

Northern Eyre Health Care HEALTHCARE SERVICES



MONTHLY NEWSLETTER

APRIL 2026

Meet visiting physiotherapist Josh Penny

Where do you practice?

I'm based at Port Lincoln and also practise from Cleve Massage and Wellness.

How long have you been working in the region:

Practising as a physiotherapist for five years, and in the region since November 2024.

What are your specialties/interests?

Sport Physiotherapy, Pain Education, Healthy Aging, Non-surgical rehabilitation

What are the most common health concerns you see?

Low Back Pain (NSLBP), Osteoarthritis, Rotator cuff pathology.

What do you enjoy most about the Eyre Peninsula region?

The sense of community is second-to-none. Everyone is down to earth and willing to lend a hand to each other.

What is your favourite activity outside of work?

Exploring the coastline, seeing live music, hanging out with mates and family.



What inspired you to become a physiotherapist?

Originally to work in elite sport, but found passion in helping the everyday person much more!

What is your philosophy or approach to patient care?

Be genuine, caring, knowledgeable and personal- be the professional you'd want to see yourself!

What makes a great rural health professional?

Being an advocate for the rural people - we're not blessed with the resources of the big city; we need to be able to bridge that gap for our community.

How do you promote preventative healthcare?

Active rehabilitation is key -

I try to provide exercises and advice to all my patients. Even a five minute daily investment, gives benefit to your body.

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

Working in the Wellness Centre is very beneficial as we can use the building as a 'hub' for different avenues of care!

I am also often in contact with the GPs and other health professionals in the community to create an optimal care team for my patients.

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

Telehealth is great for assessment and diagnosis of

an issue, education and prescribing exercises and techniques to assist in getting you back to moving!

What is your advice to rural residents on keeping happy, healthy and well?

Listen to your body- it's better investing a small amount of time now than having to pay for it down the track!

You can see Josh Penny at Cleve Massage and Wellness Collective in Cleve or get in touch to discuss options.

0426 018 399

info@jlpphysiotherapy.com

jlpphysiotherapy.com

 jlpphysiotherapy

 jlp.physiotherapy

Northern Eyre Health Care

MONTHLY NEWSLETTER

APRIL 2026

A message of hope from Mates On A Mission



Ben Pettingill and Mike Rolls deliver their down-to-earth but impactful message at Cleve Sporting Bodies on 25 March, and below, at Wudinna Community Club 26 March.



Two “Mates On A Mission” recently reminded Eyre Peninsula community members to check in on your mates, to have the hard conversations, and to speak up when life is getting tough.

Ben Pettingill and Mike Rolls know a bit about life getting tough. Mike lost his legs at age 18 after contracting a severe meningococcal infection, and Ben lost around 98% of his eyesight at 16 due to a rare genetic condition.

These two mates don’t let their challenges get in the way as they travel Australia delivering talks, workshops and community events, sharing their personal stories of adversity and the practical resilience and mental health strategies that have helped them.

In collaboration with [Ski For Life](#) (a SA charity supporting mental health and suicide prevention in rural communities), Ben and Mike took their Mates On A Mission tour to Eyre Peninsula, visiting sporting groups, schools and community events in Tumby Bay, Wudinna, Elliston, Cleve, Port Lincoln, Streaky Bay and Cummins.

Eyre Peninsula locals reported it was a privilege to hear Ben and Mike speak about mental health “in a way that cut through the usual awkwardness. No jargon, no preaching, just real life.” Some key takeaways for attendees included:

- Strength doesn’t always look like “toughing it out.”
- Sometimes it looks like speaking up.
- Checking in.
- Having the conversation you’d usually avoid.
- Or even just admitting you’re not travelling as well as you’d like.

Learn more about Ben and Mike and the Real Life Resilience program at www.realliferesilience.com.au

Girl’s night in: women’s health talk at Cowell Library

Cowell School Community Library is hosting a women’s health information evening and fundraiser on Friday, April 10. Kristy Roeger, lymphoedema therapist and physiotherapist will speak about lymphoedema and lipoedema and current approaches to managing them.

Attendees will also hear from Tina Traeger of Cleve Massage and Wellness Collective, which supports clients of all ages with services including remedial massage, pregnancy care, lymphatic treatments, oncology massage and gentle scar therapy. It will also be a great opportunity

to make a donation to Cowell Library’s fundraiser for Bags of Dignity (learn more about this at www.sharethedignity.org.au).

6.30pm, Friday, 10 April at the Library, 42 Story Road, Cowell.

Visit [Cowell School Community Library on Facebook](#) for more info.

Northern Eyre Health Care

MONTHLY NEWSLETTER

APRIL 2026

Cleve and Kimba community groups supporting and fundraising for the Royal Flying Doctor Service

Proactive Cleve community members have formed a new local support group to fundraise for the Royal Flying Doctor Service (RFDS).

Now working alongside an already-established support group in Kimba, the Cleve group met for the first time last month.

The Cleve and Kimba groups would love to welcome new members, whether they have a little time to contribute, or a lot. Contact RFDS Volunteer Coordinator Lindy Allchurch for more information, via phone on 0438 400 863 or on email lindy.allchurch@flyingdoctor.net

Fundraising for RFDS by community groups often contributes to the purchase of specialised aircraft. RFDS SA/NT recently committed \$60 million to the purchase of five new “flying intensive care units” - as part of the service’s largest aircraft upgrade program in over a decade.

RFDS SA/NT Chief Executive Tony Vaughan ASM said the medically-equipped PC-12 Pro planes would continue the fleet’s reliability and RFDS’ ability to respond quickly, safely and efficiently. “The PC-12 has an outstanding safety record, and a proven history of reliability operating in the diverse and challenging environments we deliver services,” he said.

The aircraft were lighter than predecessors, enabling increased patient capacity and/or additional fuel carriage – a critical advantage when operating across the vast and remote regions. These aircraft join a fleet of 26 turbo-prop and jet aircraft located across Alice Springs, Darwin, Adelaide and Port Augusta, that airlift over 10,500 South Australians and Territorians every year.



RFDS: A vital rural service

The Royal Flying Doctor Service (RFDS) SA/NT delivers essential healthcare services to some of Australia’s most remote communities. Across the region, RFDS operates four major bases in Adelaide, Port Augusta, Alice Springs and Darwin, along with remote clinics in Andamooka, Marla, Marree and Innamincka. A new Virtual Emergency Centre in William Creek is also expanding access to urgent care. Its services include:

Primary Care

Delivered from Port Augusta for people living more than 80km from a GP or hospital. Services are free and include:

- Women’s, men’s and children’s health
- Aboriginal health
- Pregnancy and midwifery care
- Vaccinations and medication management
- Allied health, including physiotherapy, occupational therapy and dietetics

Oral Health

A mobile dental team provides check-ups, preventative care, restorative treatments and extractions, to remote SA/NT towns and Aboriginal communities.

Mental Health and Wellbeing

Clinics based in Port Augusta and Alice Springs offer both face-to-face and telehealth support. RFDS plays a vital role in keeping rural and remote communities connected to high-quality healthcare, no matter the distance.

Northern Eyre Health Care

MONTHLY NEWSLETTER

APRIL 2026

Not “just” a volunteer, with SA Ambulance Service

BY CAMPBELL FORSYTH

When an ambulance arrives in our community, lights flashing and siren cutting through the quiet, there can be a common assumption: they're just volunteers, just driving, just helping out.

Nothing could be further from the truth. Across country South Australia, volunteer ambulance officers are a vital part of the SA Ambulance Service (SAAS). In many regional and rural communities, they are the only ambulance response available when someone call Triple Zero (000). Without these dedicated volunteers, there would be no ambulance.

Volunteer ambulance officers are not 'untrained helpers'. Many hold a nationally accredited Certificate IV in Health Care, and all undergo extensive training followed by weekly training sessions to keep their skills sharp and their knowledge current. This training ensures they can assess patients, provide lifesaving treatment, manage trauma and medical emergencies, and safely use specialised clinical equipment. They don't just assist; they provide real clinical care.

In fact, volunteer ambulance officers are trained to manage clinically complex scenes and can lead and operate at major incidents, coordinating patient care, resources, and scene safety, until additional support arrives. These are high-pressure situations that require clear thinking, strong leadership, and sound clinical judgement - skills our volunteers demonstrate time and time again.

For many people, calling Triple Zero (000) is one of the most frightening moments of their lives. It may be a serious accident, a sudden illness, or a medical emergency involving someone they love.

In those moments, volunteer ambulance officers are there - calm, capable, and compassionate. They provide treatment, reassurance, and support when it's needed most. Often, they are caring for neighbours, friends, workmates, or family members. That takes not only skill, but enormous emotional strength.

Volunteer ambulance officers give their time around work, family, farms, and businesses.



They respond at all hours, in all weather, because they are committed to their communities. Their local knowledge, of roads, distances, and people, is invaluable and can make a real difference to patient outcomes.

With 2026 recognised as the International Volunteer Year, it's important to acknowledge just how much these people contribute. Their service supports the broader health system and ensures that emergency care is available where it might otherwise not be.

Let's put the myth to rest. Volunteer ambulance officers are not “just” anything. They are trained clinicians, emergency responders, leaders in crisis and carers in moments of fear. Our communities are incredibly fortunate to have them — and they deserve our recognition, respect, and sincere thanks.

Because when someone calls Triple Zero (000), they are not getting “just a volunteer”, they are getting a skilled member of our workforce who has chosen to join the team in green and serve their community with pride.

Find out about volunteering for your community! Streaky Bay, Port Kenny, Wudinna and Kimba - David Coombe 0428 713 033. For Elliston, Lock, Cleve and Cowell - Campbell Forsyth 0429 678 250.



Northern Eyre Health Care

MONTHLY NEWSLETTER

APRIL 2026

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



Rural voice needed on exercise-based endometriosis care study

Women in rural areas are being invited to take part in new research led by Charles Sturt University, exploring how structured exercise may help improve the lives of those living with endometriosis. The study has been developed by Dr Tegan Hartmann, a Senior Lecturer in Exercise Science whose research focuses on the role of physical activity in managing chronic conditions, particularly for people in regional communities. Building on earlier findings that suggest exercise may improve symptoms, quality of life and even biological markers associated with endometriosis, Dr Hartmann's latest project aims to better understand what type and amount of exercise is most beneficial. Endometriosis affects around one in seven Australian women and can significantly impact pain, fatigue, mental health and day-to-day functioning. However, women outside metropolitan areas often face additional challenges accessing specialist care and allied health support, and the study has been designed to address that gap. Participants will complete a 12-week, home-based program incorporating low-impact exercise such as walking and yoga, supported by telehealth consultations, symptom tracking and remote monitoring. Dr Hartmann hopes to contribute to more accessible, evidence-based and non-invasive treatment options, with the potential to inform future clinical guidelines and improve support for women in rural communities. To inquire about participating or to learn more, email Dr Hartmann at thartmann@csu.edu.au.



Northern Eyre Health Care

MONTHLY NEWSLETTER

APRIL 2026

Allied health services

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

Lynette Boud Naturopathy

lynette@lynetteboudnaturopathy.com

lynetteboudnaturopathy.com

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

PSYCHOLOGY

SHEOAK Clinical Psychology

0455 214 648

amanda@sheoak.com.au

sheoak.com.au

Cleve and telehealth

Northern Eyre Health Care

MONTHLY NEWSLETTER

APRIL 2026

Other healthcare providers

MENTAL HEALTH

Cari Schuster Holistic Counsellor

0428 282 503
carischuster66@gmail.com
31 West Terrace, 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

Burnout support for health workers

A new national burnout program is supporting Australia's health workforce, developed by the Black Dog Institute in response to growing demand for mental health care. Building on The Essential Network (TEN), launched in 2020, the free "Navigating Burnout" program is now available online to all health professionals. The confidential, self-paced resource delivers practical, evidence-based strategies through short modules, designed to fit around busy schedules. Co-designed with clinicians who have experienced burnout, the program draws on cognitive behavioural therapy to help users recognise and manage symptoms. It offers flexible, stigma-free support at a time when many health professionals are under sustained pressure. Find out more at: blackdoginstitute.org.au/the-essential-network

GPS & SPECIALISTS

Mid Eyre Medical

Dr Joy O'Hazy (women's health)
Book via Mid Eyre Medical Clinics
- see contact details on page 9.

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!

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

Northern Eyre Health Care

MONTHLY NEWSLETTER

APRIL 2026

Visiting healthcare services

Service	Cleve	Cowell	Kimba	Elliston	Wudinna	Streaky Bay
Chiropractor (Eyre Chiropractic & Podiatry)		9, 23 April	6, 20 April		7, 21 April	7, 21 April
Chiropractor (Port Lincoln Chiro)	7 April (monthly)					
Counselling (Zanti)	Via telehealth / by arrangement					
Dentist (Boston Bay Family Dental)						1-2, 27-29 April; 12-13 May
Naturopath (Lynette Boud)	16 Apr.					
Optometrist (Gulf & Ranges)	3 June.		2 June.			
Optometrist (Eyre Eye Centre)					15 Apr.	
Osteopathy (Dr Alex Cronin)	10, 11, 12 April					
Physio (JLP Physiotherapy)	Weekly - Sun/Mon					
Physio (Zac Ghabrial)				Mondays; Lock alt Tues		
Podiatrist (Eyre Chiropractic & Podiatry)		23 Apr.	24 Apr.			
Podiatrist (Your Local Podiatrist EP)	21 April (bi-monthly)					
Psychology (SHEOAK Clinical Psychology)	By appointment	Via telehealth				

Northern Eyre Health Care

MONTHLY NEWSLETTER

APRIL 2026



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 on final page 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

2026

APRIL

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

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	01	02	03
		Cleve: Dr Mukwevho Cowell: Dr Lawton Kimba: Dr Poppe Elliston: Dr Ozoemelum	Cleve: Dr Mukwevho, Dr Ozoemelum Cowell: Dr Lawton Kimba: Dr Poppe	Public holiday
06	07	08	09	10
Public holiday	Cleve: Dr McGregor Cowell: Dr Lawton Kimba: No clinic Elliston: Dr Bailey	Cleve: Dr McGregor Cowell: Dr Lawton Kimba: Dr Kaya Elliston: Dr Bailey	Cleve: Dr McGregor Dr Bailey Cowell: Dr Lawton Kimba: Dr Kaya	Cleve: Dr McGregor Dr Bailey Cowell: Dr Lawton Kimba: Dr Kaya
13	14	15	16	17
Cleve: Dr McManus Cowell: Dr Viki Kimba: Dr Kaya Elliston: Dr Bailey	Cleve: Dr McManus Cowell: Dr Viki Kimba: Dr Kaya Elliston: Dr Bailey	Cleve: Dr McManus Cowell: Dr Viki Kimba: Dr Kaya Elliston: Dr Bailey	Cleve: Dr McManus Dr Bailey Cowell: Dr Viki Kimba: Dr Kaya	Cleve: Dr Bailey Cowell: Dr Viki Kimba: Dr Kaya
20	21	22	23	24
Cleve: Dr Dumbell Cowell: Dr Bailey Kimba: Dr Mukwevho Elliston: Dr Kaya	Cleve: Dr Dumbell Cowell: Dr Bailey Kimba: Dr Mukwevho Elliston: Dr Kaya	Cleve: Dr Dumbell Cowell: Dr Bailey Kimba: Dr Mukwevho Elliston: Dr Kaya	Cleve: Dr Dumbell Dr Kaya Cowell: Dr Bailey Kimba: Dr Mukwevho	Cleve: Dr Dumbell Dr Kaya Cowell: Dr Bailey Kimba: Dr Mukwevho
27	28	29	30	01
Cleve: Dr Bailey Cowell: Dr Olutayo Kimba: Dr Mukwevho Elliston: Dr Viki	Cleve: Dr Bailey Cowell: Dr Olutayo Kimba: Dr Mukwevho Elliston: Dr Viki	Cleve: Dr Bailey Cowell: Dr Olutayo Kimba: Dr Mukwevho Elliston: Dr Viki	Cleve: Dr Bailey Dr Viki Cowell: Dr Olutayo Kimba: Dr Mukwevho	

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