

Northern Eyre Health Care HEALTHCARE SERVICES



MONTHLY NEWSLETTER

DECEMBER 2025

Meet Streaky Bay's new GP, Doctor Ernest Wong



"Improving your health is a marathon, not a sprint - I'm here for the long run." **Dr Ernest Wong**

Clinic: Streaky Bay Medical Clinic

Years in the region: More than two years, focused on building a sustainable, long-term skin service for Streaky Bay and western Eyre Peninsula.

Years practising as a GP (training pedigree):

3+ years as a GP, 8+ years as a doctor.

- Cardiff Medical School (UK)
- Royal Free London NHS Foundation Trust - Emergency Medicine, Obstetrics and Gynaecology, Paediatrics and Child Health, Ear Nose and Throat; Sexual and Reproductive Health and Occupational Medicine (King's College

Hospital); Primary Care Dermatology Fellowship - South Lakes Dermatology, Lake District, UK

Specialties/interests:

Dermatology and skin cancer (dermoscopy, early detection, local treatment), conservative aesthetics (botox and fillers when appropriate), and Lifestyle Medicine to treat root causes of disease. Skin cancer, plus metabolic syndrome, mental health (especially men's wellbeing), and menopause - often intertwined with lifestyle and stress.

What do you enjoy most about the region?

The community's grit and warmth, and the privilege of delivering specialist skin care close to home, with a view to the long term.

Favourite local reset:

A sunrise swim or quiet time by the water - sun-safe, early or late.

Why did you become a GP?

My own GP was there when I needed him; I want to be that steady presence for my patients.

Philosophy/approach to care:

Calm, thorough, evidence-based. Diagnose and treat locally whenever safe; address root causes, not just symptoms.

I'm committed to lifelong learning and I collaborate early when a second opinion or larger operation is needed.

What makes a great rural GP?

Courage. To make timely calls, keep services local, and advocate for the community. Continuous learning - staying current on weight-management (e.g., GLP-1 therapies), ADHD care, and context-appropriate skills for our coastal setting.

How do you promote prevention?

By being part of the community, so that advice fits real life - work, weather, family and fishing - and by using lifestyle medicine to build habits that last (not treating people like numbers on a spreadsheet). Also by working with other services on team-based care: chronic disease care plans with allied health, mental-health care plans for psychology support, collaboration with nurses, pathology, and tele-dermatology /dermatology colleagues, and clear referral pathways to tertiary and non-GP specialists.

I listen and learn from community leaders to ensure care is coordinated and locally relevant.

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

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Wudinna family day care educator Annette Hutt recognised for decades of care

Annette Hutt says she "fell into" her role as a Family Day Care educator.

Thirty years later, she's still in the position and says it's a "privilege to spend time with these amazing little humans."



Wudinna family day care educator Annette Hutt.

Her dedication to caring for children in her community has been formally recognised, with Mrs Hutt winning the national 2025 Family Day Care Educator of the Year Award at a gala dinner in Melbourne in October, hosted by Family Day Care Australia

The award caps a big year for the Department for Education Family Day Care program which is celebrating 50 years of operating in South Australia this year.

Mrs Hutt works in the farming hub of Wudinna, a town of around 500 in the heart of Eyre Peninsula's wheat country. Three decades ago, a family member asked if she would consider looking after their young child so they could

return to work.

Little did Mrs Hutt know at the time this would kickstart a life-long vocation.

"I was a stay-at-home mum and I thought, 'yeah, I could do that'," Mrs Hutt says.

"And then they suggested that perhaps I could become a Family Day Care educator ... and the rest is history."

Mrs Hutt says she has looked after "hundreds" of children in Wudinna and surrounds, and that she regularly meets people she cared for who are adults now with children of their own. She says Family Day Care was particularly important in smaller communities where access to other forms of childcare could be limited.

"It enables parents that need to,

have to, or want to, go to work to know that they have somewhere safe for their children, where they'll be in a small group and be well looked after," Mrs Hutt says.

"It's like an extension of their own family, really."

And for this life-long and experienced educator, who has obtained a Diploma of Children's Services, every day at work is filled with joy.

"You form a special bond with the children, and also with their families," Mrs Hutt says.

"The children are always growing and learning and it's so rewarding to be a part of their journey. It's a privilege to spend time with these amazing little humans."

Story courtesy of We Are SA.

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Half a century of care - Family Day Care in SA



Family day care began in SA in 1975 and was - uniquely in Australia - solely administrated by the South Australian Government.

Today, South Australia's Department for Education is the largest approved provider of family day care, overseeing more than 240 registered educators across metropolitan, regional and remote communities, providing care to around 2200 children.

Nation-wide, the Family Day Care sector now forms one of Australia's largest networks of women in small business. Family day care is currently one of the most flexible early childhood education and care options available to families in South Australia, with care options covering all hours – including before and after school, school holidays and even weekends. "All our educators have prior experience in early childhood education and have a Certificate III in Early Childhood Education and Care, as a minimum," says Paula Pittam, Director of Family Day Care

Programs in Preschools and Early Childhood Services at the Department for Education. Nation-wide the Family Day Care sector now forms one of Australia's largest networks of women in small business. Family day care is currently one of the most flexible early childhood education and care options available to families in South Australia, with care options covering all hours – including before and after school, school holidays and even weekends. "All our educators have prior experience in early childhood education and have a Certificate III in Early Childhood

Education and Care, as a minimum," says Paula Pittam who is the Director of Family Day Care Programs in Preschools and Early Childhood Services at the Department for Education. "We also undertake a thorough recruitment process with new educators, ensuring each home environment is safe and suitable for family day care, and that the educator has the right skillset." She says the small groups allowed educators to form bonds with the children in their care. "Educators are able to design learning to fit with the individual needs of each child," Mrs Pittam says.

Looking for meaningful, flexible work you can do from home?

Family day care (FDC) offers quality childcare with flexibility, which can be an excellent option for both families and qualified educators in rural and remote communities in South Australia.

Family day care educators manage their own home-based early childhood service, with ongoing support from our friendly FDC team within the Department for Education.

If you're setting up a family day care service in a rural or remote location, you may be eligible for up to \$10,000 of financial support to help you save on establishment and set up costs.

For more information visit education.sa.gov.au/family-day-care

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Health and wellbeing news

APPLY NOW FOR A SCHOLARSHIP TO PURSUE OR ADVANCE YOUR CAREER IN RURAL HEALTH

Applications are now open for a new round of an increasingly-popular scholarship program for regional health workforce.

The Regional Health Scholarship Program, offered by SA Health's Rural Support Service, aims to improve capacity and quality of health professionals who provide outreach services in rural and remote areas, and improve health outcomes for rural residents. The 2025 program saw an incredible increase in interest with applications almost doubling from 80 in 2024 to 153 this year.

The scholarships support regional South Australians to pursue or advance careers in health, with financial assistance for one academic year, while studying at a university, TAFE or registered training organisation.

Scholarship categories:

- Regional bonding
- Regional Aboriginal and Torres Strait Islander Student
- Regional Aboriginal and Torres Strait Islander Employee
- Regional School Leaver
- Professor Margaret Tobin Scholarship
- Student Placement Grant

Applications close midnight, 9 March 2026. For more detail visit bit.ly/regscholarship25

FREE, CONFIDENTIAL COUNSELLING SERVICE FOR EYRE PENINSULA COMMUNITIES

Eyre Peninsula based counsellor Colleen Lynch is working with Mind Australia to support people across Eyre Peninsula who have been impacted by drought and other natural events, including the recent algal bloom affecting the region's coastal areas.



"My role is to offer free, confidential counselling and wellbeing support to farmers, families, and anyone in the community who's feeling the effects of these challenges," Colleen said.

"Whether it's a chat over coffee, a visit to your town, or a friendly conversation on the phone — I'm here to listen and help!"

Colleen is one of Mind Australia's many trained and experienced counsellors and community mental health practitioners engaged under the Drought Mental Health Support program, funded by the Government of South Australia.

Mind Australia Counsellor Colleen Lynch:

☎ 0457 139 063

✉ cjlynch@mindaustralia.org.au

🌐 mindaustralia.org.au/news/mind-supporting-people-impacted-drought-south-australia

HAVE YOUR SAY ON STATE ACTION PLAN FOR SUICIDE PREVENTION

Have your say on the Department Health and Wellbeing's Suicide Prevention Action Plan 2026-2029 - Connection Compassion, Hope and Care. Suicide has a devastating effect on communities, and health services play a significant role in responding to people who experience suicide and self-harm related distress.

This consultation ensures persons with lived and living experience of suicide, their support persons, anyone who has been affected by suicide, staff, and



the broader community have input to the plan. You can read the plan and provide feedback by 5pm, 9 December 2025 at: bit.ly/spap2026-29consult

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Staying healthy in the heat

Everyone is at risk of heat-related illness during hot weather/heatwaves, and some more than others, including babies and children, pregnant people, older people (especially those living alone), people with chronic illnesses (renal, cardiovascular, diabetes and mental illness), people with mobility issues, and on regular medication.

SA Health tips for staying healthy in the heat:

- Check fans and air-conditioners are working, and filters, pads, and air vents are clean.
- Check weather forecasts so you know when hot weather is coming.
- Drink plenty of water and take water when you go out. Avoid alcohol as it can lead to dehydration.
- Avoid going out in the heat.
- Keep curtains, blinds, and windows closed during the day to keep your home cool.
- Cool off with a cold shower or bath.
- Never leave children or pets in a parked car.
- Avoid taking babies or young children out in the hottest part of the day.
- If you exercise outside, do it early in the day or late in the evening when the temperature is cooler and try to stay in the shade.
- Wear a hat, light-coloured, loose-fitting clothing when outside. If UV is 3 or above, also wear sunglasses and plenty of SPF50+ sunscreen.

Sometimes there are unplanned power outages during hot weather or heatwaves. For information about emergency management and power outages at: bit.ly/sahealthpoweroutage

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.

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Visiting healthcare services

Service	Cleve	Cowell	Kimba	Elliston	Wudinna	Streaky Bay
Acupuncture (Matter of Meridians)						
Chiropractor (Eyre Chiropractic & Podiatry)		4, 18 Dec, 1, 15, 29 Jan	15, 29 Dec, 12, 26 Jan		2, 16, 30 Dec 13, 27 Jan	2, 16, 30 Dec 13, 27 Jan
Chiropractor (Port Lincoln Chiro)	2 Dec (monthly)					
Counselling (Zanti)	14 Nov (monthly)					
Dentist (Boston Bay Family Dental)						8-12 Dec, 19-23 Jan
Optometrist (Eyre Eye Centre)						8 Dec.
Optometrist (Gulf & Ranges)						
Osteopathy (Dr Alex Cronin)	12, 13 Dec					
Physio (JLP Physiotherapy)	Mondays - n/a 29 Dec					
Physio (Zac Ghabrial)				Mondays; Lock alt Tues		
Podiatrist (Eyre Chiropractic & Podiatry)		4, 5 Dec, 9, 15, 16 Jan	14 Jan.			
Podiatrist (Your Local Podiatrist EP)	16 Dec.					
Psychology (SHEOAK Clinical Psychology)		Via telehealth				
Skin checks (Rural Skin Cancer Service)	3 Dec.				9 Dec.	

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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

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

2025

DECEMBER

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

Monday	Tuesday	Wednesday	Thursday	Friday
01 Cleve: Dr Chiureki Cowell: Dr Lawton Elliston: Dr Le Leivre Kimba: Dr Mukwevho	02 Cleve: Dr Chiureki Cowell: Dr Lawton Elliston: Dr Le Leivre Kimba: Dr Mukwevho	03 Cleve: Dr Chiureki Cowell: Dr Lawton Elliston: Dr Le Leivre Kimba: Dr Mukwevho	04 Cleve: Dr Chiureki Cowell: Dr Lawton Kimba: Dr Mukwevho	05 Cleve: Dr Chiureki Cowell: Dr Lawton Kimba: Dr Mukwevho
08 Cleve: Dr McManus Cowell: Dr Lawton Elliston: Dr Maroussem Kimba: Dr Mukwevho	09 Cleve: Dr McManus Cowell: Dr Lawton Elliston: Dr Maroussem Kimba: Dr Mukwevho	10 Cleve: Dr McManus Cowell: Dr Lawton Elliston: Dr Maroussem Kimba: Dr Mukwevho	11 Cleve: Dr McManus Dr Maroussem Cowell: Dr Lawton Kimba: Dr Mukwevho	12 Cleve: Dr McManus Dr Maroussem Cowell: Dr Lawton Kimba: Dr Mukwevho
15 Cleve: Dr Dumbrell Cowell: Dr Kada Elliston: Dr Lawton Kimba: Dr Mukwevho	16 Cleve: Dr Dumbrell Cowell: Dr Kada Elliston: Dr Lawton Kimba: Dr Mukwevho	17 Cleve: Dr Dumbrell Cowell: Dr Kada Elliston: Dr Lawton Kimba: Dr Mukwevho	18 Cleve: Dr Dumbrell Dr Lawton Cowell: Dr Kada Kimba: Dr Mukwevho	19 Cleve: Dr Dumbrell Dr Lawton Cowell: Dr Kada Kimba: Dr Mukwevho
22 Cleve: Dr Lawton Cowell: TBA Elliston: Dr Kada Kimba: TBC	23 Cleve: Dr Lawton Cowell: TBA Elliston: Dr Kada Kimba: TBC	24 Cleve: Dr Lawton Cowell: TBA Elliston: Dr Kada Kimba: TBC	25 Cleve: Dr Lawton Cowell: TBA Kimba: No clinic	26 Cleve: Dr Lawton Cowell: TBA Kimba: No clinic
29 Cleve: Dr Lawton Cowell: TBA Elliston: Dr Kada Kimba: No clinic	30 Cleve: Dr Lawton Cowell: No clinic Elliston: Dr Kada Kimba: TBC	31 Cleve: Dr Lawton Dr Kada Cowell: TBA Kimba: No clinic	01 Cleve: Dr Lawton Cowell: No clinic Kimba: No clinic	02 Cleve: Dr Lawton Cowell: Dr Kada Kimba: TBC

Are you an early childhood educator?

Start your own Family Day Care and work from home

express your interest



Set your own hours, shape your own learning program and earn a steady income, all from your own home.

Learn more or apply today education.sa.gov.au/regional-fdc



Government of South Australia
Department for Education