

Northern Eyre Health Care HEALTHCARE SERVICES



MONTHLY NEWSLETTER

FEBRUARY 2026

Meet SA Ambulance Service Paramedic Campbell Forsyth

What is your qualification and experience?

I started my journey with Ambulance in New Zealand in 2004 when I left the NZ Army. I gained my Bachelor of Health Science (Paramedicine) in 2010 and qualified as an Intensive Care Paramedic the same year.

In 2015 I moved to SA Ambulance, first as Regional Team Leader in Port Lincoln, then moved to Elliston in 2022, where I manage the Central Eyre Peninsula teams.

What does your role entail?

Day to day there is plenty of administrative duties. I run team training nights fortnightly in Elliston, Lock, Cowell and Cleve to keep our amazing volunteers up to date clinically and operationally. I also train and supervise new recruits and maintain an operational response capability for the region.

Which areas do you cover?

I cover the Central Eyre Peninsula: Elliston, Lock, Cleve and Cowell, but can be called to any area based on clinical need if a paramedic skill set is required, or to manage complex scenes and provide operational support to our volunteer members.

What do you enjoy most about Eyre Peninsula?

The lifestyle is great and the coastline is amazing. I enjoy the quiet out here. I am still finding new places and make a point of exploring on weekends with the family. There are many hidden gems all over the place, which you won't find without going off the beaten track.

What drew you to emergency healthcare?

Some experiences I had with friends in the military serving overseas left me feeling helpless and underprepared. When I left the Army I felt a role in the medical field would empower me.

What kind of variety do you have in your work?

No day is every the same. All of your daily plans can go out the window when the pager goes off.



What is the most challenging part of your role?

Being one of only two paramedics between Port Lincoln, Whyalla and Ceduna can be challenging. Some days it feels there is not enough of us to go around.

What is the most rewarding part of your role?

Teaching and training volunteers is by far the most rewarding part of my role. Watching lightbulb moments on training days or being able to talk through cases they have attended, where we can pull the job apart and look at underlying conditions and why patients present the way they do.

Why are you passionate about rural wellbeing?

I have lived in the communities I've served for many years, even in NZ, I lived in a small rural town north of Christchurch. I was part of a team that established the first community paramedic role in regional North Canterbury. Having seen how successful these roles can be, and the positive impact a collaborative approach to rural and remote healthcare can benefit communities, drives me to do all I can to make an impact here.

Continued Page 2.

Northern Eyre Health Care

MONTHLY NEWSLETTER

FEBRUARY 2026

Q&A with Campbell Forsyth (continued from P1)

As a paramedic how do you work with volunteers?

I started with the ambulance service in New Zealand as a volunteer, and spent three years as a volunteer before I had the opportunity for paid employment. I have always worked with and mentored volunteers as a paramedic. I find my role is unique within SAAS as we are the only people who work with volunteers daily, in both an educational and operational sense. We are the interface between volunteers and SAAS.

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

All healthcare professionals are here for our patients. Living and working in small towns often means there is crossover in patient care. When we deliver a patient to hospital you will often find that we hang around and assist the amazing nursing staff and doctors that we have out here.

We have combined training sessions and professional development days run by experienced doctors, nurses and paramedics from Adelaide through EMET sessions (Emergency Medicine Education and Training). We also try and involve local hospitals and staff in scenarios we run locally.

What do SAAS volunteers get out their role?

The reasons our members volunteer are varied, some are personal, others are simply 'if I don't then who will' and everything in between. All of our teams are sociable and fun, and for many, training nights are a way to connect with like-minded people and have fun while learning new skills.

I'm passionate about my community's wellbeing. How can I get involved with SAAS?

Its super easy. Talk to anyone in your community who volunteers with SAAS, or your local paramedic: For Streaky Bay, Port Kenny, Wudinna and Kimba - David Coombe 0428 713 033. For Elliston, Lock, Cleve and Cowell, Campbell Forsyth 0429 678 250.

Volunteering locally with **SAAS**



Treating simulated traumatic injuries.



Students practise manoeuvring.



Simulated trauma scenario. Extrication from a vehicle.

This newsletter is produced by the Northern Eyre Health Care - Regional Coordination Service, a project by the Northern Eyre Peninsula Health Alliance, including the District Councils of Streaky Bay, Elliston, Wudinna, Kimba, Cleve, and Franklin Harbour.
More info: yoursay.sa.gov.au/hub-page/northern-eyre-health-care

IN THIS ISSUE

- P1-4 Spotlight on SA Ambulance Service
- P5 Mental health first aid training
- P6 Healthcare calendar/directory
- P9-10 Locum doctor roster

Northern Eyre Health Care

MONTHLY NEWSLETTER

FEBRUARY 2026

Are you ready to join the team in green? Take the new Ambulance Responder course!

SA Ambulance Service (SAAS) is looking for volunteers in the Far North and West Coast region to join local teams in green and support the community when they need it most. A great feature of this is the new Ambulance Responder course, which is free, practical and delivered in a friendly environment by local paramedics and educators with support from your local team. In just four months, seven volunteers from the West Coast region have earned their responder status alongside another ten new recruits in the Central Eyre Peninsula and Lower Eyre Peninsula. Volunteers work towards their qualification at their own pace via face-to-face practical sessions. Previous experience or medical training is not required as all training is provided. Further, volunteers do not need to be on call 24/7 as rostering is organised around availability. There is also no need to stay on station when on duty, as most volunteers respond from home or work when needed. Campbell Forsyth, Regional Team Leader, Central Eyre Peninsula says: “you will be amazed at what you will learn in just a few days of hands-on training.” “You will learn new skills that will stay with you for life, while you help your local community and be part of something bigger. If you want to challenge yourself and give back to your community we all live in, this course is for you!”



Lindon Johnson and Ashley Weatherill from Streaky Bay receiving authority to practice, both pictured with SAAS Paramedic David Coombe.



Mobile CPR in the ambulance.



Cardiac arrest training (CPR).



Treating an anaphylaxis patient.

Northern Eyre Health Care

MONTHLY NEWSLETTER

FEBRUARY 2026

What is My Health Record?

My Health Record is Australia's secure, digital health record system, operated by the Australian Digital Health Agency, on behalf of the Australian Government. It holds key health information in one place, where you and your healthcare providers can access it, especially useful in an emergency or when seeing a new clinician.



What is in My Health Record?

Depending on what's been uploaded, your record can include:

- Medicines you're taking (from prescriptions and pharmacies)
- Allergies and adverse reactions
- Medical conditions and procedures
- Pathology results (blood tests, etc.)
- Diagnostic imaging reports (X-ray, CT, MRI reports)
- Hospital discharge summaries
- Immunisation history
- Summaries from your GP

Who can see it?

- You, in the My Health Record website or app
- Healthcare providers - who are involved in your care, such as GPs, hospitals, pharmacies, specialists. (Only authorised providers can access it, and you control access.)

Why is it useful?

- Safer care in emergencies
- Less repetition of your medical history
- Better coordination between providers
- Faster, more informed treatment decisions

Is it mandatory to have a My Health Record?

No. Most people have a record created for them, but you can opt out.

How can I get help to manage mine?

- Call the 24/7 help line on 1800 723 471
- Get help from a healthcare provider or trusted support person
- Ask about printed guides and videos for more help on using My Health Record

Cleve physio hits the (dirt) road to visit clients

Physiotherapist Josh Penny will visit rural residents on their own properties around Cleve and Lock on 2 March 2026.

He said this tour was designed for farmers who struggle to get into town, but want in-person treatment. Residents outside of the planned area are invited to contact Josh as he hopes to visit other areas in future.

Contact JLP Physiotherapy on:

☎ 0426 018 399



FARM & PROPERTY WELLNESS TOUR
CENTRAL & EASTERN EYRE ROUTE
2nd MARCH 2026

Physiotherapy sessions on your property

- Running a route through the surrounds of:
Verran, Rudall, Darke Peak, Kyancutta, Lock, Karkoo, Yeelanna
- No need to travel to town
- Practical, no-nonsense approach
- All travel costs included
- Limited places available!

Perfect for farmers who can't easily get to town

My Health Record training for healthcare staff/students

New online courses are available for vocational healthcare students and aged care workers to better understand and use My Health Record.

The *Digital Health in Healthcare*:

Understanding My Health Record and

Supporting Quality Aged Care with My Health Record courses are offered by the Australian

Digital Health Agency, and aim to provide the current and future healthcare workforce with

an overview of My Health Record and how they can use it to deliver more informed, timely and connected care. Find out more at:

🌐 training.digitalhealth.gov.au

Northern Eyre Health Care

MONTHLY NEWSLETTER

FEBRUARY 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
 ramsey-kimba@adam.com.au

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



A guide to planning mental health and wellbeing events in rural communities

The National Centre for Farmer Health has created a step-by-step guide to planning mental health and wellbeing events in farming communities, called: *Tackling The Tough Topics*.



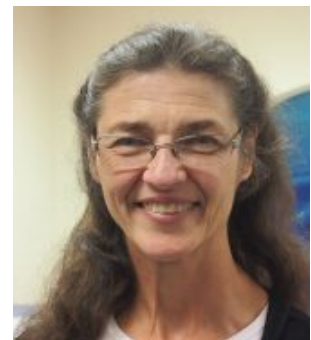
The guide offers:

- 14 key questions to guide your planning.
- Practical templates to ensure your event runs smoothly and achieves its objectives.
- Case studies from rural events and top tips that provide valuable insights.
- Guidance on selecting and preparing guest speakers, ensuring they are well-briefed about your farming community's unique needs and challenges.

Read more at www.farmerhealth.org.au or download the Tackling The Tough Topics guide here: bit.ly/ncfh-tough-topics

Our Town KIMBA hosts women's health night

Join Dr Joy O'Hazy for an informative and empowering Women's Health Night, focused on wellness, self-care, and holistic health. The evening will feature practical insights, expert



guidance, and thoughtful discussion in a welcoming environment, supporting women to feel their best at every stage of life. Light refreshments will be provided.

 47 High Street, Kimba
 7.30pm, Wednesday, 18 February 2026
 0499 272 024 (RSVP)
 [ourtownkimbasa](https://www.facebook.com/ourtownkimbasa)
 [ourtown_kimba](https://www.instagram.com/ourtown_kimba)

Northern Eyre Health Care

MONTHLY NEWSLETTER

FEBRUARY 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
🕒 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

Northern Eyre Health Care

MONTHLY NEWSLETTER

JANUARY 2026

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

Northern Eyre Health Care

MONTHLY NEWSLETTER

JANUARY 2026

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 via telehealth

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

MONTHLY NEWSLETTER

JANUARY 2026

Visiting healthcare services

Service	Cleve	Cowell	Kimba	Elliston	Wudinna	Streaky Bay
Acupuncture (Matter of Meridians)	10 Feb.			1 Feb.		1 Feb.
Audiology (Bloom Hearing)	25 Feb.	4 Feb.				3-4 Feb at capacity)
Chiropractor (Eyre Chiropractic & Podiatry)		12, 26 Feb	9, 23 Feb		10, 24 Feb	10, 24 Feb
Chiropractor (Port Lincoln Chiro)	10 Feb (monthly)					
Counselling (Zanti)	Via telehealth / by arrangement					
Dentist (Boston Bay Family Dental)						16-18 Feb (kids only) 2-5 Mar (all)
Optometrist (Eyre Eye Centre)		12 Feb.			18 Feb.	2 Feb.
Optometrist (Gulf & Ranges)	18 Mar.		17 Mar.			
Osteopathy (Dr Alex Cronin)	20, 21 Feb					
Physio (JLP Physiotherapy)	Mondays (weekly)					
Physio (Zac Ghabrial)				Mondays; Lock alt Tues		
Podiatrist (Eyre Chiropractic & Podiatry)		9, 15, 16 Jan 12, 13 Feb	14 Jan, 11 Feb			
Podiatrist (Your Local Podiatrist EP)	24 Feb (bi-monthly)					
Psychology (SHEOAK Clinical Psychology)		Via telehealth				
Dr Joy O'Hazy (Women's Health GP)	12 Feb, 9 April	18 Feb, 1 April	19 Feb, 2 April			

2026

FEBRUARY

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
26	27	28	29	30
02 Cleve: Dr Ozoemelum Cowell: Dr Coughlan Kimba: Dr Viki Elliston: Dr Premaratne	03 Cleve: Dr Ozoemelum Cowell: Dr Coughlan Kimba: Dr Viki Elliston: Dr Premaratne	04 Cleve: Dr Ozoemelum Cowell: Dr Coughlan Kimba: Dr Viki Elliston: Dr Premaratne	05 Cleve: Dr Ozoemelum Cowell: Dr Coughlan Kimba: Dr Viki	06 Cleve: Dr Ozoemelum Cowell: Dr Coughlan Kimba: Dr Viki
09 Cleve: Dr Makada Cowell: Dr Gangell Kimba: Dr Mukwevho Elliston: Dr Premaratne	10 Cleve: Dr Makada Cowell: Dr Gangell Kimba: Dr Mukwevho Elliston: Dr Premaratne	11 Cleve: Dr Makada Cowell: Dr Gangell Kimba: Dr Mukwevho Elliston: Dr Premaratne	12 Cleve: Dr Makada Cowell: Dr Gangell Kimba: Dr Mukwevho	13 Cleve: Dr Makada Cowell: Dr Gangell Kimba: Dr Mukwevho
16 Cleve: Dr McManus Cowell: Dr Maroussem Kimba: Dr Mukwevho Elliston: Dr Premaratne	17 Cleve: Dr McManus Cowell: Dr Maroussem Kimba: Dr Mukwevho Elliston: Dr Premaratne	18 Cleve: Dr McManus Cowell: Dr Maroussem Kimba: Dr Mukwevho Elliston: Dr Premaratne	19 Cleve: Dr McManus Cowell: Dr Maroussem Kimba: Dr Mukwevho	20 Cleve: Dr McManus Cowell: Dr Maroussem Kimba: Dr Mukwevho
23 Cleve: Dr Dumbrell Cowell: Dr Gangell Kimba: Dr Mukwevho Elliston: Dr Premaratne	24 Cleve: Dr Dumbrell Cowell: Dr Gangell Kimba: Dr Mukwevho Elliston: Dr Premaratne	25 Cleve: Dr Dumbrell Cowell: Dr Gangell Kimba: Dr Mukwevho Elliston: Dr Premaratne	26 Cleve: Dr Dumbrell Cowell: Dr Gangell Kimba: Dr Mukwevho	27 Cleve: Dr Dumbrell Cowell: Dr Gangell Kimba: Dr Mukwevho