

Northern Eyre Health Care

HEALTHCARE NEWSLETTER

MONTHLY NEWSLETTER

JUNE 2025



Northern Eyre Peninsula Health Alliance's
Deb Larwood and Dean Johnson.



A MESSAGE FROM YOUR COUNCILS

The Northern Eyre Peninsula Health Alliance, including the District Councils of Streaky Bay, Elliston, Wudinna, Kimba, Cleve, and Franklin Harbour, present this monthly round-up of healthcare services for the region – an outcome of the Northern Eyre Health Care project, currently running until 2027.



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Our region's GP clinics

MID EYRE MEDICAL PRACTICE – multiple locations

COWELL · South Terrace, Cowell, 8629 3035, Mon-Fri, 9am-5pm

CLEVE · 15 Main Street, 8628 2003, Mon-Fri, 9am-5pm

KIMBA · 34-36 Park Terrace, Kimba, 8627 2664, Mon-Fri, 9am-5pm

ELLISTON · 3 Memorial Drive, Elliston, 8687 9110, Mon-Wed, 9am-5pm

WUDINNA MEDICAL PRACTICE

8 Richards Avenue, Wudinna, 8680 2005, Mon-Fri, 9am-5pm, closed 1-2pm

STREAKY BAY & DISTRICTS MEDICAL PRACTICE

1 William Crescent, Streaky Bay. 08 8626 1072, Mon-Fri, 9am-5pm

LOCK HEALTH & WELFARE CENTRE

17 North Terrace, Lock, 8689 1006, Mon-Fri, 9am-5pm.

GP service Tuesday only, 9am – 1.30pm.

Website: yoursay.sa.gov.au/northern-eyre-health-care

Email: health.northerneyrehc@sa.gov.au

Phone: 0481 464 525



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Visiting healthcare services

MID EYRE MEDICAL PRACTICE – multiple locations

Call Mid Eyre Medical Cleve on 8628 2004 for details and bookings.

Rural Skin Cancer Service • Cowell 4 June, Cleve 10 June, Kimba 18 June.

Dr Joy O’Hazy (women’s GP) • Cowell 11 June, Kimba 12 June, Cleve 26 June.

Paediatrician • Cleve 12 June.



ALIGN HEALTH CENTRE – multiple locations

Call Align Health Centre on 0437 442 278, 8644 2210, or visit eyrecpp.com

Chiropractor

Kimba • 1, 16, 30 June, 14, 28 July.

Wudinna (AM) / Streaky Bay (PM)
3, 17 June, 1, 15, 29 July

Cowell • 5, 19 June, 3, 17, 31 July

Podiatrist

Kimba • 4 June, 2 July

Cowell • 5, 6 June, 3, 4 July

CLEVE MASSAGE & WELLNESS COLLECTIVE

Port Lincoln Chiro • 17 June.
Book by calling: 8683 0899.

Matters of Meridians Chinese Medicine and Acupuncture •

24 June. Book online at:
www.mattersofmeridians.com.au

Cari Schuster Holistic Counsellor •
3 June. Ph: 0428 282 503.

Your Local Podiatrist EP • 17 June.
Ph: 0426 923 295 or visit
www.yourlocalpodiatristep.com

JLP Physiotherapy • Mondays
(excluding 9 June public holiday).
Ph: 0426 018 399

EYRE EYE CENTRE – multiple locations

Call Port Lincoln on 8682 4566 or
Ceduna on 8682 3511.

Optometrist clinics

Elliston • 5 June

Streaky Bay • 28 July



Website: yoursay.sa.gov.au/northern-eyre-health-care

Email: health.northerneyrehc@sa.gov.au

Phone: 0481 464 525



Northern Eyre Health Care

SERVICE
spotlight

Aged care services available to all Australians

This month the spotlight is on the services to help us as we get older and need different supports, and often we need help to navigate accessing them. There are a range of information services and supports available to Australians – regardless of where you live.

My Aged Care – where your journey starts

Accessing government-funded aged care support in Australia starts with the umbrella organisation, My Aged Care.

Through My Aged Care, you can then access aged care supports such as:

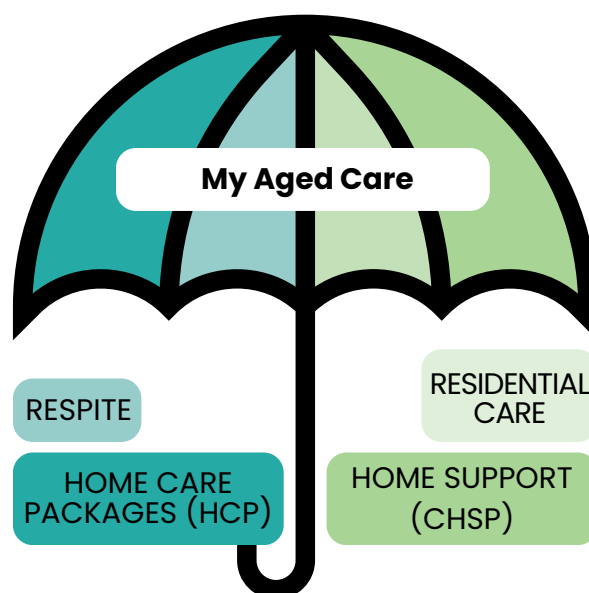
- The Commonwealth Home Support Program for low-level support at home,
- Home Care packages delivered in the home and community,
- Residential aged care (living in an aged care facility), and
- Respite services.

How to access My Aged Care:

Apply for an assessment to find out if you are eligible for government-funded aged care services.

Call 1800 200 422 or apply online at www.myagedcare.gov.au/assessment/apply-online

Staff in all Services Australia service centres can help with general information about My Aged Care services, and help you use the My Aged Care website and upload your documents, as well as connect you with specialised assistance.



When should I register for My Aged Care?

If you are over 65 years of age* and:

- need help with everyday tasks
- have noticed a change in what you can do or remember
- have been diagnosed with a medical condition or reduced mobility
- have experienced a change in family care arrangements, or
- had a recent fall or hospital admission.

*The eligible age for Aboriginal and Torres Strait Islander people is 50 years and over.

Northern Eyre Health Care

SERVICE
spotlight

Navigation services and sourcing equipment

Care Finder

Many older Australians face barriers to accessing aged care and health services – especially those who struggle with using online and digital platforms (or don't want to), who have illness or cognitive decline, who don't have help from family or friends, have language or cultural barriers, or are at risk of homelessness.

The Care finder program helps people:

- navigate the aged care and health system
- make referrals and applications
- attend assessments/appointments
- connect to supports and programs
- access ongoing, face to face support

Within Eyre Peninsula, the organisation contracted to deliver the Care Finder Program is Country & Outback Health. To connect with Care Finder, phone 8644 4900, or complete an online form at cobh.com.au/care-finder

Care finder is a free service, thanks to funding from Country SA Primary Health Network (PHN).



Equipment Program

(Department Human Services SA)

Funds eligible South Australians for equipment like:

- mobility aids (walkers, frames, sticks)
- seating and pressure management (pressure cushions, postural support)
- adjustable beds, rails, over-bed tables
- bathroom (shower chairs, commodes)
- transfer aids (hoists and slings)
- scooters and powered wheelchairs
- communication aids



and home modifications like:

- bathroom grab rails, accessible showers, and non-slip flooring
- lowered kitchen benchtops and accessible storage solutions
- ramps, widened doorways, stair modifications
- and safety enhancements like alarm systems and improved lighting

To access this service, ask an occupational therapist (OT) or physiotherapist for an assessment – they can submit a request for you. Once approved, the equipment or modifications are arranged or funded by the program

equipmentprogram.sa.gov.au |
Ph: 1300 130 302

Northern Eyre Health Care

SERVICE
spotlight

Further support services for Aged Care

Red Cross Telecross

Telecross is a 365 day/year check-in service, starting your day with a friendly call from a friendly Red Cross volunteer, to check in on your health and wellbeing, plans for the day, and anything that might concern you.

If you are registered with My Aged Care and may benefit from an extra layer of social interaction, this service is for you.
redcross.org.au/telecross | Ph: 1800 422 737



Aged Rights Advocacy Service (ARAS)

Promoting all older people being valued and respected, ARAS offers a free, confidential service to older people who:

- live in residential aged care or retirement village
- receive or seek to receive Commonwealth Home Support (CHSP) or Home Care Package (HCP) services
- are at risk of, or are experiencing abuse from family or friends

ARAS also offers a Home Care Check-In program, and support from specialist Aboriginal Advocates.

sa.agedrights.asn.au | Ph: 1800 422 737

LiveUp

Healthy ageing advice, tools, and access to assistive technology on the website, or call to speak with a LiveUp navigator who can help you find information you need, local activities and useful products – free, confidential and personalised, 9am–5pm, via phone or online chat.

liveup.org.au | Ph: 1800 951 971

Older Persons Advocacy Network (OPAN)

Free, independent and confidential advocacy and support for older people accessing aged care, including resolving complaints or issues with providers, understanding costs, and protecting yourself from abuse/harm. Phone line available Monday to Friday, 8am to 8pm, Saturdays 10am to 4pm.
opan.org.au | Ph: 1800 700 600

Council of the Ageing SA (COTA SA)

COTA SA is the peak body representing the rights, interests, and futures of more than 700,000 South Australians aged 50+. It offers free membership to ensure that anyone who wants to be a part of COTA SA can join. In addition to its advocacy against ageism, and ensuring the voices of older people are influential, COTA SA offers services, programs, and information to helping all South Australians age well.

cotasa.org.au | Ph: 1800 182 324

Northern Eyre Health Care

SERVICE
spotlight

Culturally appropriate aged care supports

Aboriginal Community Controlled Health Organisations (ACCHOs)

Aboriginal Community Controlled Health Organisations provide comprehensive primary health care, including aged care services.

The following ACCHOs operate close to the Northern Eyre Peninsula region, and care for approximately 5,500 Aboriginal people in a region spanning 1,300 kilometres from Whyalla to the SA/WA border.

Nunyarra Aboriginal Health Service – Whyalla
nunyarra.org.au / 8649 9900

Port Lincoln Aboriginal Health Service
plahs.org.au / 8683 0162

Yadu Health Aboriginal Corporation – Ceduna.
yadu.org.au / 8626 2500

Tullawon Health Service – Yalata
tullawon.org.au / 8625 6255

Oak Valley (Maralinga) Health Service
oakvalley.com.au/healthservice / 8625 2946

My Aged Care – indigenous access line

Whether you need help at home or are to move into an aged care home, My Aged Care can help you to find and access services – including flexible, culturally appropriate care.

This phone service specifically helps Aboriginal and Torres Strait Islanders people access culturally appropriate care.

Phone: 1800 200 422.



Catalyst Foundation

Catalyst Foundation is a not-for-profit organisation which exists to inform and help all older, vulnerable and disabled persons who are at risk of not being able to access information, services and programs.

This includes Aboriginal and Torres Strait Islanders, the Culturally and Linguistically Diverse community, LGBTQIA+, older South Australians, people living with a disability, veterans, and women 45 years and older.

Through its online resources, directories, events and help via phone, Catalyst Foundation wants to help people achieve better opportunities through self-advocacy, services and support to live their lives as they choose.

catalystfoundation.com.au | Ph: 1800 636 368



Catalyst
Foundation

People Helping People

2025

JUNE

Northern Eyre Health Care Locum doctor roster

Streaky Bay . Kimba

Monday	Tuesday	Wednesday	Thursday	Friday
26 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	27 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	28 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	29 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	30 Kimba: Dr Estrada Streaky Bay: Dr Olutayo
02 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	03 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	04 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	05 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	06 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell
09 Public holiday	10 Kimba: Dr Mukwevho Streaky Bay: Dr Said	11 Kimba: Dr Mukwevho Streaky Bay: Dr Said	12 Kimba: Dr Mukwevho Streaky Bay: Dr Said	13 Kimba: Dr Mukwevho Streaky Bay: Dr Said
16 Kimba: Dr Mukwevho Streaky Bay: Dr Kada	17 Kimba: Dr Mukwevho Streaky Bay: Dr Kada	18 Kimba: Dr Mukwevho Streaky Bay: Dr Kada	19 Kimba: Dr Mukwevho Streaky Bay: Dr Kada	20 Kimba: Dr Mukwevho Streaky Bay: Dr Kada
23 Kimba: Dr Lawton Streaky Bay: Dr Lok	24 Kimba: Dr Lawton Streaky Bay: Dr Lok	25 Kimba: Dr Lawton Streaky Bay: Dr Lok	26 Kimba: Dr Lawton Streaky Bay: Dr Lok	27 Kimba: Dr Lawton Streaky Bay: Dr Lok

Returning in July: Dr Lawton, Dr Estrada, Dr Mukwevho, Dr Said

2025

JUNE

Northern Eyre Health Care Locum doctor roster

Cleve • Cowell • Elliston

Monday	Tuesday	Wednesday	Thursday	Friday
26 Elliston: Dr McManus Cowell: Dr Pyone Cleve: Dr Dang	27 Elliston: Dr McManus Cowell: Dr Pyone Cleve: Dr Dang	28 Elliston: Dr McManus Cowell: Dr Pyone Cleve: Dr Dang	29 Cowell: Dr Pyone Cleve: Dr McManus Dr Dang	30 Cowell: Dr Pyone Cleve: Dr McManus Dr Dang
02 Elliston: Dr Inwang Cowell: Dr Kada Cleve: Dr McManus	03 Elliston: Dr Inwang Cowell: Dr Kada Cleve: Dr McManus	04 Elliston: Dr Inwang Cowell: Dr Kada Cleve: Dr McManus	05 Cowell: Dr Kada Cleve: Dr Inwang Dr McManus	06 Cowell: Dr Kada Cleve: Dr Inwang Dr McManus
09 Public holiday	10 Elliston: Dr Inwang Cowell: Dr Kada Cleve: Dr Maroussem	11 Elliston: Dr Inwang Cowell: Dr Kada Cleve: Dr Maroussem	12 Cowell: Dr Kada Cleve: Dr Inwang Dr Maroussem	13 Cowell: Dr Kada Cleve: Dr Inwang Dr Maroussem
16 Elliston: Dr Maroussem Cowell: Dr Lawton Cleve: Dr Sorensen	17 Elliston: Dr Maroussem Cowell: Dr Lawton Cleve: Dr Sorensen	18 Elliston: Dr Maroussem Cowell: Dr Lawton Cleve: Dr Sorensen	19 Cowell: Dr Lawton Cleve: Dr Maroussem, Dr Sorensen	20 Cowell: Dr Lawton Cleve: Dr Maroussem, Dr Sorensen
23 Elliston: Dr McManus Cowell: Dr Kada Cleve: Dr Dang	24 Elliston: Dr McManus Cowell: Dr Kada Cleve: Dr Dang	25 Elliston: Dr McManus Cowell: Dr Kada Cleve: Dr Dang	26 Cowell: Dr Kada Cleve: Dr McManus, Dr Dang	27 Cowell: Dr Kada Cleve: Dr McManus, Dr Dang

Returning in July: Dr McManus, Dr Lawton, Dr Jaravaza, Dr Maroussem, Dr Dang, Dr Kada, Dr Viki