

Northern Eyre Health Care HEALTHCARE SERVICES



MONTHLY NEWSLETTER

MARCH 2026

Meet Elliston physiotherapist Zac Ghabrial



Based at: Elliston

Practising from: Elliston Pharmacy, Lock Pharmacy and home visit services.

Years working in this community/region: Two

Years practising: Five

Specialties/interests: Neurodegenerative conditions and chronic pain.

What are the most common health concerns you see locally?

A full variety! Sporting injuries, farming related injuries, neuro conditions, falls management and prevention.

What do you enjoy most about the region and its towns?

Great sense of community and beautiful landscape.

Favourite activity outside of work?

Surfing.

What inspired you to become a physio?

I've always been interested in how the body works and how different aspects and

components relate to one another.

What is your philosophy or approach to patient care?

To teach people how best to manage their own injuries/conditions.

What makes a great rural health professional?

An ability to deal with a variety of conditions and liaise with specialists in metropolitan areas. This helps to limit the time and distance patients may have to travel to receive the care they need.

How do you promote preventative healthcare?

By encouraging regular exercise programs that are integrated into their daily schedule.

How do you work with other healthcare professionals?

Make contact to pass on the best health advice or refer on if it's outside my expertise.

How can telehealth be of use when we have such big distances in our region?

I have had success organising Zoom calls with specialists in Adelaide so that I can be present with both the patient and the specialist to conduct testing under supervision or help relay information.

I also offer telehealth services for ongoing patients if required.

What's your best piece of advice to rural residents to keep themselves happy, healthy and well?

Doing your exercises everyday keeps the physio away.



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Your voice is needed on rural Parkinson's care



Eyre Peninsula residents are invited to contribute to improving Parkinson's Disease care in the country, by completing a short survey.

The survey is part of research being conducted by Adelaide University Senior Lecturer in Nursing Dr Suzanne Sharrad, to better understand how people with Parkinson's disease in regional SA access care.

The survey seeks to incorporate their voices into evidence for quality improvement, service redesign, and future Parkinson's disease care service planning in the region.

The survey will ask about your experiences of:

- your diagnosis,
- healthcare team,
- care plans,
- anti-Parkinson's disease medicines,
- symptoms,
- supports/therapies,
- education and resources,
- lifestyle and wellbeing,
- the healthcare system,
- nurses and clinics,
- challenges
- and ideas for better services.

The one-time online survey may take around 40 minutes to complete, and can be done in stages, and with help. Use the below link or QR code for the online survey.



Alternatively, contact Dr Sue Sharrad on (08) 8302 1402 or sue.sharrad@unisa.edu.au to be sent a hard copy. Survey link: unisasurveys.qualtrics.com/jfe/form/SV_5vzFLdKVcbe5he6

An app and a movement to help us help each other

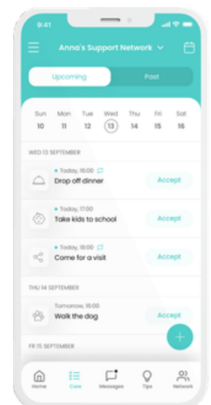
Gather My Crew is an online rostering tool to help people in crisis ask for and coordinate the practical help they need.

Gather My Crew emerged as a concept in 2015 when Dr Susan Palmer, a registered psychologist and clinical researcher, tried to coordinate support for a friend in need.

Dr Palmer found her greatest frustration was knowing the care was available, but coordinating it was too difficult. She took a deep dive into the difficulty, consulting with crisis survivors, families who supported them, and others who guided through their journey, and found three key barriers to receiving help:

1. People in crisis don't know what help they need or how to ask
2. Friends/family don't know how to help and don't want to intrude
3. Coordinating help is difficult and time-consuming.

As a result, the Gather My Crew app was developed, giving people tools to show up - so no one has to go through tough times alone.



Since it was launched, the app has helped support over 60,00 Australians, and unlocked more than 300,000 hours of help from local support networks across the country. Most common crisis situations people have used Gather My Crew for have included: cancer treatment, sudden death, surgery, car accident, and stroke. It can also be used to bridge the support gap and improve care at home for those who need it.

Download the Gather My Crew app on your phone or device app store, or learn more at:

gathermycrew.org.au

hello@gathermycrew.org



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Our 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
 kimbapharmacy@gmail.com

Lock Pharmacy

 14 Dearman Street, Lock
 Tuesdays: 9am-5pm, W-F: 12.30-5pm.
 0403 638 538
 lockpharmacy5633@gmail.com

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



Keeping communities resilient through grief

Palliative Care SA is holding a free community workshop in Cleve next week to help the community stay resilient and connected. The TLC (Talk. Listen. Connect) Connector workshop will focus on helping community members build skills and confidence to tackle loneliness and support each other through grief.

TLC Connector training was developed as a basic level course, relevant to everybody. A certificate of attendance will be provided to all attendees, however this workshop is face-to-face only.

Free registration has been made possible thanks to funding by Country SA Primary Health Network.

Event details:

 Tuesday, 3 March 2026
 11am – 12.30pm
 Cleve Golf Club 
 Free entry, chance to win a \$30 voucher



Scan the QR code to register, or visit:
events.humanitix.com/tlc-connector-talk-listen-connect-or-cleve



TLC Connector is administered by



Palliative Care
South Australia

Who is Palliative Care SA?

Palliative Care South Australia (PCSA) is the State's peak body and charity for palliative care. It aims to support all South Australians to live, die and grieve well.

PCSA's mission is to promote quality palliative care and access for all, through advocacy, information provision and education to build capacity and service responsiveness.

 palliativecaresa.org.au

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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 Tuesdays
- Child and Youth Health Clinic
- Visiting allied health services

 17 North Terrace,
 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 age groups, with no location restrictions
- Management plans and health assessments with Practice Nurse
- Visiting specialists
- Fully bulk billed
- 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 Pharmacy, Lock Pharmacy

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)	10 Mar.					2, 3 Mar
Chiropractor (Eyre Chiropractic & Podiatry)		12, 26 Mar	9, 23 Mar		10, 24 Mar	10, 24 Mar
Chiropractor (Port Lincoln Chiro)	10 March (monthly)					
Counselling (Zanti)	Via telehealth / by arrangement					
Dentist (Boston Bay Family Dental)						2-5 March. 30 Mar-2 Apr (child only)
Naturopath (Lynette Boud)	26 Mar.					
Optometrist (Gulf & Ranges)	18 Mar.		17 Mar.			
Osteopathy (Dr Alex Cronin)	20, 21 Mar					
Physio (JLP Physiotherapy)	Mondays (weekly)					
Physio (Zac Ghabrial)				Mondays; Lock alt Tues		
Podiatrist (Eyre Chiropractic & Podiatry)		26, 27 Mar	27 Mar.			
Podiatrist (Your Local Podiatrist EP)	21 March (bi-monthly)					
Psychology (SHEOAK Clinical Psychology)	By appointment	Via telehealth				

2026

MARCH

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

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
23	24	25	26	27
02 Cleve: Dr Ozoemelum Cowell: Dr Lawton Kimba: Dr Bailey Elliston: Dr Viki	03 Cleve: Dr Ozoemelum Cowell: Dr Lawton Kimba: Dr Bailey Elliston: Dr Viki	04 Cleve: Dr Ozoemelum Cowell: Dr Lawton Kimba: Dr Bailey Elliston: Dr Viki	05 Cleve: Dr Ozoemelum, Dr Viki Cowell: Dr Lawton Kimba: Dr Bailey	06 Cleve: Dr Ozoemelum, Dr Viki Cowell: Dr Lawton Kimba: Dr Bailey
09 Public holiday	10 Cleve: Dr Bailey Cowell: Dr Lawton Kimba: Dr McGregor Elliston: TBC	11 Cleve: Dr Bailey Cowell: Dr Lawton Kimba: Dr McGregor Elliston: TBC	12 Cleve: Dr Bailey Cowell: Dr Lawton Kimba: Dr McGregor	13 Cleve: Dr Bailey Cowell: Dr Lawton Kimba: Dr McGregor
16 Cleve: Dr McManus Cowell: Dr Lawton Kimba: Dr Mukwevho Elliston: Dr Poppe	17 Cleve: Dr McManus Cowell: Dr Lawton Kimba: Dr Mukwevho Elliston: Dr Poppe	18 Cleve: Dr McManus Cowell: Dr Lawton Kimba: Dr Mukwevho Elliston: Dr Poppe	19 Cleve: Dr McManus Dr Poppe Cowell: Dr Lawton Kimba: Dr Mukwevho	20 Cleve: Dr McManus Dr Poppe Cowell: Dr Lawton Kimba: Dr Mukwevho
23 Cleve: Dr Poppe Cowell: Dr Lawton Kimba: Dr Mukwevho Elliston: Dr Dumbrell	24 Cleve: Dr Poppe Cowell: Dr Lawton Kimba: Dr Mukwevho Elliston: Dr Dumbrell	25 Cleve: Dr Poppe Cowell: Dr Lawton Kimba: Dr Mukwevho Elliston: Dr Dumbrell	26 Cleve: Dr Poppe Dr Dumbrell Cowell: Dr Lawton Kimba: Dr Mukwevho	27 Cleve: Dr Poppe Dr Dumbrell Cowell: Dr Lawton Kimba: Dr Mukwevho

Returning in April: Dr Ozoemelum, Dr McGregor, Dr McManus, Dr Dumbrell, Dr Lawton, Dr Bailey, Dr Mukwevho, Dr Olutayo