

JULY 2025

ELLISTON ECHO

ELLISTON COMMUNITY AND VISITOR
INFORMATION CENTRE NEWS

VIEW ONLINE AT www.elliston.com.au

Email : info@elliston.com.au

Phone : 08 8687 9200

Fax : 08 8687 9240

IF YOU HAVE A COMMUNITY NOTICE OR SOME INTERESTING NEWS YOU WOULD LIKE TO SHARE WITH THE
COMMUNITY, PLEASE EMAIL OR DROP INTO CENTRE BEFORE THE 26TH OF THE MONTH

WHAT'S ON IN JULY!

It's the school holidays and we are holding some family activities in the RSL Memorial Building:

- On 9 July we have a family board game morning from 10am-12noon, come down with the kids and choose a board game to play - Checkers, Ludo, Sequence and Uno Flip are just some of the ones on offer.
- On 12 July Paddington in Peru will be showing from 2-4pm. Popcorn and drinks will be available, so bring your bean bags and get comfortable.
- Finally on 16 July, a family lego challenge morning will be held from 10am-12noon- bring your imagination as we set a challenge for families to undertake. We will display everyone's creations afterwards.

Port Kenny Markets are on again, on Sunday 13 July, so head along to see what goodies are on offer.

Sophie's dance classes will recommence when the term restarts.

SAVE THE DATE

9 JULY - FAMILY BOARD GAME MORNING

12 JULY - FAMILY MOVIE AFTERNOON

13 JULY - PORT KENNY MARKETS

16 JULY - FAMILY LEGO CHALLENGE MORNING

OPENING HOURS

Monday - Friday

9.00am - 5.00pm

Saturday - Sunday

9.30am - 1.00pm

Closed for Lunch Mon-Fri

12.30pm - 1.30pm

MONIKA SERVIN

VOLUNTEER SPOTLIGHT

What inspired you to become a volunteer with us?

I became a volunteer because I enjoy meeting travellers, telling them about our amazing area and finding out where they have come from and what brought them to Elliston.

What do you enjoy doing in your spare time?

In my spare time I enjoy reading, completing jigsaw puzzles and I've recently discovered Lego Flowers arrangements.

What's something you're really proud of achieving?

I am proud of achieving a Cert 4 in Health Care in my 60s through my volunteer work with SA Ambulance.

Do you have any favourite quotes or sayings that resonate with you?

My favourite quote - If a job is worth doing, its worth doing properly.

Where is your favourite place to visit in our region?

I think our whole area is spectacular, I love our coastline, the ruggedness and I would take visitors to Talia and Murphy's Haystacks.



Facebook Pages - Elliston Community & Visitor Information Centre
- Australian Salmon Fishing Championship - Elliston



Facebook Group - Elliston Markets

Instagram - @elliston.sa



Services
Australia
Access Point



COMMUNITY NEWS

THE WEEBILL AND HABITAT - DROOPING SHEOAK WOODLAND

The SACWA Elliston branch presents the next of our bird articles for your interest.

We recently took the decision to have our front yard date palm felled and removed, and the stump mulched. This has been after 3 years of grief against sparrows, blackbirds and starlings inhabiting the upper part of the tree. Inside that prickly mass was a place free from predators, very safe for nesting, to access immediate gardens and the golf course for food and resources.

In short, we removed an ideal habitat for feral birds to occupy. I counted 14 sparrows perched on the neighbor's fence as the fronds were removed.

Why is habitat so important?

A bird's habitat is a place where it can find all the resources necessary to survive, including food, water, shelter, and breeding grounds. It is the area with ecological and environmental characteristics where a species has adapted to find those essential elements.

A bird's habitat can change based on a variety of factors including seasonal changes or environmental changes caused by human activities. Protection of bird habitats plays an essential role in preserving balance in the environment. Habitat conservation helps protect biodiversity as well as ensuring that birds continue to thrive in their native environments.

Our garden is multi layered, or storeyed, which suits both resident and itinerant birds for different reasons. It contains ground covers, shrubs and trees, perfect places for birds to nest, roost, socialise, play and observe the world around them.



You may have noticed male sheoaks around the streets of Elliston draped in yellow brown flower spikes. The female trees have small red flowers and produce the cones. The wind is the pollinator, so hopefully female trees are close.

The drooping sheoak (*Allocasuarina verticillate*) woodland is the plant community associated with sub coastal plains. It extended within a band of 20km (and depending on soil type, up to 50- 100km) of the coast through low hills and steep rocky slopes from Streaky Bay, Elliston, and the lower Eyre Peninsula.

The ecological community occurs on limestone outcrops overlain with sandy loam soils. The vegetation is typically low, open woodland, but can be a closed woodland depending on landscape position, soil depth and drainage. The further south you travel, the taller the canopy with differing tree associations of blue gum,

red gum, native pine and tee tree, the further east, associations of eucalyptus mallee and native pine.

We are going to investigate each storey of this community and try and identify what species use this habitat as home. These places are highly fragmented, and the average patch is under 4ha. Stop on the roadside on your travels to Pt Lincoln where maturing vegetation patches are in evident

Size matters! Habitat matters!

This varied ecological community did support a range of bird, reptile and vertebrate species. Of the bird species, this community is the western extent of the rainbow lorikeet, white winged chough, and diamond firetail. At least 17 terrestrial mammal species that formerly foraged within this ecological community are now regionally or nationally extinct. They played a key ecosystem role through digging and foraging for invertebrates, fungi, plant root nodules and bulbs.



The weebill is Australia's smallest bird, known for its distinctive short, blunt stubby bill and vocal nature. It measures 8- 9cm long, and weighs on average 6 grams. They have an inconspicuously coloured plumage ranging from yellowish-grey on the front to olive-brownish-grey on the back.

They favour woodland areas, and are often seen hanging on the outer foliage in pairs and small groups, foraging for spiders and insects. They are known to be highly vocal, often with a rolling sweet musical call while feeding.

The weebill builds a neatly woven dome- shaped nest made from grasses and fine vegetation, lined with feathers and soft materials. The female incubates the eggs, while both parents care for the young.

It is known for its distinctive song, often described as wee-bit or wee willy weete, which it sings year round. Its small size unique characteristics make it a favourite among bird watchers.

Note that both ground and canopy are used as habitat by this tiny species.

Next edition: looking closely inside sheoak woodlands.

COMMUNITY NEWS



ELLISTON CAMERA CLUB

Barn Owl that we see at night sitting on fence post by Sheringa

Maroon Banded Greenhood orchids that flower in July at Mt Wedge

PHOTOS BY AR-MIND GRAVES

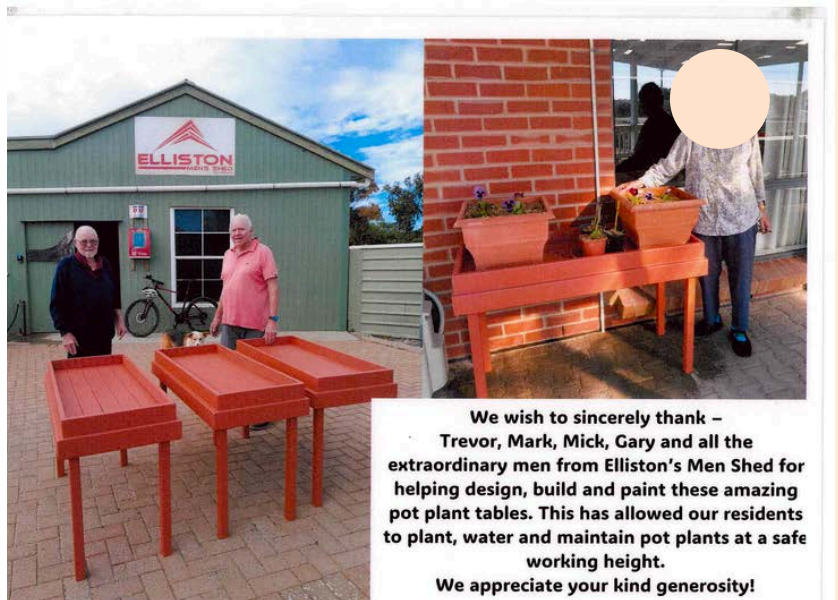


THANK YOU DI

Di Kelly has spent a number of years looking after the Elliston Op Shop, and the Elliston Hall. She has done a wonderful job of sorting the huge number of donated items that we receive each year and putting them out on display for the many visitors who pop in.

We are sad to see her leave but wanted to thank her very much for all of her volunteering that she has done with us, it has been greatly appreciated.

We wish her all the best. From the team at the ECVIC.



We wish to sincerely thank – Trevor, Mark, Mick, Gary and all the extraordinary men from Elliston's Men Shed for helping design, build and paint these amazing pot plant tables. This has allowed our residents to plant, water and maintain pot plants at a safe working height. We appreciate your kind generosity!

ELLISTON DANCE STEP CLASSES

ALL CLASSES WILL BE HELD IN THE TOWN HALL
DURING THE SCHOOL TERM

TUESDAYS

4-6YR OLD 3:45
7-10YR OLD 4:15
\$10 PER CLASS



WEDNESDAYS

ADULT CLASS 5:30-6:15
(OLDER KIDS WELCOME)
\$15 PER CLASS

THANK YOU

From -The Pines Hostel,
Elliston

COMMUNITY NEWS



FLINDERS ISLAND SAFE HAVEN PROJECT

The Flinders Island Safe Haven Project baiting operations have finished. This was Australia's second largest rodent eradication program and a huge step towards critical conservation outcomes for the Eyre Peninsula. Although the baiting has finished, it will take a minimum 2 years of monitoring and success checks before we can declare a successful eradication. The Project Team would like to extend a big thank you to the Elliston Community and local contractors and businesses that have assisted the project to date.

What now? ...

The cat eradication program is well underway with specialist hunters and trappers stationed on the island until December 2025. Additional personnel and specially trained detector dogs will arrive from September.

The beach, coastal Crown Land and Island remain **closed** to the public until cat operations are complete, which is expected to be the end of December 2025. This is to ensure public safety while hunting operations are in place.

For more information about the project, pop into the Elliston Landscape Board Office for a chat on 10 July or 24 July.

AUSTRALIAN SALMON FISHING CHAMPIONSHIP UPDATE

We have completed the first month of the salmon fishing competition!

We have had 4 weeks of mystery weight winners, congratulations to:

Week 1 - Brian Baker from Noarlunga Downs,
Week 2 - Ryan Heritage from Whyalla,
Week 3 - Kevin Barton from Whyalla,
Week 4 - Sherman Mui from Christies Beach

We also have the first of the new prizes - the monthly heaviest fish winner as well:

June winner is Brian Baker from Noarlunga Downs with a 5.005kg fish.

Currently people are voting for the photo prize for June so have a look at them on the Australian Salmon Championship Facebook page and like your favourite one before Tuesday 8 July! The winner receives \$50.

There are two months to go for the competition so get your tickets from any of the following businesses and head out:

- Elliston Community & Visitor Information Centre
- Elliston Caravan Park
- Elliston Waterloo Bay Tourist Park
- Elliston Hotel
- Elliston Roadhouse
- Venus Bay Licensed General Store



COMMUNITY NEWS

FAMILY MOVIE AFTERNOON



Family Movie "**Paddington in Peru**" PG

Saturday 12 July

RSL building

2-4pm

Bring a beanbag or something comfy to sit on



Children will need to be supervised

Free entry

Popcorn 50c

Drinks: juice box 50c

soft drink \$1



Free online presentations



Be Connected

Every Australian online.

Be Connected Presentations

Join the eSafety Commissioner's free online Be Connected presentations to learn how to get the most out of going online.

Discover how to use technology with confidence and keep safer online, in an easy-to-understand format with our knowledgeable and friendly presenters.

Audience: older Australians

Location: online

Book your spot: at

beconnected.esafety.gov.au/bookings

BE CONNECTED FREE PRESENTATIONS

If you are interested in particular sessions and would like to watch the presentation on a big screen with others please let Sam at the Elliston Community and Visitor Information Centre know either via phone 86879177, email: info@elliston.com.au or drop in.

Topic schedule 2025

July

- 03 Useful tips for your Android phone
- 22 Staying safe on Facebook
- 31 Connecting to others

August

- 14 Can you spot a scam?
- 21 Technology and your health
- 27 Protect yourself against scams

September

- 04 Safer online shopping and banking
- 23 iPhone basics
- 25 How to use government websites

October

- 16 Can you spot a scam?
- 21 Protecting your personal information online
- 23 Managing emails safely

November

- 13 Protect yourself against scams
- 18 Helpful apps for your smart device
- 25 Safer online shopping – Festive season edition

December

- 04 All you need to know about data and public Wi-Fi
- 09 Connecting to others
- 11 Apps for smarter travel

If enough people are interested in a particular session we will do our best to make it happen! The earlier you can let us know the better so we can book the venues.

The Be Connected website also has a number of articles and how-to videos on tips for using different technologies, social media, and staying safe online. There are podcast episodes as well answering questions people have regarding these topics. Please visit: <https://beconnected.esafety.gov.au/>

Be Connected is a joint initiative between the Department of Social Services, eSafety and Good Things Foundation to increase the confidence, skills and online safety of older Australians.



eSafety Commissioner

beconnected.esafety.gov.au

LOCAL BUSINESS NEWS & UPDATES

Catholic Church: Elliston



JULY 2025

Saturday 5th	9am
Saturday 12th	9am
Saturday 19 th	9am
Sunday 27th	11am

Children's Activities

Keep your eye out on the ECVIC socials for up and coming children's activities.



Elliston Men's Shed



Open for morning chat, tea and coffee.
9-11am Monday, Tuesday, Wednesday
and Thursday.

Also available at the shed:

- Key Cutting Service
- Knife and Scissor Sharpening

The Men's Shed Group meets for committee meetings on the second Thursday of the month at 9.30am.

ALL WELCOME

Elliston CWA

Next Meeting for Elliston Branch
SACWA will be our Annual
Meeting.

Please note the date and day
change:

**Tuesday 15th July, 10.30am
cuppa for 11am start.**



Government of South Australia
SA Health

Elliston Community Health Centre Opening Hours:

Monday to Friday
8:30 AM - 4:30 PM

Phone: 08 8687 9012
Fax: 08 8687 9341

Mid Eyre Medical Centre Opening Hours:

**Monday to Wednesday
(by appointment)**
9:00 AM - 5:00 PM

Phone: 08 8687 9110
Fax: 08 8687 9318

Allied Health Clinic Dates:

Physiotherapy - 14 and 28 July 2025
Podiatry - 28 July 2025
Dietetics - 29 July 2025
Speech Therapy - N/A
Social Work - 16 July 2025
Occupational Therapy - 29 July 2025

**URGENT REFERRALS MAY BE REVIEWED
VIA TELEHEALTH OR PHONE**

**To get a referral for an appointment
contact:**

Ayunda
Phone: 08 8687 9012
Monday to Friday
8:30 AM - 4:30 PM

Community Nurse:

Elliston, Wudinna, and Lock

Jess Bascomb
Phone: 0428 576 670
Monday to Friday
8:00 AM - 4:30 PM

Diabetes Educator:

Ashlee Stringer
Monday to Tuesday
8:30 AM - 3:00 PM
Thursday
8:30 AM - 5:00 PM

Support at Home Services:
Elliston, Wudinna, and Lock

Annette Jolly
P 0403 803 941
Monday - Friday
9.00am - 3.30 PM

Additional Info:

Eyre Eye Centre
Visiting Elliston
10 September 2025



WHAT'S ON THIS MONTH

JULY CALENDAR

Mon

Tue

Wed

Thu

Fri

Sat

Sun

	1	2	3	4	5 Catholic Church 9am Elliston Transfer Station 10am-12noon	6 10c bottle Recycling Elliston Caravan Park 11am-5pm
7 RED BINS	8	9 Family Board Game Activity 10am-12noon Elliston Transfer Station 10am-12noon	10	11 YELLOW BINS	12 Catholic Church 9am Family Movie 2-4pm	13 10c bottle Recycling Elliston Caravan Park 11am-5pm
14 RED BINS	15 Council Meeting CWA Meeting 10.30am	16 Family Lego Challenge Activity 10am-12noon Elliston Transfer Station 10am-12noon	17	18	19 Catholic Church 9am Elliston Districts v Tumby Bay- Elliston	20 10c bottle Recycling Elliston Caravan Park 11am-5pm
21 RED BINS	22	23 Elliston Transfer Station 10am-12noon	24	25 YELLOW BINS	26 Elliston Districts- Cougars- Kapinnie	27 Catholic Church 11am 10c bottle Recycling Elliston Caravan Park 11am-5pm
28 RED BINS	29	30 Elliston Transfer Station 10am-12noon	31			

Northern Eyre Health Care

HEALTHCARE NEWSLETTER

MONTHLY NEWSLETTER

JULY 2025

Meet your GP: Dr Claire Rowe

Where do you see patients: Lock Community Health and Welfare Centre

Years practising: 22, and 21 in the region

Most common concerns you see: Chronic diseases/ageing issues

What do you enjoy most about the region? Everyone knows everyone

Favourite leisure activity? Walking while listening to audiobooks

Specialties/interests: Listening/talking, and running late...

What inspired you to become a GP? TV shows like "A Country Practice" and "Flying Doctors"

What is your philosophy in patient care? Respect

What makes a great rural GP? Knowing when to ask for help

How do you work with other professionals and services? Try to use allied health as often as possible. Try to stay abreast of services offered – a constant challenge.

What other services do you recommend to complement a GP's role in healthcare?

Whatever they need. There are great programs and supports available in person and online. We just need to be wise with 'Doctor Google' and ChatGPT... I still think GPs are better!



Dr Rowe visits Lock Health and Welfare Centre on Tuesdays.

How do you promote preventative health care? Enthusiastically. Encouraging personal responsibility and accountability in a patient's health journey.



Our region's GP 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.



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.

Northern Eyre Health Care

MONTHLY NEWSLETTER

JULY 2025

Visiting healthcare services

MID EYRE MEDICAL PRACTICE – multiple locations

Call Mid Eyre Medical Cleve on 8628 2003 for details and bookings.

Rural Skin Cancer Service •

Cleve 5 August. Cowell 27 August.
Kimba, Elliston TBA.



Dr Thomas Han (paediatrician) •
Cleve 7 August, 27 November.

Dr Joy O'Hazy (women's GP) •
Cleve, Kimba, Cowell TBA.

Bloom Hearing (audiology) •
Cleve 2 July, 6 August, 3 September.

Gulf & Ranges Optometrist •
Cleve 19 August, 11 November.

ALIGN HEALTH CENTRE

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

Chiropractor •

Kimba • 14, 28 July, 11, 25 August.
Wudinna (AM) / Streaky Bay (PM) 1, 15, 29 July, 12, 26 August.
Cowell • 3, 17, 31 July, 14, 28 August.

Podiatrist •

Kimba • 2 July, 20 August.
Cowell • 3, 4 July, 21, 22 August.

CLEVE MASSAGE & WELLNESS COLLECTIVE

Cari Schuster Holistic Counsellor •
1 July, 5 August. Ph: 0428 282 503.

Port Lincoln Chiro • 8 July, 5 August.
Book by calling: 8683 0899.

Your Local Podiatrist EP • 15 July, 12 August. Ph: 0426 923 295 or visit www.yourlocalpodiatristep.com

Matter of Meridians Chinese Medicine and Acupuncture •
22 July, 26 August. Book online at: www.matterofmeridians.com.au

JLP Physiotherapy • Mondays
Ph: 0426 018 399

Zanti Counselling • 25 July, 22 August. Bookings: www.zanti.com.au



EYRE EYE CENTRE – optometrist clinics, multiple locations

Streaky Bay • 28 July
Wudinna • 6 August
Call Eyre Eye Centre Port Lincoln for bookings on 8682 4566.

Cowell • 7 August
Call Eyre Eye Centre Whyalla for bookings on 8645 7399.



Website: yoursay.sa.gov.au/northern-eyre-health-care

Email: health.northerneyrehc@sa.gov.au

Phone: 0481 464 525

Northern Eyre Health Care

SERVICE
spotlight

Dementia Australia

Dementia Australia is the peak body supporting Australians living with dementia, their families and carers. Dementia is an escalating public health concern in Australia, with prevalence rates rising sharply due to the country's ageing population.

National Dementia Hotline

**START
HERE**

This hotline is the entry point for all supports provided by Dementia Australia. It can help if you:

- *live with dementia*
- *know and care for someone with dementia*
- *work with people with dementia*
- *are concerned about your thinking, mood and memory*
- *have mild cognitive impairment*



Emotional support and guidance: free and confidential, available 24/7



Navigate services and programs: connect to services and community support programs



Information and advice: discuss government support, including Carer Gateway, National Disability Insurance Scheme (NDIS) and Dementia Behaviour Management Advisory Service (DBMAS)

Free call 1800 100 500, email helpline@dementia.org.au or live chat at www.dementia.org.au/get-support/national-dementia-hotline

Individual/local support

When speaking with the National Dementia Hotline, you can ask to be connected to Dementia Australia's staff who cover your area.

These Dementia Support Specialist staff offer free support for people of all ages diagnosed with dementia, or assessed with mild cognitive impairment.

Support after diagnosis can help:

- increase your understanding of dementia
- plan support services and networks
- develop strategies to live well
- prepare and plan for changes

www.dementia.org.au/get-support/post-diagnostic-support

Education and connection events

Dementia Australia staff run regular events throughout the year to help people better understand dementia and how to live well with it, often themed on different topics and encouraging people to connect and support each other.

Keep an eye on the website for events on Eyre Peninsula:

www.dementia.org.au/get-involved/events

Northern Eyre Health Care

SERVICE
spotlight

Dementia Australia services continued...

Being dementia friendly

Dementia Australia makes it easy to be more involved and informed in making life better for people with dementia and their community around them. How?

Become a Dementia Friend

By becoming a Dementia Friend, you'll be joining thousands of people like you, collaborating with people living with dementia to make your community more dementia friendly. It's as easy as watching a small series of short videos that give you a better sense of the experience of dementia. Visit: www.dementia.org.au/get-involved/dementia-friendly-communities/become-dementia-friend

Be a Dementia Friendly Organisation

A dementia-friendly organisation a business, local government or community service provider that makes changes to better meet the needs of people living with dementia. Dementia Friendly Organisations are included in our online community directory. The directory helps people living with dementia, their families and carers to choose services that are welcoming and supportive.



Dementia Australia Library

The Dementia Australia Library is the largest publicly accessible dementia library in the world. It gives free access to print and digital resources about dementia and is available to everyone. Call the National Dementia Hotline on 1800 100 500 for information, or visit: www.dementia.org.au/get-support/dementia-australia-library



Free counselling

If you live with dementia, or care for someone who does, it's normal to have strong feelings, good and bad. Dementia Australia offers free, confidential, professional counselling for all stages of a dementia journey.

Counselling can help you to:

- better understand dementia's impacts
- develop strategies to respond to feelings of stress or mixed emotions
- plan for the future, by setting goals and seeking referrals for support.

Counselling can be face-to-face, on the phone or via video conferencing. Start with calling the National Dementia Helpline any time on 1800 100 500.

Northern Eyre Health Care SERVICE *spotlight*

More great resources for living well with dementia

Dementia Support Pharmacist program for rural SA

Whether you're a family member seeking clarity on medications, a healthcare professional looking to enhance patient outcomes or someone living with dementia who wants to better understand your care, this program could help you.

Pharmacists Dee-Anne Hull and Nicola Sander are providing both face-to-face and telehealth appointments throughout rural SA, for comprehensive medication management, personalised support and collaborative care.



This is a free service for anyone with a dementia diagnosis, of any age, funded by Country SA Primary Health Network. Phone: 08 7079 8600 or email: dementiasupportpharmacist@psa.org.au

Hold the Moment podcast



Dementia Australia's Hold the Moment podcast shares uplifting stories from people living with dementia and their loved ones, along with tips and strategies you can use in your life. The hosts are Dementia Australia Ambassador Hamish Macdonald, whose father lived with dementia, and Dementia Advocate Jim Rogers, who lives with younger onset dementia. Listen online or subscribe on your favourite podcast platform. www.dementia.org.au/living-dementia/hold-moment-podcast

BrainTrack mobile app

Are you concerned about changes in your thinking or memory? BrainTrack is a free app by Dementia Australia that helps monitor and understand changes in cognition over time.

Users receive brain health information while playing fun games, and receiving data on their cognition, which can be provided to their GP to initiate a formal cognitive assessment.

Search "braintrack" in Google Play or Apple App Store on your device.

**Brain
Track**

Download now



Check your
brain health

Northern Eyre Health Care

SERVICE
spotlight

NDIS Services offered by Country & Outback Health

Local NDIS supports

Living regionally shouldn't mean missing out on the support you need. Perhaps you are starting your journey with the National Disability Insurance Scheme (NDIS), or you may already have a plan in place. Either way, Country and Outback Health (COBH) has a local team ready to help you get the most out of your funding with friendly, expert support across a range of services.

👣 Podiatry

From foot pain to footwear, podiatrists can help you to keep moving comfortably.

🥗 Dietetics

Offering practical advice and personalised meal plans to support everything from food sensitivities to digestive issues.

🏃 Exercise Physiology

Want to move more, feel stronger, or gain confidence? Exercise physiologists can create fun, achievable plans tailored just for you.

🧠 Mental Health Support

Compassionate support in a safe, confidential environment for you to work on managing emotions, building behaviour support strategies or growing your confidence to follow your daily routine.

🔗 Support Coordination

Help to understand your plan, connect with the right providers, and ensure services work for you.

📄 Plan Management

Take the stress out of paperwork. Plan managers handle invoices, keep your budget on track, and give you more time to focus on what matters most.

The best part? COBH is local, knows Eyre Peninsula, and is passionate about helping community members live more independently, confidently, and joyfully. Wherever you are on the Eyre Peninsula, you can reach out today and find out how COBH can help you make the most of your NDIS plan.

Phone: 8644 4900 or visit:

www.cobh.com.au for more information.



Who is Country & Outback Health?

Country & Outback Health is a not-for-profit organisation operating across regional SA including the northern Eyre Peninsula, providing services including mental health, allied health, NDIS, alcohol and other drugs, Aboriginal health, and older persons services. Read more about their services at www.cobh.com.au

2025

JULY

Northern Eyre Health Care Locum doctor roster

Cleve • Cowell • Elliston

Monday	Tuesday	Wednesday	Thursday	Friday
30 Elliston: Dr Maroussem Cowell: Dr Kada Cleve: Dr McManus	01 Elliston: Dr Maroussem Cowell: Dr Kada Cleve: Dr McManus	02 Elliston: Dr Maroussem Cowell: Dr Kada Cleve: Dr McManus	03 Cowell: Dr Kada Cleve: Dr McManus, Dr Maroussem	04 Cowell: Dr Kada Cleve: Dr McManus, Dr Maroussem
07 Elliston: Dr Lawton Cowell: Dr Viki Cleve: Dr Jaravaza	08 Elliston: Dr Lawton Cowell: Dr Viki Cleve: Dr Jaravaza	09 Elliston: Dr Lawton Cowell: Dr Viki Cleve: Dr Jaravaza	10 Cowell: Dr Viki Cleve: Dr Jaravaza Dr Lawton	11 Cowell: Dr Viki Cleve: Dr Jaravaza Dr Lawton
14 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	15 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	16 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	17 Cowell: TBA Cleve: TBA Dr Lawton	18 Cowell: TBA Cleve: TBA Dr Lawton
21 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	22 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	23 Elliston: TBA Cowell: TBA Cleve: Dr Lawton	24 Cowell: TBA Cleve: TBA Dr Lawton	25 Cowell: TBA Cleve: TBA Dr Lawton
28 Elliston: TBA Cowell: Dr Brown Cleve: Dr Jaravaza	29 Elliston: TBA Cowell: Dr Brown Cleve: Dr Jaravaza	30 Elliston: TBA Cowell: Dr Brown Cleve: Dr Jaravaza	31 Cowell: Dr Brown Cleve: TBA Dr Jaravaza	01 Cowell: Dr Brown Cleve: TBA Dr Jaravaza

Returning in August: Dr Jaravaza, Dr McManus, Dr Mukwevho, Dr Maroussem, Dr Brown, Dr Sorensen

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

2025

JULY

Northern Eyre Health Care Locum doctor roster

Streaky Bay · Kimba

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
Kimba: Dr Lawton Streaky Bay: Dr Govindasmy	Kimba: Dr Lawton Streaky Bay: Dr Govindasmy	Kimba: Dr Lawton Streaky Bay: Dr Govindasmy	Kimba: Dr Lawton Streaky Bay: Dr Govindasmy	Kimba: Dr Lawton Streaky Bay: Dr Govindasmy
07 Kimba: Dr Estrada Streaky Bay: TBA	08 Kimba: Dr Estrada Streaky Bay: TBA	09 Kimba: Dr Estrada Streaky Bay: TBA	10 Kimba: Dr Estrada Streaky Bay: TBA	11 Kimba: Dr Estrada Streaky Bay: TBA
14 Kimba: Dr Mukwevho Streaky Bay: Dr Said	15 Kimba: Dr Mukwevho Streaky Bay: Dr Said	16 Kimba: Dr Mukwevho Streaky Bay: Dr Said	17 Kimba: Dr Mukwevho Streaky Bay: Dr Said	18 Kimba: Dr Mukwevho Streaky Bay: Dr Said
21 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	22 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	23 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	24 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell	25 Kimba: Dr Mukwevho Streaky Bay: Dr Liddell
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

Returning in August: Dr Mukwevho, Dr Akonjee, Dr Lam, Dr Bhargava, Dr Ashby