

Northern Eyre Health Care HEALTHCARE SERVICES



MONTHLY NEWSLETTER

JANUARY 2026

Mental Health First Aid for Northern Eyre Peninsula

“Imagine a community where we all have the skills, knowledge and confidence to help someone who is experiencing a mental health problem.

As an accredited Mental Health First Aid trainer since 2019, I'm passionate about doing my part to make that happen.”

Trainer Jackie Hibble



Mental Health First Aid (MHFA) began in Australia in 2000, developed by Betty Kitchener and Anthony Jorm to help everyday people recognise and respond to mental health challenges, much like physical first aid.

Today, millions of people are trained in MHFA, in more than 25 countries. In Australia, it is a trusted, evidence-based and nationally recognised suicide prevention program, and is widely delivered across communities, workplaces and schools.

Tumby Bay-based trainer Jackie Hibble delivers MHFA training throughout Eyre Peninsula, either as two six hour sessions, or four three-hour sessions. Weekday, weekend and afternoon or evening sessions are all possibilities to make the

training accessible for participants. The training is delivered to a minimum of six people at a time and is suitable for any adults aged 18 and over. The Standard Mental Health First Aid course is run at a cost of \$275 per person, and there may be extra charges for mileage and accommodation depending on the location and group size. Read more about Mental Health First Aid training at mhfa.com or contact Jackie about training options delivered locally.

Jackie Hibble Training

☎ 0428 882 648

✉ jackiehibble@gmail.com



Current grants for community-led initiatives

The Foundation for Rural Regional Renewal (FRRR) offers grant funding to support resilience and thriving in regional communities.

The Strengthening Rural Communities (SRC) “Small and Vital” funding stream offers up to \$10,000, with preference given to communities with populations of less than 15,000. The SRC “Prepare and Recover” funding program supports community-led initiatives that

respond to historic or likely future impacts, disasters or events, with grants of up to \$25,000.

Round 28 for both SRC grants will close 24 March 2026, and be announced in June.

A “Connected Communities” Grant seeks to support community-led efforts to embrace new technology and improve digital literacy or capability, with up to \$10,000 available per grant. Round 4 of

this stream opens 24 February 2026, closes 26 March, and funding will be awarded in June. FRRR provides great resources for funding seekers, including grant application guidelines, recorded webinars, including a Governance and Planning Workshop to help community leaders and volunteers boost governance skills and strategy.

Read more or apply for a grant:

🌐 frrr.org.au/funding

This newsletter is produced by the Northern Eyre Health Care project and regional coordination service - delivered by the Northern Eyre Peninsula Health Alliance, including the District Councils of Streaky Bay, Elliston, Wudinna, Kimba, Cleve, and Franklin Harbour. More info: yoursay.sa.gov.au/hub-page/northern-eyre-health-care

Northern Eyre Health Care

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Our region's 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



Hands-on skin cancer training for GPs and nurses

Free, informative workshops for GPs and Nurses to enhance their expertise in dermatology will be held at Port Augusta and Ceduna in February and March 2026, funded by Country SA Primary Health Network.



Presented by Rural Generalist Dr Gerry Considine, the workshops will include evaluation of current treatment options for non-melanoma skin cancers and review guidelines for referring malignant skin lesions.

Participants will also learn to identify key characteristics of various skin cancers using dermoscopy techniques and gain practical skills in managing excision of complex lesions including basic flaps.

Event details:

- RACGP/ACRRM for 2 EA
- Free to attend
- CPD Hours + 2 RP CPD Hours
- Dinner provided

Ceduna

6-10pm, Wed, February 11, 2026
at Ceduna Foreshore Hotel
Book: bit.ly/skinworkshopceduna

Port Augusta

6-10pm, Wed, March 11, 2026 at Western Hotel
Port Augusta West
Book: bit.ly/skinworkshoppa

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Our region's GP and medical clinics

MID EYRE MEDICAL PRACTICE

- GP services (locum)
- Practice Nurse services
- Visiting specialist and allied health
- Bulk billing available
- Telehealth available

📍 South Terrace, Cowell
🕒 M-F: 9am-5pm
☎️ (08) 8629 3035

📍 15 Main Street, Cleve
🕒 M-F: 9am-5pm
☎️ (08) 8628 2003

📍 34-36 Park Terrace, Kimba
🕒 M-F: 9am-5pm
☎️ (08) 8627 2664

📍 3 Memorial Drive, Elliston
🕒 M-W: 9am-5pm
☎️ (08) 8687 9110

LOCK HEALTH & WELFARE CENTRE

- GP Services available on Wednesdays
- Child and Youth Health Clinic
- Visiting allied health services

📍 17 North Tce,
🕒 M-F: 9am-5pm
☎️ (08) 8689 1006



STREAKY BAY & DISTRICT MEDICAL CLINIC

- GP services for all ages including skin checks
- Management plans and health assessments with Practice Nurse
- Visiting specialists
- Mixed billing - please enquire at reception
- Telehealth available

📍 1 Flinders Drive, Streaky Bay
🕒 M-F: 9am-5pm.
☎️ (08) 8626 1072
✉️ admin@streakybaymedical.com



WUDINNA MEDICAL PRACTICE

- GP services available to all aged groups, with no location restrictions
- Management plans and health assessments with Practice Nurse
- Visiting specialists
- Mixed or bulk billing
- Telehealth available
- Aviation Medicals

📍 8 Richards Avenue, Wudinna
🕒 M-F: 9am-5pm
☎️ (08) 8680 2005
✉️ contact@wudinnamedical.com.au

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Allied health services

ACUPUNCTURE/HOLISTIC

Matter of Meridians

☎ 0488 763 289

✉ matterofmeridians@gmail.com

🌐 matterofmeridians.com.au

📍 Visiting Cleve, Elliston and Streaky Bay

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

📍 Visiting Cowell, Kimba, Streaky Bay, Wudinna

Port Lincoln Chiro

☎ 8683 0899

✉ portlincolnchiro1@gmail.com

🌐 portlincolnchiro.com.au

📍 50 Liverpool Street, Port Lincoln, and visiting 11 Main Street, Cleve

NATUROPATHY

Alice Haddy Naturopath

✉ hello@alicehaddynaturopath.com

🌐 alicehaddynaturopath.com

📍 40 Wells Street, Streaky Bay

Efflorescent Herbals

✉ efflorescentherbals@gmail.com

🌐 efflorescentherbals.com.au

📍 Cowell and telehealth

OPTOMETRY

Eyre Eye Centre

☎ 8682 4566 or 8645 7399

✉ reception@eyreeyecentre.com.au

🌐 eyreeyecentre.com.au

📍 22 Liverpool Street, Port Lincoln, and visiting Wudinna

Gulf and Ranges Optometrists

☎ 8642 2766

✉ reception@gulfandranges.com.au

🌐 gulfandranges.com.au

📍 Visiting Cleve and Kimba

OSTEOPATHY

Dr Alex Cronin

🌐 alexcroninosteopathy.au4.cliniko.com/bookings

📍 Visiting Cleve

PHYSIOTHERAPY

JLP Physiotherapy

☎ 0426 018 399

✉ info@jlpphysiotherapy.com

🌐 jlpphysiotherapy.com

📍 11 Main Street, Cleve

Zac Ghabrial Physiotherapy

☎ 0411 374 017

✉ zacghabrialphysiotherapy@gmail.com

📍 Elliston and Lock

PODIATRY

Your Local Podiatrist EP

☎ 0456 923 295

✉ your.localpodiatrist@outlook.com.au

🌐 yourlocalpodiatristep.com

📍 11 Main Street, Cleve

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Other healthcare providers

PSYCHOLOGY

SHEOAK Clinical Psychology

☎ 0455 214 648

✉ amanda@sheoak.com.au

🌐 sheoak.com.au

📍 Cleve and telehealth

MENTAL HEALTH

Cari Schuster Holistic Counsellor

☎ 0428 282 503

✉ carischuster66@gmail.com

📍 31 West Terrace, Cleve

Zanti Counselling and Psychotherapy

☎ 0408 405 149

✉ karie@zanti.com.au

🌐 zanti.com.au

📍 Shop 2/4 Mortlock Terrace, Port Lincoln, and visiting Cleve

ORAL HEALTH

Boston Bay Family Dental

☎ 08 7609 1152

✉ info@bostonbayfamilydental.com.au

🌐 bostonbayfamilydental.com.au

📍 10 New West Road, Port Lincoln, and visiting Streaky Bay

Streaky Bay and Wudinna Dental

☎ 08 8626 1629

✉ streakybayandwudinnadental@gmail.com

🌐 streakybayandwudinnadentalclinics.com.au

📍 16-24 Richards Ave, Wudinna

GPS & SPECIALISTS

Mid Eyre Medical

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, and 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 (SA Health)

Offering a wide range of in-home and community-based services to older people, people living with disability, children and carers across regional SA. Services: Help at home, residential care, disability services, 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

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Visiting healthcare services

Service	Cleve	Cowell	Kimba	Elliston	Wudinna	Streaky Bay
Acupuncture (Matter of Meridians)	13 Jan (monthly)					
Audiology (Bloom Hearing)	25 Feb.	7 Jan. 4 Feb.				Feb 3-4 at capacity)
Chiropractor (Eyre Chiropractic & Podiatry)		1, 15, 29 Jan 12, 26 Feb	12, 26 Jan, 9, 23 Feb		13, 27 Jan, 10, 24 Feb	13, 27 Jan, 10, 24 Feb
Chiropractor (Port Lincoln Chiro)	13 Jan (monthly)					
Counselling (Zanti)	By appt					
Dentist (Boston Bay Family Dental)						19-23 Jan
Optometrist (Eyre Eye Centre)					18 Feb.	2 Feb.
Optometrist (Gulf & Ranges)	18 Mar.		17 Mar.			
Osteopathy (Dr Alex Cronin)	25, 26, 27 Jan					
Physio (JLP Physiotherapy)	Mondays (weekly)					
Physio (Zac Ghabrial)				Mondays; Lock alt Tues		
Podiatrist (Eyre Chiropractic & Podiatry)		9, 15, 16 Jan 12, 13 Feb	14 Jan, 11 Feb			
Podiatrist (Your Local Podiatrist EP)	24 Feb (bi-monthly)					
Psychology (SHEOAK Clinical Psychology)		Via telehealth				
Dr Joy O'Hazy (Women's Health GP)	15 Jan.	21 Jan.	22 Jan.			

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

Mid Eyre Medical Clinics - Locum doctor roster
Cleve • Cowell • Kimba • Elliston

2026 JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	01	02
05 Cleve: Dr Kada Cowell: Dr Lawton Kimba: Dr Makada Elliston: Dr Sorensen	06 Cleve: Dr Kada Cowell: Dr Lawton Kimba: Dr Makada Elliston: Dr Sorensen	07 Cleve: Dr Kada Cowell: Dr Lawton Kimba: Dr Makada Elliston: Dr Sorensen	08 Cleve: Dr Makada Dr Kada Cowell: Dr Lawton Kimba: No clinic	09 Cleve: Dr Kada Cowell: Dr Lawton Kimba: Dr Makada
12 Cleve: Dr Kada Cowell: Dr Lawton Kimba: TBC Elliston: Dr Sorensen	13 Cleve: Dr Kada Cowell: Dr Lawton Kimba: TBC Elliston: Dr Sorensen	14 Cleve: Dr Kada Cowell: Dr Lawton Kimba: TBC Elliston: Dr Sorensen	15 Cleve: Dr Kada Cowell: Dr Lawton Kimba: TBC	16 Cleve: Dr Lawton Dr Kada Cowell: No clinic Kimba: TBC
19 Cleve: Dr McManus Dr Viki Cowell: Dr Dumbrell Kimba: Dr Olutayo Elliston: Dr Sorensen	20 Cleve: Dr McManus Dr Viki Cowell: Dr Dumbrell Kimba: Dr Olutayo Elliston: Dr Sorensen	21 Cleve: Dr McManus Dr Viki Cowell: Dr Dumbrell Kimba: Dr Olutayo Elliston: Dr Sorensen	22 Cleve: Dr McManus Dr Viki Cowell: Dr Dumbrell Kimba: Dr Olutayo	23 Cleve: Dr McManus Dr Viki Cowell: Dr Dumbrell Kimba: Dr Olutayo
26 Public holiday	27 Cleve: TBC Cowell: TBC Kimba: Dr Viki Elliston: TBC	28 Cleve: TBC Cowell: TBC Kimba: Dr Viki Elliston: TBC	29 Cleve: TBC Cowell: TBC Kimba: Dr Viki	30 Cleve: TBC Cowell: TBC Kimba: Dr Viki



**MENTAL HEALTH
FIRST AID®**
Australia

Standard Mental Health First Aid

The Standard Mental Health First Aid course teaches participants how to provide initial support to another adult who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems in adults, how to recognise and respond to an emerging or worsening mental health problem and the treatments and supports available.



Intervene early

Recognise the warning signs of mental health problems in other adults.



Offer support

Learn the skills to speak openly and accurately about mental health.



Respond in a crisis

Respond across a range of crisis situations where an adult may be at risk of harm.



Reduce stigma

Reduce stigma and increase support for adults experiencing and living with mental health problems.

What you'll learn

Learn how to apply mental health first aid to adults across a range of common mental health problems and crisis situations, including:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non suicidal self-injury
- Traumatic events

Why attend a Standard Mental Health First Aid training course?



Improve knowledge

Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.



Improve confidence

Course participants report improved confidence in providing first aid to individuals.

Become an MHFAider

Adults who complete the course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

Complete a short assessment at the end of the course to become an Accredited Mental Health First Aider (MHFAider). Accreditations are valid for 3 years.

**Anyone can have a conversation that may save a life.
Everyone should know how.**