



FREE LOCAL NEWSPAPER

BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 3rd June 2026



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

THURSDAY 4th JUNE

BINGO

First game starts at 6pm

FRIDAY 5th JUNE

RUBY MAE RAFFLES

Tickets on sale from 5.30pm

Membership Draw \$2000 (4 draws)

SUNDAY 7th JUNE

AIRCOOLED ASSEMBLY RAFFLES

Membership Draw \$1700

BISTRO HOURS

Phone 0427330808

DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS

PIZZAS MADE TO ORDER

MONDAY/TUESDAY/WEDNESDAY: CLOSED

THURS/FRI/SAT: LUNCH 12-2PM DINNER FROM 6PM

SUNDAY: 12-2PM

2026 Barra Bowlo Bash

Special Guest Artist Dale Hooper Sunday 7th 12-3pm

Barraba Bowling Club NSW

June Friday 5th Saturday 6th Sunday 7th

Everyone Welcome

Supported by
Nashgrill Recording Studio
TASMA - Bunyip Guitars
Jaycar Tamworth
Barraba Caravan Park

BARRABA COMMUNITY NEWS
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Another Successful Biggest Morning Tea

A brisk start to the day met the Barraba Cancer Patients Fund Raising Group Inc. members to set up for this year's Biggest Morning Tea. The tables were soon laden with goods and the loyal Barraba community started their support by purchasing home baked food/produce, guessing competition and 100 club tickets, along with warm cups of tea/coffee and delicious morning tea plates in the Queen Street Mall.



There was very little left on the street stall by 11.30am, however people were still in attendance, enjoying the ambience of the music being played live by our favorite local band 'Old Spice'. Thank you to the band members.



Also, a massive and sincere **thank you to all** throughout the community, for supporting this great cause - whereby funds raised are directed towards the Cancer Council of NSW and other Australian cancer related organizations. We appreciate all of the donations towards the day, including

the prize donors for the guessing competition: Toni and John Waugh, Robyn McKid and Ken Faulkner.



Whilst everyone was a winner on the day, winners of the guessing competition were:

1st – Pam King; Fruit tray. 2nd – Rhonda Smith; ceramic bowl. 3rd – Chris Benson; garden ornament. Winning the 100 Club saw Ally Denyer 1st, Tom Croll 2nd and Cheryl Spence 3rd taking the prizes.

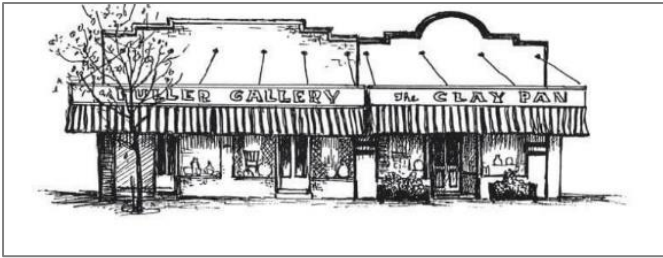


Thank you

Our Family would like to express our gratitude to Dr Strydom & Staff at the Barraba Hospital for the care and support you all gave our Mother during her time at the Hospital recently. Although we are grieving the loss of Mum, we take comfort in knowing she was cared for with kindness & compassion.

Thanking you

Chris, David, Louise Hagan & their families



Bring back any memories???


Barraba Potters and Craft Guild News
Warm and Woolly, Tree Bombing and Yesteryear
Exhibition.


This long weekend 5TH to 8TH JUNE.

Winter has officially arrived and the fire will be going to keep you warm at our Warm and Woolly Exhibition. Another feature this year will be spinning demonstrations by Jenny Farrar and Gerda Gamper on Saturday morning 6th of June.

The Tree and Seat Bombing will again be a feature. In the 3rd year now it attracts much interest for both locals and visitors to Barraba. It also compliments the Barraba Silo Art, street murals and mosaic planter boxes, well worth a wander along Queen Street and a night or two stay, to take in all of the attractions that Barraba has to offer.

Maybe morning tea or a hot bowl of soup is what you are looking for while you browse the items on sale in the Gallery or reminiscing over the pieces in the Yesteryear Display in the Clay Pan. Thank you to the community members who have loaned items for our display.

 **Morning Tea: Saturday** from 10am – “Bottomless” cup of tea or coffee with a plate of homemade Devonshire tea - \$10pp. (Thanks to Gillian)

 **Morning Tea: Sunday** from 10am – “Bottomless” cup of tea or coffee with a slice of homemade sponge cake with jam and cream - \$10pp (Thanks to Debbie)



Lunch from 12md – Bowl of soup, bread roll, tea or coffee and biscuit - \$16pp

(Morning tea and lunch is only available on Saturday & Sunday)

Warm and Woolly Raffle tickets are now available at the Fuller Gallery. Drawn on the June long weekend.

**1st prize meat voucher from Barraba Beef Butchery \$70.00

**2nd prize fruit and veg voucher from Saunders \$30.00

**3rd prize a bottle of wine

Tickets \$2 each

Street Stall: Thank you to the Barraba Community who have once again supported the Barraba Potters and Craft Guild street stall. Thank you also to those people who donated items for sale and to Sharon, Jenny, Mike, Gillian and Marty for helping on the stall. A total of \$505.15 was raised.

The lovely fruit basket raffle from Saunders Fruit and Veg's was drawn by Allan Tufrey with the winner, Ben Freeman.

www.visitbarraba.com.au

Patti Crowley, Publicity Officer.

CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening
 Mass 5pm. (Note the time change)
 All other Sundays 9am

BARRABA UNITING CHURCH NOTICES

Sunday 7th June – 8.45am
 Please note new time for the next few months.
 All welcome

ANGLICAN CHURCH TIMES

St Laurence's Barraba
 Sunday service at 10.00am
 Woodsreef 11.30am, 2nd Sunday of each month

Shenstone School

Shenstone Public School was situated 37 miles from Barraba on the Bundarra Road at the cross road that leads to Gulf Creek and Cobbadah. It had been dismantled and brought from Black Springs and re-erected in 1933 by the people in the area, namely J. T. Frost, Walter Faint, Arnold Frost, V. G. Frost and Les Manuel. They were assisted in the re-erection by a Barraba builder named Neil Douglas.

It opened with an enrolment of approximately 17 pupils and this number varied through the years. Previous to this a Subsidised School was held in an old hut at the original "Shenstone" house several miles down the Barraba Road and the first teacher was the late Mr Roy Young and then Gertrude Thomas. When the real school opened subsequent teachers were Reg Stacey, Bob Hammond, Mervyn Pryor and Thelma Hodges. Most of these teachers boarded with the local families and sometimes walked several miles to work each day. Some of them were on their first post out of college and were not much older than their oldest pupils. Although the school was a primary school, secondary lessons were received by post from the Correspondence School. Several Shenstone old boys served in the 2nd World War and one, John Manuel, lost his life in training in the Air Force in Canada. One of the first Arbour Day efforts was the purchase and planting of trees around the school grounds. Some of the trees are still alive now and the name plates of the donor and planter are still to be found of others which died. A large Pinus Insignis and an Oleander with a couple of Silky Oaks remain to mark the spot.

After the school closed, tenders were called for the demolition and removal of the building. The late Mr Val Frost was the successful tender, and it was re-erected at his property "Winston" for use as rural quarters where the remnants are still standing.

Shenstone School Building



Shenstone Provisional school opened September, 1933	
Teacher	Appointed
Reginald Stacey	22.9.1933
Robert Hammond	31.12.1937
Mervyn Pryor	16.1.1941
Thelma Hodges	10.9.1941
School closed May, 1942	



Pupils of Shenstone School - Early 1930's

Back Row: Dulcie Faint, Connie Grills, Violet Faint, Bob Frost, Merle Faint, Betty Frost

2nd Row: Jean Faint, Myra Frost, Peg Frost, Fay Faint, Nancy Frost, Beryl Faint

Front Row: John Frost, Len Frost

MANILLA VINTAGE MACHINERY GROUP

Annual **RALLY**

UNDER THE SHADOW OF OUR HISTORIC VIADUCT

JUNE 6th & 7th 2026

Saturday 9am-5pm Sunday 9am-3pm

MANILLA SHOWGROUND

Ecological Burn Notice

Please be advised that Whitehaven Coal will be undertaking burn preparation and cool season Ecological Burns on the following Biodiversity Properties "Nindethana", "Rosevale", "Wirradale", and "Yarrowonga" between 30th March and 26th June 2026. For further information, please contact Whitehaven Biodiversity on 0488 407 000.



Nandewar Historical Society Street Stall

Thursday 4th June, from 9am, outside the Chemist.

Raffle for a load of wood

Home cooked cakes, slices, biscuits and plants.
The Society's own local history publications.

Don't miss out!

First Nations Art and community to come together at Myall Creek Memorial Exhibition

by Penelope Shaw, New England Times



The opening day for the new exhibition will be June 6

A celebration of First Nations art, culture and community will take centre stage in the New England region next month, with the annual Myall Creek Memorial Exhibition returning to Ceramic Break Sculpture Park on June 6.

The exhibition, which coincides with the Myall Creek Memorial gathering and National Reconciliation Week, will showcase works from Indigenous artists across the region in a wide variety of styles and mediums. Gallery Manager and Events Coordinator Barbara Dowsey said the exhibition had become an important annual event supporting First Nations artists and bringing the wider community together.

“It is for Indigenous artists or First Nations artists, and we’ve been doing it every year,” she said. “Basically, it’s to support any Indigenous artist of any medium or genre.”

Dowsey said visitors could expect far more than traditional Indigenous artworks, with the exhibition embracing a diverse range of creative practices. “We normally have quite a wide range of works ranging from your traditional works like dot works and symbolism, to weaving and pottery too,” she said. “We’ve had photography and altered photography where they go in and paint highlights over the photographs. We’ve had quite a few wood carvings and wood burnings.”

Among the featured artists this year are Inverell artist and McIntyre High School teacher Brent Emerson, whose works are inspired by local wildlife and landscapes, and artist Simon Munro, who explores both his Indigenous and Viking heritage through his art.

Dowsey said the exhibition was designed not only to showcase art, but also to foster reflection, remembrance and connection.

The Myall Creek Memorial Exhibition will remain on display until August 31.

Ceramic Break Sculpture Park presents.....

Myall Creek Memorial Art Exhibition

June 6th, 10-5pm
In partnership with Arts North West,
Aboriginal Artisan Gather & Trade Market.

Celebrate our First Nations artists and see their works in our galleries.
Arts North West
Aboriginal Artisan,
Gather and Trade markets
at the opening.



Simon Munro, Echidna, 42 x 52 cm, acrylic on canvas, \$350.00.

2535 Allan Cunningham Road
Warialda, 2402
0417 841 741
www.cbreaksculpturepark.com.au
kerry@cbreaksculpturepark.com.au

Food and refreshment will be available for purchase catered by Warialda Rotary Club.



Supported by the Friends of Myall Creek Committee

“I think the Myall Creek exhibition is a great way to share their works, what they’re doing, and to come together as a community. It’s to commemorate Myall Creek and everything that Myall Creek entails — forgiveness, the massacre, moving forward as a nation,” she said.

The opening day will also feature the Arts North West Gather & Trade Artisan Markets, with weaving demonstrations, handmade wares, workshops and potentially live music and dance performances throughout the day. Dowsey said some of the workshops would focus on creating commemorative woven mementos connected to the significance of Myall Creek.

Food and refreshments will be available through a barbecue hosted by Warialda Rotary, with proceeds supporting local community programs. The exhibition opening runs from 10am to 5pm on June 6 at Ceramic Break Sculpture Park, with entry by gold coin donation. Around 90 per cent of exhibiting artists are expected to attend in person to speak with visitors about their work.

Dowsey said the sculpture park itself added another dimension to the experience, with visitors also able to explore new installations recently added throughout the grounds. “Kerry’s got quite a lot of new installations put in recently. There’s quite a few new ones out there and they can be wild and thought-provoking.”



ANDERSON BACKING THE COALITION'S MENS HEALTH STRATEGY

Men's health will be a strong focus of an elected Coalition Government with the delivery of a 10-year Men and Boy's Health Strategy by the end of 2027.

Member for Tamworth Kevin Anderson said changing perceptions and attitudes around men's health can be critical to saving a life. "Your health is so important but for too many men and boys, their health is put on the backburner, doctors' appointments are avoided, and warning signals are missed," Mr Anderson said. "The statistics are concerning. Men die 4 years younger, they're less likely to visit healthcare services, they're more likely to experience alcohol abuse, three times more likely to commit suicide, and 90% of workplace deaths involve men. Attitudes around bravado and pride are too often an excuse not to see the doctor, or talk about our feelings, and that's got to change."

HealthWISE mental health professional Malcolm Watts said one of the organisation's strong focuses is on assisting men and boys struggling with their mental health.

"It is important that we continue to grow and maintain innovative, collaborative and progressive services to men and boys." Mr Watts said. "It's vital that we can provide continuity of care to our clients and promote a safe, non-judgmental and informative space for men and boys to engage with our service in a manner that fosters healing. At this point we are working with individuals and partners to address mental illness and harmful behaviours that have manifested as a result of trauma, using innovative therapies such as Eye Movement Desensitisation and Reprocessing (EMDR) therapy. The intention is that our clients can confidently and in an informed manner address their own wellbeing needs and contribute to the community in a purposeful manner."

Mr Anderson added that an elected Coalition Government would deliver a 10-year Men and Boy's Health Strategy starting with a two-day summit. "The NSW Liberals and Nationals under the leadership of Kellie Sloane have announced that the Coalition will deliver a 10-year Men and Boy's Health Strategy," Mr Anderson added. "We want to lead the discussion on how we improve health outcomes for men and boys, how we can break down the social barriers to asking for help, and how to help men live happy and healthy lives."



Livestock risks can emerge following patchy rainfall

North West Local Land Services is reminding livestock producers to closely monitor stock health following recent rainfall events that may result in the emergence of patchy green pick across parts of the region.

While conditions remain dry across much of the North West, rain events combined with warm soil temperatures can trigger sudden pasture responses that may create livestock health risks.

North West Local Land Services District Veterinarian, Heidi Austin, said producers should be particularly aware of the potential for issues such as pulpy kidney, bloat and metabolic disorders when livestock transition suddenly from dry feed or grain-based rations onto fresh green feed.

"Sudden changes in feed can create significant health risks for livestock, particularly young or fast-growing animals, or stock with limited vaccination history," Heidi said.

Pulpy kidney is caused by the overgrowth of clostridial bacteria in the gut associated with consuming high carbohydrate feed. Animals being supplemented with heavy grain feeding or moved onto fresh green pasture can be at increased risk. Livestock producers are also being reminded that fresh green pick can contain very high water content, often up to 90 per cent, which means stock may still require supplementary feeding even when paddocks begin to green up.

Heidi continued, "Pastures can take several weeks before they provide useful feed value, depending on pasture species, pasture density and the amount of rainfall received. Continuing supplementary feeding while pasture establishes can help reduce livestock health risks and avoid overgrazing recovering paddocks."

North West Local Land Services also encourages producers to carefully manage grazing pressure following rainfall events, including using smaller paddocks where possible and slowing paddock rotations to allow recovering pastures additional growth time. The myStockFeed planner is a tool available through the NSW DroughtHub that can help producers with feed planning and livestock nutrition decisions.

For more information about livestock health or supplementary feeding, contact your Local Land Services District Veterinarian or Livestock Officer on 1300 795 299.



FARMERS LEFT TO CARRY THE BURDEN AS BIOSECURITY PROGRAM FALLS SHORT

Shadow Minister for Agriculture Brendan Moylan is urging the NSW government to start supporting farmers and properly fund the cattle tick program with operators being left to shoulder the costs of controlling the spread of the parasite.

Mr Moylan has received numerous messages from cattle producers saying the NSW Department of Primary Industries and Regional Development have failed to respond to their reimbursement requests following treatment and tick control measures. "Producers are required to undertake extensive treatment programs, comply with movement restrictions, and meet with regulatory requirements but are being left to bear the brunt of the financial costs associated with these measures," Mr Moylan said. "At the same time, they are being made to work twice as hard to protect unaffected stock and neighbouring properties, report any detection of ticks to the department within one day, follow the treatment protocols, submit records within five days and meet supplier payment terms on time."

Mr Moylan continued: "But there's no reciprocal accountability from the department. Farmers are doing their part but the NSW Government and the DPIRD are failing to do theirs. The current system is obviously not working and our cattle producers are being left out of pocket. The Minns Labor Government needs to step up and fund the tick program properly and ensure our cattle producers are being treated with the same level of respect of what is being asked of them."

Last week, Leader of the NSW Nationals and Member for Coffs Harbour Gurmeh Singh, Federal Member for Page Kevin Hogan, Member for Clarence Richie Williamson, Member for Tweed Geoff Provest launched a community petition which highlights growing concerns from cattle producers about the increasing cost of compliance and the impact ticks are having on farming operations.

They have asked the affected communities to sign the petition: [Cattle Tick – Sign The Petition – NSW Nationals](#)

TRC YOUTH COUNCIL MEETING UPDATE - 28 MAY 2026



Here is an overview of the outcomes from the Tamworth Regional Youth Council Meeting on 28 May 2026.

- Youth Council discussed allocating the remaining funds in the Youth Council budget towards the purchase of a Youth Council gazebo and pull-up banner for use at community events, as well as additional resources for the Youthie drop-in centre and upgrades to the Youthie garden.
- A shoutout was given to fellow Youth Council member Ella Scott for her participation in a recent public speaking competition. Ella represented the Youth Council exceptionally well and made the group proud with her performance.
- An update was provided on the 2027/28 Youth Council applications, with a high volume of applications received so far. Applications will remain open until August.
- The Youth Council also discussed ideas to showcase the facilities available at the Youthie, including planning activities and events during the July school holidays.
- Youth Councillor Edward Blyton provided an update from the Tamworth Mental Health Strategic Working Group he attended last week. During the meeting, he was approached by a guest speaker Kimberley Squires who has expressed interest in attending a future Youth Council meeting to speak about youth mental health and wellbeing.



Join the Orange Festival Parade and be part of Bingara's biggest event of the year!

The Orange Festival Parade is all about community spirit, creativity and fun - and we'd love to see you involved. Decorate a car, create a float, gather your friends, family, workplace or community group and join the celebrations. Whether you go all out or keep it simple, every entry helps make the parade bigger and better each year.

To enter the parade and download a registration form, visit:

<https://visitgwydir.com.au/bingara-orange-festival/>

Don't miss your chance to be part of the fun and celebrate everything that makes our community great!

A message from the Mayor

The Welcome Experience is a free concierge-style service to support essential workers and their families to feel more at home in their new community through personalised support, local information and connections. The Welcome Experience began in 2023, launching in the Moree Plains in 2024. Given the success of the program, as of 1 July 2026, The Welcome Experience will be expanding into the Gwydir Shire.

You are invited to attend an employer and community co-design workshop to guide the expansion of the program.

Date: Wednesday 10 June 2026

Time: 10:00am – 1:00pm

Location: The Living Classroom – 1 Killarney Gap Road, Bingara

RSVP: By 8th June 2026 to

welcome@mpsc.nsw.gov.au for catering purposes - please inform of any dietary requirements.

Government and non-government workers in the following industries are eligible for The Welcome Experience:

- Health
- Aged Care
- Education
- Early Childhood
- Disability Support
- Child Protection and Out-of-home care
- Corrections and Justice
- Emergency services
- Veterinary services
- Local Government.

The service will also support partners of essential workers to find employment and settle into the community.

For more information about the program, visit: www.nsw.gov.au/welcomeexperience

Feel free to forward this invite on to other interested parties. We welcome your inputs and to see where there are synergies/value add opportunities to work together to get the most out of this program.

Living the Gwydir Goodlife

Cr Tiffany Galvin, Mayor



Tresillian 2U
INVERELL

The Early Years Parenting Service

Mobile Early Parenting Support



The Tresillian 2U Mobile Parenting Support Van will be visiting
Bingara on Tuesday 16th June & Tuesday 30th June 2026
Bingara Toy Library 10.00am – 2.00pm

Please come along and have a yarn to our friendly Staff if you have any concerns about your child, we can assist you and provide advice and support in several areas including:

- Sleep & Settling Difficulties
- Breastfeeding & Bottle Feeding
 - Infant Nutrition
 - Toddler Behaviour
- Understanding your Childs Development & Cues
- Parent mental Health & Well Being
 - Caring for your Baby

To make an appointment please contact Ava Lynch our CFHN on 0427 755 987 or Leanne Kelly our AHW on 0460 930 496.

Barraba Rugby Match Recap

The Barraba Women made the trip to Glen Innes on Saturday for a top-of-the-table clash against the Elks, facing a tough challenge with only 10 players making the trip.

Barraba started the match a little slowly, allowing the Elks to take advantage early and cross for two unconverted tries in the opening quarter. Despite the scoreboard pressure, the women continued to work hard and began to find their rhythm as the game progressed.

The second quarter saw a much-improved performance from Barraba, with the team playing some of their best rugby of the afternoon. From that point on, the women spent the majority of the match camped inside the Elks' half, applying consistent pressure and creating plenty of opportunities. Their efforts were rewarded with tries to **Leilani Tevaga** and **Jemma Johnson**, but despite controlling large periods of possession and territory, Barraba were unable to fully capitalise on their chances.

Glen Innes proved clinical when opportunities arose, managing to find a few gaps in the Barraba defence to add two more tries and secure a 24–10 victory.

While the result didn't fall Barraba's way, the determination shown by the side, particularly while playing with limited numbers, was a credit to the team. Their ability to compete strongly against one of the competition's leading sides and spend much of the game on the attack is something they can take confidence from heading into the remainder of the season.

Try Scorers: Leilani Tevaga (1), Jemma Johnson (1)

Points:

- Piper Cribb – 3 Jemma Johnson – 2
- Lily Bradshaw – 1 Emily Kelso – 1

Players' Player: Piper Cribb

Looking ahead, both the Barraba Women and Men return home next weekend to take on Robb College on **Saturday, 6 June**. The women will kick off at **2:15pm**, followed by the men at **3:15pm**. The club would love to see plenty of local support at home as both sides continue their push through the season.

The following weekend, on **Saturday, 13 June**, Barraba Rugby Club will host its annual **Old Boys Day** when both teams take on Walcha. Old Boys Day is always one of the highlights of the season, and the club welcomes all former players, supporters, sponsors, and community members to come along, catch up with old mates, and support the Rams. Kick-off times will be **3:15pm for the men**.

We look forward to seeing everyone at the ground over the coming weeks as Barraba Rugby Club continues another exciting season.





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From The Conversation

Should we move our loved one with dementia into a nursing home? 6 things to consider when making this tough decision.

Lee-Fay Low, Professor in Ageing and Health, University of Sydney

Almost 400,000 Australians are living with dementia. A million or more family members and friends care for and support them. About two-thirds of people with dementia live in the community.

Deciding to move a loved one into a nursing home is an incredibly difficult one. I found it difficult and stressful considering this move for my own loved one, even with 20 years of experience in dementia and aged care. Sometimes the decision has to be made quickly, such as when the person is in hospital. Sometimes the decision takes much longer and is made over months, or even years.

There are some important things you should consider when trying to decide the best option for you and your loved one. I've outlined six here.

1. Your loved ones' views around going into care

We don't want to force our loved one to do something against their wishes. It's unusual for someone to want to go into a nursing home. It may take many conversations and a decent amount of time before your loved one accepts they might need more care and that a nursing home is the right place to get that care.

2. Your loved one's current quality of life



If your loved one currently has all their needs met at home, perhaps supporting them to stay there is a good option.

micheile.com/unsplash, CC BY

If you think your loved one has an overall good quality of life, and that their quality of life may decrease when they go into

a nursing home, this could be a sign you should keep trying to support the person to live at home.

However, if their quality of life is currently poor, particularly if this is due to not having enough day-to-day physical care, health care or emotional support, then moving into a nursing home might help meet their daily needs.

Spend some time observing to figure out how your loved one is doing at home.

You could perhaps make a list of the things they need to lead a good life (company, three square meals, help taking medicines, going out into the community) and see if these are currently being met.

3. Risks if your loved one stays at home

People often go into a nursing home because we think they are no longer safe living at home.

It might be possible to reduce some of the risks of them being at home through modifying the home and using technology (personal emergency alarms, GPS trackers, stove timers) or services (meals on wheels, community care, physiotherapy for mobility).

4. Capacity of your loved one's family and friends to keep supporting them

The availability and capacity of family carers is probably the most crucial part in supporting someone with dementia to keep living well at home. Carers often have other responsibilities such as work and children, which means they can't support their loved one as much as they would like.

Being a carer is physically and emotionally demanding, and over time caring can take its toll. Carers should seek help and support from other family and friends, learn more about dementia, use services including respite care and Dementia Australia.

Carers often face a difficult choice between their own health and wellbeing, and supporting their loved one to remain at home. If carers are caring as much as their time, energy and physical and mental wellbeing will allow, and that care is not enough for their loved one's needs, then more help is needed – and residential care is one way of getting that help.

5. Alternatives to nursing home care

Community care services are government-subsidised services to support older people to keep living at home. You can get up to 14 hours of care a week depending on need, though there is an assessment process and often a waiting time for services. You can pay for community care privately as well, although this can be very expensive.



Some families choose to move in with the person with dementia, but it's not an option for all. jixiao huang/unsplash, CC BY

An Aged Care Navigator (or from 2023 an “aged care finder”) can help you search for suitable available home care services.

Some families choose to move in with the person with dementia, or have them move in with family. This may be an option if there is suitable accommodation, and they are able to live together comfortably.

6. Availability of quality nursing home care

It's emotionally easier to place a loved one in a nursing home if carers are confident the home will provide suitable care. Often, family want a nursing home that is geographically close so they can visit, has a suitable room (such as a single room with an ensuite), sufficient and kind staff with training in supporting people with dementia, a pleasant environment, nutritious appealing food, and quality clinical care.

It takes time to visit and pick a suitable nursing home, check it's appropriately accredited, and understand how much it will cost. You might have to wait for a bed in a quality home. You can often trial the nursing home by having your loved one stay for two weeks of respite care.

When your loved one enters nursing home care, you'll still be caring for them. You want to ensure you can continue to support your loved one emotionally and practically in partnership with the nursing home.

Getting help

Usually there is no “right” or “wrong” decision. You might struggle and there might be family conflict around what the “right” decision is.

Speaking to a counsellor at Dementia Australia might help work through the options and your feelings, you can talk to them as an individual or attend as a family.

Baked rice pudding

Story by Women's Weekly Food

his classic rice pudding is the perfect remedy for those chilly winter evenings. The addition of nutmeg, vanilla and sultanas takes it from a stodgy childhood memory to a contemporary culinary delight.

Ingredients

- 4 eggs
- 1/3 cup (75g) caster sugar
- ½ teaspoon vanilla extract
- 2 cups (500ml) milk
- 300 ml cream
- 1/3 cup (50g) raisins
- 1½ cups cold cooked white medium-grain rice
- 1 teaspoon ground cinnamon

Method

1. Preheat oven to 180°C/160°C fan-forced. Grease 1.5-litre (6-cup) baking dish.
2. Whisk eggs, sugar and vanilla extract in medium bowl until combined. Whisk in milk and cream; stir in raisins and rice.
3. Pour mixture into dish. Place dish in large baking dish; pour enough boiling water into baking dish to come halfway up sides of dish. Bake 30 minutes, whisking lightly with fork under skin occasionally. Sprinkle with cinnamon; bake 20 minutes. Serve rice pudding warm or cold.

