

Northern Eyre Health Care HEALTHCARE NEWSLETTER

MONTHLY NEWSLETTER

SEPTEMBER 2025

Meet Cleve based clinical psychologist: Dr Amanda Rogers

What is your experience? I am a Clinical Psychologist with 19 years' experience. I have worked in WA Government – Child and Adolescent Mental Health (CAMHS), Juvenile Justice, and Disability Services. I engaged in University-based teaching and tutoring in Perth and Norway while I undertook my PhD.

Where are you from and where are you now? I was born at Cleve Hospital (sixth generation in the region), left to finish school, lived around Australia and the world, and returned with my family 35 years later. I started SHEOAK Clinical Psychology in Cleve 4 years ago.

Which areas do you cover? I see clients from the whole Eyre Peninsula. I offer telehealth, but some clients travel significant distances for face-to-face services – as far as Quorn, Port Lincoln, Elliston.

What do you enjoy most about Eyre Peninsula - its places and activities?

There are amazing spots to walk, kayak, camp, swim and surf, but I just love I can walk everywhere in town, and it's safe for our children to run free like it's the 1960's. I try to walk twice a day to see the sunrise and the sunset. It helps ground me before work and decompress before home. It's quick, simple, routine, and free.

What drew you to your field?

The combination of the scientific rigour of the discipline, and the deeply interpersonal nature of the work. I love the constant tension of sitting with a client as a normal human but also being a highly trained clinician juggling multiple theories,

formulations, evidence-based interventions and practice frameworks. The combination is essential and has taken years of training and experience to master.

What kind of variety do you get?

Working in a remote location has forced me to be a specialist generalist, as there are few other options. I work with the whole spectrum – schizophrenia, post-natal depression, chronic pain, social phobia, obsessive compulsive disorder, anxiety and depression, complex trauma, and grief. I am always expanding my knowledge areas – reading literature, undertaking training and seeking professional supervision. Running my practice is a constant juggle of clinical work, admin duties, accounting, legal processes, IT, business development and political advocacy. My years in government gave me a solid foundation in processes to ensure I can deliver a safe and sustainable service.

What is the most challenging part of your role? Being a sole practitioner in a remote area, rather than working in a multi-disciplinary team in the city. Initially, I missed my old team, but over time I have developed good professional networks that ensure I can seek support while maintaining confidentiality and privacy for my clients.

What is the most rewarding part?

Seeing people get better – improved sleep, self-esteem and energy, less worry, weight on their shoulders, better boundaries, feeling like a better parent, being more assertive, carrying less shame, etc. It's sad to farewell a client, but I feel proud and happy when they can face the world again.



Contact Amanda at SHEOAK Clinical Psychology (Cleve), on amanda@sheoak.com.au or phone 0455 214 648.

What makes you passionate about rural residents' wellbeing?

Country people are resilient, but they can put up with too much suffering. Having a safe, confidential, private, professional and non-judgemental space to talk is very important in country areas where the different areas of our lives can overlap.

What's your best advice to them?

Feed your mind, body and soul a balanced diet. Let yourself sleep, play, learn, exercise, eat well, breathe deeply, rest, talk, laugh, think, accept, stop, feel...if this doesn't work, talk to your GP or seek professional help.



This monthly newsletter is presented by the Northern Eyre Peninsula Health Alliance, including the District Councils of Streaky Bay, Elliston, Wudinna, Kimba, Cleve, and Franklin Harbour.

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Northern Eyre Health Care

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News in primary healthcare

INAUGURAL EVENT FOR NEW GRADUATES IN ALLIED HEALTH

The Rural Doctors Workforce Agency will launch a new event showcasing allied health careers for new graduates, on Sunday 2 November 2025 in Adelaide.

SpringBoard2026 allows SA's allied health students, graduating this year and next year, to hear directly from SA's rural allied health employers about employment opportunities, including those available in rural SA.

If you employ new graduates in private or not-for-profit primary health care services, apply now to showcase your offering and help promote rural health careers at SpringBoard2026.

RDWA offers support to employers taking part through grants to help cover costs to prepare for and attend the event.

☎ 08 8234 8277

✉ SpringBoard@ruraldoc.com.au

🌐 ruraldoc.com.au/springboard2026

NEW VISITING HEALTH CARE PROVIDERS

Cleve Massage and Wellness Collective continues to expand its diverse list of resident and visiting allied health services. New providers include NSW-based Osteopath Alex Cronin, and Port Lincoln counselling service, Zanti.

Streaky Bay Community Hub (the former dragon boat club) now hosts Boston Bay Family Dental, and Eyre Chiropractic and Podiatry, each month.

Cowell-based naturopath, Ebony Burns of Efflorescent Herbs, is back from maternity leave and delivering regular services (Mon-Thurs). Services delivered via telehealth so you can check in from anywhere.

Healthcare providers visiting the Cleve, Cowell, Elliston, Kimba, Streaky Bay and Wudinna areas are invited to share their service information in this newsletter – contact the Northern Eyre Health Care project team.

☎ 0409 946 349

✉ health.northerneyrehc@sa.gov.au

🌐 yoursay.sa.gov.au/northern-eyre-health-care



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)	30 Sept 28 Oct			28 Sept		28, 29 Sept
Chiropractor (Eyre Chiropractic & Podiatry)		11, 25 Sept 9, 23 Oct	8, 22 Sept 6, 20 Oct		9, 23 Sept 7, 21 Oct	
Counselling (Cari Schuster)	2 Sept 7 Oct					
Counselling (Zanti)	15 Sept 27 Oct					
Dentist (Boston Bay Family Dental)						1-3 Sept, 29 Sept - 3 Oct
Optometrist (Eyre Eye Centre)				10 Sept	1 Oct	15 Sept
Optometrist (Gulf & Ranges)	12 Nov		11 Nov			
Osteopathy (Dr Alex Cronin)	12, 13 Sept 19, 20 Sept					15, 16 Sept
Paediatrician (Dr Ashlee McCarthy)	2 Sept					
Physio (JLP Physiotherapy)	1, 8, 15, 22, 29 Sept					
Podiatrist (Eyre Chiropractic & Podiatry)		25, 26 Sept 23, 24 Oct	24 Sept 22 Oct			
Podiatrist (Your Local Podiatrist EP)	9 Sept 21 Oct					
Skin checks (Rural Skin Cancer Service)	9, 28 Sept	24 Sept 28 Oct	10 Sept			

Northern Eyre Health Care

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Visiting provider contacts

ALLIED HEALTH

DR ALEX CRONIN (osteopathy)
🌐 alexcroninosteopathy.au4@cliniko.com
🌐 cliniko.com/bookings

BLOOM HEARING (audiology)
Audiology – visits full for 2025
📞 (08) 8682 6966
🌐 bloomhearing.com.au

EFFLORESCENT HERBALS (naturopathy)
✉ efflorescentherbals@gmail.com
🌐 efflorescentherbals.com.au

EYRE CHIROPRACTIC & PODIATRY
📞 0437 442 278 or 8644 2210
🌐 eyrecpp.com

EYRE EYE CENTRE (optometry)
📞 8682 4566 or 8645 7399
✉ reception@eyreeyecentre.com.au
🌐 eyreeyecentre.com.au

GULF & RANGES OPTOMETRISTS
📞 8642 2766
✉ reception@gulfandranges.com.au
🌐 gulfandranges.com.au

JLP PHYSIOTHERAPY
📞 0426 018 399
✉ info@jlpphysiotherapy.com
🌐 jlpphysiotherapy.com

MATTER OF MERIDIANS (acupuncture and holistic healing)
📞 0488 763 289
✉ matterofmeridians@gmail.com
🌐 matterofmeridians.com.au

PORT LINCOLN CHIRO (chiropractor)
📞 8683 0899
✉ portlincolnchiro1@gmail.com
🌐 portlincolnchiro.com.au

ALLIED HEALTH cont.

YOUR LOCAL PODIATRIST EP
📞 0456 923 295
✉ your.localpodiatrist@outlook.com.au
🌐 yourlocalpodiatristep.com

DENTAL HEALTH

BOSTON BAY FAMILY DENTAL
Children's and adults dental care
📞 08 7609 1152
✉ info@bostonbayfamilydental.com.au
🌐 bostonbayfamilydental.com.au

MENTAL HEALTH

CARI SCHUSTER
Holistic counselling
📞 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

GPS & SPECIALISTS

Book via Mid Eyre Medical Clinics
– see contact details on page 2.

DR ASHLEE MCCARTHY (paediatrician)

DR JOY O'HAZY (women's health)

RURAL SKIN CANCER SERVICE
(skin checks, biopsies)
🌐 ruralskin.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, there are innovative teams delivering care to these diverse locations and communities – Fly2Health is just one such company.

Fly2Health

Fly2Health specialise in flying in allied health and mental health services to more than 100 regional and remote communities, including Ceduna, Port Augusta, Port Lincoln, Whyalla, Koonibba and Roxby Downs.

The SA based Fly2Health team of Speech Pathologists, Occupational Therapists and Psychologists are available for:

- In-person on-going therapy (fortnightly)
- In-person specialised assessments and reporting (incl. functional capacity)
- Telehealth if preferred by the individual

Self referrals are welcome.

☎ 1300 163 665

✉ hello@fly2health.com.au

🌐 fly2health.com.au



Meet Fly2Health line pilot Ahmad Mirzaie



Years as a pilot: 2 years

What is a typical fly out day like in your role?

I am a pilot first - a typical day starts at 5am, checking our destinations' weather and conditions, at the airport by 6:20am and on the runway taking off by 7am - most flights are 90 mins. During 9am - 4pm we are in the community and I'm an operations manager. At the end of the day, I'm a pilot again, heading back to the airport.

What is the most challenging part of your role?

Removing frost from the windscreens in a cold early winter morning.

What makes you passionate about it?

Fly2Health is doing its absolute best in breaking down the barriers to allied health across Australia, making sure no matter how remote a community is, they can access the health services they deserve.

Where are you from and where are you based now? Originally from SA and now working out of Parafield, where I did all my training, is great.

Which geographical areas do you cover? At the moment, the SA team covers Whyalla, Port Lincoln, Port Augusta, Ceduna, Renmark, Mount Gambier, Naracoorte and even across the border to Broken Hill in NSW, Horsham, Mildura and Swan Hill in VIC.

What do you enjoy most about Eyre Peninsula?

I enjoy it for its beaches and fishing - such a great place to be in and fly around.

NORTHERN EYRE HEALTH CARE

Project Update

September 2025



Successful public consultation informs new healthcare delivery model

The Northern Eyre Health Care project thanks Cleve, Elliston, Franklin Harbour, Kimba, Streaky Bay and Wudinna communities for strong engagement in the consultation held during January–April, via face to face meetings, written submissions and 413 survey responses. Consultation findings are now informing a new model of healthcare delivery which will be trialled and evaluated over 2026–27.

The project will continue to report to the community as the model is developed. Survey results showed while communities are significantly impacted by GP and medical workforce shortages, there are other challenges which need to be considered in improving healthcare outcomes for Northern Eyre Peninsula residents. A summary of findings follows:



Continuity of care emerged as a central concern across the region. Data and comments highlighted the infrequency of service availability, particularly GPs.



Travel and logistics are major barriers to accessing timely and appropriate care. Most people are accessing GPs and nursing in their own town, but are travelling more often, and further, for allied health, mental health and dental care.



Significant challenges around **service access and navigation** were reported. Respondents called for better coordination between services, clearer referral and eligibility information, and improvements to communication of available services.



Dental care was identified as the region's most inaccessible and unaffordable service. Only one of six main towns had a resident dentist (at the time of survey), and instead, most respondents travelled to Port Lincoln or Whyalla for dental care.



Mental health services are seen to be severely under-resourced throughout the region and demand for them is of high concern for communities.



Allied health services were considered inconsistent, unreliable and hard to access. Physiotherapy was the most commonly accessed allied health service (by 37% of respondents). Services seen as most important close to home included physiotherapy (75%), optometry (57%), podiatry (45%), and chiropractor (44%).



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Senior Project Officer
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2025

SEPTEMBER

Locum doctor roster
Mid Eyre Medical – Kimba / Streaky Bay Medical

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

Monday	Tuesday	Wednesday	Thursday	Friday
01 Kimba: Dr Olutayo Streaky Bay: Dr Sewnarain	02 Kimba: Dr Olutayo Streaky Bay: Dr Sewnarain	03 Kimba: Dr Olutayo Streaky Bay: Dr Sewnarain	04 Kimba: Dr Olutayo Streaky Bay: Dr Sewnarain	05 Kimba: Dr Olutayo Streaky Bay: Dr Sewnarain
08 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	09 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	10 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	11 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	12 Kimba: Dr Estrada Streaky Bay: Dr Olutayo
15 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	16 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	17 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	18 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	19 Kimba: Dr Estrada Streaky Bay: Dr Olutayo
22 Kimba: Dr Mukwevho Streaky Bay: Dr Olutayo	23 Kimba: Dr Mukwevho Streaky Bay: Dr Olutayo	24 Kimba: Dr Mukwevho Streaky Bay: Dr Olutayo	25 Kimba: Dr Mukwevho Streaky Bay: Dr Olutayo	26 Kimba: Dr Mukwevho Streaky Bay: Dr Olutayo
29 Kimba: Dr Mukwevho Streaky Bay: Dr Koh	30 Kimba: Dr Mukwevho Streaky Bay: Dr Koh	01 Kimba: Dr Mukwevho Streaky Bay: Dr Koh	02 Kimba: Dr Mukwevho Streaky Bay: Dr Koh	03 Kimba: Dr Mukwevho Streaky Bay: Dr Koh

Returning in October: Dr Koh, Dr Ashby, Dr Estrada, Dr Sewnarain, Dr Inwang, Dr Lawton

2025

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Locum doctor roster
Mid Eyre Medical – Cleve, Cowell, Elliston

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01 Elliston: Dr Maroussem Cowell: Dr Mukwevho Cleve: Dr Sorensen	02 Elliston: Dr Maroussem Cowell: Dr Mukwevho Cleve: Dr Sorensen	03 Elliston: Dr Maroussem Cowell: Dr Mukwevho Cleve: Dr Sorensen	04 Cowell: Dr Mukwevho Cleve: Dr Sorensen Dr Maroussem	05 Cowell: Dr Mukwevho Cleve: Dr Sorensen Dr Maroussem
08 Elliston: Dr Viki Cowell: Dr Lawton Cleve: Dr Sorensen	09 Elliston: Dr Viki Cowell: Dr Lawton Cleve: Dr Sorensen	10 Elliston: Dr Viki Cowell: Dr Lawton Cleve: Dr Sorensen	11 Cowell: Dr Lawton Cleve: Dr Sorensen Dr Viki	12 Cowell: Dr Lawton Cleve: Dr Sorensen Dr Viki
15 Elliston: Dr Rawal Cowell: Dr Lawton Cleve: Dr McManus	16 Elliston: Dr Rawal Cowell: Dr Lawton Cleve: Dr McManus	17 Elliston: Dr Rawal Cowell: Dr Lawton Cleve: Dr McManus	18 Cowell: Dr Lawton Cleve: Dr McManus Dr Rawal	19 Cowell: Dr Lawton Cleve: Dr McManus Dr Rawal
22 Elliston: Dr Rayhan Cowell: Dr Lawton Cleve: Dr Rawal	23 Elliston: Dr Rayhan Cowell: Dr Lawton Cleve: Dr Rawal	24 Elliston: Dr Rayhan Cowell: Dr Lawton Cleve: Dr Rawal	25 Cowell: Dr Lawton Cleve: Dr Rawal Dr Rayhan	26 Cowell: Dr Lawton Cleve: Dr Rawal Dr Rayhan
29 Elliston: Dr McManus Cowell: Dr Inwang Cleve: Dr Lawton	30 Elliston: Dr McManus Cowell: Dr Inwang Cleve: Dr Lawton	01 Elliston: Dr McManus Cowell: Dr Inwang Cleve: Dr Lawton	02 Cowell: Dr Inwang Cleve: Dr Lawton Dr McManus	03 Cowell: Dr Inwang Cleve: Dr Lawton Dr McManus

Returning in October: Dr Lawton, Dr McManus, Dr Viki, Dr Hiley, Dr Olutayo, Dr Inwang, Dr Mukwevho, Dr Sorensen