



BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

FREE LOCAL NEWSPAPER

Wednesday 29th July 2026



BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of members and guests.

THIS WEEK

THURSDAY 30th JULY

BINGO

First game starts at 6pm

FRIDAY 31st JULY

MEAT RAFFLES

Tickets on sale from 5.30pm
Membership Draw \$1700

SUNDAY 2nd AUGUST

AIRCOOLED ASSEMBLY RAFFLES

Membership Draw \$1200

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



Barraba Family Doctor

The surgery will be closed on Thursday 6th August and Friday 7th August and will reopen on Monday 10th August at 9.00am.

Dr Wearne will be here from Monday 10th to Thursday 13th August.

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

Barraba Senior Citizens' Market Day

9AM - 3PM
Saturday, 15th August
50 Fitzroy St, Barraba

- sausage sizzle & cold drinks
- tea & coffee
- homemade cakes, slices, and fudge
- crochet gifts
- jewellery
- people pots
- skincare & perfumes
- beautiful homemade arts & crafts decor
- bric-a-brac
- diamond art
- candles
- woodworks
- clothing
- and many more!
- homemade jams and sauces



The United Hospital Auxiliary AGM & general meeting on the 7th August at 10am in the Day Centre.

All welcome.

The Society is starting to organise the bus trip around the small school sites. We have arranged with the Horton Club to cater for lunch and just need to start getting numbers to organise a bus. If you are interested, please get in touch. A cost will apply.

Gulf Creek School

It is thought that the first school on this site was 1886 and when this building was sold pre-1900, the teacher's residence was built on the site in Sulphide Street. It is said that the first school house was sold to Angus Doolan. Early pupils came from the Cook, Fenn, Green, Hockley, Geary, Bull, Agnesham (hotel, butcher shop) and Haynes families.

When George Briggs started school at Gulf Creek in 1910, Mr. Thompson was the teacher but only stayed a few months. The school closed for a while and Mr. Robinson came the first term in 1911, next came Mr. Batey and he was so disgusted when he saw the place he tried for a transfer but had to stay and was still there when George left in 1918.

It was December, 1912 that George came first in his class and received a book for the prize and Mr. Batey said the date in the book would not appear for one hundred years. The date was 12.12.12.

Gulf Creek School Building



Pupils at the school were:

John Pivetta, Les and Jack James, Mike Heyman, Les and Jim Witten, Alma, Tom, George and Sylvia Baldock, Maggie and Lucy Plank, Bertha, Eva, Bert, Ted and Ken Goldman, Lola Lobsey (Mrs Dalton), Gladys and Alf Faint Cliff and Alma Honess, Thelma Grills, Dorrie Galvin.

Later the younger Goldman and Baldock children went to the school.

If children were daydreaming during class, Mr. Batey would make them go for a trot around a tree to wake them up. One girl was sent for a trot and kept going, she trotted home and never went back to school.

Also pupils at the school were Ida Briggs (Mrs. Bert Goldman), Iris Briggs, Eileen Briggs (Mrs. Scotty White), Jack and Harry Briggs, Vi and Nigel Briggs.

Come and say Hi

Barraba Museum
Saturday 8 August 10-11am

Bendemeer Hotel
Saturday 12 September 10-11am

You asked for more communication and we listened!




Letter to the Editor

Good to see the markets are on again in a couple of weeks, also there will be a couple of Tamworth Regional Councillors present so we can express our views to them on things that are happening in our town or things we would like to happen.

As stated before, my main concern is the Plain Trees in Queen Street between Alice Street and Savoy Street, I will be interested to learn from them what Tamworth Regional Council has in mind to deal with the problems being created by these Plain Trees.

Yours faithfully
David York

Letter to Editor

I was taught in Year 2 at the Central School in about 1949 by a Miss Sullivan whose parents were the Licensees of the Commercial Hotel then.

Mary Grocott
Manilla

BARRABA UNITING CHURCH NOTICES

Sunday 2nd August – 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

CATHOLIC CHURCH TIMES

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



Census

Get help filling out the Census



Visit census.abs.gov.au for more information.



**PHIL DENYER
MECHANICAL REPAIRS**
(02) 6782 1107



WINTER SPECIAL

KEEP WARM THIS WINTER

PH: 0410 522 967
BARRABA BASED AND WILL TRAVEL TO SURROUNDING AREAS



BK ELECTRICAL & AIR CONDITIONING
QUALITY LOCAL TRADESMAN
ONE TRADESMAN WITH BOTH ELECTRICAL & REFRIGERATION LICENSES

2.5kw Mitsubishi Heavy Industries A/C Fully installed - Back to Back \$2270	5 kw Mitsubishi Heavy Industries A/C Fully installed - Back to Back \$2870	7.1kw Mitsubishi Heavy Industries A/C Fully installed - Back to Back \$3350
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- Drainer
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Ph0408117358 wardsplumbing@bigpond.com

Village Art Collective – “Country Life” Project has been completed.

Arlene Weekes and Chris Glasheen have placed the last tile on the planter pot in front of the Fuller Gallery, marking the completion of a beautiful artistic venture.



*Arlene and the finished project
21.7.26*



*Chris Glasheen doing the honours of installing the last tile on the planter pot in front of the Fuller Gallery.
20.7.26*

What started as a request is now reality, a truly Artistic Visual Mosaic Feature on Queen Street, Barraba. The planter pots have come to life with the installation of beautifully crafted 20x20cm mosaic tiles.

There are a total of 21 planter pots with 11 to 12 tiles on each one, totalling an astounding 230 plus tiles, all with it's our unique pattern. What an achievement by this group of dedicated volunteers. All being created since September 2024 and completed on the 21st of July 2026 with the final paint work.

“The mosaic group was formed originally because of a request from the Frost Over Barraba Committee to mosaic the planters in the main street. I set out a plan of how this could be achieved but realised that to do this, I needed helpers. The pots were painted and to do a proper job, needed cleaning and sanding which Glenn stepped up to help us with. I also asked on social media for volunteers to learn mosaics in free workshops which were held in my back

garden studio. Altogether 39 people have attended over a period of almost 2 years. Mosaic gatherings have continued, twice per week and continue still as a place of friendship and sharing. Whatever our problems in life, be it physical, mental or social isolation it is a place of laughter, having a chat or listening to music and enjoying a cuppa. Personally, I have been given back so much in this time from a great group of people. Thank you for your help and your friendship. The mosaic group will continue to prosper and become a social craft group, which will support the broader Barraba community.” Regards Arlene Weekes.



L-R: Arlene Weekes, Vicki Quinn, Chris Glasheen, Bruce Weekes, Sandra Allen, Glenn Bennett and Alison Ward

The Barraba Community can now look forward to enjoying this completed project and welcoming visitors, who venture to Barraba to view these planter pots for many years to come. Congratulations to everyone involved. Your vision is now a reality for everyone to appreciate.

Plants for the pots are still needed. If you would like to donate a plant please leave it at 1 Linden Street and it will be planted into a pot for you. Thank you to those people who have already donated plants.



The mosaic group enjoyed a self-catered lunch at the Barraba Bowling Club with guests – Councillor Brendon North and his wife Vicki, to celebrate the completion of the project.

If you would like to join the mosaic group, activity days are posted on the: Barraba Notice Boards Sales and Information Facebook page.

(Article by Patti Crowley and Arlene Weekes

Photos curtesy Arlene Weekes and Patti Crowley)

Advertise in Barraba Community News and reach 750 households in our local area.

Contact

news@barrabacommunitynews.org.au for the best advertising rates in the region.

This is a service message from Telstra Regional Australia



Telstra Mobile Network

Disruption Advice

Ref: Bingara Batterham - BGAF

Telstra 4G/5G upgrade for Bingara

Telstra will be upgrading its mobile base station that services Bingara to bring a better 4G and 5G user experience.

Mobile services in the area will be temporarily disrupted while the upgrade works are underway.

Upgrade works will commence on site from 28 July 2026 for a period of 4 days.

During these works, the site will need to be switched off for periods of up to 10 hours to safely complete works.

While we do our best to deliver planned works as scheduled, there may be occasions where timings or impacts change due to factors outside our control. Keep up to date on this outage via telstra.com/mobile-outages

Important details

Telstra mobile customers will receive an SMS advising of the upcoming work.

These works will not impact NBN, Satellite internet services, PSTN landline services, or mobile coverage from other providers.

Any calls to Triple Zero from a Telstra mobile when the site is off air will automatically connect to another mobile network if available for connection to emergency services.

For more information and tips on how to prepare, visit telstra.com/mobile-outages

Regards,

Telstra Regional Australia



FARMERS CAUGHT IN THE CROSSFIRE IN GUN BUYBACK CHAOS

Member for Northern Tablelands Brendan Moylan has again criticised the Minns Labor Government's rushed and poorly considered firearms laws, warning the changes will deepen confusion and uncertainty for farmers and regional communities across NSW. The Government pushed the reforms through in the final days before Christmas, in the wake of the Bondi terror attack, a move Mr Moylan said was "policymaking on the run" that ignored the realities of life in the bush.

Mr Moylan said the NSW Nationals voted against the laws, arguing they were unnecessary, poorly targeted, and out of step with the rest of the country. "No other state is forging ahead with buybacks or new restrictions, yet the Minns Labor Government insists on ploughing ahead alone," Mr Moylan said.

"If this was genuinely a sensible national reform, other states would be signing up, but they're not."

He said farmers still have no clarity about what firearms they may lose, what compensation will be offered, or how the buyback scheme will operate. "City based policymakers simply don't understand how firearms are used on working farms and in regional NSW," Mr Moylan said. "Law-abiding firearm owners are being treated as an easy target, despite using firearms responsibly for feral animal control, livestock protection and animal welfare."

Mr Moylan warned the laws would hit cross border communities particularly hard. "Many farmers in the electorate of the Northern Tablelands own or lease land on both sides of a state border," he said. "Under the NSW Labor Government's plan, they could face different rules on each side, different limits, different paperwork, different red tape. It's a bureaucratic mess that will make day to day farm operations harder." He said the Government had failed to explain why farmers should be forced to shoulder financial losses for a policy "they didn't ask for, don't support, and no other state is adopting".

"Regional NSW deserves better than rushed laws written in Macquarie Street with no understanding of how they play out on the ground," Mr Moylan concluded.

Book the Waste Wagon!

Did you know you can book in a bulky waste collection service?

This service is brought to you by
REGIONAL COUNCIL
Tamworth

Need help getting rid of bulky household items?

- Waste Wagon is our convenient book-in collection service for eligible residents who can't easily transport waste to waste facilities themselves. A collection allows for residents up to 2m3 of approved items (T&Cs apply).
- This is a subsidised user pays service with a fee of \$25. The fee contributes to the cost of collection and one waste voucher that covers the cost of disposal.
- Pensioners and concession card holders pay only \$12.50! Please visit a Council Customer Service Branch with proof of eligibility to access the discounted rate and make a booking.
- The service is suitable for items such as furniture, mattresses, e-waste, small appliances and making it easier for residents who may not have access to a trailer, suitable vehicle or assistance to transport larger items.

Bookings can be made online:

<https://www.tamworth.nsw.gov.au/.../waste-and.../waste-wagon>



I recently joined a support group for people who talk a lot.

We call ourselves On and On Anon.

What do you call a home for insane horses?

Unstable.

Where does most household water go?



Know Your Water. Save Every Drop.

Did you know the average household uses hundreds of litres of water every day? Small habits can make a big difference to both your water bill and our community's water supply.

Where does most household water go?

- Showers and bathrooms – around 40%
- Toilets – around 20%
- Laundry – around 15%
- Kitchen – around 10%
- Gardens and outdoor use – around 15% but can go up to 50% in summer, with gardens/lawns and topping up pools.

Simple ways to reduce your water use:

- Keep showers to four minutes.
- Fix dripping taps and leaking toilets promptly.
- Only run the washing machine and dishwasher with full loads.
- Water your garden early in the morning or later in the evening to reduce evaporation.
- Turn off the tap while brushing your teeth.

Keep track of your water usage by registering for MyTRC Water Portal today!

👉 <https://www.tamworth.nsw.gov.au/.../mytrc-water-portal>



IMPROVE OUR ROADS AND FOOTPATHS

There is still time to have your say on our Active Transport Strategy and how the network can be improved. You can pinpoint where options are needed in the link below.

It could be a pedestrian crossing, more lighting or even a bench seat along a path.

Leave your feedback here: <https://trcnews.au/ATS2026>



15 Aug 2026, 4:00 PM - 6:30 PM. Tamworth Regional Entertainment and Conference Centre (TRECC), Greg Norman Dr, Hillvue. Presented by The Studio Classical and Performing Arts

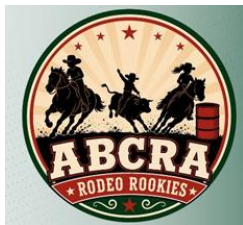
"Lions, Witches, and Dancing Shoes — Oh My!"

Featuring students from 3-18, this production will showcase our jazz, tap, musical theatre, hip hop, contemporary and acrobatic students, weaving together Dorothy's adventure with dazzling choreography, colourful costumes, and heartfelt performances.

From the sparkle of the Emerald City to the whimsy of Munchkinland and the drama of the Wicked Witch, this concert will highlight the talent, creativity, and dedication of our studio community in a celebration of dance and storytelling.

DIRECTOR: Kristi Cini

CAST: Students of The Studio – Classical & Performing Arts



On Saturday, 1 August 2026, the gates swing open at the iconic Tamworth Jockey Club for one unforgettable morning, the dust won't just settle, it'll fly.

From 10:30am to 1:30pm, Rodeo Rookies Gala Day transforms the grounds into a hands-on, heart pounding introduction to life in the arena. This is where curious children aged 7-15, step into boots, hats, and a whole new world learning what it takes to ride, rope, and run like a true cowboy or cowgirl.

The station style activities are built for adventure. Try your hand at roping, test your balance on the bucking dummy, jump into the fun of the 2-legged barrel race, where speed, and laughter take centre stage.

Meet real rodeo horses up close, feel the ground shake with their power, and discover how much skill and trust goes into every ride. Between the action, families can relax with face painting, music, entertainment a sizzling BBQ, fresh coffee from the coffee van, a line-up of local trade stalls and giveaways bringing the country spirit to life. This isn't just a day out it's a gateway into a tradition. A place where confidence grows, friendships form, and Kids or even yourself might just discover the next big passion.

And who knows... with a little grit, a lot of heart, and a taste for the arena, you might just be watching the next champion of Australian Bushmen's Campdraft & Rodeo Association take their first steps right here.

DOES IT REALLY BLOODY MATTER

Does it really bloody matter if we're town or country bred?
If our workplace is an office or some outback shearing shed?
If we drive a Fergy tractor or the latest Audi T?
If we're sippin' cappuccino or we're swillin' billy tea?

But what really seems important is not where we work in life,
but just how we do the bloody job, for self, the kids and wife.
How we plough the soil, produce a crop, the best it's ever been,
or we work all day with diligence on some computer screen.

Does it really bloody matter where we learn to read and write,
at some bush school in the outback or some city college site?
If we made the First XI or the College First Fifteen,
or we ran on paddock playgrounds where the grass was never seen?

But what really seems to matter is we learnt about respect,
a respect for those who might agree and those who might object.
A respect for nature's beauty and the life forms there within,
and respect for those who try but lose as well as those who win.

Does it really bloody matter if our colour's white or black?
If our origins are Asian, European or Iraq?
If the god we worship's Allah, or Mohammed or the Christ?
If our politics are Labor, Greens or Coalition spliced?

But what really bloody matters is we help to ease the pain
of those people who are hurting or are struggling to stay sane.
That we don't be bloody lousy to those charities in need,
that we volunteer our talents so that others might succeed.

For it's not the place or job we do that makes us who we are
but the way we deal with other folk at work or in the bar.
It's the willingness to listen to another's point of view,
and at times to be outspoken for those values we hold true.

So don't ask us if we're country or we're city or we're town,
if we went to some poor public school or college of renown.
Rather ask us if we're honest in the deals that we will make,
can say sorry for the wrongs we've done, atone for each mistake.

And when we can give an answer that affirms we show respect
for whatever person that we meet regardless of their sect;
then we have an Aussie image to be proud of, to be spread;
and it will not bloody matter that we're town or country bred.

4

Aussie

From: "Aussie Verse" by Noel Stallard, Heritage Poetry, 2010

Queensland based Noel Stallard OAM is one of Australia's leading Bush poets.

Pork Chops with Orange Maple Sauce



We can't go past a good barbeque recipe so here's a great one using pork chops. The trick to cooking great pork chops is to not over cook them so keep an eye on them and don't get distracted whilst BBQing.

Ingredients:

- 6 Pork Cutlets
- 1 tbsp oil
- 1 onion, finely chopped
- 2 tsps grated orange rind
- 1/2 cup fresh orange juice
- 1/2 cup maple syrup
- 1/4 tsp ground rosemary
- 2 tsps cornflour
- 1/4 cup water

Method:

- Heat oil in pan, add onion and sauté for a few minutes until soft.
- Stir in orange rind, orange juice, maple syrup and rosemary, allow to cool.
- Pour marinade over pork chops, cover and refrigerate for a couple of hours or overnight.
- Remove chops and reserve the marinade.
- Barbeque pork cutlets until tender.
- Place reserved marinade in a pan, and stir in cornflour mixed with water.
- Stir until the mixture boils and thickens. Serve over pork chops, with a crunchy green salad and crusty bread.

The ultimate blueberry muffins

Women's Weekly Food

These fluffy blueberry muffins are super delicious and so quick and easy to whip up. Make a double batch and keep them in the freezer for when you need an afternoon tea treat in a pinch.

If you don't have buttermilk on hand or would prefer not to use it, add 3 teaspoons of lemon juice to 1 ½ cups of milk to sour the milk slightly.

Ingredients

- 1 ½ cup (220g) caster sugar
- 1 tablespoon finely grated lemon rind
- 3 1/3 cup (500g) self-raising flour
- 250g fresh blueberries
- 3 eggs, beaten lightly
- 125g butter, melted
- 2 tablespoons olive oil
- 1 ½ cups (375ml) buttermilk
- 1/3 cup (75g) coffee crystals (optional)

Method

1. Preheat oven to 210C (190C fan-forced). Line a 12-hole muffin tray with large disposable muffin cases.
2. Add the caster sugar to a large bowl, add the lemon rind and using your fingertips rub the sugar into the rind. Sift over the flour, stir to combine. Add ¾ of the blueberries, stir gently to combine.
3. In a medium bowl whisk the eggs, butter, olive oil and buttermilk until combined.
4. Pour the egg mixture into the flour mixture and mix gently, do not overmix, the mixture should still be slightly lumpy.
5. Divide the mixture (about ½ cup) among muffin cases. Top muffins evenly with remaining blueberries. For a grown-up version of the muffins, sprinkle with coffee crystals (see note below recipe).
6. Bake blueberry muffins 35 minutes on the upper middle shelf or until golden brown and cooked when tested. Stand muffins in the pan for a few minutes before transferring onto wire rack to cool.



The Barraba Rams Women made the trip over the mountain on Saturday with just 12 players to take on the Dorriggo Rangers, and from the opening whistle they stamped their authority on the contest.

After kicking off, Barraba forced an almost immediate turnover, with Macey Cabot proving a constant menace at the breakdown and repeatedly pilfering possession. From there, the Rams took complete control, keeping Dorriggo pinned inside their own half for virtually the entire match.

With the game played at a frantic pace, there was little opportunity for structured set plays, but Barraba's ability to play instinctive, heads-up rugby was on full display. Halfback Ally Smith directed play superbly, creating opportunities all over the park as the Rams' backline repeatedly found space and crossed the try line.

To their credit, Dorriggo never stopped competing. They produced several strong defensive efforts, forcing turnovers and putting in some big tackles, but Barraba's relentless pressure and attacking flair proved too much to contain.

The Rams ran away with a dominant **72-0** victory, maintaining their place at the top of the competition ladder. A huge thank you goes to the Barraba supporters who made the trip to Dorriggo to cheer on the team.

Tries: Kiah Newell (5), Lily Bradshaw (3), Addison Dixon (2), Emily Kelso, Leilani Tevaga

Conversions: Addison Dixon (4), Kiah Newell, Amie Middlemiss

3 Points: Jemma Johnson

2 Points: Lily Bradshaw

1 Point: Ally Smith & Kirra Jordan

Players' Player: Jemma Johnson & Kiah Newell

This weekend the Rams Ladies return home for a top-of-the-table clash with the Glen Innes Elks—the only side to have defeated Barraba this season. Kick-off is at **2:15 pm**, and with first place on the line it's shaping up to be a fantastic afternoon of rugby.

The match will also mark a special milestone as **Kiah Newell** runs out for her **50th game** in Rams colours. Be sure to get down to the ground and help celebrate the occasion while cheering the ladies on as they look to strengthen their hold on top spot.

The Barraba men have another bye this weekend but have been working hard on the training paddock ahead of their return against Robb College in two weeks' time.

From The Conversation

What actually is palliative care? And how is it different to end-of-life care?

Samar Aoun, Perron Institute Research Chair in Palliative Care, The University of Western Australia

Although it is associated with dying, palliative care is an approach focused on improving quality of life – or how people feel about and respond to facing a life-threatening illness.

Palliative care aims to prevent and relieve physical, social, emotional, spiritual and existential distress. Palliative care also supports family caregivers during the disease journey and bereavement phase. You might have heard it mentioned for cancer, but it is beneficial for the majority of life-limiting conditions. It has been shown to reduce health-care costs by preventing unnecessary hospital admissions.

Palliative care is not voluntary assisted dying. It does not aim to hasten or prolong death. It is not just for people who are about to die and seeking palliative care does not mean “giving up”. In fact, it can be a profound and positive form of care that the World Health Organization (WHO) has recognised as a basic human right. But what does it involve?

Not just for someone's final days

Palliative care is often seen as a “last resort” rather than a service that empowers terminally ill people to live as well as possible for as long as possible.

The full benefit of this holistic approach can only be realised if people are referred early to palliative care – ideally from the time they are diagnosed with a terminal illness. Unfortunately, this rarely happens and palliative care tends to blur with end-of-life care. The latter is for people who are likely to die within 12 months but is often left to the last few weeks.

Palliative care can involve difficult conversations

Palliative care provides a time to ask some usually taboo questions. What kind of death do you want to experience? Who is in your personal network? How will they respond to your life ending? What kind of support can they offer?

Palliative care can be provided at home, hospital, hospice or residential aged care facility, depending on the preference and circumstances of patients and their family carers.

In general, patients are referred by their treating specialist, health professional or GP. Patient

preferences for care and what matters most to them are discussed with their doctor or other health professionals and with their loved ones with advance care planning. These discussions can include information on their preferred place of care, preferred place of death, personal care needs such as dietary preferences and religious and spiritual practices.

This helps those caring to make decisions about the patient care when the patient cannot anymore. However, advance care planning can start at any time in life and without a diagnosis.

How palliative care delivery has changed

Once upon a time, we were born at home and we died at home. Death was a social event with a medical component. Now it is close to the opposite. But research indicates a solely clinical model of palliative care (mainly symptom management funded through the health system) is inadequate to address the complex aspects of death, dying, loss and grief.

A public health palliative care approach views the community as an equal partner in the long and complex task of providing quality health care at the end of someone's life. It promotes conversations about patients' and families' goals of care, what matters to them, their needs and wishes, minimising barriers to a "good death", and supporting the family post-bereavement.

These outcomes require the involvement of family carers, friendship networks and not-for-profit organisations, where more detailed conversations about life and death can happen, instead of the "pressure cooker" rushed environment of hospitals and clinics. Investment could develop stronger death literacy and grief literacy in the community and among health professionals, who may be reluctant to raise or discuss these topics. This would likely see the take up of advance care planning increase, from the current low levels of less than 15% of Australians (25% of older Australians accessing health and aged-care facilities).

One such successful approach is the Compassionate Communities Connectors Program in Western Australia, using trained community volunteers to enhance the social networks of terminally ill people.

Our research trial trained 20 community volunteers ("connectors") and 43 patients participated over 18 months. In sourcing others to help (who we called "caring helpers"), connectors built the capacity of the community and social networks around patients in need. Caring helpers assisted with transport, collecting prescriptions, organising meals and linked clients to community activities (such as choirs, walking groups,

men's shed). And they helped complete advance care planning documentation. About 80% of patients' needs were social, particularly around reducing feelings of isolation.

Patients in the trial had fewer hospital admissions and shorter hospital stays.

Tailored to need

Palliative care should be tailored to each person, rather than a one-size-fits-all clinical model that doesn't respect autonomy and choice.

Many people are dying in a way and a place that is not reflective of their values and their end-of-life is interrupted with preventable and costly admissions to hospital where control and even dignity are surrendered. Palliative care hospitalisations have increased in recent years compared to all hospitalisations, with 65% of such admissions ending with the patient dying in hospital.

It is unrealistic and unaffordable to have a palliative care service in every suburb. There needs to be a shift to a more comprehensive, inclusive and sustainable approach, such as Compassionate Communities, that recognises death, dying, grief and loss are everyone's business and responsibility.

EMERGENCY SERVICES CONTACT LIST

Ambulance	000
Fire	000
Police	67900360
VRA	000
Barraba Police Station	(02) 6790 0360
Barraba Fire Brigade	02 57328415
Barraba Health Service (Hospital)	67822500
Barraba Medical Centre (GP)	67821621
Barraba Vet Service	0429192265
Essential Energy	132080
Beyond Blue	1300224636
Lifeline	131114
NRMA	131122
SES Barraba	132500
Tamworth Regional Council	
Emergency Number	1300733625
Council Office	67821105

Barraba District Hospital was begun in 1889 by the donation of 5 acres of land and 1500 pounds by Arthur Swift Darby the owner of "Campo Santo". This was conditional on the district raising another 500 pounds within 6 months.

An additional 572 pounds was raised by Dec 1889 and the hospital was functioning by April 1892.

These two photos in the Museum files from the early day as scanned by Adrian Hagan.

1: The hospital basically unchanged after a Committee meeting in 1901.

2: The hospital and separate Isolation wards in pre 1910.

Posted by Brian Coote.

