

SUMMER 2025



HUNTER NEWS

A NEWSLETTER FROM DAN REPACHOLI • YOUR LOCAL FEDERAL MEMBER FOR HUNTER



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Making It Easier to See Your Local GP

Great news for families across the Hunter. Big changes are underway to make it easier and more affordable to see your local doctor.

From 1 November 2025, Labor has expanded bulk billing so that every Australian is eligible, not just children, pensioners and concession card holders. On top of that, we're introducing a new incentive for GP clinics that choose to bulk bill every patient.

That means by 2030, 9 out of 10 GP visits will be bulk billed, tripling the number of fully bulk billed practices right across the country.



Another 100% Bulk-Billed Clinic for the Hunter

Here in the Hunter, we're already seeing the benefits. Multiple clinics across our region have switched to 100 per cent bulk billing, which means when you walk through their doors, you only need your Medicare card, not your credit card.

To help other practices get ready, the Government has launched a new Bulk Billing Calculator. This tool gives GPs and practice managers a clear picture of the financial benefits of switching to bulk billing, tailored to their location and patient mix. Clinics can access it at www.health.gov.au/BBPIP

"If your GP isn't bulk billing, ask why?"

This reform is part of our \$8.5 billion investment in Medicare, the biggest in over 40 years. It will deliver millions of extra bulk billed visits, thousands more trained doctors, and stronger healthcare for every Australian.

I know how important it is for families to be able to see a doctor when they need to, without worrying about the cost. That's what Medicare is all about, care that's universal, affordable, and fair.

If your GP isn't bulk billing, ask why? And if they can't give you a good reason, consider making the switch to one that does. The more people who choose bulk billing clinics, the stronger and fairer our healthcare system will be.

From Dan's Desk

What a year it's been.

Across the country we've seen real progress, and here in the Hunter that's meant jobs, investment and a fair go for local families.

At the national level, our Government has been busy getting things done that make life fairer and easier for everyday Australians. We've delivered the biggest boost to Medicare in its history with more bulk billing doctors and urgent care clinics. We've lifted wages and delivered cost-of-living relief with cheaper childcare, energy rebates and fair pay for labour hire workers through our Same Job, Same Pay laws.

We're building a Future Made in Australia by backing clean energy, critical minerals and advanced manufacturing to keep the next generation of jobs right here. We've also backed public schools with the largest new investment in education NSW has seen in decades.

It's been a big year nationally and locally. Projects like the Singleton Bypass, Mandalong Road upgrade and new community facilities are all moving forward, creating opportunities and improving daily life across the Hunter.

As your Federal Member and Special Envoy for Men's Health, I've been working to shine a light on the health challenges too many blokes still face in silence. We've made progress, but there's more to do and I'll keep pushing for practical, community-based solutions that make a difference.

As we wrap up 2025, thank you for your trust, feedback and the many chats my team and I have had across the electorate this year.

From my family to yours, I wish you a Merry Christmas and a safe, happy New Year.

Let's keep working together to make 2026 another great year for the Hunter.

Dan Repacholi MP

**Federal Member for Hunter
Special Envoy for Men's Health**

INSIDE Delivering Cheaper Women's Health Care (P2) New Social Media Age Rules (P3)
\$125,000 Raised for Men's Health (P4) International Men's Day (P5)
Putting Older Australians First (P6) Free Information Kits (P7)

Delivering Cheaper Women's Health Care

Big news for women right across NSW. The Federal Government is delivering the next stage of our \$792.9 million Women's Health Package, making it cheaper and easier to access contraception and women's health care.

From 1 November 2025, changes were made to Medicare that have made a real difference for women and families here in the Hunter and across the country.

The rebate for IUD insertions has risen from \$93.55 to \$215.95, and the rebate for implant insertions has increased from \$41.50 to \$100.40. These changes mean lower out-of-pocket costs and more choice, especially for women in regional and rural areas where cost and access can be real barriers.

We're also introducing new Medicare items so nurse practitioners can deliver more women's health services, a 40 per cent bulk-billing incentive for long-acting contraception, and free national training through the AusLARC program, including scholarships to help with travel and accommodation for health professionals.

It's all about breaking down barriers and giving women across Australia the care they need, when and where they need it.

And we're already seeing results. Between March and September this year, more than 150,000 women in NSW filled 360,000 prescriptions for new contraceptives, hormone therapies and endometriosis medicines, saving over \$12.6 million through the Pharmaceutical Benefits Scheme.

**more choice, lower costs
& better health care
for women**



Every woman deserves access to affordable, high-quality health care, no matter where she lives. These changes are delivering exactly that.

Recognising our Local Sporting Champions

The Hunter has always punched above its weight when it comes to sport.

We've produced a stack of professional and elite athletes, and I want to make sure we're backing the next crop of local sporting talent so that the next generation of superstars also come from the Hunter.

But talent and determination alone aren't always enough to reach the top.

Competing at a high level costs money, and too often it is parents digging deep to get their kids to competitions.

That is where the Local Sporting Champions program steps in. It provides financial assistance to help young people compete, coach, or umpire in their chosen sport.

I know first-hand just how expensive it can be when you are competing on the State, National, or even International stage.

These small grants really do make a big difference to the athletes themselves and to the parents supporting them.

I was able to recognise the latest recipients of the grant at a recent ceremony at Edgeworth.

If you want to be on my grants newsletter list, let me know.



Some of the 2025 Local Sporting Champions grant recipients

New Social Media Age Rules

Big changes are coming to help keep Aussie kids safer online.

From 10 December 2025, social media platforms like TikTok, Instagram, Snapchat, Facebook, X and YouTube will be required by law to take reasonable steps to stop Australians under 16 from having a social media account.

This is about protecting young people from harmful content and addictive algorithms, while giving them more time to grow, build confidence and connect in the real world before they join global platforms.

The new Social Media Minimum Age law means that social media companies, not parents, carers or kids, will be responsible for following the rules. Platforms will need to find and deactivate under 16 accounts and prevent new ones from being created.

Young people under 16 will still be able to use messaging services, online gaming, education tools, and health and wellbeing platforms, so they can keep chatting with friends, learning, and playing safely online.

There are good reasons for this change. Studies show that teenagers who spend five or more hours a day on social media are far more likely to report issues like poor body image, anxiety, and low mood. Many of these platforms are built with features that are designed to keep people hooked, such as infinite scrolling, constant notifications and algorithm driven feeds that can push harmful or unrealistic content.



By delaying access until 16, we're giving young Australians the chance to build stronger real world friendships, spend more time outdoors and develop healthy digital habits



By delaying access until 16, we're giving young Australians the chance to build stronger real world friendships, spend more time outdoors and develop healthy digital habits before stepping into that online environment.

Social media companies will use different tools to help identify under 16 users, including age assurance technology that looks at account data, activity patterns or optional ID checks. No one will be forced to upload government identification, and all data will still be protected under Australian privacy law.

Parents and carers can start preparing now. Talk to your kids about what these changes mean and how they can stay connected in other ways, through sport, gaming, messaging apps, volunteering or just catching up in person. Encourage them to save their photos and videos before 10 December so they don't lose their memories when accounts are frozen.

And if the change is causing stress or confusion, support is available.

Services like Kids Helpline (1800 55 1800), eHeadSpace (1800 650 890), ReachOut (au.reachout.com) and 13YARN (13 92 76) are ready to help young people and families navigate the transition.

This is world leading action to keep young Australians safer online and give parents more peace of mind.

For more information, visit www.eSafety.gov.au/social-media-age-restrictions-hub

The Big Shave – \$125,000 Raised for Men’s Health

When I said I would shave the beard off for charity, I didn’t expect it to turn into one of the biggest fundraising efforts we have ever seen. But the community got behind it in a huge way.

Together, we raised over \$125,000 for men’s health charities right across Australia. Every dollar is helping to fund mental health programs, community groups and support services that are making a real difference.

For me, it wasn’t just about losing the beard. It was about starting conversations. Too many men still think they have to carry everything on their own. But when we sit down, share a laugh and talk about what’s really going on, that’s when change begins.

Since the shave, I have had messages from dads, tradies, farmers and young fellas saying the same thing – that talking helps. It is proof that when blokes support each other, good things happen.

Before



After



A big thank you to everyone who donated, shared the campaign or came along on the day. You helped turn a simple shave into something truly powerful.

On the Road for Men’s Health

Since becoming the Special Envoy for Men’s Health, I have been on the road meeting men’s groups, health workers and community leaders in every corner of the country.

From Darwin to Devonport, from mine sites to men’s sheds, I’ve seen one thing again and again – men want to talk, they just need the right space to do it. Whether it’s a chat over a cuppa, a yarn after footy training, or a quiet conversation at a worksite, the best discussions happen when we meet men where they are.

These trips are shaping the work we are doing on the National Men’s Health Policy Framework. We are building it on the three things that matter most: connection, prevention and partnership. Good policy starts with listening, not lecturing.

Next year, we will hold a series of Men’s Health Forums across the Hunter. These forums will bring together local groups, health professionals and community members to share what works and how we can do better.

This is not about slogans or one-day events. It is about keeping the conversation going and building something that lasts.



Getting my PSA tested



With Luke Gosling and the Man Walk in Darwin



Southlakes Men’s Shed

International Men's Day

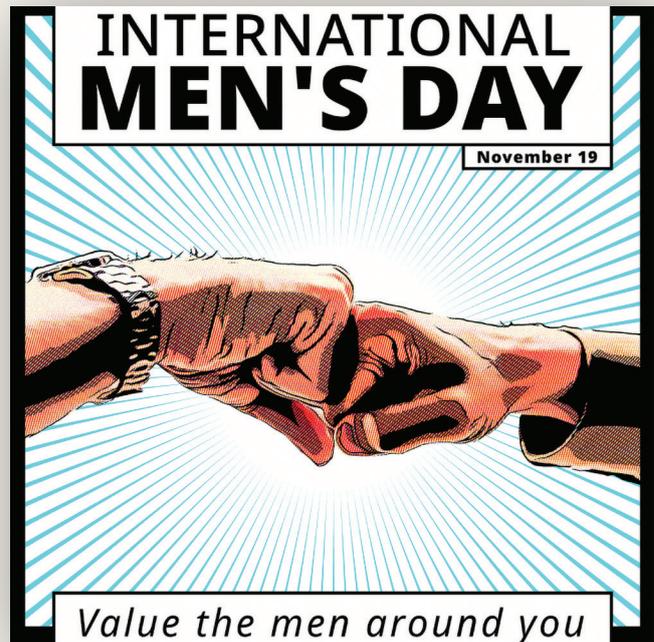
On 19 November, I joined the Governor-General and community leaders to mark International Men's Day and to talk about what healthy masculinity really means.

For me, it comes down to respect, connection and care. Strength is not about pretending you are bulletproof. It is about being there for your mates, your family and your community.

We spoke about raising boys to understand that courage comes in many forms, that kindness is not weakness, and that looking after your health is a sign of strength.

Healthy men build stronger families and safer workplaces. When men feel connected and supported, everyone benefits.

International Men's Day is about celebrating those who lift others up and showing that the toughest thing you can do sometimes is to ask for help when you need it.



Don't Be Too Tough for a Hearing Test

I have spent a fair bit of my life around gun ranges, heavy machinery and noisy work sites, so I know what it is like when the ringing starts and the TV volume creeps up.

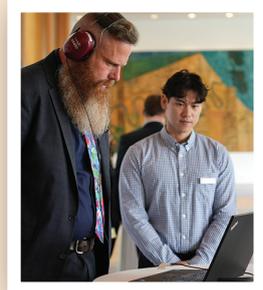
Getting your hearing checked is not a sign that you are getting old. It is a sign that you care about your health.

Hearing loss sneaks up on you. A quick test can make a huge difference, and it might save you from missing the conversations and moments that matter most.

I had my hearing checked recently, and it confirmed what my wife has been saying for years – I don't always hear as well as I think I do.

If you have worked around noise, engines or power tools, make it a priority to get a hearing test.

Taking care of your hearing means staying connected to the people you care about.



Having my hearing checked

The Tough Guy's Book Club

One of the best parts of this job is meeting the groups around Australia who are changing men's lives in simple but powerful ways.

The Tough Guy's Book Club is a perfect example. It is a network of men who get together once a month to have a chat and talk about a book. Sometimes it's about the story, sometimes it's about life, but it's always about connection.

You don't need to be a bookworm to join in. The focus is on mateship and conversation. These catch-ups give men a space to open up, listen and be part of something that feels real.

Groups like this are proof that men's health is about more than doctors and hospitals. It is about belonging, purpose and being heard.



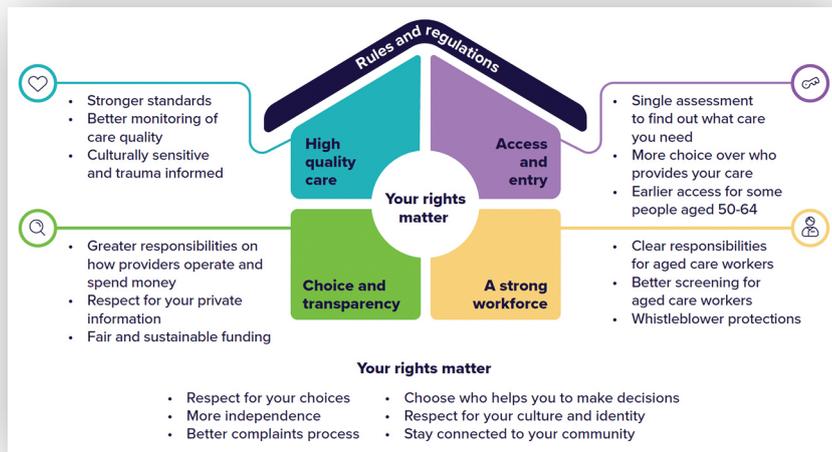
To the members of the Tough Guy's Book Club, thank you for helping men connect, talk and look after each other. You are helping to change the story of men's health one conversation at a time.

Putting Older Australians First

The Government's new Aged Care Act came into effect, marking one of the biggest changes to aged care in a generation.

These reforms put older Australians at the centre of their own care, giving people greater choice, independence and respect. They were designed to create a system built on dignity, not bureaucracy.

Under the new Statement of Rights, every older Australian now has guaranteed rights to independence, autonomy, quality care and respect. It means your care, your way, with the freedom to make decisions about your own life.



The new Support at Home program also began rolling out, helping people stay active, healthy and connected in their own homes if that is where they choose to be.

Anyone already receiving aged care support was automatically moved to the new scheme, with no interruption and no reassessment required.

These changes deliver on the findings of the Royal Commission into Aged Care Quality and Safety, ensuring better care for more Australians. They are about higher standards, more nurses in aged care homes, greater transparency, and more time for real care.

The Government is building a fairer, safer and more respectful aged care system that puts older Australians first and gives you the right to make your own decisions about your life and your care.

If you or someone you know has had trouble navigating the new system or is unsure about what the changes mean, please contact my office. My team and I are here to help.

Super on Payday, A Fairer System

From 1 July 2026, the Government will make an important change to the way Australians are paid superannuation.

Right now, most employers only need to pay super once every three months. That means unpaid or underpaid super can go unnoticed for months before anyone realises there is a problem. While most employers do the right thing, the Australian Taxation Office estimates that 5.2 billion dollars in super went unpaid in 2021-22.

From July 2026, employers will be required to pay super at the same time as wages. This is called payday super, and it will help make sure every worker receives their super on time. It means any problems can be picked up quickly, and workers can be confident that their retirement savings are being protected.

For a 35 year old earning the median income, being paid super on payday rather than quarterly could mean around \$6,000 dollars more at retirement. For those who have missed out entirely, the difference can be life-changing. In some cases, missing super payments have cost workers more than \$30,000 dollars in lost retirement savings, and if an employer goes under, the loss can be over \$90,000 dollars.

This simple change will make a big difference. It means more transparency, stronger protection for workers and greater security for the future.

If you have had trouble with unpaid super or are unsure whether you are receiving the right contributions, contact my office. My team can help you get the information and support you need.

The Government is making sure Australians earn more, keep more of what they earn and retire with more. Payday super is a key step towards that goal.

YOUR SUPER

SHOULD BE PAID AT THE SAME TIME AS

YOUR WAGES

WE'RE MAKING IT HAPPEN.

Free Information Kits

One of the most common questions I get is “Where do I even start when it comes to government services?”

Whether you’re trying to sort out your pension, understand aged care, find study support, or get a handle on Medicare, it can be a lot to navigate.

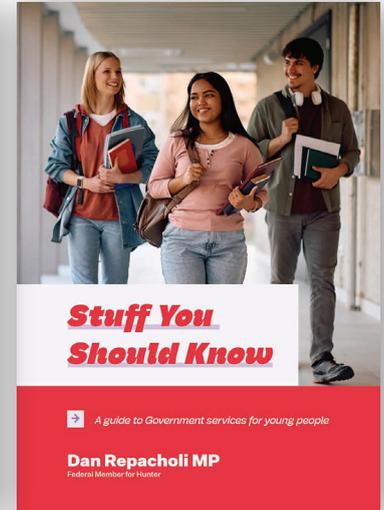
That’s why I’ve pulled together two handy guides to make it easier:

The Seniors and Pensioners Kit – covers everything from Age Pension and concession cards to carer support, aged care, and home care services. It’s a clear, practical place to start if you’re looking for information or support for yourself, a partner, or an older family member.

The Stuff You Should Know Kit – a guide for young people about government services. It’s full of straightforward info on education, employment, tax, super, Centrelink, mental health and more – all in one easy spot.

Both kits are free and available from my office.

If you or someone you know could use a copy, drop in, give us a call, or email my office and we’ll get one to you.



And if you ever get stuck or don’t know where to turn, that’s what I’m here for.

You can reach me at dan.repacholi.mp@aph.gov.au or call 02 4991 1022.

Request a Flag for Your School or Organisation

One of the most rewarding parts of my job is visiting local schools, community groups, and not for profit organisations to present Australian, Aboriginal, and Torres Strait Islander flags for display and special events.



Requesting a flag is simple, just write a short letter, email or visit my website at www.DanRepacholiMP.com/community-hub/flag-requests and fill out the form.

Flags can be picked up from my office at 3 Edward Street, Cessnock, or I’m happy to arrange a visit and present them in person where possible.

Flags are also available to Australian exchange students, serving Defence personnel and families of war veterans.

It’s a small gesture, but one that proudly reflects our community’s values and identity. If your school or organisation would like a flag, please get in touch.

Keith and Lola Celebrate 75 Years of Love

Huge congratulations to Keith and Lola Miles, who recently celebrated an incredible 75 years of marriage!

Keith and Lola are well-known faces around Cessnock. Keith spent many years as a local butcher, while Lola cared for generations of locals as a nurse at Cessnock Hospital. Together they’ve built a lifetime of love, family, and community service that’s truly something special.



Make a Special Day Even More Memorable

Did you know that Australians celebrating a significant birthday or wedding anniversary can receive an official congratulatory message from the Prime Minister, Governor-General, Premier, Federal and State MPs and even the King.

My Electorate Office can help you arrange these special messages to mark some of life's biggest milestones, including:

Wedding Anniversaries

- 50th, 60th, 65th and 70th anniversaries receive messages from the Prime Minister, Governor-General, Premier and MPs.
- 60th anniversaries also receive a message from the King.

Birthdays

- 90th and 100th birthdays receive messages from the Prime Minister, Governor-General, Premier and MPs.
- 100th birthdays also receive a message from the King.

If you'd like to organise a message for a loved one, my office is here to help. You can contact us by:

- 📞 Calling (02) 4991 1022
- 🌐 Visiting www.DanRepacholiMP.com
- 📍 Dropping in to my office at 3 Edward Street, Cessnock



Please note: you'll need to provide some evidence, such as a birth certificate, marriage certificate, or statutory declaration.

The message is posted directly to the nominee. If you'd like it to be a surprise, you can have it sent to an alternate address (such as a family member or caregiver).

You can apply for a message up to two months before the celebration, and belated messages can be arranged up to one month after the event.

JP Services – Available Daily

If you need any documents signed or certified, there are JPs in my office every day during business hours. Drop in if you need the service.



INTERESTED IN BECOMING A JP?

Becoming a Justice of the Peace is a great way to give back to your community. Whether you serve at your local community centre, workplace, or neighbourhood group, JPs play an important role in helping others access vital legal and administrative services.

Here's how to become a JP in NSW:

1. Check your eligibility and register for JP Online
2. Complete the JP Knowledge Test through JP Online
3. Submit your application via JP Online, including a request for a NSW Member of Parliament to consider nominating you
4. Take the Oaths of Office once approved

You can find everything you need to know at: www.jp.nsw.gov.au. If you have questions about the process or need a nomination, my office is happy to assist.



Get in Touch – I'm Just a Call or Click Away

As your **Federal Member for Hunter**, I'm here to help with any **Federal Government matters**, including:

- Centrelink and Medicare
- NDIS
- Veterans' Affairs
- Immigration
- Taxation
- Grant applications and more

If you need assistance or want to raise an issue, don't hesitate to get in touch:

- 📍 **Office:** 3 Edward Street, Cessnock NSW 2325
- 📞 **Phone:** 02 4991 1022
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- 🌐 **Web:** www.DanRepacholiMP.com

You can also visit my website to submit an enquiry, book a meeting, or stay up to date with the latest news and events.

