

Getting a grip for men's health

GETTIN' A GRIP is coming to Orange for a one-of-a-kind event launching Men's Health Week - and raising awareness for men's physical and mental health.

Hosted by NSW Independent MP for Orange, Phil Donato, this inaugural GETTIN'-A-GRIP event is a live-streamed amateur arm-wrestling competition designed to spark conversation, raise awareness, and encourage men to prioritise their health, because it matters.

Organisers are proud to welcome Barry Du Bois - former The Living Room co-host, R U OK? board member, and Ambassador for the Leukaemia Foundation - as Master of Ceremonies.

Barry is also a cancer survivor and passionate advocate.

The event will be held at Orange on Saturday 6 June 2026, commencing 8.30am, and concluding at 12.30pm.

Participants comprising retired professional sportsmen, Australian celebrities and identities, media identities, politicians and men's health professionals and practitioners from across the spectrum will be involved.

This event aims to encourage conversations, and remind men to take control of both their physical and mental health.

Bookings are essential, and anyone wishing to attend this free event can do so through the link on Philip Donato's facebook page or by registering at <https://shorturl.at/MvAgM>

Pharmacy students try life in the central west

Encouraging the next generation of pharmacists to build careers in rural Australia is driving a local initiative bringing pharmacy students from New Zealand to regional New South Wales and the ACT, for frontline experience.

The Life Pharmacy Group (LPG) placement program is in its fourth year and provides Bachelor of Pharmacy students, from the University of Otago, a practical hands-on understanding of working in an Australian community pharmacy.

Jaxon Reid, Ruby Budge and Sehaj Hothi have been working alongside pharmacists at Life Pharmacy Forbes, Flannery's Pharmacy, and Parkes Pharmacy, providing healthcare to the local communities.

Jaxon is from Blenheim, in the South Island of New Zealand, and said the placement is an amazing opportunity.

"During this time in Australia, I am looking forward to learning about the services and customer, patient interactions Life Pharmacy

Group has on offer," student Jaxon Reid said.

"With the cool dispensing robots freeing up time, and allowing pharmacists to focus more on patients, is what pharmacy should be about.

"I am also hoping to learn about Aboriginal health while here in Australia, as well as legislation and the way things are done here compared to New Zealand. I think this learning is very valuable."

During their month-long stay, the students work at LPG stores in Forbes, Parkes, Dubbo, Orange and Canberra.

The rotation encourages fourth year students to join LPG for their intern year, and in turn, increase the number of newly qualified pharmacists, eager to work and live in rural NSW and the ACT.

"I am really looking forward to having the opportunity to experience seven different pharmacies within four weeks, while also getting to travel to different areas across NSW and the ACT," student



New Zealand pharmacy students Ruby Budge, Sehaj Hothi and Jaxon Reid with Life Pharmacy Group partner Sarah Hazell.

Ruby Budge said.

"I think it will be a great way to learn from a range of different settings and meet new people.

"I am hoping to learn how pharmacy practice in Australia differs compared to New Zealand, including the day-to-day workflow, patient care, and the different opportunities available within the profession."

Since its inception, the LPG placement program is having great success in encouraging pharmacy graduates to live in rural Australia.

This year, New Zealand university graduates Aisling Casey and Zandra Hinton have joined LPG

for their placements in Forbes and Parkes.

"This program has really strengthened over the past four years and it's something we're incredibly proud of," Partner at Flannery's and Life Pharmacies, Sarah Hazell, said.

"Once students experience the level of care, connection and impact regional pharmacists have every day, they're often surprised by just how rewarding the profession can be. Inspiring the next generation to consider rural and regional pharmacy is vital for the future of healthcare and the communities that depend on it."

ADAPTATION STORIES

Experience compelling short films showcasing real people adapting to our changing world.

See how communities across NSW are adapting, preparing and becoming stronger. Attend a local screening to explore real stories of adaptation and resilience through short films and a panel discussion.

Free entry.

Registration essential. Refreshments will be provided.



To register visit nsw.gov.au/reducingrisk/dap/activities or scan the QR code.

NSW Reconstruction Authority

Orange- PREMIERE
Sunday 31 May

Molong
Monday 1 June

Forbes
Wednesday 3 June

Condobolin
Wednesday 10 June

Lithgow
Thursday 11 June

Adaptation Stories is part of our work to reduce the risks of natural hazards for people and places.



Longstanding GP and practice owner, Dr Glenn Pereira, says the Medical Centre has made the decision to be a bulk billing practice.

Our Medical Centre now a bulk-billing practice

Forbes Medical Centre has become a bulk-billing practice, with doctors determined to do their bit to relieve cost-of-living pressures that might stop people seeing a doctor.

Cost of living pressures continue to impact every corner of the community, for our most vulnerable residents it hits particularly hard.

Longstanding Forbes GP and practice owner, Dr Glenn Pereira, said that the cost of access to healthcare is often the reason why people don't go to see a doctor, often leading to negative health outcomes and increased hospital emergency department presentations.

"At the end of 2025, Forbes Medical Centre decided to become a bulk billing practice," he said.

"This means that for most Medicare eligible consultations as long as you have a Medicare card, your consult will cost you \$0."

Some services such as occupational medicals and some procedure relate costs which are not completely covered by Medicare still attract a fee.

But for standard medical consultations, health assessments and most adult and childhood vaccinations, patients will not be out of pocket a single cent.

"The health of people in our community is so vitally important," Dr Pereira said.

"We have eight GPs at Forbes Medical Centre a mix of both male and female doctors, so if our practice can help by bulk billing patients we are happy to help provide our community some small relief, and work towards positive health outcomes."

Patients can make an appointment to see a doctor at Forbes Medical Centre by calling 6851 1300 or booking online via hotdoc.