

Northern Eyre Health Care

HEALTHCARE NEWSLETTER

MONTHLY NEWSLETTER

AUGUST 2025

Meet Mid Eyre Practice coordinator - Zoe Helps



Years in the role: Over a decade of service to rural healthcare in our region.

Where are you based, and what areas do you cover?

I'm primarily based at Mid Eyre Medical Clinic in Cleve, but my role extends across our Cowell, Kimba, and Elliston sites. Supporting multiple locations helps ensure consistent access to quality care, no matter where patients live.

What does it involve?

The role is incredibly varied. I coordinate appointments across our clinics to help patients be seen as efficiently as possible, and support smooth daily operations. I manage staff scheduling across sites, help ensure compliance with health and privacy regulations, and assist with system improvements to support better patient care.

It also involves coordinating GP on-call coverage for the hospitals in Cleve, Kimba, Cowell, Elliston, and Streaky Bay.

What do you enjoy most?

Working with such a dedicated team across the region. Every day brings something different, and I enjoy the sense of purpose from supporting our communities.

What is a typical day for a practice co-ordinator?

No two days are the same. The pace is fast and plans often need to change quickly. Whether it's troubleshooting staffing gaps, reworking appointment schedules, or coordinating communications across our network of Medical Practices and Hospitals, remaining flexible and adaptable is key.

The most challenging part is:

Responding quickly to changes in GP availability and making sure we always have the right people in the right places, especially for on-call hospital services, can be complex. But it's also one of the most important aspects of maintaining safe and timely care for our region.

What are you passionate about in your role?

I value the relationships built with patients and colleagues over the years. Helping people access care they need - particularly in

rural communities, where services are spread out - is very rewarding.

How do you work with other services to care for patients?

Collaboration is everything. Clear, timely communication between doctors, nurses, admin staff, and allied health providers helps us deliver coordinated, patient-centred care across all of our sites.

How important is it for us to be connected and well-informed about available services?

It's essential. When healthcare teams stay connected and informed, we are better equipped to direct patients to the right care quickly. It helps improve outcomes, reduces delays, and ensures smoother, more supportive healthcare journeys.

What would be your one piece of health advice to patients?

Please don't hesitate to communicate your needs with admin staff when booking your appointment - they can help ensure you are scheduled with the right provider for the time you need, which supports better care and less waiting.

Mid Eyre Medical Clinics at Cleve, Cowell, Kimba and Elliston provide GP, practice nurse and other visiting services. See page 2 for contact details.



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 to book – 8628 2003.

Rural Skin Cancer Service •

Kimba 13 August.

Dr Joy O'Hazy (women's GP) •

Cowell 13 August, 5 November, 3 December. Kimba 14 August, 6 November, 4 December. Cleve 21 August, 20 November, 11 December.

Dr Ashlee McCarthy (paediatrician)

Cleve 2 September, 11 November.

Bloom Hearing (audiology) •

Cowell 6 August, 3 September
Cleve 20 August, 23 September.

Gulf & Ranges Optometrist •

Cleve 20 August, November TBA.

EYRE EYE CENTRE – optometrist clinics, multiple locations

Wudinna • 6 August, 1 October
Elliston • 10 September
Streaky Bay • 15 September
Bookings: 8682 4566.

Cowell • 7 August
Bookings: 8645 7399.

CLEVE MASSAGE & WELLNESS COLLECTIVE

Cari Schuster Holistic Counsellor •

Available monthly. Ph: 0428 282 503.

Port Lincoln Chiro • 12 August.

Monthly. Book by calling: 8683 0899.

Matter of Meridians Chinese Medicine and Acupuncture •

26 August. Monthly. Book online at: www.matterofmeridians.com.au

JLP Physiotherapy • Mondays – weekly. Ph: 0426 018 399.

Zanti Counselling • 22 August.

Monthly. Book: www.zanti.com.au

ALIGN HEALTH CENTRE

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

Chiropractor •

Kimba • 25 August. Wudinna (AM) / Streaky Bay (PM) 12, 26 August.
Cowell • 14, 28 August.

Podiatrist •

Kimba • 20 August.
Cowell • 21, 22 August.



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.

Northern Eyre Health Care

SERVICE
spotlight

Mental health supports Australia-wide

A range of mental health services are accessible regardless of our location — ideal for people in rural, remote, or isolated areas. These services are typically available via phone, online chat, or video, and many are free or low-cost. Here are some of the main options:

Immediate crisis support

Regional Access



Regional Access is a free online and phone counselling service for people (aged 15 and over) who are feeling the pressures and stresses of everyday life. The service is available for anyone who lives or works in regional, rural or remote South Australia.

Professionally trained counsellors from Lifeline will listen and help you develop strategies to manage what is causing you to feel stressed or overwhelmed.

No referral necessary. You can make your call at any time that suits you. Regional Access can also take the form of an online chat – visit the website and click the blue Chat button at the bottom right of the screen.

This service is made possible by funding from Country SA Primary Health Network.

 saregionalaccess.org.au

 1300 032 186

Mental Health Triage Service

The Mental Health Triage phone line provides triage and clinical support for acute or urgent mental health issues. Operated by SA Health, it is available 24/7 and is best for people experiencing distress, acute mental health symptoms, or needing urgent mental health assessment.

It can link people with public mental health services including crisis teams.

 13 14 65

Medicare Mental Health Phone Service

The Medicare Mental Health Phone Service acts as a central intake and referral point for mild to moderate mental health concerns.

It helps connect people with mental health providers such as psychologists, social workers, and mental health nurses, with no GP referral needed.

This service is best for getting help with anxiety, depression, or ongoing mental health support, and for accessing free or low cost services where possible.

 1800 595 212

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Mental health supports Australia-wide

Depending on the kind of support required, there are many services that can be accessed any time of day or week, with phone call or web based messaging available.

Immediate 24/7 crisis support

Lifeline

Lifeline provides 24/7 crisis support and suicide prevention, via phone call, text or webchat.

☎ 13 11 14

🌐 lifeline.org.au



Suicide Call Back Service



24/7 Online and phone counselling for people affected by suicide.

☎ 1300 659 467

🌐 suicidecallbackservice.org.au

BeyondBlue

24/7 Support for anxiety, depression and general mental health support. Phone, online chat and email counselling.

☎ 1300 224 636

🌐 beyondblue.org.au



Open Arms

Free, confidential counselling for anyone who has served in the Australian Defence Force and their families.

☎ 1800 011 046

🌐 openarms.gov.au



Kids Helpline

Phone and web support for children and young people (5-25 years), for tiny worries or big questions, any time, any reason.

☎ 1800 55 1800

🌐 kidshelpline.com.au



MensLine Australia

Mental health support for men, (relationships, family, emotional wellbeing).

☎ 1300 789 978

🌐 mensline.org.au



1800RESPECT

Support for anyone affected by sexual assault, domestic or family violence, including emotional and mental health support.

☎ 1800 737 732

🌐 1800respect.org.au



13YARN

Culturally safe support for Aboriginal and Torres Strait Islander peoples.

☎ 13 92 76

🌐 13yarn.org.au



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SANE Australia

SANE is a leading national mental health organisation for people with complex mental health issues in Australia. It offers free digital and telehealth supports for people over 18 years of age with complex mental health needs, and their family, friends and carers, and mental health support to people with intellectual disability, autism or acquired brain injury.

Support Line

SANE's Support Line provides access to mental health resources and information, SANE service navigation and connection to external services. This service is designed to help find the right support for you, is accessible via phone or webchat and available Monday to Friday 10am–8pm (AEDT).

📞 1800 187 263

✉ email: getsupport@sane.org

Recovery Club

SANE's Recovery Club is a free, 6 month online mental health recovery program for people with complex mental health needs and trauma, and family, friends and carers who support them.

It provides evidence-based resources, empowering information, and a supportive community to help you manage your mental health and work towards your recovery goals at your own pace.

Free tools and support, online resources, regular recovery groups and online catch ups, a secure participant portal, telephone counselling, and more.

🌐 sane.org/recovery-club

Guided recovery

Available Monday to Friday, 10am to 8pm (AEDT/AEST). A 15-week program for people wanting individual guidance and support with their mental health recovery. Includes 7 appointments with a dedicated counsellor or peer support worker and access to online groups.

🌐 sane.org/referral

Forums and webinars

Connect with people who understand what you are going through, seek advice and surround yourself with support. SANE Community Forums are easily accessible online, free, anonymous, and professionally moderated 24/7.

Learn more and log in at www.saneforums.org.



Northern Eyre Health Care

SERVICE
spotlight

Australia-wide mental health supports cont.

Culturally safe and diverse services

Embrace

Provides culturally appropriate information to people from multicultural backgrounds to encourage safe conversations, and help seeking, and address stigma.

🌐 embracementalhealth.org.au/community



QLife

Anonymous, free support for LGBTIQ+ people needing to discuss sexuality, gender, bodies, relationships or feelings. Phone and webchat 7 days, 3pm to midnight.

☎ 1800 184 527

🌐 qlife.org.au



Supports for young people

headspace

Online and phone support for people aged 12-25 and their families. Mental health, drugs and alcohol, and relationships support.

☎ 1300 650 890

🌐 headspace.org.au



ReachOut

Anonymous and confidential safe online space for young people to connect with one-to-one peer support and mental wellbeing resources.

☎ 1300 650 890

🌐 headspace.org.au



Self-guided tools – download from your app store

myCompass

myCompass is a free, self-paced online tool offered by Black Dog Institute, to help you identify unhelpful thoughts, feelings and behaviours, and learn strategies to deal with them.

Free and backed by research, myCompass uses evidence-based psychological techniques to track depression, anxiety, stress and sleep, via 14 online learning activities.

🌐 mycompass.org.au



Black Dog
Institute

myCompass

myCompass

Smiling Mind is a versatile and practical mental fitness toolkit, in the form of an app for your phone or device.

It helps users learn skills to promote mental wellbeing and create habits to thrive – live mindfully, embrace flexible thinking, grow connections, act purposefully and recharge your body. Designed to be used by all ages including kids and families.

🌐 smilingmind.com.au



2025 AUGUST

Northern Eyre Health Care Locum doctor roster Cleve • Cowell • Elliston

Monday	Tuesday	Wednesday	Thursday	Friday
28 Elliston: Dr Maroussem Cowell: - Cleve: Dr Beer	29 Elliston: Dr Maroussem Cowell: - Cleve: Dr Beer	30 Elliston: Dr Maroussem Cowell: - Cleve: Dr Viki Dr Beer	31 Cowell: - Cleve: Dr Viki	01 Cowell: Dr Maroussem Cleve: Dr Viki
04 Elliston: Dr McGregor Cowell: Dr Hitch Cleve: Dr Maroussem	05 Elliston: Dr McGregor Cowell: Dr Hitch Cleve: Dr Maroussem	06 Elliston: Dr McGregor Cowell: Dr Hitch Cleve: Dr Maroussem	07 Cowell: Dr Hitch Cleve: Dr Maroussem Dr McGregor	08 Cowell: Dr Hitch Cleve: Dr Maroussem Dr McGregor
11 Elliston: TBA Cowell: Dr Sorensen Cleve: Dr Taylor	12 Elliston: TBA Cowell: Dr Sorensen Cleve: Dr Taylor	13 Elliston: TBA Cowell: Dr Sorensen Cleve: Dr Taylor	14 Cowell: Dr Sorensen Cleve: Dr Taylor	15 Cowell: Dr Sorensen Cleve: -
18 Elliston: Dr Viki Cowell: Dr Mukwevho Cleve: Dr McManus	19 Elliston: Dr Viki Cowell: Dr Mukwevho Cleve: Dr McManus	20 Elliston: Dr Viki Cowell: Dr Mukwevho Cleve: Dr McManus	21 Cowell: Dr Mukwevho Cleve: Dr McManus Dr Viki	22 Cowell: Dr Mukwevho Cleve: Dr McManus Dr Viki
25 Elliston: Dr Hitch Cowell: Dr Brown Cleve: Dr Mukwevho	26 Elliston: Dr Hitch Cowell: Dr Brown Cleve: Dr Mukwevho	27 Elliston: Dr Hitch Cowell: Dr Brown Cleve: Dr Mukwevho	28 Cowell: Dr Brown Cleve: Dr Mukwevho Dr Hitch	29 Cowell: Dr Brown Cleve: Dr Mukwevho Dr Hitch

Returning in September: Dr Lawton, Dr McManus, Dr Mukwevho, Dr Maroussem, Dr Inwang, Dr Sorensen, Dr Rayhan, Dr Viki, Dr Dang

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

2025

AUGUST

Northern Eyre Health Care Locum doctor roster

Streaky Bay · Kimba

Monday

Tuesday

Wednesday

Thursday

Friday

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
04 Kimba: Dr Isaac Streaky Bay: Dr Bhargava	05 Kimba: Dr Isaac Streaky Bay: Dr Bhargava	06 Kimba: Dr Isaac Streaky Bay: Dr Bhargava	07 Kimba: Dr Isaac Streaky Bay: Dr Bhargava	08 Kimba: Dr Isaac Streaky Bay: Dr Bhargava
11 Kimba: Dr Udalamatta Streaky Bay: Dr Koh	12 Kimba: Dr Udalamatta Streaky Bay: Dr Koh	13 Kimba: Dr Udalamatta Streaky Bay: Dr Koh	14 Kimba: Dr Udalamatta Streaky Bay: Dr Koh	15 Kimba: Dr Udalamatta Streaky Bay: Dr Koh
18 Kimba: Dr Udalamatta Streaky Bay: Dr Koh	19 Kimba: Dr Udalamatta Streaky Bay: Dr Koh	20 Kimba: Dr Udalamatta Streaky Bay: Dr Koh	21 Kimba: Dr Udalamatta Streaky Bay: Dr Koh	22 Kimba: Dr Udalamatta Streaky Bay: Dr Koh
25 Kimba: Dr Udalamatta Streaky Bay: Dr Ashby	26 Kimba: Dr Udalamatta Streaky Bay: Dr Ashby	27 Kimba: Dr Udalamatta Streaky Bay: Dr Ashby	28 Kimba: Dr Udalamatta Streaky Bay: Dr Ashby	29 Kimba: Dr Udalamatta Streaky Bay: Dr Ashby

Returning in September: Dr Olutayo, Dr Estrada, Dr Mukwevho, Dr Sewnarain, Dr Koh

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