



Meet Country and Outback Health's Care Finder Pauline Welsh

What is the Care Finder role?

I help eligible people get connected with My Aged Care and support them through the Assessment Process. I can help with completing forms and understanding aged care services agreements, and connecting to other supports such as health and fitness, mental health, housing/homelessness, and community groups.

When and why do people need you?

When people fall through the cracks or don't have family or support people to help. If it is hard to understand information or make decisions, or you have trouble reading or writing in English. If you have worries about engaging with aged care services or government, or just don't know what services are available.

You can use the Care Finder service if these criteria apply to you, and: if you are 65 years of age or older (or 50 years and older for Aboriginal or Torres Strait Islander people), or 50 years+ on a low income and homeless or at risk of homelessness (45+ for Aboriginal or Torres Strait Islanders).

How is Care Finder operated?

Care Finder is funded by Country SA Primary Health Network, and I work for Country and Outback Health (COBH).

What areas do you cover?

I am based in COBH's Port Lincoln office, and visit people all the way up the West Coast. I see clients as far as Tumby Bay, Port Neill, Arno Bay, Cummins, Coffin Bay, Wudinna, Elliston, Streaky Bay and Ceduna. My Whyalla-based colleague, Terri, looks after clients in the Eastern side of Eyre Peninsula such as Cleve, Cowell and Kimba. We visit people in their homes, where everything is confidential, and they can feel safe and comfortable – the environment is important.

What is your connection to the Eyre Peninsula region?

We moved here 35 years ago, for my husband's job – originally for 5 years, almost as a joke, and we're still here! It is a long way away from family, but we feel we belong. We decided to stay because it's a great place to bring up your children – very sports orientated, we love our fishing, the casual lifestyle and our beautiful beaches. My husband has been involved with MFS, and overall, it's a caring community.

What drew you to your role?

I saw how hard it was to get onto My Aged Care when I was helping my parents (in their late 80s). Then when Care Finder started, while I had never worked in aged care, I thought I could help because I knew what they people are dealing with!

What skills, background and experience helps you do it well?

I've worked a lot in community roles where you're dealing with people at their most vulnerable, including working with people experiencing homelessness at West Coast Youth and Community Support, and working with carers and support groups for Carers SA. Then also with my own lived experience with my parents and my mother-in-law who lived with severe dementia – I can relate to people on a personal level, sit down with them, listen to what they have to say, and try to help their lives a bit better.

What is most rewarding about it?

Visiting people in their homes, how welcoming and grateful people are that someone has come and acknowledges their needs. It takes time, but they open up and appreciate you being there.

What is the most challenging part?

Trying to find services, especially in



Connect with Pauline and other Care Finders via Country & Outback Health on 8621 3800 or email admin@cobh.org.au

rural areas, for people who can't do basic things for themselves anymore. Help with three main things: housework - washing floors, making beds, hanging out washing; the garden – which is a sanctuary for a lot of older people; and transport – once they can't drive to the supermarket, a medical appointment. Although some of our rural towns do little things like supermarket home deliveries, and this goes a long way.

What makes you passionate about the wellbeing of rural residents?

I've always lived in the country, it's always in the blood! And when you have grown a family of your own out here, you do realise how hard it can be to get services you need.

How do you collaborate with other healthcare professionals and services to care for people?

The hard part is we don't provide the actual service, but for those who need that extra help, I'm the start of the transition into My Aged Care, the "in between", linking them in with the services they need and helping them navigate the journey.

Care Finder is funded by Country SA PHN.



An Australian Government Initiative

Relay to Elliston raising funds to honour Bucky's memory



Simon "Bucky" Baccanello always brought his mates together and still does, despite being tragically taken in a shark attack near Elliston in 2023.

Bucky's spirit has inspired family and friends to honour his memory by raising funds for Elliston community - which he called home after moving there to teach at the Area School.

An epic physical challenge event is fundraising a new community sporting facility in Elliston, where the region's residents can gather to be fit, be well and be socially connected.

Thirty-eight runners from all over the world (Elliston, Adelaide, the Yarra Valley, Sydney, Perth, Hong Kong, Paris, Mexico City and London) are now training to run the 720km event. Bucky's Beach Relay will start in Adelaide on Tuesday 14 July, and finish at Elliston Oval between local football games

on Saturday 18 July, followed by celebrations at Elliston Community Sports Centre that evening. Along with the relay event itself, participants have been pulling out all stops with other fundraising activities - bake stalls, sausage sizzles, lemonade stands, fun runs, quiz nights, movie nights and peer-to-peer fundraising.

A spectacular "BuckyFest" music festival in Elliston raised \$15,000, and at recent gala dinner at SkyCity Adelaide, 330 guests raised just short of \$100,000. The team is grateful for the staggering generosity of businesses, community groups and individuals who have raised more than \$250,000 in just three months, but are focused on reaching its \$500,000 target. Pictures: supplied.

Discover the story, share and donate at: buckysbeachrelay.com.au or visit the initiative on Facebook and Instagram.



A wide variety of fundraising efforts are making waves for Bucky's Beach Relay. Pictures: supplied



Free Mental Fitness Training Supported by the SA Government Drought Response Program.

UPCOMING SESSIONS

KINGSCOTE	10 June 3pm - 6pm
KIMBA	15 June 3pm - 6pm
STREAKY BAY	16 June 11am - 2pm 3pm - 6pm
STREAKY BAY	17 June 9am - 12pm
COWELL	17 June 4pm - 7pm



Groundbreaking dementia pharmacist program continues in rural SA

Eyre Peninsula residents who are living with dementia or caring for someone who does, can access a groundbreaking pharmacist program to support their navigation of medications and other supports.

Starting as a pilot project in 2023, the Dementia Support Pharmacist program continues to work with residents across rural South Australia, including Eyre Peninsula, with funding support by Country SA PHN.

Dementia pharmacists Dee-Anne Hull and Nicola Sander work closely with clients, families, specialised nurses, general practices, health professionals, supported living and aged care facilities to support people to live well with dementia, maximise independence, promote positive relationships, reduce hospitalisations and aid with end-of-life care when needed.

Anyone can make a referral. Inquire today!

For more information:

Email dementiasupportpharmacist@psa.org.au,

See the flyer in this newsletter,

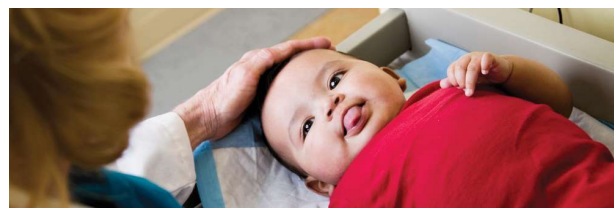
phone [08 7079 7600](tel:0870797600)

or scan this QR code for the referral form:



Free child health checks at Cleve and Wudinna

DID YOU KNOW? - Regular health and development checks are recommended for all children aged 0-5 years. Milestone ages for these checks are 1-4 weeks, 8 weeks, 6-9 months, 12 months, 18-24 months, 3 years and 4-5 years.



The Eyre and Far North Local Health Network in partnership with the Child and Family Health Service (CaFHS) is conducting free child health and development checks at the following locations:

DATE: Monday 15 June

LOCATION: Cleve Community Health -
13 Main Street, Cleve

DATE: Monday 22 June

LOCATION: Wudinna Community Health -
16-24 Richards Avenue, Wudinna

DATE: Monday 22 June

LOCATION: Kimba CaFHS / Playcentre -
31 West Terrace, Kimba

A health and development check can identify your child's strengths, as well as areas where your child may need additional support during their early years.

For more information or to book, call 1300 733 606 or 0422 948 744 or email Health.EFNCDC@sa.gov.au

Upcoming health awareness dates

JUNE

1-7	Bowel Cancer Awareness Month	bowelcanceraustralia.org/get-involved/campaigns
8-14	National Blood Donor Week	lifeblood.com.au/national-blood-donor-week
15-21	Men's Health Week	amhf.org.au/men s health week 2026
14-20	Refugee Week	refugeeweek.org.au

JULY

1-31	Dry July	dryjuly.com
28	World Hepatitis Day	haemophilia.org.au/news/event/world-hepatitis-day-2026

Grants expand skills for rural medical professionals

Rural Doctors Workforce Agency (RDWA) offers grants through the Health Workforce Scholarship Program to help rural workforce expand their professional knowledge and skills.

In the last round, RDWA awarded 92 grants worth a total of \$210,000 to support a range of activities such as post-graduate qualifications, professional certifications, and short courses.

The final application round for 2025-26 is now open. You could be eligible to apply if you:

- Work in an eligible location classified within MMM3-7 (including Cleve, Elliston, Franklin Harbour, Kimba, Streaky Bay and Wudinna).
- Are a primary health professional in the fields of medicine, nursing and allied health, including Aboriginal health practitioners/workers.

More info: ruraldoc.com.au/programs/health-workforce-scholarship-program

Optometrists to continue rural and remote visits



South Australia's rural and remote communities will continue to have access to RDWA's team of visiting optometrists, supported through the federally-funded Visiting Optometrists Scheme (VOS) for another four years.

VOS is available in 48 locations across rural SA, where access to essential eye care is very limited or not available at all without this important program.

VOS optometrists work with general practice and Aboriginal Community Controlled Health Services (ACCHS) to connect rural communities with essential eye care.

More info: ruraldoc.com.au/outreach-services

WANTED: Your feedback as a hospital patient

If you stay overnight at a hospital in the Eyre and Far North, you may receive a text message from the Eyre and Far North Local Health Network (EFNLHN) inviting you to complete a survey about your experience.

The survey only takes about two minutes and your feedback is confidential. The survey is anonymous, and your care will not be affected.

Your feedback helps EFNLHN improve the healthcare services it provides. To give a compliment or make a complaint and receive a response, you can:

Call the EFNLHN Consumer Feedback Officer on 0401 772 141; Use the online Consumer Feedback Form at bit.ly/EFNLHNFeedback or email Health.EFNConsumerFeedback@sa.gov.au



Staying overnight in hospital as a patient?

Your feedback helps us improve our healthcare services. If you get a text inviting you to complete a survey about your experience, please have your say.

It's quick. It's safe. It helps.

Supporting rural residents to make healthier choices and strengthen communities:



Sober in the Country is a grassroots Australian charity working to support people in regional, rural and remote communities who want to cut back on, or quit, alcohol.

Built on lived experience, the organisation focuses on real conversations about alcohol use - helping break down stigma and reminding people it's okay to say "no thanks" to a drink.



While it is not a counselling or treatment service itself, it helps people find the right help for their situation, while staying connected to others on a similar journey.

Whether you're sober-curious, cutting back, or supporting someone, Sober in the Country reminds rural Australians they are not alone, and there is support when you need it.

On the website you can explore:

- a quick self-assessment test
- a toolbox of strategies to make change
- a telehealth alcohol detox program
- the SMART Recovery Australia alcohol addition recovery program
- free phone or text counselling
- AA (Alcoholics Anonymous) online
- and more!

What does Sober In The Country do?

- Advocate for better support and awareness of alcohol harm in rural Australia
- Share real-life recovery stories to inspire and connect people
- Promote the message that you don't need alcohol to belong
- Work with national organisations to improve access to services, including telehealth and recovery programs

How to access support:

- Join the "Bush Tribe" – a private, online peer support community for rural Australians, offering a safe, anonymous space where "mates help mates"
- Explore the website, which offers self-assessment tools, practical information, and links to trusted services
- Connect to professional help – including free phone/text counselling, recovery programs, and telehealth detox options (via recommended providers)



soberinthecountry.org



[instagram.com/sober_in_the_country](https://www.instagram.com/sober_in_the_country)



[facebook.com/soberinthecountry](https://www.facebook.com/soberinthecountry)

Change your relationship with alcohol, with help from a private support app on your phone

The "Drink Less. Do More." campaign by Hello Sunday Morning encourages Australians to take a fresh look at their relationship with alcohol, without judgement or pressure.

It's about what you gain by cutting back: more energy, better sleep, clearer thinking, and more time for what matters.

The campaign connects people to free, easy-to-use digital supports, including the Daybreak app, drink tracking tools, and anonymous peer communities. Designed for real life, especially in regional areas, it helps people cut back, take a break, or reset at their own pace, with practical tools and support available anytime, anywhere.



More information: hellosundaymorning.org
or download the Daybreak app on your App Store or Google Play.

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



Bite-sized, low intensity mental health via phone or online

A new service is making it easier for people in rural and regional areas to access early mental health support - without travel, fees, or GP referrals.

Medicare Mental Health Check In is a free, national program designed to help people manage everyday challenges like stress, low mood, anxiety, sleep issues, and feeling overwhelmed. It's available to anyone aged 16 and over living in Australia.



The service is especially useful for those who may not need ongoing or specialist care, but would benefit from some practical support early on.

This service helps regional residents access mental health services by providing early support from home, reducing the need to travel long distances or wait for appointments.

It's designed to step in early - helping prevent mild concerns from becoming more serious, and ensuring higher-level services are available for those who need them most.

You can access support in a way that suits you:

- Phone or video sessions with a trained practitioner
- Online tools and activities you can complete at your own pace
- A simple phone call to get started and see if the service is right for you

No referral or diagnosis required, and the service is completely free.

The program uses low-intensity cognitive behavioural therapy (CBT) - a proven approach that helps people:

- Recognise and change unhelpful thinking patterns
- Manage stress and strong emotions
- Build practical skills to cope with life's ups and downs

Support can be guided by a practitioner via phone or video, or self-directed online - making it flexible for people living in smaller or remote communities.

 1800 595 212 (weekdays)
 medicarementalhealthcheckin.gov.au

Allied health services

CHIROPRACTIC

Eyre Chiropractic and Podiatry

☎ 0437 442 278 or (08) 8644 2210

✉ eyrecpp.com

📍 Visiting Cowell, Kimba, Streaky Bay, Wudinna

Port Lincoln Chiro

☎ (08) 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

Lynette Boud Naturopathy

✉ lynette@lynetteboudnaturopathy.com

🌐 lynetteboudnaturopathy.com

📍 Cleve and telehealth

OPTOMETRY

Eyre Eye Centre

☎ (08) 8682 4566 or (08) 8645 7399

✉ reception@eyreeyecentre.com.au

🌐 eyreeyecentre.com.au

📍 22 Liverpool Street, Port Lincoln, and visiting Wudinna

Gulf and Ranges Optometrists

☎ (08) 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

PSYCHOLOGY

SHEOAK Clinical Psychology

☎ 0455 214 648

✉ amanda@sheoak.com.au

🌐 sheoak.com.au

📍 Cleve and telehealth



Other healthcare providers

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 11.

Rural Skin Cancer Service

(skin checks, biopsies)
 🌐 ruralskin.au

Streaky Bay Medical Practice

Dr Helen Murray (women's health)
 Book via Streaky Bay Medical Practice - see
 contact details on page 11.

List your visiting healthcare service!

Are you a healthcare service provider visiting
 Cleve, Cowell, Kimba, Elliston, Wudinna or
 Streaky Bay? Contact 0409 946 349 or email:
 health.northerneyrehc@sa.gov.au



Health Science Ready: Anatomy and Physiology Fundamentals

Build Your Foundational Knowledge for
 Future Study in Health; through this face
 to face course in Port Lincoln.



When? July 13 until August 6, 2026

2 x 2 hour workshops per week over 4 weeks
 Monday 4.30 - 6.30pm / Thursday 4.30 - 6.30pm

Where? Adelaide University Port Lincoln Study
 Centre, 86 Tasman Terrace Port Lincoln

Fee-free and open to anyone interested in health
 pathways, including senior school students

Suitable for **Year 10 - 12 school students, adult
 learners, and community members.**

An information session about this course, and
 other pathways into study at Adelaide
 University will be held on **Wednesday 10th
 June from 4.30-6.30pm** at the Port
 Lincoln Study Centre



For more information, please email
 PathwaysCollege.Reception@adelaide.edu.au
 To apply, scan the QR code

Visiting healthcare services

Service	Cleve	Cowell	Kimba	Elliston	Wudinna	Streaky Bay
Chiropractor (Eyre Chiropractic & Podiatry)		4, 18 June	1,15, 29 June		2, 16, 30 June	2,16, 30 June.
Chiropractor (Port Lincoln Chiro)	2, 30 June (monthly)					
Counselling (Zanti)	Via telehealth / by arrangement					
Dentist (Boston Bay Family Dental)						25 June.
Hearing (Bloom Hearing)	10 June.	3 June.				16, 17 June
Naturopath (Lynette Boud)	18 June.					
Optometrist (Gulf & Ranges)	3 June.		2 June.			
Optometrist (Eyre Eye Centre)					17 June.	1 June.
Osteopathy (Dr Alex Cronin)	12, 13, 14 June					
Physio (JLP Physiotherapy)	Weekly - Sun/Mon					
Physio (Zac Ghabrial)				Mondays, Lock alt Tues		
Podiatrist (Eyre Chiropractic & Podiatry)		19 June.	20 June.			
Podiatrist (Your Local Podiatrist EP)	16 June (bi-monthly)					
Psychology (SHEOAK Clinical Psychology)	By appointment	Via telehealth				



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



9am-5pm selected weekdays - see doctor roster in this newsletter for details.



(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

Multiple-service healthcare 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

Guide to digital resources



The eMHPac Australian Digital Mental Health Directory for Health Practitioners is a fantastic resource that brings together a wide range of trusted Australian mental health supports in one easy-to-use place.

The resource directory links health practitioners to free or low-cost, Australian, evidence-based digital mental health resources and services developed by reputable organisations.

It includes online programs, apps, websites, helplines, and digital tools designed to support mental health and wellbeing for people of all ages and backgrounds.

It can help both community members and health professionals find services that match individual needs, whether someone is looking for information, self-help resources, or professional support.

By making reliable mental health resources easier to find and access, the directory helps connect people with support earlier and more conveniently - especially for those living in rural and regional communities or anyone wanting flexible support options.

Visit: emhprac.org.au/directory.

Eyre and Far North Local Health Network

Northern Eyre Peninsula hospitals:

Cleve District Hospital and Aged Care

☎ North Terrace, Cleve

📍 (08) 8628 2399

Cowell District Hospital and Aged Care

☎ 17 South Terrace, Cowell

📍 (08) 8629 3000

Elliston Hospital

☎ Memorial Drive, Elliston

📍 (08) 8687 9001

Kimba District Hospital and Aged Care

☎ 13-15 Martin Terrace, Kimba

📍 (08) 8627 2400

Streaky Bay Hospital and Aged Care

☎ 1 Flinders Drive, Streaky Bay

📍 (08) 8626 1139

Wudinna Hospital and Aged Care

☎ 16-24 Richards Avenue, Wudinna

📍 (08) 8680 2101

Country Health Connect

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

EFNLHN consumer feedback



Electronic feedback form:
bit.ly/EFNLHNFeedback

☎ 0401 772 141



OPENING WEEKEND

ARNO BAY SPORTS FACILITIES AND COMMUNITY GYM PROJECT

**FRIDAY 12 JUNE
FROM 4.30PM**

GYM OPENING, RIBBON CUTTING & COMMUNITY CELEBRATION

Come and celebrate this infrastructure upgrade in our community.
The new building will be open to the public,
with an official cutting of the ribbon and speeches to open the space.
Catering available by food truck Seasalt Catering.
Desserts & Cocktails available by Wildflour Bar & Desserts.

SATURDAY 13 JUNE

GAME DAY PORTS V COWELL

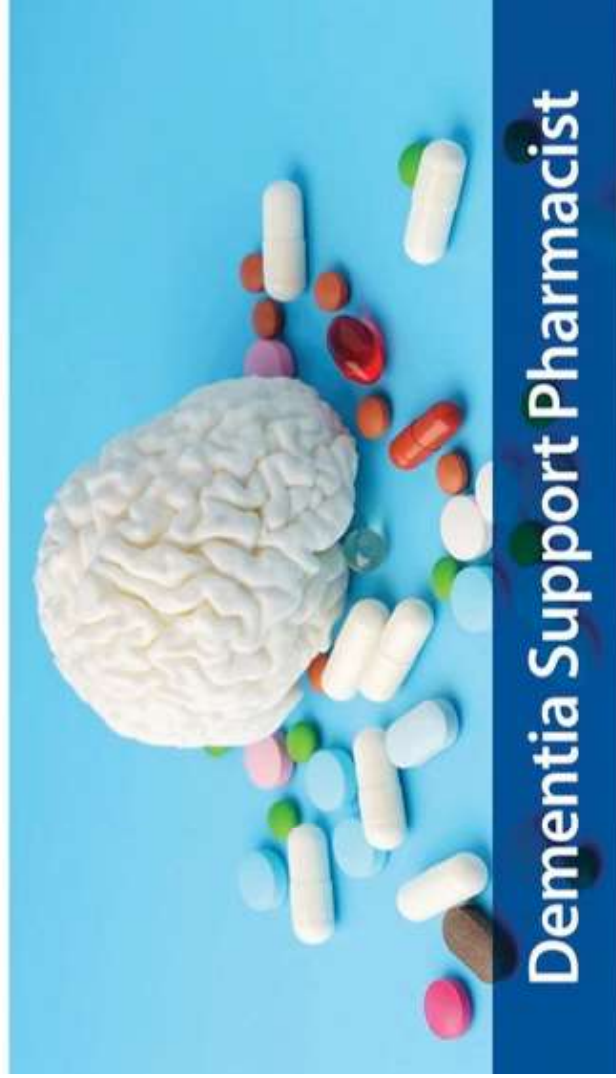
MAJOR PROJECT PARTNERS



An Australian Government Initiative

**play
our
way**





Dementia Support Pharmacist

Empowering dementia care: enhancing medication understanding and quality of life

Our Dementia Support Pharmacist program funded through Country SA PHN is dedicated to transforming dementia care across community, home settings, and aged care facilities. We specialise in fostering understanding, trust, and confidence in medication management among clients, families, and healthcare professionals.

Why Choose Our Services?

Comprehensive Medication Management: Our pharmacists provide expert guidance on medication usage, adverse effects management, polypharmacy, and compliance to ensure optimal treatment outcomes.

Personalised support: Through both face-to-face and telehealth consultations, we empower clients and families with tailored education, symptom management strategies, and advanced care planning, promoting independence and quality of life.

Collaborative care: We forge strong partnerships with specialised nurses, general practices, and aged care facilities, establishing local networks that enhance communication and streamline healthcare delivery.

PSA Connecting Pharmacists



Enhanced quality of life: By reducing hospitalisations and supporting end-of-life care, we enable clients to live well with dementia in their preferred environments for longer periods.

Free service across regional South Australia: Our program offers a no-cost service to anyone diagnosed with dementia, regardless of age, throughout regional South Australia. We provide comprehensive symptom support, medication management, and education, with a focus on palliative care when needed. This service extends not only to clients living with dementia but also supports families and associated healthcare professionals in their caregiving journey.

Building trust and confidence: Our approach prioritises building lasting relationships and support networks, facilitating seamless communication between clients and healthcare providers.

Your partner in Dementia Care: Whether you're a family member seeking clarity on medications or a healthcare professional looking to enhance patient outcomes, our Dementia Support Pharmacist is here to support you every step of the way.

Contact us today to discover how we can optimise dementia care together. Email dementiasupportpharmacist@psa.org.au or phone 08 7079 8600.



For more information
please scan the QR code.

2026

JUNE

Streaky Bay Medical Practice - GP roster

Monday	Tuesday	Wednesday	Thursday	Friday
01 Dr Ashby	02 Dr Ashby Dr Bradley	03 Dr Ashby Dr Bradley	04 Dr Ashby Dr Bradley	05 Dr Ashby
08 Dr Ashby	09 Dr Ashby Dr Bradley	10 Dr Ashby Dr Bradley	11 Dr Helen Murray Dr Bradley	12 Dr Helen Murray Dr Ashby
15 Dr Wong	16 Dr Wong Dr Bradley	17 Dr Wong Dr Pocsi Dr Bradley	18 Dr Wong Dr Pocsi Dr Bradley	19 Dr Wong
22 Dr Wong	23 Dr Wong Dr Bradley	24 Dr Wong Dr Pocsi Dr Bradley	25 Dr Wong Dr Pocsi Dr Bradley	26 Dr Wong
29 TBA	30 TBA	01	02	03

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

2026

JUNE

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

Monday	Tuesday	Wednesday	Thursday	Friday
01 Cleve: Dr Bouwer Cowell: Dr Lawton Kimba: No doctor Elliston: Dr Olutayo	02 Cleve: Dr Bouwer Cowell: Dr Lawton Kimba: Dr McGregor Elliston: Dr Olutayo	03 Cleve: Dr Bouwer Cowell: Dr Lawton Kimba: Dr McGregor Elliston: Dr Olutayo	04 Cleve: Dr Bouwer Dr Olutayo Cowell: Dr Lawton Kimba: Dr McGregor	05 Cleve: Dr Bouwer Dr Olutayo Cowell: Dr Lawton Kimba: Dr McGregor
08 Public Holiday	09 Cleve: Dr McManus Cowell: Dr Lawton Kimba: TBA Elliston: Dr Estrada	10 Cleve: Dr McManus Cowell: Dr Lawton Kimba: TBA Elliston: Dr Estrada	11 Cleve: Dr McManus Dr Estrada Cowell: Dr Lawton Kimba: TBA	12 Cleve: Dr McManus Dr Estrada Cowell: Dr Lawton Kimba: TBA
15 Cleve: TBA Cowell: Dr Lawton Kimba: Dr McGregor Elliston: TBA	16 Cleve: TBA Cowell: Dr Lawton Kimba: Dr McGregor Elliston: TBA	17 Cleve: TBA Cowell: Dr Lawton Kimba: Dr McGregor Elliston: TBA	18 Cleve: TBA Cowell: Dr Lawton Kimba: Dr McGregor	19 Cleve: TBA Cowell: Dr Lawton Kimba: Dr McGregor
22 Cleve: Dr Dumbrell Cowell: Dr Lawton Kimba: Dr Mukwevho Elliston: Dr Viki	23 Cleve: Dr Dumbrell Cowell: Dr Lawton Kimba: Dr Mukwevho Elliston: Dr Viki	24 Cleve: Dr Dumbrell Cowell: Dr Lawton Kimba: Dr Mukwevho Elliston: Dr Viki	25 Cleve: Dr Dumbrell Dr Viki Cowell: Dr Lawton Kimba: Dr Mukwevho	26 Cleve: Dr Dumbrell Dr Viki Cowell: Dr Lawton Kimba: Dr Mukwevho
29 Cleve: Dr Stevenson Cowell: Dr Lawton Kimba: Dr Mukwevho Elliston: Dr Masters	30 Cleve: Dr Stevenson Cowell: Dr Lawton Kimba: Dr Mukwevho Elliston: Dr Masters	01	02	03

Returning in July:

Dr Stevenson, Dr McGregor, Dr McManus, Dr Ozoemelum, Dr Masters, Dr Viki, Dr Mukwevho, Dr Brown, Dr Lawton, Dr Makada, Dr Olutayo

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