

Northern Eyre Health Care HEALTHCARE SERVICES



MONTHLY NEWSLETTER

NOVEMBER 2025

Meet Streaky Bay/Wudinna dentist Peter Sipos

Clinic: Wudinna Dental Clinic
(Tues-Fri)

Years practising: 15 years

**Years working in this
community/region:** 3 years

**Where are you originally
from?** Hungary

Where did you train?
Hungary and UK

**Do you have a favourite
place or activity you'd
recommend?**

Yanerbie Beach and the
Westall Way Loop. We also
love Baird Bay and the 'swim
with the sealions and
dolphins' tour. It is a once in a
lifetime experience to swim
with these animals in their
natural habitat.

Specialties/interests:
Endodontics



**How do you aim to promote
preventative healthcare with
your patients?**

Recommending 6-12
monthly check up depending
on individual circumstances.

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

We work together with an oral
therapist, Lindi who works
from the Streaky Bay Clinic

once or twice a month.

*You can see Dr Sipos at
Streaky Bay and Wudinna
Dental, at Wudinna Health
Centre, phone 8626 1629.*

This monthly newsletter is produced by the Northern Eyre Health Care regional coordination service. The Northern Eyre Health Care project is delivered by the Northern Eyre Peninsula Health Alliance, including the District Councils of Streaky Bay, Elliston, Wudinna, Kimba, Cleve, and Franklin Harbour. For more information, visit:
yoursay.sa.gov.au/hub-page/northern-eyre-health-care

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Health and wellbeing news

REGIONAL MENTAL WELLBEING PROGRAM AWARDED SIGNIFICANT FUNDING BOOST TO STRENGTHEN OUTCOMES



Mentally Fit EP, a community-led mental wellbeing program delivered by West Coast Youth and Community Support, has won this year's \$100,000 grant from philanthropic organisation Impact100 SA.

The funding will support Mentally Fit EP to deliver a range of engaging and inclusive initiatives such as community workshops, storytelling projects, regional events, and grassroots campaigns.

Through these initiatives, MFEP aims to spark important conversations, promote connection, and encourage early help-seeking.

Since its inception in 2014, MFEP's goal has been to meet people where they are, in ways that feel relevant, welcoming, and locally led.

Mentally Fit EP also supports and champions groups, individuals, programs and initiatives across the Northern Eyre Peninsula which also promote individual and community wellbeing.

Discover more about Mentally Fit EP:

wcycs.com.au/mentally-fit-ep
facebook.com/MentallyFitEP
instagram.com/mentallyfitep

NEW RESEARCH TO IDENTIFY IF RURAL RESIDENTS ARE AT HIGHER RISK OF DEMENTIA - INVITATION TO PARTICIPATE

Dementia is Australia's leading cause of death, yet little is known about whether rural residents are more likely to develop dementia than city residents. A new University of South Australia project *Re-ACTIVate* will assess modifiable dementia risk factors and co-design a prevention toolkit for country communities. It builds on UniSA's *ACTIVate* research which found how older people spend their time affects cognition and brain volume. UniSA researcher Britt Burton said unique challenges for rural residents included access to health services, care continuity, and fewer places to be active.

"Rural and regional communities are strong, resourceful and deeply connected...wonderful places to live and age," she said.

"But with health services often stretched across vast distances and many younger people moving to the cities, communities can be left with fewer supports and opportunities - particularly for older residents who want to stay healthy, connected and active."

Volunteers are wanted to help with the project who:

- are 60-80 years of age
- live at least 1 hour drive outside of Adelaide
- have **not** been diagnosed with dementia, or a neurological or psychiatric condition
- do **not** have a history of stroke, seizures or traumatic head injuries

To participate, volunteers will:

- attend two assessment visits
- undertake memory and thinking tasks
- answer lifestyle questions
- wear an activity monitor (wristwatch) for 7 days

Workshops will be held on Eyre Peninsula in December for input into the dementia risk reduction toolkit. To get involved or for more information, contact Britt Burton and the team at:

Re-ACTIVate - University of South Australia

08 8302 1047

britt.burton@mymail.unisa.edu.au

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Your local clinic and pharmacy

NASAL FLU VACCINE FOR 2-5 YEAR OLDS



A new jab-free, nasal spray flu vaccination, FluMist, will be offered through GP clinics from next year, with the aim of boosting uptake in children aged two to five years. The regular injectable flu vaccine is already free in SA for at-risk groups including children under five, and now this needle-free option will also be available for children aged between two and five.

SA has the highest general population flu vaccination rate of mainland states, and one of the highest rates for children under five, but it is still only around 25 per cent. So far this year, SA has recorded 1806 influenza cases in under 5s, and 178 hospitalisations of children aged two to four with influenza. The UK and USA have seen high uptake of the needle-free vaccine since 2023, boosting vaccination rates, reducing illness and health service presentations in children.

YOUR LOCAL 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

✉ ramsey-kimba@adam.com.au

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



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

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Visiting healthcare services

Service	Cleve	Cowell	Kimba	Elliston	Wudinna	Streaky Bay
Acupuncture (Matter of Meridians)	3, 25 Nov (monthly)					
Chiropractor (Eyre Chiropractic & Podiatry)		6, 20, Nov. 4, 18 Dec	1, 17 Nov, 1, 15, 29 Dec		4, 18 Nov. 2, 16, 30 Dec	4, 18 Nov, 2, 16, 30 Dec
Chiropractor (Port Lincoln Chiro)	4 Nov (monthly)					
Counselling (Cari Schuster)	7 Oct (monthly)					
Counselling (Zanti)	14 Nov (monthly)					
Dentist (Boston Bay Family Dental)						Oct 1, 2 Oct 27, 28
Optometrist (Eyre Eye Centre)					1 Oct, 5 Nov	
Optometrist (Gulf & Ranges)	12 Nov.		11 Nov.			
Osteopathy (Dr Alex Cronin)	28, 29 Nov					20, 21, 27, 28 Oct, 3 Nov
Physio (JLP Physiotherapy)	3, 10, 17, 24 Nov					
Physio (Zac Ghabrial)				Mondays; Lock alt Tues		
Podiatrist (Eyre Chiropractic & Podiatry)		6, 20 Nov. 4, 18 Dec	17 Nov, 1, 15, 29 Dec		4, 18 Nov 2, 16, 30 Dec	4, 18 Nov 2, 16, 30 Dec
Podiatrist (Your Local Podiatrist EP)	18 Nov (monthly)					
Psychology (SHEOAK Clinical Psychology)	Full time	Via telehealth				
Skin checks (Rural Skin Cancer Service)	28 Oct.	22 Oct.		29 Oct.		

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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 and Lock

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

Northern Eyre Health Care



Country patients travelling to the city

Accessing health care in rural and remote regions is a challenge for residents across the country. Travelling for treatment can be challenging, especially when travelling away from home or for treatments which last for many weeks or months. However, there are some supports available.

Patient Assisted Travel Scheme (PATS)

The Patient Assistance Transport Scheme (PATS) subsidises the cost of travel, escort and accommodation costs for trips over 100km each way to see a specialist. Eligibility criteria is applied, and GP/specialist referral is required. Find out more about how to apply:

☎ 1300 341 684
✉ PATS@sa.gov.au
🌐 pats.sa.gov.au

Ronald McDonald House Charities

Ronald McDonald House is close by to the Women's and Children's Hospital and provides accommodation and other supports for regional families facing medical challenges in Adelaide. Provided free of charge for eligible families with sick or injured children or high-risk obstetric patients.

☎ (08) 8627 6922
✉ sonia.nichol@rmhc.org.au
🌐 rmhcsa.org.au

Veterans Travel for Treatment program

DVA's Travel for Treatment program helps DVA clients with costs of eligible travel to treatment, such as private vehicle use, parking, public transport, meals and accommodation, and more. Eligibility criteria is applied. Accessing this program is via the DVA's online service, MyService.

☎ 1800 838 372
🌐 dva.gov.au/about-myservice

Greenhill Lodge

The Cancer Council SA provides a lodge in Adelaide with 120 rooms of subsidised accommodation for regional cancer patients and their carers while they access treatments and appointments.

Greenhill Lodge also offers on-site support services, including social workers and transport.

Eligibility criteria applies and priority is given to people over 100km from Adelaide who are undergoing cancer treatment, but guests with other medical appointments may be eligible, subject to availability.

☎ (08) 8291 4200
✉ cc@cancersa.org.au
🌐 cancersa.org.au/support/cancer-council-greenhill-lodge-accommodation

Cottages 4 Country Care

The mission of Cottages 4 Country Care is to ease emotional and financial pressures by providing secure, self-contained accommodation in Adelaide for people from rural communities who face the tyranny of distance when accessing medical and community services.

During 2024, entirely funded by donations, it provided 2,032 nights accommodation in its cottages - 51% were for families travelling from Eyre Peninsula. It also provided 1,400+ nights with partner-hotels in 2024.

Find out more about eligibility to use the service or how to donate at:

☎ 0416 722 870
✉ mates@cottages4countrycare.org.au
🌐 cottages4countrycare.org.au

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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Northern Eyre Health Care Locum doctor roster
Streaky Bay • Kimba

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31
03 Kimba: Dr Estrada Streaky Bay: Dr Koh	04 Kimba: Dr Estrada Streaky Bay: Dr Koh	05 Kimba: Dr Estrada Streaky Bay: Dr Koh	06 Kimba: Dr Estrada Streaky Bay: Dr Koh	07 Kimba: Dr Estrada Streaky Bay: Dr Koh
10 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	11 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	12 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	13 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	14 Kimba: Dr Estrada Streaky Bay: Dr Olutayo
17 Kimba: Dr Akonjee Streaky Bay: Dr Olutayo	18 Kimba: Dr Akonjee Streaky Bay: Dr Olutayo	19 Kimba: Dr Akonjee Streaky Bay: Dr Olutayo	20 Kimba: Dr Akonjee Streaky Bay: Dr Olutayo	21 Kimba: Dr Akonjee Streaky Bay: Dr Olutayo
24 Kimba: TBA Streaky Bay: Dr Koh	25 Kimba: TBA Streaky Bay: Dr Koh	26 Kimba: TBA Streaky Bay: Dr Koh	27 Kimba: TBA Streaky Bay: Dr Koh	28 Kimba: TBA Streaky Bay: Dr Koh

Returning in December: Dr Mukwevho

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Northern Eyre Health Care Locum doctor roster

Cleve • Cowell • Elliston

Monday	Tuesday	Wednesday	Thursday	Friday
27 Elliston: Dr Olutayo Cowell: Dr Mukwevho Cleve: Dr McManus	28 Elliston: Dr Olutayo Cowell: Dr Mukwevho Cleve: Dr McManus	29 Elliston: Dr Olutayo Cowell: Dr Mukwevho Cleve: Dr McManus	30 Cowell: Dr Mukwevho Cleve: Dr McManus Dr Olutayo	31 Cowell: Dr Mukwevho Cleve: Dr McManus Dr Olutayo
03 Elliston: Dr Akonjee Cowell: Dr Mukwevho Cleve: Dr Olutayo	04 Elliston: Dr Akonjee Cowell: Dr Mukwevho Cleve: Dr Olutayo	05 Elliston: Dr Akonjee Cowell: Dr Mukwevho Cleve: Dr Olutayo	06 Cowell: Dr Mukwevho Cleve: Dr Olutayo Dr Akonjee	07 Cowell: Dr Mukwevho Cleve: Dr Olutayo Dr Akonjee
10 Elliston: Dr Koh Cowell: Dr Mukwevho Cleve: Dr Akonjee	11 Elliston: Dr Koh Cowell: Dr Mukwevho Cleve: Dr Akonjee	12 Elliston: Dr Koh Cowell: Dr Mukwevho Cleve: Dr Akonjee	13 Cowell: Dr Mukwevho Cleve: Dr Akonjee Dr Koh	14 Cowell: Dr Mukwevho Cleve: Dr Akonjee Dr Koh
17 Elliston: TBA Cowell: TBA Cleve: Dr Sorensen	18 Elliston: TBA Cowell: TBA Cleve: Dr Sorensen	19 Elliston: TBA Cowell: TBA Cleve: Dr Sorensen	20 Cowell: TBA Cleve: Dr Sorensen	21 Cowell: TBA Cleve: Dr Sorensen
24 Elliston: TBA Cowell: Dr Maroussen Cleve: Dr Sorensen	25 Elliston: TBA Cowell: Dr Maroussen Cleve: Dr Sorensen	26 Elliston: TBA Cowell: Dr Maroussen Cleve: Dr Sorensen	27 Cowell: Dr Maroussen Cleve: Dr Sorensen	28 Cowell: Dr Maroussen Cleve: Dr Sorensen