



TODAY'S NEWS

Friday, 2nd October 2026

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LINKS

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EXECUTIVE SUMMARY

- **[The Australian](#)** (page 3) reports that a 65-year-old Australian woman has died in Vietnam after complications from cosmetic surgeries. The Australian Society of Plastic Surgeons said they do not have access to the clinical records and cannot comment on the circumstance, and cautioned Australians about cosmetic tourism risks. *Also reported by:* [The Age](#)
- **[The Age](#)** (page 4) reports that Victorian public hospital doctors stood on the steps of Parliament House in Melbourne on Thursday to call for a 30 per cent pay rise over four years and a 12.5-hours limit on shifts, while state Health Minister Ingrid Stitt said they are committed to continuing union negotiations. *Also reported by:* [The Herald Sun](#), [The Australian](#)
- **[The Daily Telegraph](#)** (page 1) reports that the latest Care Repair investigation found an aged care provider charged \$354 per session with an allied health assistant compared to \$86 under the NDIS, criticising the government for deciding not to set caps on the Support at Home Program from July 1. *Also reported by:* [The Adelaide Advertiser](#)
- **[The Hobart Mercury](#)** (page 1) reports that research by the University of Tasmania's Menzies Institute for Medical Research and Adelaide University found that children and adolescents with higher cardiorespiratory fitness had a lower risk of depression in adulthood, supporting efforts to promote physical activity and exercise interventions.

- [The Gold Coast Bulletin](#) (page 1) reports that syphilis cases on the Gold Coast have increased by almost 50 per cent compared to last year, with Queensland Health recording 144 cases from January 1 and September 27.
- [The Canberra Times](#) (online) reports that People with Disability Australia acting chief executive Megan Spindler-Smith said there was an outline for children transitioning to Thriving Kids, but less clarity for other people with disability as further NDIS reforms begin. Health Minister Mark Butler announced the Thriving Kids program in 2025 to reduce NDIS costs and Queensland has yet to sign on, with families raising concerns over available support. *Also reported by:* [The Daily Telegraph](#), [The West Australian](#), [ABC Online](#)
- [West Australian](#) (online) reports that a South West GP welcomed changes that will restrict free COVID-19 vaccines under the National Immunisation Program to high-risk groups, while a spokesperson for the DoHDA said vaccine costs on the private market are commercial matters for manufacturers and providers.

MINISTER BUTLER

Aged care hit by government folly

Adelaide Advertiser, Editorials, 02/10/2026, Page 22

Aged care is becoming an even worse honey trap for rogue providers than the bloated NDIS, demonstrating yet again the folly of bloated government bureaucracy. [...] This is another huge challenge for Health and Ageing Minister Mark Butler, also the Hindmarsh MP.

[Read Plain Text](#) [Read More](#)

Cancer nurse fears raised

Murray Valley Standard, General News, 01/10/2026, Kaitlyn Gibbons, Page 9

Member for Barker Tony Pasin has raised concerns that a change to federal prostate cancer nursing funding could affect specialist care for men in regional communities. [...] Federal Health Minister Mark Butler said the government was strengthening nursing support by working with the McGrath Foundation to help more men affected by cancer.

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Thousands of kids to leave NDIS under major federal government disability support overhaul

Daily Telegraph Australia, General News, 01/10/2026, Julie Cross

Major changes to the NDIS are about to kick in, including how children get help, as well as sweeping cuts to daily assistance for appointments, shopping, and socialising. [...] Health Minister Mark Butler said when announcing the cuts earlier this year, that social and community participation had risen from around \$15,000 per person on average to \$31,000 over the last five years and he wanted the funding to return it to 2023 levels.

Also reported by: [The Mercury \(Online\)](#), [Herald Sun \(Online\)](#), [Adelaide Now \(Online\)](#), [The Courier Mail \(Online\)](#).

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'Families need clarity' on NDIS early autism overhaul

Canberra Times, General News, 01/10/2026, Will Nicholas & Andrew Brown

People with disabilities need to be assured of what supports they will receive under changes to the NDIS, advocates have urged, as the first round of reforms roll out. [...] Thriving Kids was announced by NDIS Minister Mark Butler in August 2025 as a way to rein in costs of the disability scheme.

Also reported by: [Cessnock Advertiser \(Online\)](#), [Central Western Daily \(Online\)](#), [Cessnock Advertiser \(Online\)](#), [Central Western Daily \(Online\)](#), [Daily Liberal \(Online\)](#), [Wagga Wagga Daily Advertiser \(Online\)](#), [The Senior \(Online\)](#).

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Why kids with autism have started moving away from NDIS

The first stage of changes to move children with autism off the NDIS have started on Thursday as part of measures to reduce the cost of the disability scheme. [...] NDIS Minister Mark Butler announced measures in August 2025 to transition children with mild or moderate autism or developmental delays from the NDIS to a state-run service called Thriving Kids.

Also reported by: [Illawarra Mercury \(Online\)](#), [Newcastle Herald \(Online\)](#)

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What is and isn't changing today as NDIS alternative Thriving Kids begins

ABC Online, General News, 01/10/2026, Nas Campanella

The first phase of the \$4 billion National Disability Insurance Scheme (NDIS) alternative for kids under nine with developmental delay or autism who have "low to moderate" support needs begins today. [...] We're not going to let parents and children fall between two stalls," federal minister Mark Butler said.

Also reported by: [MSN Australia \(Online\)](#)

[Read More](#)

ABC Radio Sydney, Early Afternoons, 01/10/2026, James O'Loghlin

Interview with Children and Young People with Disability Australia board chair Ebe Ganon-Davey on the rollout of the Thriving Kids program. Compere says Federal Health Minister Mark Butler announced the program last year as part of the government's attempt to curb the costs of the NDIS. He notes that many families and disability advocacy groups are still concerned about the lack of clarity surrounding the changes. Ganon-Davey says they're starting to see some of the details around early needs assessments and the services that might be provided by the states as part of the program.

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Radio National, AM, 01/10/2026, Isabella Higgins

The Federal Government's alternative to the NDIS, the Thriving Kids program, officially begins today. However, advocates say there's still confusion about how the program will operate and whether children will receive the support they need. The program will be run by the States and Territories, although Queensland remains the only state not to formally sign on to deliver it. Phase one of the program includes a phone helpline and an online information hub. There will also be a Medicare-funded developmental health check for 3yos starting 1 November. NDIS Minister Mark Butler said more intensive services, such as therapies, will be rolled out progressively over the next 15 months.

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MINISTER MCALLISTER

Crackdown on dodgy NDIS practices protects NT clients

Northern Territory News, General News, 01/10/2026, Lottie Hood, Page 7

The federal government says they are cracking down on dodgy NDIS practices and introducing a range of supports to better help and protect First Nations clients in remote Northern Territory communities. In the announcement from the National Disability Insurance Scheme (NDIS) Minister, Jenny McAllister, a range of measures designed to strengthen safeguards and identify dubious practices across the country were revealed late on Tuesday for the NT.

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Queensland issued 'please explain' amid row over NDIS replacement

SBS, General News, 01/10/2026, Nigel Gladstone

Advocates are warning confusion about the reforms had become a major issue for families across the country. [...] NDIS Minister Jenny McAllister said Queensland needs to answer for its "inability so far to

live up to the agreement that it signed jointly with every other state and territory leader and our prime minister earlier this year".

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Thriving kids, card surcharge ban and nurse prescribing kick off

The Medical Republic, General News, 01/10/2026, Holly Payne

Today marks the go-live date for several key government programs. [...] "Today marks the gradual rollout of Thriving Kids services, and the launch of the new digital hub and national autism phone support service will give families an easy place to start – whether they just have questions about their child's development or are ready to find practical support," NDIS minister Jenny McAllister said.

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Channel 7, Seven News, 01/10/2026, Max Futchter and Katrina Blowers

A major overhaul of support for children with autism and developmental delays is now in effect across Australia, with the exception of Queensland. Under the Thriving Kids program, support for children under eight who have developmental delays or mild to moderate autism will eventually transition away from the NDIS. NDIS Minister Jenny McAllister clarifies that there'll be no changes to the way families access supports through the NDIS until 1 January 2028.

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ABC NewsRadio, Drive, 01/10/2026, Dijana Damjanovic

Queensland remains the only state or territory yet to sign up to the Federal Government's Thriving Kids program as its rollout begins today. The program will replace the NDIS for children under nine who have developmental delays or mild to moderate autism, but parents and advocates fear vulnerable children may still fall through the gaps. In a statement, NDIS Minister Jenny McAllister said that a new digital hub and national autism phone support service will give families an easy place to start starting today.

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MINISTER RAE

Mornington Peninsula council to continue CHSP

Community Care Review, General News, 01/10/2026, Katarina Lloyd Jones

The Mornington Peninsula Shire Council has announced it will continue to deliver Commonwealth-funded aged care services beyond 2027. [...] Speaking at the Invox CHSP national conference in late August, Minister for Aged Care and Seniors Sam Rae said consultation on redesigning the CHSP would begin within the next month or so, but at the time of writing it had not been announced.

[Read More](#)

Canberra Conference Unit, Press Conference, 01/10/2026

Press Conference with Federal Member for Canberra Alicia Payne, Aged Care Minister Sam Rae and Silverchain executive director Carolyn Bell. Rae says this International Day of Older People marks the beginning of fully funded personal care services under the Support at Home program. He notes that assistance with showering, dressing, continence care, and feeding are important services that allow older Australians to live with dignity. He says there will no longer be co-contributions associated with personal care services because the government will fully fund them.

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ASSISTANT MINISTER MCBRIDE

News24, Politics Now, 01/10/2026, Tom Connell, Kieran Gilbert, Andrew Clennell, Ashleigh Gillon

Interview with Assistant Minister for Mental Health and Suicide Prevention Emma McBride on government spending and inflation. McBride says the Labor Government has managed to rein in spending and lower inflation by 2%. She notes that the government's measured investment in bulk-billing and primary care has helped make healthcare accessible to more people. She also defends the government's decision to expand the Paid Prac program to include clinical psychologists, saying that it will boost the number of psychologists and make it easier for people to see a psychologist. On the Thriving Kids program rollout, McBride notes that it will be done gradually, so families won't see any change until 2028. She says they're working alongside States and Territories to make sure that no child or family doesn't get the support they deserve.

Continues on: [News24 \(Sydney\)](#), [News24 \(Sydney\)](#), [News24 \(Sydney\)](#).

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DEPARTMENT

South West general practitioner supports move to fund COVID-19 vaccines under National Immunisation Program

West Australian, General News, 01/10/2026, Rose Patane

A South West general practitioner has welcomed funding changes to the COVID-19 vaccine which will now only be free to those in high risk groups. [...] While the changes mean anyone outside the high-risk groups will be out of pocket, a spokesperson for the Department of Health, Disability and Ageing said decisions about costs on the private market were commercial matters for vaccine manufacturers and providers.

Also reported by: [South Western Times \(Online\)](#), [Countryman \(Online\)](#).

[Read More](#)

Whole-practice enduring assignment of benefit on the table

The Medical Republic, General News, 01/10/2026, Holly Payne

Patients could eventually sign one enduring assignment of benefit agreement for all doctors working at a particular practice, Department of Health, Disability and Ageing director of telehealth at medical benefits and digital health division Roland Balodis says. Speaking at a webinar on modernised AoB bulk billing arrangements earlier this week, Mr Balodis reiterated several times that the department was still exploring "regulatory and legislative options to further reduce administrative burden".

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Plastic surgeons and dermatologists in focus as government targets specialist fees

Aesthetic Medical Practitioner, General News, 01/10/2026, Aimée Rodrigues

Plastic and reconstructive surgeons are among the specialists set to face greater public scrutiny of

their fees under new Federal Government legislation, while dermatologists have emerged among the specialties highlighted as the government separately considers measures to address 'excessive' specialist fees. [...] In a separate initiative, the Department of Health, Disability and Ageing has opened a consultation on options to address 'excessive' specialist fees.

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AGEING AND AGED CARE

Just an age old rip-off

Daily Telegraph, General News, 02/10/2026, Julie Cross, Page 1

Aged care is now worse than the NDIS for price-gouging, with greedy providers slapping on hundreds in charges just for booking the appointment. For the first time The Telegraph can reveal the most expensive and cheapest prices for cleaning, food preparation, personal care, physiotherapy and enrolled nursing for every postcode in Australia.

Also reported by: [Herald Sun \(Melbourne\)](#), [Hobart Mercury \(Hobart\)](#), [Courier Mail \(Brisbane\)](#).

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End the aged care scams

Daily Telegraph, Editorials, 02/10/2026, Page 24

Federal Treasurer Jim Chalmers doesn't want to make any spending cuts, but there's no way of avoiding it. [...] As The Daily Telegraph reports, aged care is now even worse than the NDIS when it comes to price gouging and blatant bureaucratic cash burning.

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Drug mix-up tragedy

Cranbourne Star News, General News, 01/10/2026, Afraa Kori, Page 4

A 69-year-old woman's death after she was given another resident's medication at an aged care home was preventable, a coroner has found. The elderly resident was mistakenly given 300mg of the antipsychotic drug clozapine at Monash Health's Mooraleigh Hostel in Bentleigh East on 4 August 2024.

Also reported by: [Berwick Star News \(Melbourne\)](#).

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Enjoying a stress-free journey to good health

Gold Coast Bulletin, General News, 02/10/2026, Sebastain Filep, Page 18

Sometimes ageing well can feel like a lot of hard work - eat right, exercise, keep the mind active, stay connected. Travel is something we tend to treat as an indulgence, when we can take time off from 'looking after ourselves'.

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Older Australians cut essential home support as uncapped aged care fees soar

Daily Telegraph Australia, General News, 01/10/2026, Julie Cross

When aged care providers charge more for basic services than NDIS providers, we have a real problem. Unlike the NDIS, aged care has no price caps – and older Australians are literally paying the price.

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As my husband's carer, I sometimes need a break – finding respite care in Australia shouldn't be this difficult

The Guardian, General News, 01/10/2026, Robyn Ayres

I am a carer. My husband has advanced Alzheimer's disease and lives at home with me.

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Chezzi Denyer opens up on the unseen reality and pain of dementia

Daily Liberal, General News, 01/10/2026, Amy Rees

"It's like this long, drawn-out, torturous grief." Dementia is the leading cause of death in Australia, but there's still so much about the multifaceted disease that's unknown - including a cure.

Also reported by: [Bathurst Western Advocate \(Online\)](#).

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Seven in 10 aged care providers overwhelmed by reform

Health Services Daily, General News, 01/10/2026

A DoHDA survey has revealed 71% of in-home aged care providers reported staff were overwhelmed by sector reform – even before the new Aged Care Act and Support at Home began.

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When carers need care: The toll of unpaid support that no one talks about

The Senior, General News, 01/10/2026, Susannah Hardy

There are more than three million carers in Australia, providing unpaid physical or psychological care to a family member or friend. National Carers Week, from October 11 to 17, aims to celebrate carers and raise awareness about the vital role they play and the many challenges they face.

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ABC Radio Adelaide, Mornings, 01/10/2026, Rory McClaren

Interview with Federal Member for Mayo Rebekha Sharkie on ambulance ramping and hospital bed blocks. Sharkie says they've been calling on the Federal Government to address the aged care tragedy. She says many older Australians are stuck in hospital because they're still waiting for their aged care placements. She notes that the government's new funding model is forcing providers to close aged care beds.

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ABC Radio Brisbane, Mornings, 01/10/2026, Steve Austin

Interview with AMA Queensland director Dr Maria Boulton on long wait times at emergency department and hospital bed blocks. Boulton says it's unacceptable that some patients are waiting up to 70 hours for treatment. She notes that long wait times is happening because hospital beds are being taken up by people who should be in aged care or the NDIS packages.

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DISABILITY AND CARERS

Kids caught in special school space squeeze

Adelaide Advertiser, General News, 02/10/2026, Talara McHugh & Lauren Novak, Page 17

At 13, Oliver Calabria has the literacy skills of a year 1 student and needs help to use the bathroom. But next year, he's expected to join mainstream high school classes after his family was told there was no room for him in at least five specialist education units.

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First steps for \$4bn Thriving Kids scheme

Hobart Mercury, General News, 01/10/2026, Andrew Hedgman, Page 12

In a major change for families, Thriving Kids is launching from this week as part of the broader NDIS reform agenda. From Thursday, children aged eight and under with developmental delay or autism and

low to moderate support needs will start accessing help through the new national foundational supports program called Thriving Kids, which is being rolled out ahead of broader NDIS access changes in 2028.

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NT government launches \$34m Thriving Kids program for early childhood developmental support

Northern Territory News, General News, 01/10/2026, Thomas McLean

The NT government has launched its \$34 million Thriving Kids program, giving Territory children with developmental delay or autism access to support without a formal diagnosis. The NT government has kicked off its new Thriving Kids program today, promising earlier help for Territory kids with developmental delay or autism — while insisting it won't replace the NDIS.

Also reported by: [Daily Telegraph Australia \(Online\)](#), [Adelaide Now \(Online\)](#), [The Courier Mail \(Online\)](#)

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'Makes my brain explode': families fear NDIS changes

West Australian, General News, 02/10/2026, Will Nicholas

Steven Bugeja still thinks about how different his life would be if as a child he had access to the support his kids receive. "I only discovered that I had autism myself through my own children," he told AAP.

Also reported by: [Shepparton News Online \(Online\)](#), [Daily Mail UK \(Online\)](#)

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ABC News, Afternoon Briefing, 01/10/2026, Patricia Karvelas

Interview with Thriving Kids Advisory Group co-chair Professor Frank Oberklaid on the Thriving Kids program rollout. Oberklaid thinks the program is ready, but he doesn't think it'll be mature right away. He notes that Thriving Kids has a very robust practise model of child development. He says the program will provide support to children and families as soon as concerns are raised without the need of going looking for a diagnosis.

Continues on: [ABC News \(Sydney\)](#)

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ABC News, Afternoon Briefing, 01/10/2026, Patricia Karvelas

Interview with Shadow Education Minister Julian Leaser on the Thriving Kids program rollout. Leaser says many parents have questions about the program. He notes that the Coalition supported the changes that the government made to the NDIS because they want to get government spending under control. He says the program will be administered through the school systems, but it's unclear how assessments will be made to distinguish between moderate and high support needs.

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SBS, World News Australia, 01/10/2026, Janice Petersen

The first stage of Thriving Kids program begins today. The program is part of the Federal Government's sweeping changes to the NDIS, and it will cater to children aged 8 and under who have developmental delay or autism and low to moderate support needs. The \$4b program will be co-funded by state, territory and federal governments, but Queensland is yet to sign up to the agreement, adding to concerns about uncertainty for families seeking support.

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4BC, Drive, 01/10/2026, Carla Bignasca

Interview with Shadow NDIS Minister Melissa McIntosh on the Thriving Kids program rollout. McIntosh says many Australian families are confused because Thriving Kids is just a title at the moment. She notes that people still have to wait until January 2028 to see how the program will provide alternative care t kids with low to moderate autism outside of the NDIS.

Continues on: [4BC \(Brisbane\)](#)

PRIMARY CARE

Thriving Kids rollout begins: What GPs need to know

Royal Australian College of General Practitioners, General News, 01/10/2026

The first stage of the major reform is now live, and with GPs set to play a central role in early intervention and family support, what is changing on the ground? GPs can expect an on-the-ground change on 1 November this year, when the new Medicare Healthy Kids Check is due to commence.

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POPULATION HEALTH

Woman dies after Vietnam surgery

The Australian, General News, 02/10/2026, Penny Timms, Page 3

A 65-year-old Australian woman has died in Vietnam after experiencing complications from extensive plastic surgery. Several local media outlets in the country are reporting that the woman was transferred to Gia Dinh People's Hospital in Ho Chi Minh City on September 20 in a critical condition after undergoing surgery at nearby City International Hospital.

Also reported by: [The Australian \(Online\)](#).

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Australian dies after Vietnam surgery

Age, General News, 02/10/2026, Page 14

An Australian woman has died in Vietnam from complications following cosmetic surgery including breast implants and a tummy tuck, according to Vietnamese media. The 65-year-old reportedly attended City International Hospital in Ho Chi Minh City on September 4 for a breast lift and implants, and was discharged the following day.

Also reported by: [Daily Telegraph Australia \(Online\)](#), [The Courier Mail \(Online\)](#), [Adelaide Now \(Online\)](#).

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Raising the rate of JobSeeker would save lives

The New Daily, General News, 01/10/2026, Charmaine Crowe

For decades, successive governments have kept unemployment payments in Australia below all accepted measures of adequacy – JobSeeker now sits at just 41 per cent of the minimum wage, and Youth Allowance is even worse at 34 per cent. [...] Shocking new data from the Australian Institute of Health and Welfare released this month shows that people are also more likely to die.

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From gym workouts to sky-high rides, Ellen is rewriting the rules at 99

The Senior, General News, 01/10/2026, Anna Houlahan

When asked what she wanted for her 99th birthday, Ellen le Roux didn't want a party, she wanted to know how it felt to fly. [...] According to data from the Australian Institute of Health and Welfare (AIHW), life expectancy jumped by 13.7 years for men, to 81.3 years, and by 11.2 years for women, to 85.4 years, between 1967 and 2021.

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Why is breast cancer misunderstood?

Sydney Morning Herald, General News, 02/10/2026, Shona Hendley, Page 10

Before 33-year-old Chontaine Adair was diagnosed with stage 4 metastatic breast cancer in 2025, she had a very different perception of the disease. "I just didn't think it could happen at my age, and I had a mindset that it couldn't happen to me," says Adair, who is based in Sydney.

Also reported by: [Age \(Melbourne\)](#).

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Our nurse funded

Border Watch, General News, 02/10/2026, Charlotte Varcoe, Page 1

Further support for those with prostate cancer will be available thanks to community support. The Limestone Coast Prostate Cancer Support Group spent more than a year raising enough money to financially support the region's prostate cancer nurse for an additional day per week until mid-2027.

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Breast cancer shock at 34 – and pregnant

Geelong Advertiser, General News, 02/10/2026, Zoe De Koning, Page 1

When Leopold mum Isla Hutcheon was diagnosed with stage three cancer, she was faced with the devastating reality she might not live to raise the child growing inside her. Ms Hutcheon was 32 weeks pregnant with her second son Freddie in August 2023, when what she thought was mastitis turned out to be an aggressive, triple-positive form of breast cancer.

Also reported by: [Daily Telegraph Australia \(Online\)](#), [The Courier Mail \(Online\)](#).

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AI can detect early warning signs of heart attack but risks remain

The Australian, General News, 01/10/2026, Jason Kovacic

Artificial intelligence is dominating public debate, with predictions about its future ranging from extraordinary progress to existential risk. But AI is not one technology or one application, and its value is better considered in specific contexts.

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Victorian dies after using voluntary assisted dying medication supplied to partner

ABC Online, General News, 01/10/2026

A case in which the partner of a voluntary assisted dying (VAD) applicant used the drugs to end their own life has been referred to the Victorian coroner. The incident was outlined in the most recent annual report from the Voluntary Assisted Dying Review Board, which oversees compliance with VAD laws that came into effect in 2019.

[Read More](#)

How a breast cancer treatment trial changed the lives of Australian women

ABC Online, General News, 01/10/2026, Lauren Roberts

Donna Rullo wasn't going down without a fight. It was early 2001, and then-40-year-old Ms Rullo had just been diagnosed with HER2-positive breast cancer.

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Pollen season is here, prepare for thunderstorm asthma

Shepparton News Online, General News, 01/10/2026, Seymour Telegraph

As grass pollen season sets in across the state, asthma-prone Victorians are being encouraged to prepare for thunderstorm asthma. The warning comes as 2026 marks a decade since Victoria

experienced the world's largest epidemic thunderstorm asthma event, causing breathing difficulties for thousands and tragically contributing to the deaths of 10 Victorians.

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Join skin cancer fight

Shepparton News Online, General News, 01/10/2026, Bree Lambert

Healthcare professionals across the Loddon Mallee are being invited to join a project aimed at improving skin cancer treatment and outcomes, by bringing care closer to home. Rise4Skincancer, a five-year La Trobe University project funded by the Medical Research Future Foundation, aims to improve treatment and outcomes for people with skin cancer and melanoma in the region.

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MENTAL HEALTH AND SUICIDE PREVENTION

Gym proves just the tonic

Herald Sun, General News, 02/10/2026, Page 17

New research reveals a striking disconnect in how Australians understand the link between exercise and mental health. While 77 per cent say exercise makes them happier and less stressed, they are almost twice as likely to reach for alcohol, junk food or screens when they're feeling mentally low, the Viva Leisure study for World Mental Health month reveals.

Also reported by: [Adelaide Advertiser \(Adelaide\)](#).

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Cop's trauma tragedy exposes gaps in care

Adelaide Advertiser, General News, 02/10/2026, Dasha Havrilenko, Page 12

The death of a police officer who took his own life at work was not preventable, a coronial inquest has found, but it revealed a "gap in the psychological support" offered to members hiding symptoms of post-traumatic stress disorder. Benjamin Warren, a dedicated SA Police Senior Constable and a father of two, tragically took his own life in the administration office at the Police Academy in February 2022.

Also reported by: [Daily Telegraph Australia \(Online\)](#), [Northern Territory News \(Online\)](#), [The Mercury \(Online\)](#).

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Healthy kids do better

Hobart Mercury, General News, 02/10/2026, Sue Bailey, Page 1

Children who are fitter are less likely to develop depression as adults, groundbreaking research shows. The research used data spanning more than 30 years and was led by the University of Tasmania's Menzies Institute for Medical Research in collaboration with Adelaide University.

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Ditch snacks for cardio

Hobart Mercury, General News, 02/10/2026, Page 8

New research reveals a striking disconnect in how Australians understand the link between exercise and mental health. While 77 per cent say exercise makes them happier and less stressed, they are almost twice as likely to reach for alcohol, junk food or screens when they're feeling mentally low, the Viva Leisure study for World Mental Health month reveals.

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Caring for your mental health

Hobart Mercury, General News, 02/10/2026, Page 19

Mental Health Week begins tomorrow, October 3, across Tasmania, bringing communities together to promote wellbeing, help us better understand mental health, and reduce stigma around mental illness. This year's theme Appreciate the little things invites us to reflect on a deceptively simple idea.

No daylight saving link to mental health

Ballarat Courier, General News, 02/10/2026, Page 7

Daylight saving is not causing major mental health issues, researchers say, as Australians get set to lose an hour of sleep. An international study involving researchers from Swinburne University found daylight savings had no clear or consistent effect on significant mental health episodes.

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Mental Health Awareness Month

Border Watch, General News, 02/10/2026, Charlotte Varcoe, Page 1

Small hearts may make a big impact this October with the Mount Gambier and District Suicide Prevention Network promoting Mental Health Month. The prevention network will be placed at the Mount Gambier Library later this month to take part in the 1000 Hearts initiative, aiming to promote wellbeing and connectivity.

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Family of teenage girl who died of overdose in Queensland state care demands answers

ABC Online, General News, 01/10/2026, Eden Gillespie

The grieving family of a teenager who died in state care is demanding answers into what they believe was a preventable tragedy. The 17-year-old, who cannot be identified under Queensland law, was found dead in an Ipswich residential care home on September 12, at about 10:30am.

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IMMUNISATION

Channel 9, Nine News, 01/10/2026, Peter Overton

The Federal Government is officially ending universal free COVID vaccination from today. Adults aged 65 and over and vulnerable Australians remain eligible for free vaccines. Experts warn the shift could lead to a drop in vaccination rates nationwide.

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HEALTH SYSTEMS STRATEGIES

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HEALTH ECONOMICS & RESEARCH

Shorter, gentler exercise outperforms vigorous workouts for pain, Aussie study finds

Australian Doctor, General News, 01/10/2026, Louise Goodwin

Shorter-duration and low-intensity exercise programs provide greater pain relief than longer and more vigorous programs, an umbrella review reveals. The Adelaide University review — which included 157 systematic reviews, 2736 randomised controlled trials and more than 220,000 participants — found that 120 minutes a week of low-intensity exercise for less than 12 weeks yielded the most significant analgesic effects.

Daylight saving warning: 'Don't make big plans for Sunday'

The New Daily, General News, 01/10/2026

Australians eyeing the loss of a precious hour's sleep this weekend may be pleased to learn research has ruled out daylight saving contributing to major mental health issues. An international study involving researchers from Swinburne University found switching the clocks to summer time had no clear or consistent effect on significant mental health episodes.

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FIRST NATIONS HEALTH

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PUBLIC HOSPITAL AND HEALTH REFORM

Flying Doctors win \$625m contract for NT retrievals

Northern Territory News, General News, 02/10/2026, Gera Kazakov, Page 13

Six new planes are joining the NT Royal Flying Doctor Service fleet after the organisation was awarded a 10-year, \$625m contract for aeromedical retrievals Territory wide. NT Health Minister Steve Edgington confirmed the Flying Doctors will take over from CareFlight from July 1 next year at an announcement at the RFDS hangar in Alice Springs on Thursday.

[Read Plain Text](#) [Read More](#)

New service saving patients long trips to cities for treatment

Daily Advertiser, General News, 02/10/2026, Maryam Sulaiman, Page 3

Roslyn Williams was forced to travel thousands of kilometres for life-saving treatment. The Ardlathan resident went into hospital in August 2025 after an intestinal blockage destroyed 60 per cent of her small intestine, which required five surgeries to remove most of it.

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No commitment on hospital

Sunraysia Daily, General News, 02/10/2026, Lochlainn Heley, Page 3

Mildura Base Public Hospital has received no long-term commitments from the Victorian Government as parliament wraps-up ahead of the state election. Minister for Health Ingrid Stitt was recently asked if the government would commit funds for the redevelopment of the MBPH with a budget outline and delivery timetable.

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Specialist healthcare access review

Shepparton News Online, General News, 01/10/2026, Zoe McMaugh

A new Federal inquiry into specialist healthcare access is giving residents across Farrer another opportunity to highlight the challenges of accessing timely and affordable medical care. The House Standing Committee on Health, Aged Care and Disability has launched an inquiry examining barriers to specialist healthcare, including affordability, referral pathways, waiting times and patient outcomes.

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Doctors prescribe protective action

Sunraysia Daily, General News, 01/10/2026

For the first time in more than 25 years, doctors in the Victorian public health sector have undertaken a

four-hour work stoppage after planned protected industrial action was aborted by the state government last month. Australian Salaried Medical Officers Federation Victoria president Dr Roderick McRae said the impact of fatigue was one area doctors were “deeply concerned” about.

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CHIEF NURSING AND MIDWIFERY OFFICE

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HEALTH WORKFORCE

Striking doctors say long hours risk patient safety

Age, General News, 02/10/2026, Melissa Cunningham, Page 4

Frustrated doctors from the state's major hospitals walked off the job in the pouring rain yesterday, demanding better pay and conditions as their ongoing dispute with the government escalates. Hundreds of doctors braved the elements on the steps of Parliament House, huddled under umbrellas and swapping scrubs for raincoats, during the strike.

Also reported by: [Sydney Morning Herald \(Online\)](#)

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Hospital docs walk out

Herald Sun, General News, 02/10/2026, Sarah Booth, Page 4

Doctors at public hospitals walked off the job in a statewide strike on Thursday afternoon, delaying planned surgery and outpatient appointments across Victoria. Hundreds rallied outside state parliament during the four-hour stop-work action after last-minute negotiations failed to resolve their union's long EBA dispute with the government.

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Front-line fears

Canberra Times, General News, 02/10/2026, Steve Evans & Peter Jean, Page 1

ACT Health and Community Services has refused to rule out negative impacts on front-line services as a result of dozens of job cuts. Health and Community Services staff have been told that at least 65 jobs will go through a voluntary redundancy process.

[Read Plain Text](#) [Read More](#)

Band-Aid solution fails

Courier Mail, General News, 02/10/2026, Taylah Fellows, Page 13

The executive director of Brisbane's Prince Charles Hospital threatened to cut 12-hour nursing shifts unless sick leave rates fell, in a move the health service has since conceded was inappropriate. Executive director Tami Photinos, in a letter seen by The Courier-Mail, said it was the hospital's priority to reduce sick leave rates within the hospital's intensive care unit (ICU).

Also reported by: [Daily Telegraph Australia \(Online\)](#), [The Mercury \(Online\)](#), [The Courier Mail \(Online\)](#), [Gold Coast Bulletin \(Online\)](#), [Adelaide Now \(Online\)](#)

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Flying Doctors win \$625m contract for NT retrievals

Northern Territory News, General News, 02/10/2026, Gera Kazakov, Page 13

Six new planes are joining the NT Royal Flying Doctor Service fleet after the organisation was awarded a 10-year, \$625m contract for aeromedical retrievals Territory wide. NT Health Minister Steve

Edgington confirmed the Flying Doctors will take over from CareFlight from July 1 next year at an announcement at the RFDS hangar in Alice Springs on Thursday.

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Keeping nurses healthy

Townsville Bulletin, General News, 02/10/2026, Page 6

Strong leadership, supportive colleagues and clear work-life boundaries are the most effective ways to protect nurses' mental health during prolonged public health emergencies, according to a new study. Adjunct Professor Pauline Calleja from the College of Healthcare Sciences at James Cook University, who led the research, said the Covid-19 pandemic highlighted the significant workplace pressures on healthcare professionals.

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'The final straw'

Warrnambool Standard, General News, 02/10/2026, Ben Silvester, Page 1

Warrnambool's two leading cancer doctors say they are leaving the region after years of "disengagement" and "disrespect" from South West Healthcare (SWH) made their positions untenable. Associate Professors Terri Hayes and Ian Collins, who have 40 years of international-level oncology experience between them, will both depart in early 2027.

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Victorian doctors strike over 'unsustainable' working hours

The Australian, General News, 01/10/2026, Jack Nivison

Frustrated and overworked doctors are downing tools for the second time in more than a month in protest of "systemic fatigue". Doctors across Victoria will down tools for a four-hour planned strike on Thursday afternoon after repeated setbacks in negotiations with the Carroll Labor government on reducing "unsustainable" workloads.

Also reported by: [Daily Telegraph Australia \(Online\)](#), [The Courier Mail \(Online\)](#), [NEWS.com.au \(Online\)](#).

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Doctors strike as dispute over pay, conditions drags on

Canberra Times, General News, 01/10/2026, Allanah Sciberras

Exhausted doctors may be close to their first "meaningful" offer for improved pay and conditions after ditching their scrubs and walking off the job. Thousands of doctors across Victoria united in solidarity on Thursday, many braving the rain and gathering on the steps of Melbourne's Parliament House calling for improvements to their working conditions.

Also reported by: [West Australian \(Online\)](#), [Warrnambool Standard \(Warrnambool\)](#), [Ballarat Courier \(Ballarat\)](#).

[Read More](#)

Manjimup's own Dr Cassidy Emmott answers regional calling

West Australian, General News, 01/10/2026, Serian Lockwood-Jones

A Manjimup-raised doctor is building her career in regional WA after turning a childhood dream of studying medicine into reality. Cassidy Emmott graduated from Curtin University with a Bachelor of Medicine, Bachelor of Surgery last year and is now completing her internship at Bunbury Regional Hospital, with rotations at the Busselton Health Campus.

Also reported by: [Kalgoorlie Miner \(Online\)](#).

[Read More](#)

Victorian doctors and allied health professionals strike amid ongoing pay disputes

ABC Online, General News, 01/10/2026

Doctors and allied health professionals at Victoria's public hospitals have walked off the job today, as year-long bargaining processes with the government over pay and conditions remain at a standstill. Doctors across the state will undertake a four-hour work stoppage from 3:30pm to 7:30pm, while allied health professionals will strike for a full 24 hours.

Five years without birthing support leaves Carnarvon's expectant parents struggling

ABC Online, General News, 01/10/2026, Rachel Hagan

New parents say their mental and physical health are at risk after almost five years without birthing services at a key country hospital. Birthing services were suspended at Carnarvon Hospital, about 900 kilometres north of Perth, in February 2022 due to a shortage of midwives and obstetricians.

[Read More](#)

Doctors prescribe protective action

Sunraysia Daily, General News, 01/10/2026

For the first time in more than 25 years, doctors in the Victorian public health sector have undertaken a four-hour work stoppage after planned protected industrial action was aborted by the state government last month. Australian Salaried Medical Officers Federation Victoria president Dr Roderick McRae said the impact of fatigue was one area doctors were "deeply concerned" about.

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Doctors follow pharmacists' lead to land new deal

Australian Journal of Pharmacy, General News, 01/10/2026, Nicholas O'Donoghue

Victorian doctors are hoping to mirror the success of the state's public sector hospital pharmacists in securing improved pay and conditions. Medical professionals working across Victoria's public health system are calling on the state government to address "unsustainable working conditions" as part of a new pay deal.

[Read More](#)

'Violence against healthcare workers is never acceptable': Guild

Australian Journal of Pharmacy, General News, 01/10/2026, Chris Brooker

Guild pledges to push for greater protection for pharmacists following assault of a proprietor. Individuals who attack frontline health professionals need to feel the full force of the law, a Pharmacy Guild of Australia spokesperson says.

[Read More](#)

What kept nurses going through the COVID-19 pandemic?

Australian Nursing & Midwifery Journal, General News, 01/10/2026

Supportive leadership, strong connections with colleagues and making time for self-care are key to protecting nurses' mental health and wellbeing during prolonged public health crises, new Australian research suggests. Led by James Cook University Adjunct Professor Pauline Calleja, the study interviewed 20 registered nurses from two regional Queensland hospital and health services about their experiences during the COVID-19 pandemic and the strategies that helped them cope.

[Read More](#)

A new era of accreditation

Pharmacy Daily, General News, 01/10/2026

Today marks the introduction of the Quality & Safety Pharmacy Program (QSPP), representing the "most significant evolution in community pharmacy standards in almost 30 years". The QSPP is the fourth iteration of the Quality Care Pharmacy Program (QCPP), which was first established in community pharmacy in 1997.

[Read More](#)

Quality & Safety Pharmacy Program goes live across Australia

Retail Pharmacy, General News, 01/10/2026

Pharmacy accreditation across Australia is changing on 1 October with the introduction of the Quality &

Safety Pharmacy Program (QSPP). It is the most significant evolution in community pharmacy standards in almost 30 years.

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TECHNOLOGY ASSESSMENT AND ACCESS

Eczema listing means more options

Pharmacy Daily, General News, 01/10/2026

As the PBS listing of aZematop (tacrolimus 0.1% ointment, Arrotex) goes live today (PD 22 Sep), a leading dermatologist has highlighted the importance of having access to a broad range of management options for this complex condition.

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MEDICARE BENEFITS AND DIGITAL HEALTH

'Pattern of mismanagement' concerns

Canberra Times, General News, 02/10/2026, Peter Jean, Page 11

A failure to record the reasons for multimillion-dollar payments could indicate there is a larger pattern of mismanagement in the ACT Digital Health Record project, a parliamentary inquiry has found. A cross-party ACT Legislative Assembly committee has tabled a report following up on an auditor-general's inquiry into the invoicing and payments for Digital Health Record hosting services.

Also reported by: [Canberra Times \(Online\)](#).

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BENEFITS INTEGRITY

Sex scandal 'hot doc' in \$1.2m home sell-off

Adelaide Advertiser, General News, 02/10/2026, Jacinta Round, Page 20

The Naracoorte doctor at the centre of a patient sex scandal has sold his home for \$1.2 million, moving his family from the town despite locals saying he remains popular "because he looks gorgeous". The fully-renovated 1890s home owned by former director of Naracoorte's Kincaid Medical Clinic Dr Jeffrey Bryan Taylor and his wife sold on August 3.

Also reported by: [Daily Telegraph Australia \(Online\)](#), [Northern Territory News \(Online\)](#), [The Mercury \(Online\)](#), [Adelaide Now \(Online\)](#), [The Courier Mail \(Online\)](#).

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Fine for faking pill sale records

Courier Mail, General News, 02/10/2026, Vanda Carson, Page 17

A "deliberately dishonest" Queensland pharmacist who created false records for a highly regulated prescription pill in the drug register and sale records has been fined \$5000. Dallas Jorge Parrish was also reprimanded for professional misconduct for editing two patients' clinical records regarding the prescription medicines.

Also reported by: [Townsville Bulletin \(Townsville\)](#).

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Review sparked by gynaecology scandal finds hospitals left in the dark on AHPRA complaints

AHPRA should promptly tell hospitals when complaints are made against their doctors so action on problematic practitioners is not delayed, an independent review has suggested. Victoria's Epworth HealthCare has released a report from an investigation into the clinical governance of its gynaecology services, prompted by allegations that former gynaecologist Dr Simon Gordon performed unnecessary endometriosis surgeries in its hospitals.

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AUSTRALIAN CDC

50% spike in syphilis

Gold Coast Bulletin, General News, 02/10/2026, Chelsea Bunting, Page 1

Syphilis cases on the Gold Coast have increased by almost 50 per cent compared to last year, sparking an urgent warning from health authorities. There have been 144 cases of syphilis (infectious) recorded from January 1 to September 27 this year across the local health service compared to 97 for the same time period last year, according to Queensland Health data.

Also reported by: [Daily Telegraph Australia \(Online\)](#), [The Mercury \(Online\)](#), [The Courier Mail \(Online\)](#).

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Health Chats: What to know about syphilis symptoms as health officials confirm North Queensland outbreak

Daily Telegraph Australia, General News, 01/10/2026, Sarah Kleinman

I'm definitely dating myself here... but when I was a very little girl, there was an advert on television that absolutely scared the bejaysus out of me. It showed a group of people, including a girl who was just a little older than me, standing in formation as bowling pins, while the Grim Reaper stood at the other end of the lane and sent a ball towards them, aiming for a strike.

Also reported by: [Townsville Bulletin \(Online\)](#), [The Courier Mail \(Online\)](#).

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THERAPEUTIC GOODS ADMINISTRATION

The next frontier in losing weight

The Australian, Business News, 02/10/2026, Alex Janin, Page 16

For as long as drugmakers have been testing weight-loss drugs, the question has been: How much weight do people lose? Now it is changing to: What kind of weight are they losing?

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Sonny was a healthy little boy, until he started to stumble

Sydney Morning Herald, General News, 01/10/2026, Marissa Calligeros

During an appointment with paediatricians at the Prince Charles Hospital, Sonny stumbled. "It was the first time that doctors had actually seen it happen, rather than us just trying to film it," recalls Sonny's father, Jason Strozkiy.

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Doctors condemn Eli Lilly move to dispense GLP-1 medication Mounjaro direct to door

ABC Online, General News, 01/10/2026, Stephanie Dalzell & Paige Cockburn

A move by a multi-billion-dollar global pharmaceutical company to bypass bricks-and-mortar

pharmacies and deliver its GLP-1 medication directly to consumers' doors has been broadly condemned by doctors and pharmacists, who argue it poses a risk to patient safety. Eli Lilly has announced its new online platform LillyDirect will dispense certain medicines, starting with tirzepatide, an injectable GLP-1 agonist sold as Mounjaro, which is used to treat conditions like type 2 diabetes and obesity.

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Major change for users of diltiazem 360 mg controlled-release capsules

News24 Australia, General News, 01/10/2026, Bianca Mulheron

A widely used heart medication is facing a supply change in Australia, with its 360 mg controlled-release capsule products being discontinued over manufacturing issues. The Therapeutic Goods Administration said Sanofi-Aventis Australia was withdrawing both Cardizem CD 360 mg and Vasocardol CD 360 mg.

[Read More](#)

Banner group pulls Andrographis products

Australian Journal of Pharmacy, General News, 01/10/2026, Chris Brooker

Products have been stripped from the market voluntarily after the medicines regulator received a high number of severe allergy reports. TerryWhiteChemmart (TWC) says it has voluntarily recalled two products containing Andrographis after advice from the medicines regulator. It follows the Therapeutic Goods Administration's (TGA's) announcement last month.

[Read More](#)

Sunscreen misinformation warning

Pharmacy Daily, General News, 01/10/2026

The Australian Sunscreen Association has warned about a misinformation campaign around sunscreen ingredients, with the Therapeutic Goods Administration (TGA) also on alert. The Australian Sunscreen Association, which is part of industry body Accord Australasia, has responded to a press release from a group called the Australian Sunscreen Council.

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In Practice: Hypertension drug discontinued

Royal Australian College of General Practitioners, General News, 01/10/2026

This week's In Practice also includes details on the upcoming Annual Members Meeting for the RACGP Aboriginal and Torres Strait Islander Health faculty, as well as news, resources and tools for GPs providing care to veterans and their families.

[Read More](#)

ABC Radio Sydney, Breakfast, 01/10/2026, Craig Reucassel

Interview with Pharmacy Guild of Australia National Councillor Anthony Tassone. Compere says GLP-1 weight loss and diabetes medications require a script and must be collected from a pharmacy, but a new online platform announced plans to skip the pharmacy and get the medication delivered straight to consumers' doorsteps. Tassone says they're concerned about the safety of consumers. He notes that the transactional approach of dispensing the medications disrupts the continuity of care that patients can have with a regular GP and a regular community pharmacy.

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OFFICE OF DRUG CONTROL

Inside Australia's first qualification for medicinal cannabis cultivation

Ballarat Courier, General News, 01/10/2026, Michelle Smith

Ballarat naturopath Jacqui Fernandez is at the forefront of Australia's booming medicinal cannabis industry. She is one of the first nine students from across the nation who have started Federation TAFE's Certificate III in Medicinal Cannabis Cultivation and Production.

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FOOD STANDARDS

Rolling out healthier options

Geelong Advertiser, General News, 02/10/2026, Shahan Campbell, Page 10

Ever craved fast food after seeing an enticing ad on a bus or at a train station? Such powerful advertisements increase consumption of unhealthy foods and drinks, contributing to obesity, which costs Australia's healthcare system and society an estimated \$39bn each year.

[Read Plain Text](#) [Read More](#)

Cheaper chips and melty mint slices: I try making five common ultra-processed foods from scratch – without the additives

The Guardian, General News, 02/10/2026, Jen Sherman

For the past five years, I have been trying to cut down on the amount of ultra-processed foods my family consumes. There have been various strategies we used to manage this.

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