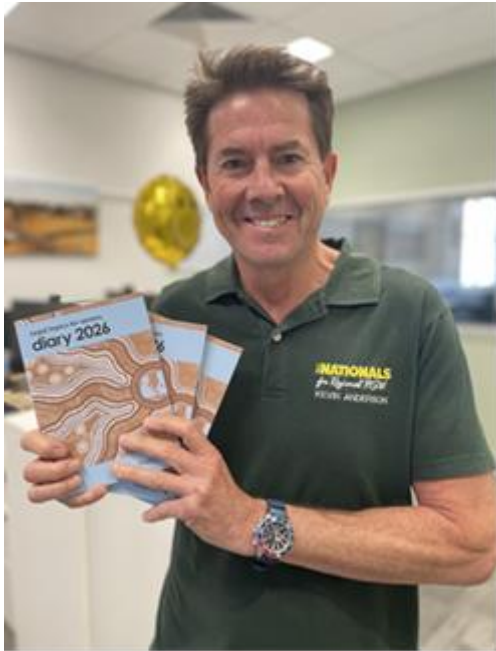
From memory, I think there was a row or two of normal theatre seats downstairs and there were definitely several rows of seats upstairs – I wonder how many patrons remember the bags of 'Jaffas' dropped in the upstairs area and most people clapped and cheered as the sweets rolled down to the front under the chairs.

After the theatre closed it had many short-term uses before becoming a printing shop – the first publication of the 'Nandewar Settlers' was printed there as well as 'Cobbadah' – sadly both are now out of print.

In 1969 the owners of the printing machinery printed a 'Special Barraba Gazette' for the railway celebrations and they followed this up with weekly copies of the 'Barraba Gazette'. Steve and Kerry took on the 'Gazette' for many years before closing down and retiring when Covid developed.

Finally, before finishing this week, I must note how many people appeared on Facebook to comment on the Sofis Family. Julie has handed on some from the Facebook page – it's great to recognise the names – Wayne catching the train to spend the school holidays in Barraba. Those who were at boarding school travelled to Barraba on the train and it was wonderful to get home for a couple of weeks – and there was always a visit to the Sofis Café, especially on Saturday when shopping had to be done.





POPULAR DIARIES TIPPED TO FLY OUT THE DOOR

The hugely popular Seniors Diary has returned, getting local seniors ready for a big and busy 2026. Member for Tamworth Kevin Anderson said the diaries are incredibly popular with local seniors, and he expects them to go quickly. “The free legal aid Seniors Diary is a great resource as it’s packed with useful information about a range of legal issues that affect our seniors – including driving and fines, family, neighbour disputes, retirement villages and aged care and more,” Mr Anderson said. “I’ve already had several people contact my office asking if the diaries will be back in time for Christmas and I’m pleased to confirm that they are at my office and ready to go. These diaries are hot property, and I expect to run out very soon, so if you’d like to get your hands on a copy, please come by my office in Peel Street!”

The diaries are an initiative from Legal Aid and are designed to assist seniors in navigating complex legal issues relevant to their age.

“This is about providing seniors with a free resource to help seniors understand their rights and steers them in the right direction about who to contact should they be experiencing discrimination, elder abuse, or financial exploitation,” Mr Anderson added. “There’s also great information and advice about protecting yourself from scams and avoiding becoming victim to online predatory scammers. It’s a great tool which is why I’ve already put my hand up for more diaries to be sent to Tamworth if they become available.”

Residents can now pick up their copy of the free seniors’ diary during business hours from Mr Anderson’s office, Shop 1, 445 Peel Street, Tamworth. Diaries can also be ordered online at the [Legal Aid NSW website](https://www.legalaid.nsw.gov.au/).

SUBSIDY BOOST TO BRING STUDENTS TO PARLIAMENT

Primary and secondary schools in the Tamworth electorate are encouraged to include a visit to the NSW Parliament as part of their 2026 excursion calendar. Member for Tamworth Kevin Anderson said the NSW Parliament is inviting regional students to visit with a \$500 subsidy available to eligible schools.

“A visit to Parliament can be one of the most valuable and enlightening experiences for school students, giving them an opportunity to learn more about how laws are made and how democracy works,” Mr Anderson said. “The staff at the NSW Parliament work hard to offer a range of educational programs for schools and I often see school groups from across NSW touring the halls of parliament.”

“Distance has always been a significant barrier to schools in the Tamworth electorate, and this year, I was thrilled that a subsidy was introduced to bring more local students to parliament. I backed that subsidy in, and this year, the Tamworth electorate had the highest number of school visits of any regional electorate. After the success of the subsidy, it has now been increased to \$500, and I’m encouraging local schools to plan a trip to Sydney next year! I have already written to schools across our electorate updating them on the increased subsidy, and I look forward to seeing a number of local schools making the trip to parliament.”

The NSW Parliament offers a range of programs to engage students with the workings of Parliament including guided tours, legal studies workshops, online programs for primary students, and programs for secondary school leaders. More information regarding the School Tour Travel Subsidy, as well as the range of program offered by the NSW Parliament is available on the NSW Parliament *Parliamentary Education and Engagement* website.



SANTA'S BEEN SPOTTED NEAR BINGARA!



An Unforgettable Night of Christmas Fun at The Playhouse Hotel

Locals can look forward to a fabulous night of music, laughter and nostalgia at 6.30 pm this Saturday 13th December, when *The House of Jazz Collective* bring their fun-filled Christmas extravaganza to The Playhouse Hotel.

Fronted by three vivacious singers – Hester Fraser, Katy Haselwood and Brookie Gillett – supported by four superb musicians – pianist Garry Steel, guitarist Anthony Walmsley, bassist Stan Valacos and drummer Ronny Rindo – *The House of Jazz Collective* is a Tamworth-based line-up of first-rate musos which has been raising spirits across our region for three years now. This will be their second visit to The Playhouse Hotel.

In this their second visit to The Playhouse Hotel the group will be offering a very merry Christmassy program, putting a jazzy spin on some timeless melodies made famous by the likes of (amongst others) Michael Bublé, Frank Sinatra, Julie London and the First Lady of Song herself, the great Ella Fitzgerald.

Tickets to the concert only are just \$25... but ticketholders can choose stay on afterwards for a rousing post-show Christmas dinner, at \$50 per person. The all-you-can-eat

buffet menu will consist of three meats, four salads, sauces and accompaniments, followed by Playhouse-made Christmas pudding and Bailey's Irish Cream ice-cream!

You can book now for what is certain to be a memorable evening by clicking

on <https://www.trybooking.com/DHQQC> or by phoning the hotel direct on 6782 1109.



Celebrating 77 years of service to the people of NSW in 2025

The Federation was formed in 1948 and has 8 Zones which cover Newcastle, Port

Stephens, Maitland/Cessnock, Upper Hunter, Mid-North Coast, Lake Macquarie, Central Coast and North Western NSW.

The objects of the Federation are:

- Act for members in any matters whatsoever connected with their office as Justice of the Peace
- Uphold and defend the interests, status and rights of members and maintain dignity of the Commission of Peace
- Promote, improve, extend, elevate and deal with the education and general knowledge of members in every possible manner
- Promote the social enjoyment of members
- Do all things that may promote the objects of the Federation as a non-political, non-sectarian and non-profit-making organisation

We welcome enquiries from Justices of the Peace who would like to become members of our Federation.

JPs in Barraba

Mrs Pamela Kathryn Mary Urquhart 0267821480
 Mrs Patti Elizabeth Crowley 0267821795
 Mrs Elizabeth Ann Sawyer 0267825334
 Mrs Sonia Gaye Simpson 0267831382
 Mr Owen David Rigby 0400020307
 Mr Neville Alexander Moore 0418251280
 Mrs Tanya Mary Clarke 0427949127
 Mrs Patricia Merris Currell 0428268632
 Mrs Janene Helen Randall 0428832282
 Mrs Pauline Ann McIver 0429671294
 Mr Stephen Laurence Ely 0438427033
 Ms Marilou Simpson, PJK Law

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening
Mass 6pm. All other Sundays 9am
Christmas Day Mass 9am

BARRABA UNITING CHURCH NOTICES

Sunday 14th December service at 8.45am.
All welcome.

ANGLICAN CHURCH TIMES

St Laurence's Barraba

Sunday service at 10.00am

Christmas Services:

Woodsreef: Sunday 21st December, 11:30am.

Bring a plate of food to share.

Bereen: Sunday 21st December, 6pm.

Bring a plate of food to share.

St Laurence's:

Sunday 14th December, 5pm. Carols on the church lawn (including BBQ and kids activities).

There will be no service at 10am.

Sunday 21st December, 10am, Regular Sunday Service.

Wednesday 24th December, 8pm, Traditional Communion Service.

Thursday 25th December, 9am, All ages Christmas Service.



We love celebrating Christmas and the birth of Jesus and we'd love to share the joy with you!

Bring a picnic, something to sit on and your family and friends. From 5pm there will be a sausage sizzle, face painting and some fun activities to enjoy with the kids, with carols starting at 6pm.

BARNABY JOYCE JOINS ONE NATION

(from "The Guardian, Australia News alive" 12.03 pm, 8 December 2025) By Josh Butler

Pauline Hanson says Barnaby Joyce has joined One Nation.

In a statement, Hanson says the former Nationals leader will become a One Nation MP in the lower house "until the next federal election, at which he would lead the party's New South Wales Senate ticket". He will be One Nation's sole representative in the lower house.

Joyce reportedly confirmed the move on Tamworth radio, saying: "Pauline made an offer to me to come to One Nation, and I have taken that up."

In a statement, Hanson said: "I welcome Barnaby Joyce to One Nation. I have always been very straightforward about asking Mr Joyce to join our team, and on making it clear this was always his decision. I am pleased he's chosen One Nation, and I welcome his experience, his advice and his determination to get a fair go for farmers and regional Australia. Mr Joyce strengthens One Nation's position in parliament just as many Australians are strengthening our position in the polls. I look forward to working with Mr Joyce and One Nation's Senate team as we continue to expose and oppose the Albanese Labor government's agenda."



Next Wednesday, 17th December is the last edition of Barraba Community News for 2025.

So, if you would like to send your customers, members or clients a 'Christmas/ New Year/holiday closure dates' message please contact us by Friday 12th to book your space.

Cost will be as follows;

4cm x 8cm = \$20.00

6cm x 8cm = \$25.00

8cm x 8cm = \$35.00

Bigger is always better and we're happy to provide you with a quote for your preferred size.

Contact news@barrabacommunitynews.org.au

Barraba Community News is published by Community College Northern Inland Inc.

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NSW LEGISLATIVE COUNCIL BACKS MOTION CELEBRATING 80 YEARS OF ABC'S COUNTRY HOUR

**Aileen MacDonald MLC reflects on 36 years as part of rural
NSW**

Ms Aileen MacDonald MLC has welcomed the support of the NSW Legislative Council for her Notice of Motion recognising the 80th anniversary of the ABC's Country Hour, Australia's longest running radio program.

The motion, moved as formal business and agreed to by the House, acknowledges the program's enduring contribution to rural and regional Australia since its first broadcast on 3 December 1945.

Ms MacDonald said the Country Hour has been a trusted companion since she moved to rural NSW more than three decades ago. "I moved to rural NSW as a newlywed over 36 years ago and, like many in our regional communities, the Country Hour quickly became part of my daily life," Ms MacDonald said. "As I raised a family, ran a business, and became part of the local community, the program kept me informed and connected with what was happening across rural NSW."

Originally established during the final months of the Second World War to support agricultural productivity through educational broadcasting, The Country Hour now airs every weekday from midday to 1pm on ABC Local Radio across regional Australia. Ms MacDonald said the program continues to play a vital role in the lives of rural Australians. "Whether it's covering seasonal conditions, sharing producers' stories, or reporting on the challenges and achievements of life in the bush, the Country Hour remains essential listening," she said. "The NSW Parliament's recognition of this milestone reflects the deep respect people right across regional Australia hold for the ABC Rural Department."

Mental Maintenance Manual: Expert-backed ways men can service their mental health



- **Almost half of Australian men will experience anxiety or depression in their lifetime, yet less than one in five will seek help from a mental health professional**
- **In fact, men who adhere to traditional masculine expectations are seven times more likely to frequently experience thoughts of suicide**
- **To make mental fitness as routine as physical fitness, the experts at Someone.health are launching the free Mental Maintenance Manual, with straightforward steps men can use to manage stress, stay connected, and boost their mental wellbeing**

Nearly half (43%) of Australian men will experience anxiety or depression in their lifetime, yet only fewer than one in five seek professional help¹.

To start closing this gap, experts at Someone.health are launching the [Mental Maintenance Manual: A Practical Guide to Men's Mental Health Upkeep](#) - a free, easy-to-use guide designed to help men see psychological wellbeing as part of everyday fitness.

As another successful Movember campaign draws to a close, studies reveal traditional models of masculinity continue to stigmatise mental health issues amongst men who remain far less likely than women to seek help. In fact, over three-quarters (75%) of those losing their lives to suicide in Australia are male².

Despite the severity of these statistics, men are still significantly less likely to seek support when struggling. Although nearly half of Australian men will experience a mental health condition in their lifetime, fewer than one in five (12%) have sought help from a mental health professional¹. While four in five (80%) men experiencing severe psychological distress will visit a GP, less than half (40%) of them take the next step and see a mental health

professional³. Adult men are also half as likely as women to use a helpline or digital service for support, with four in five (80%) saying they would be unlikely to reach out for help³.

Built by psychologists, the [Mental Maintenance Manual](#) breaks down mental health into practical, relatable sections from recognising early signs of burnout to building resilience, improving communication, and knowing when (and how) to reach out for professional support.

“Many men are still told that they need to ‘tough it out,’ or internalise that idea through cultural messaging,” says Craig Russouw, Psychologist at Someone.health. “Mental health issues are a growing concern for Aussie blokes and delaying support can mean that issues worsen, with a significant impact on quality of life and, sometimes, devastating consequences. Men are often more likely to engage in avoidant or externalising coping behaviours, such as substance use, aggression, or overworking.

“When it comes to mental health, prevention, maintenance, and open conversation can make a big and potentially life-saving difference for some men. It’s not about fixing feelings, but about keeping your mind in shape, much like maintaining physical fitness. Yet expectations surrounding masculinity, to be stoic and emotionally restrained, continue to hold men back from reaching out.”

While recent studies show that men are increasingly less likely to endorse stereotypical models of manhood, many still feel the impact of societal pressures enforced by these ideas³. The link between the pressure of performed masculinity and poor mental health is well documented, with reports finding that men who agree with the stereotypical expectations of masculinity are seven times more likely to frequently experience thoughts of suicide⁴.

Someone.health CEO Sarah Richardson says that without early and consistent intervention, men risk continuing to suffer, experiencing relapse, or disengaging from support altogether. Accessible telehealth services can change this trajectory by offering flexible, affordable care at the touch of a button.

“We want to remind men across Australia that they don’t have to wait until they reach crisis point. Mental health, like your body or your car, needs regular maintenance. It should be groomed, checked, and cared for consistently. That’s why we created the [Mental Maintenance Manual: A Practical Guide to Men’s Mental Health Upkeep](#), to give men simple, practical tools to support their wellbeing before issues escalate. Our telehealth service makes it even easier to connect with a psychologist from the comfort of home,

providing a safe, stigma-free space to start the conversation and take proactive steps toward better mental health.”

While some men are growing Movember moustaches this month for awareness, Someone.health is encouraging all Aussie men to take proactive care of their mental health all year round by checking in on their stress triggers, building resilience, and recognising early warning signs before challenges escalate.

To get started, the manual suggests simple, practical steps that anyone can incorporate into daily life:

- Keep connected to your relationships, by checking in regularly and being present for your mates, family, or colleagues
- Do something that’s just for you like reading a book, fishing, or going for a run - anything that makes you feel good

With two in five (40%) men diagnosed with severe depression still struggling years later¹, these small, consistent actions, combined with accessible support, can help men stay connected, manage stress, and make a sustainable difference to their life. For anyone wanting to keep their minds in top shape, because good mental health is important all year-round, download the free [Mental Maintenance Manual](#).

About Someone.health

Someone.health is a Medicare bulk-billed, affordable, and convenient online psychology clinic offering appointments Australia wide. With over 200 registered psychologists, mental health care is available online via video conferencing seven days a week. Someone.health is part of the HealthBright family of brands whose goal is to provide quality, accessible, affordable mental health support to everyone who needs it through outstanding digital care.

Golf Notes

The "No Hoppers" (Dan Lott, Campbell Bond, Chris and Kieren Darlington) put the boot into the rest of us with Chris winning the chook with 22 points and Dan and Kieren winning balls with 21 and 20 respectively. It took their team score to 195. Next best is the Geriatrics on 184. Tim Coombes was the other ball winner with 21. With a bit of run the scores are getting better but some other teams need a big week to rein in the leaders.



Senior Citz News

Hello Everyone

This is my last Newsletter for the year. I hope all your Christmas plans are in order.

Members, it's party time this Friday, there's bingo, no morning tea break so that we can get lunch on the table quick smart. Bingo players, please note – we will start again on Friday 9th January 2026. New players, if you feel you would like to join CPSH, you will be most welcome. More players will make a strong and vibrant association. Perhaps, if handicraft is your pastime, Wednesdays at 10am would be your 'cup of tea'.

To those on the sick list, a speedy recovery goes to you. Here, I must say "thank you" to all our supporters and donors. Without your support we would not exist.

President Kim, Vice President Beryl, Treasurer Carol and myself wish everyone a happy and safe Christmas and look forward to a busy and productive 2026. Merry Christmas everyone.

If you are on your own on Christmas Day you are welcome to join us for lunch. Contact Judy on 0429821158.

Judy Brady Hon. Secretary

New study shows why some minds can't switch off at night

Australian researchers have found compelling evidence that insomnia may be linked to disruptions in the brain's natural 24-hour rhythm of mental activity, shedding light on why some people struggle to 'switch off' at night.

Published in *Sleep Medicine*, the study led by the University of South Australia (UniSA) is the first to map how cognitive activity fluctuates across the day in individuals with chronic insomnia, compared to healthy sleepers.

Insomnia affects about 10% of the population, and up to 33% of older adults, with many reporting an overactive or 'racing' mind at night. While this has long been linked to cognitive hyperarousal, it has remained unclear where these thought patterns stem from.

Researchers examined whether the inability to downregulate mental activity at night – a hallmark of insomnia – reflects underlying circadian rhythm abnormalities.

Under tightly controlled laboratory conditions, 32 older adults were monitored (16 with insomnia and 16 healthy sleepers) over 24 hours of wakeful bedrest.

This approach eliminated environmental and behavioural cues, allowing scientists to isolate the brain's internal rhythms.

Participants remained awake in a dimly-lit room, in bed, with food and activity carefully controlled. They completed hourly checklists, assessing the tone, quality and controllability of their thoughts.

Both healthy sleepers and insomniacs showed clear circadian patterns in mental activity, with peaks in the afternoon and troughs in the early morning.

However, several key differences emerged in the insomnia group. "Unlike good sleepers, whose cognitive state shifted predictably from daytime problem-solving to nighttime disengagement, those with insomnia failed to downshift as strongly," says lead researcher UniSA Professor Kurt Lushington.

"Their thought patterns stayed more daytime-like in the night-time hours when the brain should be quietening."

Their cognitive peaks were also delayed by around six and a half hours, suggesting that their internal clocks may encourage alert thinking well into the night.

"Sleep is not just about closing your eyes," Prof Lushington says. "It's about the brain disengaging from goal-directed thought and emotional involvement."

"Our study shows that in insomnia, this disengagement is blunted and delayed, likely due to circadian rhythm abnormalities. This means that the brain doesn't receive strong signals to 'power down' at night."

Co-author, UniSA Professor Jill Dorrian, says the findings highlight new treatment possibilities for insomniacs, such as interventions that strengthen circadian rhythms.

"These include timed light exposure and structured daily routines that may restore the natural day-night variation in thought patterns," Prof Dorrian says. "Practising mindfulness may also help quieten the mind at night."

The researchers say that current treatments often focus on behavioural strategies, but these findings suggest that tailored approaches addressing circadian and cognitive factors could offer a solution.

'Cognitive-affective disengagement: 24-hour rhythm in insomniacs versus healthy good sleepers' is published in *Sleep Medicine*. DOI: 10.1016/j.sleep.2025.106881. It is authored by researchers from the University of South Australia, Washington State University, and Flinders University.

Worried after sunscreen recalls? Here's how to choose a safe one

Katie Lee, Postdoctoral Researcher, Dermatology Research Centre, The University of Queensland

Most of us know sunscreen is a key way to protect areas of our skin not easily covered by clothes from excessive ultraviolet (UV) radiation.

But it's been a rough year for sunscreens. In June, testing by Choice identified 16 products on Australian shelves that don't provide the SPF protection they claimed.

In July, the Therapeutic Goods Administration (TGA) released a review recommending the amount of certain chemical ingredients allowed in sunscreens should be lowered.

Since then, several other sunscreens have been recalled or are under review, either due to manufacturing defects or concerns about poor SPF cover.

All this has left many of us feeling confused about which sunscreens are safe, effective and do what they say on the label.

Here's what you need to know so you can stay safe this summer.

Why the concern about sunscreen SPF?

Since SPFs were introduced, they have been a clear sign for consumers about how much sun protection to expect.

But testing a product's SPF is tricky. The usual test uses sunscreen on real people's skin, exposes them to ultraviolet (UV) light, and checks how much redness develops over time.

Because people's skin reacts differently, and because labs and testers vary, results can be inconsistent. For instance, products tested at one lab might show a high SPF, but might really offer much less protection when tested by another.

A sunscreen with a lower-than-claimed SPF may still offer some protection. But there would be a higher chance of sunburn, DNA damage and developing skin cancer.



What's a base formula?

The TGA's latest concerns relate to a "base formula" shared by several sunscreens. The base formula (also called the core or vehicle) is like the foundation of a sunscreen and includes:

- solvents/carrier liquids (water, oils, silicones)
- emulsifiers, surfactants, stabilisers (all of which allow components to blend and not separate)
- thickeners or gels
- preservatives, antioxidants
- pigments, tints, fragrances, texture enhancers.

Other ingredients are added to the base, especially UV filters. The base can also be sold to third parties with the UV filters already added. Some products include extras, such as photostabilisers to help the UV filters last longer in the sun.

The base must do several jobs well. It must:

- spread UV filters evenly (no clumps or separation)
- remain stable over time
- protect the UV filters from breaking down in the sun
- still feel good on the skin (spread easily, stick well).

Many brands use the same base and then add small differences, for instance colour or scent.

While UV filters are crucial, they cannot do their job well without a strong and well-designed base layer. So any product built on a weak or faulty base formula risks underperforming. And because many sunscreens share the same base, many products and brands can be affected.

The TGA has identified at least 21 products that use the same base formula.

How might a base formula fail?

We don't know why the TGA is concerned about this specific base formula. But generally speaking, a base formula might fail for several reasons, including:

- poor dispersion or aggregation: UV filters can clump or settle, leaving unprotected spots
- photodegradation: without good stabilisers, filters break down in sunlight
- chemical incompatibility: additives, pigments, or fragrances may interact badly with UV filters
- dilution by inert ingredients: too much filler reduces the effective concentration of active UV filters
- physical instability: over time, the formula might separate, change viscosity, or crystallise

- manufacturing or packaging stress: insufficient mixing, exposure to heat or light during production, or poor packaging can degrade the base.

However, not every product with that base will necessarily fail. Performance of the sunscreen and subsequent protection may differ depending on ingredient tweaks, care taken during manufacture, from batch to batch, and how it's stored.

How do I check if my sunscreen's affected?

The TGA provides information about affected brands and products on its website, as does Choice. Individually affected brands may publish recall notices, refund offers and batch details. You can also contact the company with your batch number and ask if yours is affected.

What if my brand's affected?

If your sunscreen is affected:

- don't rely on it for sun protection, especially for long exposure
- return it to where you bought it for a refund or replacement. Some brands are offering refunds or vouchers
- watch for further TGA updates, as more products may be added to recall lists as investigations continue
- talk to a health professional if you're worried about skin damage or past sun exposure.

What's the take-home message?

These recent issues do not mean all sunscreens are unreliable. But they do highlight how important sunscreen design, formulation and regulatory checks are. The TGA's investigations may even lead to stronger testing, better formulation standards, and clearer consumer guidance.

However, until we have the full picture of all brands affected, it might be wise to pick trusted brands – ones that publish test results, have transparent practices and have good reputations.

Finally, sunscreen is just one component of sun safety. Layer your defences. Also wear protective clothing, hats and sunnies, seek shade, and stay out of the sun for prolonged periods if you can.

Rod Bonner

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Phil Denyer Mechanical

Repairs will close for Christmas on the evening of Friday 19th December 2025 and will re-open Monday 5th January 2026.
Ph (02) 6782 1107.

Tamworth Regional Council Barraba Christmas Holiday hours

Date	Barraba Landfill	Barraba Memorial Swimming Pool Complex	Barraba Branch Office & Library
Wed 24 Dec	Closed	Closed	8 – 11.30am
Thu 25 Dec	Closed	Closed	Closed
Fri 26 Dec	8 – 11.30AM	12md – 6pm	Closed
Sat 27 Dec	Closed	12md – 6pm	Closed
Sun 28 Dec	1 – 4pm	12md – 6pm	Closed
Mon 29 Dec	Closed	Closed	Closed
Tue 30 Dec	8 – 11.30am	12md -6pm	Closed
Wed 31 Dec	Closed	12md – 6pm	Closed
Thu 1 Jan	Closed	12md – 6pm	Closed
Fri 2 Jan	8 – 11.30am	12md – 6pm	Closed
Sat 3 Jan	Closed	12md – 6pm	Closed
Sun 4 Jan	1 – 4pm	12md – 6pm	Closed
Mon 5 Jan	Closed	Closed	8.30-12md/1-4.30pm

From the Australian Senate Website –



RURAL, REGIONAL AND REMOTE MEDICARE ACCESS AND FUNDING

Committee: [Rural and Regional Affairs and Transport References Committee](#)

Date referred: 27 November 2025

Submissions close: 19 February 2026

Reporting date: 30 June 2026

Terms of Reference

That the following matter be referred to the Rural and Regional Affairs and Transport References Committee for inquiry and report by 30 June 2026:

The Government's changes to rural, regional and remote Medicare access and funding, with particular reference to:

- a. the impact of the 1 November 2025 Medicare changes on access to primary care, including telehealth, for rural, regional and remote Australians;
- b. the financial sustainability of independently owned rural general practices under current Medicare funding and incentive structures;
- c. the extent to which current Medicare settings contribute to avoidable emergency presentations and preventable hospital admissions in rural, regional and remote areas;
- d. the adequacy of Medicare support for the mixed-team models of care required in rural, regional and remote communities, including the roles of general practitioners, nurse practitioners, nurses, allied health professionals and visiting specialists;
- e. the impacts of current Medicare rules and incentive arrangements on large corporate providers compared with small, community-embedded rural clinics;
- f. reforms needed to ensure Medicare is fair, workable and sustainably funded for rural, regional and remote Australians, including the requirement for rural stress-testing of future changes; and
- g. any other related matters.

Committee Secretariat contact:

Committee Secretary. Senate Standing Committees on Rural and Regional Affairs and Transport
PO Box 6100 Parliament House Canberra ACT 2600