

Northern Eyre Health Care HEALTHCARE SERVICES



MONTHLY NEWSLETTER

OCTOBER 2025

Meet Streaky Bay naturopath, Alice Haddy

What is your qualification?

I studied a Bachelor of Health Science (Naturopathy), and finished in 2019.

Where do you practise from?

In Adelaide at Summertown Studio, in Port Lincoln at The Skin Lab and in Streaky Bay I have a clinic at 40 Wells Street, that I am lucky enough to share with a wide range of practitioners.

What is your local connection?

My mum's family are from Streaky Bay, and dad moved here from Adelaide in the 80s, to surf. I spent my childhood and most of my adult life in Streaky - and a short time in Adelaide to study.

What drew you to naturopathy?

I went to an open day to enrol to study nutrition, but a lecturer inspired me to include herbal medicine. I was interested in diet and lifestyle factors that impact long-term health, and loved cooking with fruits, vegetables and health foods, and learning about actions and active constituents of medicinal plants from all over the world. Our course included Western Herbal Medicine, and components of Ayurvedic and traditional Chinese herbs.

What do you enjoy most about Eyre Peninsula?

The ocean and the peace. Travelling allows me to appreciate how lucky we are to have such untouched, wide open spaces. There's a sense of calm on the West Coast I haven't ever felt elsewhere. Growing up I spent a lot of time at Sceale Bay and

my family are there every summer. I love the long quiet beach and the clean, very cold water, setting up a spot, and spending the day swimming and reading.

What variety is there in your job?

Every day is different. A lot of practitioners would agree, when you travel for work, it keeps every clinic day very fresh. Also, the clientele I work with are always vastly different. At this time I have chosen not to specialise, so I see people of all ages with a range of health focuses and conditions.

What is most challenging?

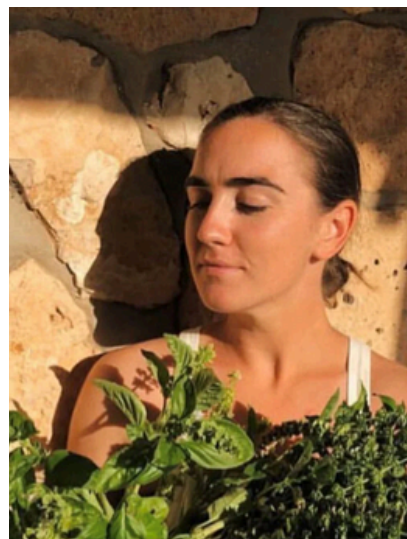
Time on the highway is my biggest cause for concern. Sometimes I feel like I am wasting a lot of time and energy travelling from place to place. But I enjoy different aspects of working both in the city and regional areas.

What is most rewarding?

Striving to impact people's wellbeing and day-to-day living is a great privilege. I love working one on one. I've met really interesting, inspiring and motivating community members.

What makes you passionate for local residents' wellbeing?

I am passionate about rural health, and can sometimes be disheartened people feel we miss out on parts of healthcare, being so far away. We all have a strong sense of community and strive for the greater good of the whole region. Studying in healthcare has made that more topical for me, in promoting preventative health



Alice consults in Streaky Bay on Wednesdays, Thursdays and Saturdays. Visit: alicehaddynaturopath.com or email: hello@alicehaddynaturopath.com

interventions.

Your best wellbeing advice is...

The impact exercise and food can have on how we feel is often underrated, particularly exercise. Mostly these are free or cost-effective, and with some effort and organisation, make a world of difference to health outcomes, wellbeing and mood.

How do you work with other health professionals to care for patients?

Almost all my clients work with GPs and other allied health professionals. It is excellent to be a team of different modalities supporting the same person. Health is such an individualised thing - what each person needs is so varied, so being a part of a whole picture is the best way to achieve great outcomes.

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Health and wellbeing news

MEN'S MENTAL HEALTH INITIATIVE EXPANDS TO DROUGHT-AFFECTED REGIONS INCLUDING EYRE PENINSULA

With the goal of "Healthy Men, Healthy Masculinities and Healthy Communities", national organisation Men's Table is made up of groups of 8-12 men - "Tables", who meet for



dinner monthly. Their aim is to have intentional conversations, beyond banter, to build meaningful friendships and connection, by creating safe places to share, and overcoming the stigma that "men don't talk".

There are already groups in Naracoorte and Broken Hill, but new State Government drought funding includes development of at least one table in each of SA's 8 drought-affected regions - including Eyre Peninsula.

Learn more or start your area's Men's Table:

☎ 1800 636 782

✉ hello@themenstable.org

🌐 themenstable.org

PRACTICAL LYMPHATIC DRAINAGE WORKSHOP FOR MASSAGE AND BODY THERAPISTS

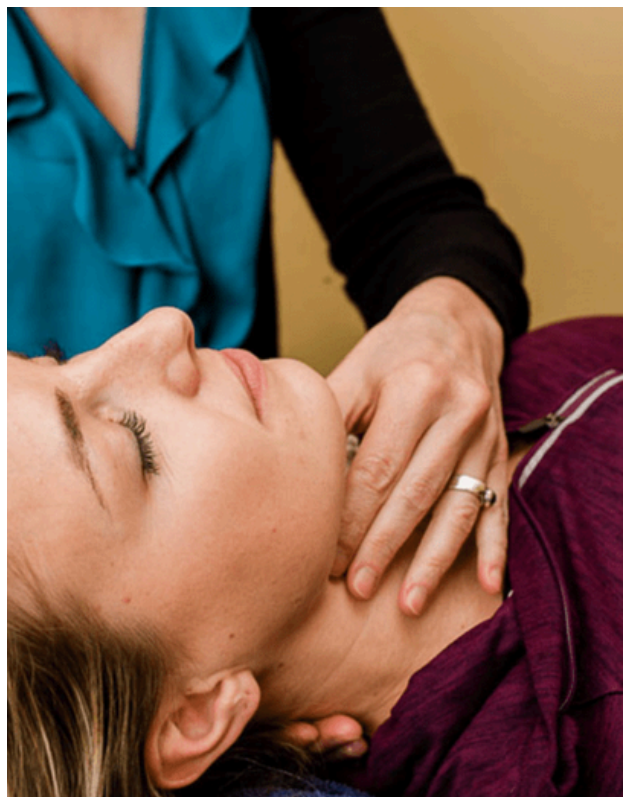
A rare opportunity to access lymphatic training locally on Eyre Peninsula has been offered to the region's massage, Bowen or beauty therapists.

An introductory course on the art of lymphatic drainage techniques (Myofunctional Manual Lymphatic Drainage Protocols) will be held at Cleve Massage and Wellness Collective on 16 November 2025.

The course involves a full day of hands on learning, connection and clinical upskilling, along with access to training videos via an online portal.

What will be covered:

- An overview of the lymphatic system
- Foundational Myo MLD Protocols you can start to use in your clinic immediately
- Hands on practice with guidance from the instructor, mastering the techniques to alleviate symptoms of TMJ, migraines and headaches
- Scars, fascia and the lymphatic system
- Case study – Breast cancer arm Lymphoedema – What therapists can do in clinic to support clients



Find out more and register:

☎ 0483 905 818

🌐 bodyworkmassage.com.au/cleve-november-2025-workshop

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Your local clinic and pharmacy

ACCESSING PHONE CONSULTS AND E-SCRIPTS AT MID EYRE MEDICAL CLINIC

Did you know: as a patient of Mid Eyre Medical Clinic at Cowell, Cleve, Kimba or Elliston, you don't always have to physically attend the clinic?

Sometimes a phone consult is appropriate and can be more convenient! A great example is renewing a prescription. How does it work?

- 1 Call your local Mid Eyre Medical Clinic and ask for an appointment to have a phone consult with a GP for a prescription renewal.
- 2 Once the GP has conducted your phone appointment, they will issue an electronic script via SMS or email
- 3 Send on your e-script to your pharmacy, or present it in person.

NOTE:

- GPs may prescribe medication via phone consultation at their discretion, or they may require the patient to attend in person.
- Some medications, especially controlled drugs such as strong painkillers or ADHD medications may require an in-person appointment - it is good to check which is best for your medication.
- You will need to have seen the GP, in person, within the last 12 months in order to request a phone consult.

YOUR LOCAL PHARMACIES

healthSAVE Cleve Pharmacy

31 Main Street, Cleve

🕒 M-F: 9am-5.30pm, Sat: 8.30-11.30am

☎ (08) 8628 2072

✉ clevedistrictpharmacy@gmail.com

healthSAVE Cowell Pharmacy

20-22 Main Street, Cowell

🕒 M-F: 9am-5.30pm, Sat: 8.30-11.30am

☎ (08) 8629 2064

✉ cowellpharmacy@gmail.com

Elliston Pharmacy

8A Memorial Drive, Elliston

🕒 M-F: 12.30pm-5.30pm

☎ (08) 8687 9395

✉ ellistonpharmacy@gmail.com

healthSAVE Kimba Pharmacy

46 High Street, Kimba

🕒 M-F: 9am-5.30pm, Sat: 8.30-11.30am

☎ (08) 8627 2060

✉ ramsey-kimba@adam.com.au

Streaky Bay Pharmacy

13 Bay Road, Streaky Bay

🕒 M-F: 9am-5.30pm, Sat: 9am-12 noon

☎ (08) 8626 1036

✉ streakybaypharmacy@hotmail.com

Wudinna Family Pharmacy

62 Ballantyne Street, Wudinna

🕒 M-F: 9am-5.30pm, Sat: 9am-12 noon

☎ (08) 8680 2038



Our region's clinics

MID EYRE MEDICAL PRACTICE

COWELL · South Tce, 8629 3035

CLEVE · 15 Main St, 8628 2003

KIMBA · 34-36 Park Tce, 8627 2664

ELLISTON · 3 Memorial Dr, 8687 9110

WUDINNA MEDICAL PRACTICE

8 Richards Ave, 8680 2005

STREAKY BAY & DISTRICTS MEDICAL PRACTICE

1 William Cres, 08 8626 1072

LOCK HEALTH & WELFARE CENTRE

17 North Tce, 8689 1006.

Northern Eyre Health Care

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Visiting healthcare services

Service	Cleve	Cowell	Kimba	Elliston	Wudinna	Streaky Bay
Acupuncture (Matter of Meridians)	28 Oct, 11 Nov			19 Oct, 16 Nov		19, 20 Oct, 16, 17 Nov
Chiropractor (Eyre Chiropractic & Podiatry)		9, 23 Oct	20 Oct, 3 Nov		7, 21 Oct	7, 21 Oct
Chiropractor (Port Lincoln Chiro)	7 Oct (monthly)					
Counselling (Cari Schuster)	7 Oct (monthly)					
Counselling (Zanti)	27 Oct (monthly)					
Dentist (Boston Bay Family Dental)						Oct 1, 2 Oct 27, 28
Optometrist (Eyre Eye Centre)					1 Oct, 5 Nov	
Optometrist (Gulf & Ranges)	12 Nov.		11 Nov.			
Osteopathy (Dr Alex Cronin)	24, 25 Oct					20, 21, 27, 28 Oct, 3 Nov
Physio (JLP Physiotherapy)	6, 13, 20, 27 Oct					
Podiatrist (Eyre Chiropractic & Podiatry)		23, 24 Oct	22 Oct.			
Podiatrist (Your Local Podiatrist EP)	Monthly					
Skin checks (Rural Skin Cancer Service)	28 Oct.	22 Oct.		29 Oct.		

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Visiting allied health services

ACUPUNCTURE/HOLISTIC

Matter of Meridians

☎ 0488 763 289

✉ matterofmeridians@gmail.com

🌐 matterofmeridians.com.au

AUDIOLOGY

Bloom Hearing

Audiology - visits full for 2025

☎ (08) 8682 6966

🌐 bloomhearing.com.au

CHIROPRACTIC

Eyre Chiropractic and Podiatry

☎ 0437 442 278 or 8644 2210

🌐 eyrecpp.com

Port Lincoln Chiro

☎ 8683 0899

✉ portlincolnchiro1@gmail.com

🌐 portlincolnchiro.com.au

NATUROPATHY

Alice Haddy Naturopath

✉ hello@alicehaddynaturopath.com

🌐 alicehaddynaturopath.com

Efflorescent Herbals

✉ efflorescentherbals@gmail.com

🌐 efflorescentherbals.com.au

OPTOMETRY

Eyre Eye Centre

☎ 8682 4566 or 8645 7399

✉ reception@eyreeyecentre.com.au

🌐 eyreeyecentre.com.au

OPTOMETRY cont.

Gulf and Ranges Optometrists

☎ 8642 2766

✉ reception@gulfandranges.com.au

🌐 gulfandranges.com.au

OSTEOPATHY

Dr Alex Cronin

🌐 alexcroninosteopathy.au4.cliniko.com/bookings



PHYSIOTHERAPY

JLP Physiotherapy

☎ 0426 018 399

✉ info@jlpphysiotherapy.com

🌐 jlpphysiotherapy.com

PODIATRY

Your Local Podiatrist EP

☎ 0456 923 295

✉ your.localpodiatrist@outlook.com.au

🌐 yourlocalpodiatristep.com

**LIST YOUR SERVICE! Contact 0409 946 349
or health.northerneyrehc@sa.gov.au**

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Other healthcare providers

MENTAL HEALTH

Cari Schuster Holistic Counsellor

☎ 0428 282 503

✉ carischuster66@gmail.com

Sheoak Clinical Psychology

☎ 0455 214 648

✉ amanda@sheoak.com.au

🌐 sheoak.com.au

Zanti Counselling and Psychotherapy

☎ 0408 405 149

✉ karie@zanti.com.au

🌐 zanti.com.au

ORAL HEALTH

Boston Bay Family Dental

☎ 08 7609 1152

✉ info@bostonbayfamilydental.com.au

🌐 bostonbayfamilydental.com.au

GPS & SPECIALISTS

Mid Eyre Medical

- **Dr Ashlee McCarthy (paediatrician)**
- **Dr Joy O'Hazy (women's health)**

Book via Mid Eyre Medical Clinics

- see contact details on page 2.

Rural Skin Cancer Service

(skin checks, biopsies)

🌐 ruralskin.au



MULTIPLE-SERVICE PROVIDERS

Country and Outback Health

Chronic disease management including allied health assistant, counsellor, diabetes, exercise physiologist, dietician, podiatrist, respiratory. NDIS: Plan management, support coordination, mental and general health.

Mental health: Adults, teens, children.

Alcohol and other drugs.

☎ 08 8644 4900

✉ admin@cobh.org.au

🌐 cobh.com.au

Country Health Connect

Providing a wide range of in-home and community-based services provided by State Government local health networks to older people, people living with disability, children and carers across regional SA. Services include: Help at home, residential care, services for people living with a disability, children's services, help for carers.

☎ 1800 944 912

✉ CountryHealthConnect@sa.gov.au

🌐 countryhealthconnect.sa.gov.au

List your visiting healthcare service in this newsletter!

Are you a healthcare service provider visiting the communities of Cleve, Cowell, Kimba, Elliston, Wudinna or Streaky Bay? Northern Eyre Health Care can help you get the word out. Contact 0409 946 349 or email: health.northerneyrehc@sa.gov.au

Northern Eyre Health Care

SERVICE
spotlight

Allied health flying into the regions

Accessing health care in rural and remote regions is a challenge for residents across the country. Despite 28% of the population living rurally or remotely, geographic isolation and large distances are a barrier for both residents and service providers. However, innovative teams deliver care into these diverse locations. Lift Health Group already delivers fly-in-fly-out health services to Port Lincoln and Ceduna, and is keen to engage more with the region and take referrals via contact details below.

Lift Health Group

Lift Health Group is a committed team of allied health professionals delivering high-quality, person-centred care across regional SA, focused on building long-term relationships and providing consistent support to help individuals and families feel heard, empowered and cared for.

Fortnightly locations: Whyalla, Ceduna, Yalata, Port Lincoln, and Tumby Bay.

One-off assessments available in: Streaky Bay, Kimba, Cowell, Elliston, and other locations on request.

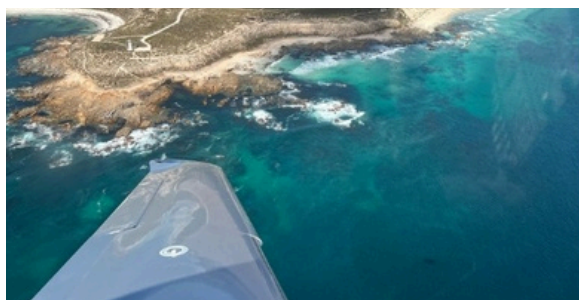
Services include:

- Speech pathology
- Occupational therapy
- Physiotherapy
- Functional capacity assessments
- Assistive technology assessments
- Home modification assessments
- Continence assessments

☎ 1300 082 599

✉ hello@lifthealthgroup.com.au

🌐 lifthealthgroup.com.au



Meet Lift occupational therapist Georgia Wootton



Why did you become an OT?

I've always known there's nothing more fulfilling in life than helping people. Growing up, I spent a lot of time in and around hospitals and saw how occupational therapists made a difference in people's lives. That inspired me to give back in the same way.

I love the diversity of the profession and the holistic approach OTs take in supporting people to get back to doing the things that matter most to them.

What areas of healthcare did you focus on during your time in NZ?

I worked predominantly in mental health, including forensic mental health, residential alcohol and drug treatment, and community mental health.

Do you have an area of clinical interest?

I'm particularly interested in mental health, and the role communities play in supporting people to achieve wellness.

Cool fact about yourself:

A coin toss brought me from NZ to Adelaide.

Favourite thing about working with Lift?

Having a different office view every day and being part of such a supportive and fun team.

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Northern Eyre Health Care Locum doctor roster
Streaky Bay • Kimba

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	01	02	03
06 Public holiday	07 Kimba: Dr Estrada Streaky Bay: Dr Koh	08 Kimba: Dr Estrada Streaky Bay: Dr Koh	09 Kimba: Dr Estrada Streaky Bay: Dr Koh	10 Kimba: Dr Estrada Streaky Bay: Dr Koh
13 Kimba: Dr Sewnarain Streaky Bay: Dr Koh	14 Kimba: Dr Sewnarain Streaky Bay: Dr Koh	15 Kimba: Dr Sewnarain Streaky Bay: Dr Koh	16 Kimba: Dr Sewnarain Streaky Bay: Dr Koh	17 Kimba: Dr Sewnarain Streaky Bay: Dr Koh
20 Kimba: Dr Inwang Streaky Bay: Dr Ashby	21 Kimba: Dr Inwang Streaky Bay: Dr Ashby	22 Kimba: Dr Inwang Streaky Bay: Dr Ashby	23 Kimba: Dr Inwang Streaky Bay: Dr Ashby	24 Kimba: Dr Inwang Streaky Bay: Dr Ashby
27 Kimba: Dr Rajini Streaky Bay: Dr Wong	28 Kimba: Dr Rajini Streaky Bay: Dr Wong	29 Kimba: Dr Rajini Streaky Bay: Dr Wong	30 Kimba: Dr Rajini Streaky Bay: Dr Wong	31 Streaky Bay: Dr Wong

Returning in November: Dr Estrada, Dr Akonjee, Dr Wong, Dr Koh, Dr Olutayo

This roster is published monthly but is subject to frequent change depending on GP availability. Medical practices are not responsible for doctor changes.

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Northern Eyre Health Care Locum doctor roster
Cleve • Cowell • Elliston

Monday	Tuesday	Wednesday	Thursday	Friday
	29	01	02	03
06 Public holiday	07 Elliston: Dr Viki Cowell: Dr Mukwevho Cleve: Dr Lawton	08 Elliston: Dr Viki Cowell: Dr Mukwevho Cleve: Dr Lawton	09 Cowell: Dr Mukwevho Cleve: Dr Lawton Dr Viki	10 Cowell: Dr Mukwevho Cleve: Dr Lawton Dr Viki
13 Elliston: Dr Hiley Cowell: Dr Sorensen Cleve: Dr Lawton	14 Elliston: Dr Hiley Cowell: Dr Sorensen Cleve: Dr Lawton	15 Elliston: Dr Hiley Cowell: Dr Sorensen Cleve: Dr Lawton	16 Cowell: Dr Sorensen Cleve: Dr Lawton Dr Hiley	17 Cowell: Dr Sorensen Cleve: Dr Lawton Dr Hiley
20 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	21 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	22 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	23 Cowell: TBA Cleve: Dr Lawton	24 Cowell: TBA Cleve: Dr Lawton
27 Elliston: Dr Akonjee Cowell: Dr Mukwevho Cleve: Dr McManus	28 Elliston: Dr Akonjee Cowell: Dr Mukwevho Cleve: Dr McManus	29 Elliston: Dr Akonjee Cowell: Dr Mukwevho Cleve: Dr McManus	30 Cowell: Dr Mukwevho Cleve: Dr McManus Dr Akonjee	31 Cowell: Dr Mukwevho Cleve: Dr McManus Dr Akonjee

Returning in November: Dr Olutayo, Dr Mukwevho, Dr Sorensen, Dr Akonjee, Dr Koh, Dr Hiley, Mr Maroussem, Dr Hitch, Dr McManus

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