

Northern Eyre Health Care

HEALTHCARE NEWSLETTER

MONTHLY NEWSLETTER

JULY 2025

Meet your GP: Dr Claire Rowe

Where do you see patients: Lock Community Health and Welfare Centre

Years practising: 22, and 21 in the region

Most common concerns you see: Chronic diseases/ageing issues

What do you enjoy most about the region? Everyone knows everyone

Favourite leisure activity? Walking while listening to audiobooks

Specialties/interests: Listening/talking, and running late...

What inspired you to become a GP? TV shows like "A Country Practice" and "Flying Doctors"

What is your philosophy in patient care? Respect

What makes a great rural GP? Knowing when to ask for help

How do you work with other professionals and services? Try to use allied health as often as possible. Try to stay abreast of services offered – a constant challenge.

What other services do you recommend to complement a GP's role in healthcare?

Whatever they need. There are great programs and supports available in person and online. We just need to be wise with 'Doctor Google' and ChatGPT... I still think GPs are better!



Dr Rowe visits Lock Health and Welfare Centre on Tuesdays.

How do you promote preventative health care? Enthusiastically. Encouraging personal responsibility and accountability in a patient's health journey.



Our region's GP 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.



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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Visiting healthcare services

MID EYRE MEDICAL PRACTICE – multiple locations

Call Mid Eyre Medical Cleve on 8628 2003 for details and bookings.

Rural Skin Cancer Service •

Cleve 5 August. Cowell 27 August.
Kimba, Elliston TBA.



Dr Thomas Han (paediatrician) •
Cleve 7 August, 27 November.

Dr Joy O'Hazy (women's GP) •
Cleve, Kimba, Cowell TBA.

Bloom Hearing (audiology) •
Cleve 2 July, 6 August, 3 September.

Gulf & Ranges Optometrist •
Cleve 19 August, 11 November.

ALIGN HEALTH CENTRE

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

Chiropractor •

Kimba • 14, 28 July, 11, 25 August.
Wudinna (AM) / Streaky Bay (PM) 1, 15, 29 July, 12, 26 August.
Cowell • 3, 17, 31 July, 14, 28 August.

Podiatrist •

Kimba • 2 July, 20 August.
Cowell • 3, 4 July, 21, 22 August.

CLEVE MASSAGE & WELLNESS COLLECTIVE

Cari Schuster Holistic Counsellor •
1 July, 5 August. Ph: 0428 282 503.

Port Lincoln Chiro • 8 July, 5 August.
Book by calling: 8683 0899.

Your Local Podiatrist EP • 15 July, 12 August. Ph: 0426 923 295 or visit www.yourlocalpodiatristep.com

Matter of Meridians Chinese Medicine and Acupuncture •
22 July, 26 August. Book online at: www.matterofmeridians.com.au

JLP Physiotherapy • Mondays
Ph: 0426 018 399

Zanti Counselling • 25 July, 22 August. Bookings: www.zanti.com.au



EYRE EYE CENTRE – optometrist clinics, multiple locations

Streaky Bay • 28 July
Wudinna • 6 August
Call Eyre Eye Centre Port Lincoln for bookings on 8682 4566.

Cowell • 7 August
Call Eyre Eye Centre Whyalla for bookings on 8645 7399.



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

Email: health.northerneyrehc@sa.gov.au

Phone: 0481 464 525

Dementia Australia

Dementia Australia is the peak body supporting Australians living with dementia, their families and carers. Dementia is an escalating public health concern in Australia, with prevalence rates rising sharply due to the country's ageing population.

National Dementia Hotline

**START
HERE**

This hotline is the entry point for all supports provided by Dementia Australia. It can help if you:

- *live with dementia*
- *know and care for someone with dementia*
- *work with people with dementia*
- *are concerned about your thinking, mood and memory*
- *have mild cognitive impairment*



Emotional support and guidance: free and confidential, available 24/7



Navigate services and programs: connect to services and community support programs



Information and advice: discuss government support, including Carer Gateway, National Disability Insurance Scheme (NDIS) and Dementia Behaviour Management Advisory Service (DBMAS)

Free call 1800 100 500, email helpline@dementia.org.au or live chat at www.dementia.org.au/get-support/national-dementia-hotline

Individual/local support

When speaking with the National Dementia Hotline, you can ask to be connected to Dementia Australia's staff who cover your area.

These Dementia Support Specialist staff offer free support for people of all ages diagnosed with dementia, or assessed with mild cognitive impairment.

Support after diagnosis can help:

- increase your understanding of dementia
- plan support services and networks
- develop strategies to live well
- prepare and plan for changes

www.dementia.org.au/get-support/post-diagnostic-support

Education and connection events

Dementia Australia staff run regular events throughout the year to help people better understand dementia and how to live well with it, often themed on different topics and encouraging people to connect and support each other.

Keep an eye on the website for events on Eyre Peninsula:

www.dementia.org.au/get-involved/events

Northern Eyre Health Care

SERVICE
spotlight

Dementia Australia services continued...

Being dementia friendly

Dementia Australia makes it easy to be more involved and informed in making life better for people with dementia and their community around them. How?

Become a Dementia Friend

By becoming a Dementia Friend, you'll be joining thousands of people like you, collaborating with people living with dementia to make your community more dementia friendly. It's as easy as watching a small series of short videos that give you a better sense of the experience of dementia. Visit: www.dementia.org.au/get-involved/dementia-friendly-communities/become-dementia-friend

Be a Dementia Friendly Organisation

A dementia-friendly organisation a business, local government or community service provider that makes changes to better meet the needs of people living with dementia. Dementia Friendly Organisations are included in our online community directory. The directory helps people living with dementia, their families and carers to choose services that are welcoming and supportive.



Dementia Australia Library

The Dementia Australia Library is the largest publicly accessible dementia library in the world. It gives free access to print and digital resources about dementia and is available to everyone. Call the National Dementia Hotline on 1800 100 500 for information, or visit: www.dementia.org.au/get-support/dementia-australia-library



Free counselling

If you live with dementia, or care for someone who does, it's normal to have strong feelings, good and bad. Dementia Australia offers free, confidential, professional counselling for all stages of a dementia journey.

Counselling can help you to:

- better understand dementia's impacts
- develop strategies to respond to feelings of stress or mixed emotions
- plan for the future, by setting goals and seeking referrals for support.

Counselling can be face-to-face, on the phone or via video conferencing. Start with calling the National Dementia Helpline any time on 1800 100 500.

Northern Eyre Health Care SERVICE *spotlight*

More great resources for living well with dementia

Dementia Support Pharmacist program for rural SA

Whether you're a family member seeking clarity on medications, a healthcare professional looking to enhance patient outcomes or someone living with dementia who wants to better understand your care, this program could help you.

Pharmacists Dee-Anne Hull and Nicola Sander are providing both face-to-face and telehealth appointments throughout rural SA, for comprehensive medication management, personalised support and collaborative care.



This is a free service for anyone with a dementia diagnosis, of any age, funded by Country SA Primary Health Network. Phone: 08 7079 8600 or email: dementiasupportpharmacist@psa.org.au

Hold the Moment podcast



Dementia Australia's Hold the Moment podcast shares uplifting stories from people living with dementia and their loved ones, along with tips and strategies you can use in your life. The hosts are Dementia Australia Ambassador Hamish Macdonald, whose father lived with dementia, and Dementia Advocate Jim Rogers, who lives with younger onset dementia. Listen online or subscribe on your favourite podcast platform. www.dementia.org.au/living-dementia/hold-moment-podcast

BrainTrack mobile app

Are you concerned about changes in your thinking or memory? BrainTrack is a free app by Dementia Australia that helps monitor and understand changes in cognition over time.

Users receive brain health information while playing fun games, and receiving data on their cognition, which can be provided to their GP to initiate a formal cognitive assessment.

Search "braintrack" in Google Play or Apple App Store on your device.



Northern Eyre Health Care

SERVICE
spotlight

NDIS Services offered by Country & Outback Health

Local NDIS supports

Living regionally shouldn't mean missing out on the support you need. Perhaps you are starting your journey with the National Disability Insurance Scheme (NDIS), or you may already have a plan in place. Either way, Country and Outback Health (COBH) has a local team ready to help you get the most out of your funding with friendly, expert support across a range of services.

👣 Podiatry

From foot pain to footwear, podiatrists can help you to keep moving comfortably.

🥗 Dietetics

Offering practical advice and personalised meal plans to support everything from food sensitivities to digestive issues.

🏃 Exercise Physiology

Want to move more, feel stronger, or gain confidence? Exercise physiologists can create fun, achievable plans tailored just for you.

🧠 Mental Health Support

Compassionate support in a safe, confidential environment for you to work on managing emotions, building behaviour support strategies or growing your confidence to follow your daily routine.

📞 Support Coordination

Help to understand your plan, connect with the right providers, and ensure services work for you.

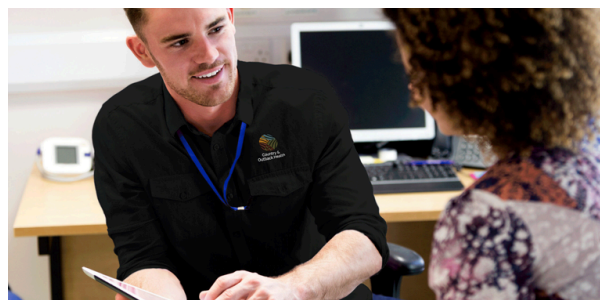
📄 Plan Management

Take the stress out of paperwork. Plan managers handle invoices, keep your budget on track, and give you more time to focus on what matters most.

The best part? COBH is local, knows Eyre Peninsula, and is passionate about helping community members live more independently, confidently, and joyfully. Wherever you are on the Eyre Peninsula, you can reach out today and find out how COBH can help you make the most of your NDIS plan.

Phone: 8644 4900 or visit:

www.cobh.com.au for more information.



Who is Country & Outback Health?

Country & Outback Health is a not-for-profit organisation operating across regional SA including the northern Eyre Peninsula, providing services including mental health, allied health, NDIS, alcohol and other drugs, Aboriginal health, and older persons services. Read more about their services at www.cobh.com.au

2025

JULY

Northern Eyre Health Care Locum doctor roster

Streaky Bay • Kimba

Monday	Tuesday	Wednesday	Thursday	Friday
30 Kimba: Dr Lawton Streaky Bay: Dr Govindasmy	01 Kimba: Dr Lawton Streaky Bay: Dr Govindasmy	02 Kimba: Dr Lawton Streaky Bay: Dr Govindasmy	03 Kimba: Dr Lawton Streaky Bay: Dr Govindasmy	04 Kimba: Dr Lawton Streaky Bay: Dr Govindasmy
07 Kimba: Dr Estrada Streaky Bay: TBA	08 Kimba: Dr Estrada Streaky Bay: TBA	09 Kimba: Dr Estrada Streaky Bay: TBA	10 Kimba: Dr Estrada Streaky Bay: TBA	11 Kimba: Dr Estrada Streaky Bay: TBA
14 Kimba: Dr Mukwevho Streaky Bay: Dr Said	15 Kimba: Dr Mukwevho Streaky Bay: Dr Said	16 Kimba: Dr Mukwevho Streaky Bay: Dr Said	17 Kimba: Dr Mukwevho Streaky Bay: Dr Said	18 Kimba: Dr Mukwevho Streaky Bay: Dr Said
21 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	22 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	23 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	24 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	25 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell
28 Kimba: Dr Mukwevho Streaky Bay: Dr Lam	29 Kimba: Dr Mukwevho Streaky Bay: Dr Lam	30 Kimba: Dr Mukwevho Streaky Bay: Dr Lam	31 Kimba: Dr Mukwevho Streaky Bay: Dr Lam	01 Kimba: Dr Mukwevho Streaky Bay: Dr Lam

Returning in August: Dr Mukwevho, Dr Akonjee, Dr Lam, Dr Bhargava, Dr Ashby

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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JULY

Northern Eyre Health Care Locum doctor roster

Cleve • Cowell • Elliston

Monday	Tuesday	Wednesday	Thursday	Friday
30 Elliston: Dr Maroussem Cowell: Dr Kada Cleve: Dr McManus	01 Elliston: Dr Maroussem Cowell: Dr Kada Cleve: Dr McManus	02 Elliston: Dr Maroussem Cowell: Dr Kada Cleve: Dr McManus	03 Cowell: Dr Kada Cleve: Dr McManus, Dr Maroussem	04 Cowell: Dr Kada Cleve: Dr McManus, Dr Maroussem
07 Elliston: Dr Lawton Cowell: Dr Viki Cleve: Dr Jaravaza	08 Elliston: Dr Lawton Cowell: Dr Viki Cleve: Dr Jaravaza	09 Elliston: Dr Lawton Cowell: Dr Viki Cleve: Dr Jaravaza	10 Cowell: Dr Viki Cleve: Dr Jaravaza Dr Lawton	11 Cowell: Dr Viki Cleve: Dr Jaravaza Dr Lawton
14 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	15 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	16 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	17 Cowell: TBA Cleve: TBA Dr Lawton	18 Cowell: TBA Cleve: TBA Dr Lawton
21 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	22 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	23 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	24 Cowell: TBA Cleve: TBA Dr Lawton	25 Cowell: TBA Cleve: TBA Dr Lawton
28 Elliston: TBA Cowell: Dr Brown Cleve: Dr Jaravaza	29 Elliston: TBA Cowell: Dr Brown Cleve: Dr Jaravaza	30 Elliston: TBA Cowell: Dr Brown Cleve: Dr Jaravaza	31 Cowell: Dr Brown Cleve: TBA Dr Jaravaza	01 Cowell: Dr Brown Cleve: TBA Dr Jaravaza

Returning in August: Dr Jaravaza, Dr McManus, Dr Mukwevho, Dr Maroussem, Dr Brown, Dr Sorensen

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