

SEPTEMBER 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 SEPTEMBER!

We are officially in Spring now and it is starting to feel like it with this sunshine!

We hope to see you at our adult board and card game afternoon Thursday week. Details on page 5. Drop in from 2-4pm for a cuppa and to either play or watch the games.

The Hooded Plover Conservation Workshop is on Thursday 18 September at the Elliston Sports Centre. They are looking for RSVP's before 9 September. Details on page 5.

The Elliston Hotel are having live music at their Stew & Shiraz event on Sunday 28 September.

SAVE THE DATE

- **11 September** - Adult board game afternoon
- **18 September** - Hooded Plover Conservation workshop
- **28 September** - Music at the Elliston hotel

OPENING HOURS

Monday - Friday	9.00am - 5.00pm
Saturday - Sunday	9.30am - 1.00pm
Closed for Lunch Mon-Fri	12.30pm - 1.30pm

LOU ROSSI

COMMUNITY VOLUNTEER SPOTLIGHT



You are a volunteer with SA Ambulance, what inspired you to become a volunteer ambulance officer?

I wanted to help people when they needed it the most.

What do you enjoy doing in your spare time?

I know it sounds weird, but working even though I'm retired.

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

Raising a family and surviving it all.

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

Be kind to each other, we're all we have.

Where is your favourite place to visit in our region?

It's not so much the region, it's the people that make it our favourite place.



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

STARLINGS: ANOTHER VERY SUCCESSFUL FERAL TO THE WEST COAST

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

The common starling was imported into Australia during the 1860's from Europe. It has become classified as an invasive species due to its prolific breeding and the environmental damage it causes. It is in the same category as the cane toad and the Indian Myna bird.

If they have been so successful across the eastern states, as well as SA and WA, how has this happened? In three words: adaptability, intelligence and group dynamics.

Starlings are songbirds that are:

- exceptionally talented at imitating sounds
- have an ability to mimic that goes far beyond just copying the songs of other birds
- can reproduce a wide range of noises, including human speech, machinery sounds, and animal noises.

Starlings are social birds that need large groups. Mimicry helps them communicate within their flock. It also helps them blend in and access food sources or nests owned by other birds.

Driving along highways, a common sight is the murmuration of starlings, referring to the stunning flocking behaviour, where they gather in large groups, often numbering from hundreds to over 100,000 birds. This phenomenon typically occurs with peak activity between December and January. During a murmuration, starlings twist, turn, and swoop in the sky, creating beautiful, shape-shifting patterns, especially when predators are nearby. The term "murmuration" is derived from the murmuring sound made by their wings and calls as they fly together.

Scientists believe these birds flock in the first place to confuse and discourage predators, through their sheer numbers, with the noise such a flock makes, and its motion. Some communication may be happening, whilst some researchers believe they are simply keeping warm before roosting for the night.

How to identify the species in breeding and non breeding plumage. The common starling *Sturnus vulgaris*, also known as the European or English starling, is:

- a dark-coloured medium-sized (20 centimetres head to tail)
- a sharp pointed bill,
- relatively short tail and pointed wings.
- breeding plumage: turns a glossy black with metallic purple or green tints, slightly duller in females.
- the bill turns dull yellow with a blue base on males and a salmon pink base on females,
- legs of both sexes turn from a dark colour to an orangey hue.
- non-breeding plumage: both males and females are brown and speckled, with a dull grey bill and legs.

Streaky Bay made headlines several months ago, with a starling population explosion in the town, notably the amount of pungent faeces underneath trees in the main street. It is well known that faeces can cause serious health issues to people, as well as have negative impacts on native species for food competition, nesting sites, and spread of external parasites.

Starlings have an extremely diverse diet that varies seasonally, geographically, and with the age of individuals:

- invertebrates generally make up about half of the diet
- food items range from fruits and seeds to skinks, worms and snails, with arthropods being the most numerous Starlings need to drink water daily.
- prefer to feed in short grass, primarily in cow and sheep paddocks or on lawns, also larvae, insects and herbage
- often forage in large flocks, taking insects disturbed by grazing animals.

Starlings are seasonal breeders, breeding from July to March with a peak of activity in August and September. They form pairs and nest in tree hollows, building cavities, holes in the ground and gaps or crevices in cliffs. They produce 2 to 3 broods a year and produce on average 4 to 6 eggs with each brood. The incubation period of the eggs is around 12 days and the young take anywhere from 14 to 21 days to fledge before they leave the nest.

In summary, starlings have adapted well to Australian conditions, with prolific breeding, intelligence and group dynamics, any match to native species for control.



Reference group: C O'Neil, I & D Penna, G Fieldhouse, I Quinn (EP Landscape Board), J Rossi, Co-ordinator S Fieldhouse. Feedback or comments welcome: gally3@bigpond.com

COMMUNITY NEWS

2025 ANNUAL AUSTRALIAN SALMON FISHING CHAMPIONSHIPS

We have completed the final month of the salmon fishing competition. What a competition it's been!

A huge congratulations to overall winner:

- **Heaviest Fish** - Brian Baker, Noarlunga Downs with a fish weighing 5.163kg

Congratulations to the other major prize winners:

- Second Heaviest Fish - Jarrad Paterson, Pennington with a fish weighing 5.117kg
- Third Heaviest Fish - Brian Baker, Noarlunga Downs with a fish weighing 5.005kg

And the new prize of:

- Junior Heavies Fish - Jaxon Todd, Roxby Downs, with a fish weighing 4.274kg

August's mystery weight winners are below, congratulations to:

Week 10 - Brian Baker from Noarlunga Downs,
Week 11 - Kevin Barton from Whyalla,
Week 12 - Shane Edwards from Kingscote,
Week 13 - Kyle Harty from Rostrevor.

We have the August monthly heaviest fish winner as well: Brian Baker, with the 5.163kg fish.

Currently people are voting for the photo prize for August so have a look at them on the Australian Salmon Championship Facebook page and like your favourite one before Tuesday 9 September! The winner receives \$50.

Thank you

This event would not run without the huge effort provided by the Elliston Caravan Park - Tim and Amanda who do the weigh-ins daily throughout the whole three months!! We really appreciate that huge effort, and thank you for doing this for the competition.

A big thank you also to the outlets who sell - Elliston Caravan Park, Elliston Waterloo Bay Tourist Park, Elliston Hotel, Elliston Roadhouse, Elliston Community and Visitor Information Centre, and the Venus Bay Licensed General Store.

We also thank all the sponsors who have provided financial support that means we can offer the above prizes.



ABALONE INDUSTRY ASSOCIATION OF SA
ANXIOUS BAY INVESTMENTS
CAVES CIVIL
ELLISTON APARTMENTS
LESTER'S ELECTRICAL
RALLY'S RENTALS
WESTERN ABALONE
ZIPPELS SMOKY BAY OYSTERS

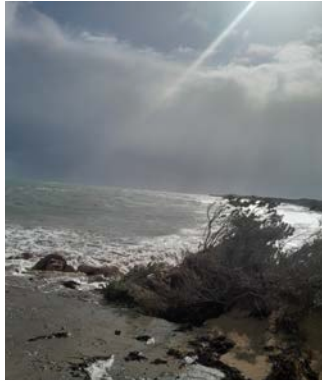
COMMUNITY NEWS

ELLISTON CAMERA CLUB

High seas at
Anxious Bay



Rough Seas
across the bar



PHOTOS BY GARRY FIELDHOUSE

THE PINES HOSTEL



Are seeking donations for the following items:

- Sewing material/wadding/edging (for patchwork and quilting)
- Magazines e.g. Womens Weekly, New Idea etc
- Textas/pencils and colouring in books (appropriate for adults)



Please see Larissa or drop them off at the Elliston Hospital.
Thanks!

ELLISTON SPEED SHEAR



The 10th Elliston Speed Shear was another successful event. Congratulations to the winner of the Open section **Toby Waters** with a time of 26.78 seconds.

The other winners were:

- intermediate - Jackson Lockett with a time of 31.55 seconds
- novice - Noah Ramsey with time of 59.25 seconds

It was a calm and dry evening which began at about 5.30pm. A number of local and intrastate shearers registered for the event and their elite shearing skills were watched on by a large crowd vocalising their support.

The Sports Centre served up meals across the evening that were thoroughly enjoyed. The main heats were held after which a decision was made to add in a team event. This followed the finals of the Open and Intermediate sections. This tested partners throwing skills for something different! There was Elliston Speed Shear merchandise for sale as well.

Once the shearing finished the band "Outnumbered" began and had the crowd up and dancing. It was a great night!

ELLISTON TRANSFER STATION



The Elliston Waste Transfer Station will now be open:

- Every second Wednesday (beginning Wed 20 August)
- The first Saturday of each month

This schedule will remain in place until the end of September.

The station is also available by appointment if you're unable to attend during these times.

To arrange an appointment, please contact the Council office.

COMMUNITY NEWS

Hooded Plover Conservation Workshops

Tumby Bay and Elliston

Do you like walking along the beach?
Ever wanted to get involved in protecting your local threatened species?

Hooded Plovers lay their eggs and raise chicks on the beach, and you can get involved in protecting them!

Join us for free workshops to learn more about how Hooded Plovers raise their chicks, the threats they face, and how you can get involved in protecting them.



Did you know:
without our help,
there's only a 2.5%
chance an egg
will survive to
adulthood?



Tumby Bay

Date: Tuesday 16th September

Time: 10:30am - 2:30pm

Location: Redcliff Campsite
789 Trinity Haven Road, Tumby Bay

Elliston

Date: Thursday 18th September

Time: 11am - 3pm

Location: Elliston Community
Sports Centre
Memorial Drive, Elliston

RSVP by 9th September - renee.mead@birdlife.org.au | 0422 798 388

We will spend the morning indoors, and then visit a local beach where we'll get to see the birds behaviours! All are welcome!



This project is supported by the Eyre Peninsula Landscape Board's Grassroots Grants program, made possible by the regional landscape levy

ADULT BOARD GAME & CARD GAME AFTERNOON

Join us for a cuppa and an afternoon of fun!!

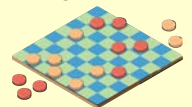
When: 11 September 2025

Time: 2.00-4.00pm

Where: RSL Memorial building

Games available:

- Backgammon
- Scrabble
- Articulate
- Rummikub
- Chess / Checkers
- Decks of Cards
- Uno
- SkipBo
- Sequence



HAVE YOUR SAY ON EP'S LANDSCAPES

The Eyre Peninsula Landscape Board is now seeking feedback about its five-year regional landscape plan.

The plan sets the 5-year direction for landscape management in our vast region. The EP Landscape Board would like to hear from the community including what changes you think will challenge the management of our soil, water, coasts and biodiversity during the next 5 years.

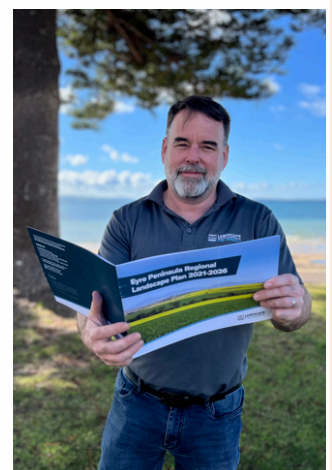
To provide your feedback, visit the YourSay page and complete the community survey, request a one-on-one interview or attend the Healthy Country Conference in October.

The Board also wants to hear from young people so there's also a youth survey option.

Have your say about the future of our landscape management by September 26 at: yoursay.sa.gov.au/ep-regional-landscape-plan-2025.

Eyre Peninsula Regional
Landscape Plan 2021-2026

5-YEAR REVIEW



COMMUNITY NEWS



CONGRATULATIONS VICKI HULL

Vicki Hull has received Life Membership with the Elliston Branch SA Country Women's Association! She has been involved in the Elliston branch SA CWA since 1976, so for nearly 50 years.

This was celebrated on Thursday 21 August at a lunch at the Elliston Hotel attended by her Elliston SA Country Women's Association colleagues and friends.

A placemat was created which listed all of the roles that she has held during her nearly 50 years, of being part of the Elliston branch SA CWA.

Cynthia gave a speech highlighting Vicki's passion for and dedication to the organisation. It is due to Vicki's enthusiasm and commitment that Elliston still has a SA CWA branch with active members. She has taken a lead role in driving the handicrafts section of the Elliston Branch SA CWA and motivates members to try new crafts and continue to keep skills of the older crafts going through the Table Day, showcasing the crafts at the Elliston Area School Annual Woolshow and by continuing to learn herself at conferences and training sessions in Adelaide. Vicki also puts up her hand to take part in all the the Elliston Branch SA CWA's fundraising events locally.

Congratulations Vicki, it is well deserved.

INNOVATE WITH NBN® GRANTS PROGRAM NOW OPEN – CONNECTING REGIONAL BUSINESSES TO POWER PROGRESS

Applications for the 2025 Innovate with nbn Grants Program are now open!

In partnership with the Regional Australia Institute, the program supports regional businesses using the nbn® to drive innovation and deliver social and economic outcomes.

With **\$125,000 in prize money** across seven categories—including a new Sport & Recreation and combined Arts & Tourism categories—this is your chance to be recognised and rewarded.

Apply by midnight Sunday 12 October 2025.

Applied before but didn't win? You can apply again this year! 🙌

👉 nbnco.com.au/innovatewithnbn



COMMUNITY NEWS

This is a Connecting Communities Event sponsored by the Department of Primary Industries and Regions under the Family and Business Support Program.

Port Kenny Time Capsule OPENING

Do you have memories, stories, or interest in the Port Kenny Time Capsule laid in 1988?

Join us for a special community gathering as we open a time capsule filled with memories and mementos from the past!

5 OCTOBER, 2025 | 12:00 PM - LATE

Time Capsule Opening: 2:30pm

Location: Port Kenny and District's Sports Centre

Everyone is welcome - lunch and dinner will be available for purchase.
EFTPOS and bar facilities available.

RSVP's very much appreciated for catering purposes.

More details will be shared as the day approaches - stay tuned!

RSVP TO CHLOE



portkennytimecapsule@gmail.com



0448 653 707

PORT KENNY TIME CAPSULE OPENING

The organisers are also looking for memorabilia, old school sports uniforms, photos etc.

Contact Chloe for more details.

ELLISTON BOOK SWAP

Where: Elliston Hall

Open: same hours as the Info Centre

What: Adult, Young Adult and Children's books

Come and have a look as you never know what you might discover!



ELLISTON TREASURES OP SHOP

When was the last time that you popped into the Op Shop for a look!

We have bargains galore at the moment - baby clothes, womens and mens clothes!

Don't forget we also stock crockery, bed linen, and other various items.



ELLISTON COMMUNITY LIBRARY

Have you seen that we have new library books in the library:

- children's early reader books
- adult fiction books



LOCAL BUSINESS NEWS & UPDATES

CATHOLIC CHURCH: ELLISTON



SEPTEMBER 2025

Saturday 6 th	9am
Saturday 13 th	9am
Saturday 20 th	9am
Sunday 28 th	11am

CHILDREN'S ACTIVITIES

KINDERGYM

Every Wednesday
(during school term only,
unless otherwise advertised)

Location: Elliston Hall

Time: 9.30 - 10.30am

For children aged 0-5 years of age

Parental supervision compulsory



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 **Thursday September 11th, 10.30am**
cuppa for 11.00am start.

Handicraft **Tuesday 16th, 10.30am**. Hoping
to begin our Celluloid items. Bring pretty
pictures on greeting cards (example) and
scissors please and some pegs.

All friends of CWA welcome.



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 - 1, 8, 22 Sept 2025
Podiatry - 22 Sept 2025
Dietetics - 23 Sept 2025
Speech Therapy - N/A
Social Work - 10 Sept 2025
Occupational Therapy - 23 Sept 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 Wednesday
8:30 AM - 3:00 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

Child development check
4 September 2025



WHAT'S ON THIS MONTH

SEPTEMBER CALENDAR

Mon

Tue

Wed

Thu

Fri

Sat

Sun

1	2	3 Elliston Transfer Station 10am-12noon	4	5 YELLOW BINS	6 Catholic Church 9am Elliston Transfer Station 10am-12noon Prelim Final (Cummins)	7 10c bottle Recycling Elliston Caravan Park 11am-5pm
8 RED BINS	9	10	11 CWA Meeting 12noon Adult board and card game activity 2pm	12	13 Catholic Church 9am Grand Final (Cummins)	14 10c bottle Recycling Elliston Caravan Park 11am-5pm
15 RED BINS	16 Council Meeting	17 Elliston Transfer Station 10am-12noon	18 Hooded Plover conservation workshop	19 YELLOW BINS	20 Catholic Church 9am	21 10c bottle Recycling Elliston Caravan Park 11am-5pm
22 RED BINS	23	24	25	26	27	28 Catholic Church 11am 10c bottle Recycling Elliston Caravan Park 11am-5pm
29 RED BINS	30					

Northern Eyre Health Care HEALTHCARE NEWSLETTER

MONTHLY NEWSLETTER

SEPTEMBER 2025

Meet Cleve based clinical psychologist: Dr Amanda Rogers

What is your experience? I am a Clinical Psychologist with 19 years' experience. I have worked in WA Government – Child and Adolescent Mental Health (CAMHS), Juvenile Justice, and Disability Services. I engaged in University-based teaching and tutoring in Perth and Norway while I undertook my PhD.

Where are you from and where are you now? I was born at Cleve Hospital (sixth generation in the region), left to finish school, lived around Australia and the world, and returned with my family 35 years later. I started SHEOAK Clinical Psychology in Cleve 4 years ago.

Which areas do you cover? I see clients from the whole Eyre Peninsula. I offer telehealth, but some clients travel significant distances for face-to-face services – as far as Quorn, Port Lincoln, Elliston.

What do you enjoy most about Eyre Peninsula - its places and activities?

There are amazing spots to walk, kayak, camp, swim and surf, but I just love I can walk everywhere in town, and it's safe for our children to run free like it's the 1960's. I try to walk twice a day to see the sunrise and the sunset. It helps ground me before work and decompress before home. It's quick, simple, routine, and free.

What drew you to your field?

The combination of the scientific rigour of the discipline, and the deeply interpersonal nature of the work. I love the constant tension of sitting with a client as a normal human but also being a highly trained clinician juggling multiple theories,

formulations, evidence-based interventions and practice frameworks. The combination is essential and has taken years of training and experience to master.

What kind of variety do you get?

Working in a remote location has forced me to be a specialist generalist, as there are few other options. I work with the whole spectrum – schizophrenia, post-natal depression, chronic pain, social phobia, obsessive compulsive disorder, anxiety and depression, complex trauma, and grief. I am always expanding my knowledge areas – reading literature, undertaking training and seeking professional supervision. Running my practice is a constant juggle of clinical work, admin duties, accounting, legal processes, IT, business development and political advocacy. My years in government gave me a solid foundation in processes to ensure I can deliver a safe and sustainable service.

What is the most challenging part of your role? Being a sole practitioner in a remote area, rather than working in a multi-disciplinary team in the city. Initially, I missed my old team, but over time I have developed good professional networks that ensure I can seek support while maintaining confidentiality and privacy for my clients.

What is the most rewarding part?

Seeing people get better – improved sleep, self-esteem and energy, less worry, weight on their shoulders, better boundaries, feeling like a better parent, being more assertive, carrying less shame, etc. It's sad to farewell a client, but I feel proud and happy when they can face the world again.



Contact Amanda at SHEOAK Clinical Psychology (Cleve), on amanda@sheoak.com.au or phone 0455 214648.

What makes you passionate about rural residents' wellbeing? Country people are resilient, but they can put up with too much suffering. Having a safe, confidential, private, professional and non-judgemental space to talk is very important in country areas where the different areas of our lives can overlap.

What's your best advice to them?

Feed your mind, body and soul a balanced diet. Let yourself sleep, play, learn, exercise, eat well, breathe deeply, rest, talk, laugh, think, accept, stop, feel...if this doesn't work, talk to your GP or seek professional help.



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.

IN THIS ISSUE

- P3-4 Visiting healthcare services
- P5 Fly in allied health care
- P6 Northern Eyre Health Care project update
- P7-8 Locum doctor roster – August

Northern Eyre Health Care

MONTHLY NEWSLETTER

SEPTEMBER 2025

News in primary healthcare

INAUGURAL EVENT FOR NEW GRADUATES IN ALLIED HEALTH

The Rural Doctors Workforce Agency will launch a new event showcasing allied health careers for new graduates, on Sunday 2 November 2025 in Adelaide.

SpringBoard2026 allows SA's allied health students, graduating this year and next year, to hear directly from SA's rural allied health employers about employment opportunities, including those available in rural SA.

If you employ new graduates in private or not-for-profit primary health care services, apply now to showcase your offering and help promote rural health careers at SpringBoard2026.

RDWA offers support to employers taking part through grants to help cover costs to prepare for and attend the event.

☎ 08 8234 8277

✉ SpringBoard@ruraldoc.com.au

🌐 ruraldoc.com.au/springboard2026

NEW VISITING HEALTH CARE PROVIDERS

Cleve Massage and Wellness Collective continues to expand its diverse list of resident and visiting allied health services. New providers include NSW-based Osteopath Alex Cronin, and Port Lincoln counselling service, Zanti.

Streaky Bay Community Hub (the former dragon boat club) now hosts Boston Bay Family Dental, and Eyre Chiropractic and Podiatry, each month.

Cowell-based naturopath, Ebony Burns of Efflorescent Herbs, is back from maternity leave and delivering regular services (Mon-Thurs). Services delivered via telehealth so you can check in from anywhere.

Healthcare providers visiting the Cleve, Cowell, Elliston, Kimba, Streaky Bay and Wudinna areas are invited to share their service information in this newsletter – contact the Northern Eyre Health Care project team.

☎ 0409 946 349

✉ health.northerneyrehc@sa.gov.au

🌐 yoursay.sa.gov.au/northern-eyre-health-care



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

MONTHLY NEWSLETTER

SEPTEMBER 2025

Visiting healthcare services

Service	Cleve	Cowell	Kimba	Elliston	Wudinna	Streaky Bay
Acupuncture (Matter of Meridians)	30 Sept 28 Oct			28 Sept		28, 29 Sept
Chiropractor (Eyre Chiropractic & Podiatry)		11, 25 Sept 9, 23 Oct	8, 22 Sept 6, 20 Oct		9, 23 Sept 7, 21 Oct	
Counselling (Cari Schuster)	2 Sept 7 Oct					
Counselling (Zanti)	15 Sept 27 Oct					
Dentist (Boston Bay Family Dental)						1-3 Sept, 29 Sept - 3 Oct
Optometrist (Eyre Eye Centre)				10 Sept	1 Oct	15 Sept
Optometrist (Gulf & Ranges)	12 Nov		11 Nov			
Osteopathy (Dr Alex Cronin)	12, 13 Sept 19, 20 Sept					15, 16 Sept
Paediatrician (Dr Ashlee McCarthy)	2 Sept					
Physio (JLP Physiotherapy)	1, 8, 15, 22, 29 Sept					
Podiatrist (Eyre Chiropractic & Podiatry)		25, 26 Sept 23, 24 Oct	24 Sept 22 Oct			
Podiatrist (Your Local Podiatrist EP)	9 Sept 21 Oct					
Skin checks (Rural Skin Cancer Service)	9, 28 Sept	24 Sept 28 Oct	10 Sept			

Northern Eyre Health Care

MONTHLY NEWSLETTER

SEPTEMBER 2025

Visiting provider contacts

ALLIED HEALTH

DR ALEX CRONIN (osteopathy)
🌐 alexcroninosteopathy.au4.cliniko.com/bookings

BLOOM HEARING (audiology)
Audiology - visits full for 2025
📞 (08) 8682 6966
🌐 bloomhearing.com.au

EFFLORESCENT HERBALS (naturopathy)
✉ efflorescetherbals@gmail.com
🌐 efflorescetherbals.com.au

EYRE CHIROPRACTIC & PODIATRY
📞 0437 442 278 or 8644 2210
🌐 eyrecpp.com

EYRE EYE CENTRE (optometry)
📞 8682 4566 or 8645 7399
✉ reception@eyreeyecentre.com.au
🌐 eyreeyecentre.com.au

GULF & RANGES OPTOMETRISTS
📞 8642 2766
✉ reception@gulfandranges.com.au
🌐 gulfandranges.com.au

JLP PHYSIOTHERAPY
📞 0426 018 399
✉ info@jlpphysiotherapy.com
🌐 jlpphysiotherapy.com

MATTER OF MERIDIANS (acupuncture and holistic healing)
📞 0488 763 289
✉ matterofmeridians@gmail.com
🌐 matterofmeridians.com.au

PORT LINCOLN CHIRO (chiropractor)
📞 8683 0899
✉ portlincolnchiro1@gmail.com
🌐 portlincolnchiro.com.au

ALLIED HEALTH cont.

YOUR LOCAL PODIATRIST EP
📞 0456 923 295
✉ your.localpodiatrist@outlook.com.au
🌐 yourlocalpodiatristep.com

DENTAL HEALTH

BOSTON BAY FAMILY DENTAL
Children's and adults dental care
📞 08 7609 1152
✉ info@bostonbayfamilydental.com.au
🌐 bostonbayfamilydental.com.au

MENTAL HEALTH

CARI SCHUSTER
Holistic counselling
📞 0428 282 503
✉ carischuster66@gmail.com

SHEOAK CLINICAL PSYCHOLOGY
📞 0455 214 648
✉ amanda@sheok.com.au
🌐 sheoak.com.au

ZANTI (counselling and psychotherapy)
📞 0408 405 149
✉ karie@zanti.com.au
🌐 zanti.com.au

GPS & SPECIALISTS

Book via Mid Eyre Medical Clinics
- see contact details on page 2.

DR ASHLEE MCCARTHY (paediatrician)

DR JOY O'HAZY (women's health)

RURAL SKIN CANCER SERVICE
(skin checks, biopsies)
🌐 ruralskin.au

Northern Eyre Health Care SERVICE *spotlight*

Allied health flying into the regions

Accessing health care in rural and remote regions is a challenge for residents across the country. Despite 28% of the population living rurally or remotely, geographic isolation and large distances are a barrier for both residents and service providers.

However, there are innovative teams delivering care to these diverse locations and communities - Fly2Health is just one such company.

Fly2Health

Fly2Health specialise in flying in allied health and mental health services to more than 100 regional and remote communities, including Ceduna, Port Augusta, Port Lincoln, Whyalla, Koonibba and Roxby Downs.

The SA based Fly2Health team of Speech Pathologists, Occupational Therapists and Psychologists are available for:

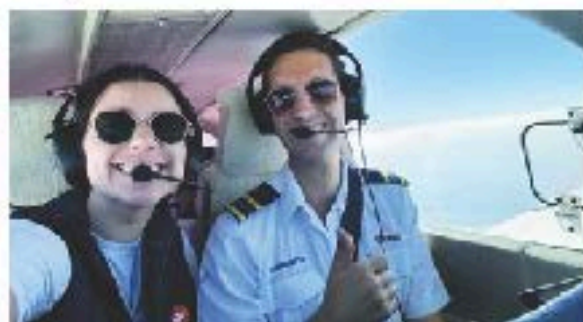
- In person on going therapy (fortnightly)
- In person specialised assessments and reporting (incl. functional capacity)
- Telehealth if preferred by the individual

Self referrals are welcome.

☎ 1300 163 665

✉ hello@fly2health.com.au

🌐 fly2health.com.au



Meet Fly2Health line pilot Ahmad Mirzaie



Years as a pilot: 2 years

What is a typical fly out day like in your role?

I am a pilot first - a typical day starts at 5am, checking our destinations' weather and conditions, at the airport by 6:20am and on the runway taking off by 7am - most flights are 90 mins. During 9am - 4pm we are in the community and I am an operations manager. At the end of the day, I'm a pilot again, heading back to the airport.

What is the most challenging part of your role?

Removing frost from the windscreens in a cold early winter morning.

What makes you passionate about it?

Fly2Health is doing its absolute best in breaking down the barriers to allied health across Australia, making sure no matter how remote a community is, they can access the health services they deserve.

Where are you from and where are you based now? Originally from SA and now working out of Parafield, where I did all my training, is great.

Which geographical areas do you cover? At the moment, the SA team covers Whyalla, Port Lincoln, Port Augusta, Ceduna, Renmark, Mount Gambier, Naracoorte and even across the border to Broken Hill in NSW, Harsham, Mildura and Swan Hill in VIC.

What do you enjoy most about Eyre Peninsula?

I enjoy it for its beaches and fishing - such a great place to be in and fly around.

NORTHERN EYRE HEALTH CARE

Project Update

September 2025



Successful public consultation informs new healthcare delivery model

The Northern Eyre Health Care project thanks Cleve, Elliston, Franklin Harbour, Kimba, Streaky Bay and Wudinna communities for strong engagement in the consultation held during January–April, via face to face meetings, written submissions and 413 survey responses. Consultation findings are now informing a new model of healthcare delivery which will be trialled and evaluated over 2026–27.

The project will continue to report to the community as the model is developed. Survey results showed while communities are significantly impacted by GP and medical workforce shortages, there are other challenges which need to be considered in improving healthcare outcomes for Northern Eyre Peninsula residents. A summary of findings follows:



Continuity of care emerged as a central concern across the region. Data and comments highlighted the infrequency of service availability, particularly GPs.



Travel and logistics are major barriers to accessing timely and appropriate care. Most people are accessing GPs and nursing in their own town, but are travelling more often, and further, for allied health, mental health and dental care.



Significant challenges around **service access and navigation** were reported. Respondents called for better coordination between services, clearer referral and eligibility information, and improvements to communication of available services.



Dental care was identified as the region's most inaccessible and unaffordable service. Only one of six main towns had a resident dentist (at the time of survey), and instead, most respondents travelled to Port Lincoln or Whyalla for dental care.



Mental health services are seen to be severely under-resourced throughout the region and demand for them is of high concern for communities.



Allied health services were considered inconsistent, unreliable and hard to access. Physiotherapy was the most commonly accessed allied health service (by 37% of respondents). Services seen as most important close to home included physiotherapy (75%), optometry (57%), podiatry (45%), and chiropractor (44%).



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2025

SEPTEMBER

Locum doctor roster
Mid Eyre Medical – Kimba / Streaky Bay Medical

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
01 Kimba: Dr Olutayo Streaky Bay: Dr Sewnarain	02 Kimba: Dr Olutayo Streaky Bay: Dr Sewnarain	03 Kimba: Dr Olutayo Streaky Bay: Dr Sewnarain	04 Kimba: Dr Olutayo Streaky Bay: Dr Sewnarain	05 Kimba: Dr Olutayo Streaky Bay: Dr Sewnarain
08 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	09 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	10 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	11 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	12 Kimba: Dr Estrada Streaky Bay: Dr Olutayo
15 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	16 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	17 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	18 Kimba: Dr Estrada Streaky Bay: Dr Olutayo	19 Kimba: Dr Estrada Streaky Bay: Dr Olutayo
22 Kimba: Dr Mukwevho Streaky Bay: Dr Olutayo	23 Kimba: Dr Mukwevho Streaky Bay: Dr Olutayo	24 Kimba: Dr Mukwevho Streaky Bay: Dr Olutayo	25 Kimba: Dr Mukwevho Streaky Bay: Dr Olutayo	26 Kimba: Dr Mukwevho Streaky Bay: Dr Olutayo
29 Kimba: Dr Mukwevho Streaky Bay: Dr Koh	30 Kimba: Dr Mukwevho Streaky Bay: Dr Koh	01 Kimba: Dr Mukwevho Streaky Bay: Dr Koh	02 Kimba: Dr Mukwevho Streaky Bay: Dr Koh	03 Kimba: Dr Mukwevho Streaky Bay: Dr Koh

Returning in October: Dr Koh, Dr Ashby, Dr Estrada, Dr Sewnarain, Dr Inwang, Dr Lawton

2025

SEPTEMBER

Locum doctor roster
Mid Eyre Medical – Cleve, Cowell, 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
01 Elliston: Dr Maroussem Cowell: Dr Mukwevho Cleve: Dr Sorensen	02 Elliston: Dr Maroussem Cowell: Dr Mukwevho Cleve: Dr Sorensen	03 Elliston: Dr Maroussem Cowell: Dr Mukwevho Cleve: Dr Sorensen	04 Cowell: Dr Mukwevho Cleve: Dr Sorensen Dr Maroussem	05 Cowell: Dr Mukwevho Cleve: Dr Sorensen Dr Maroussem
08 Elliston: Dr Viki Cowell: Dr Lawton Cleve: Dr Sorensen	09 Elliston: Dr Viki Cowell: Dr Lawton Cleve: Dr Sorensen	10 Elliston: Dr Viki Cowell: Dr Lawton Cleve: Dr Sorensen	11 Cowell: Dr Lawton Cleve: Dr Sorensen Dr Viki	12 Cowell: Dr Lawton Cleve: Dr Sorensen Dr Viki
15 Elliston: Dr Rawal Cowell: Dr Lawton Cleve: Dr McManus	16 Elliston: Dr Rawal Cowell: Dr Lawton Cleve: Dr McManus	17 Elliston: Dr Rawal Cowell: Dr Lawton Cleve: Dr McManus	18 Cowell: Dr Lawton Cleve: Dr McManus Dr Rawal	19 Cowell: Dr Lawton Cleve: Dr McManus Dr Rawal
22 Elliston: Dr Rayhan Cowell: Dr Lawton Cleve: Dr Rawal	23 Elliston: Dr Rayhan Cowell: Dr Lawton Cleve: Dr Rawal	24 Elliston: Dr Rayhan Cowell: Dr Lawton Cleve: Dr Rawal	25 Cowell: Dr Lawton Cleve: Dr Rawal Dr Rayhan	26 Cowell: Dr Lawton Cleve: Dr Rawal Dr Rayhan
29 Elliston: Dr McManus Cowell: Dr Inwang Cleve: Dr Lawton	30 Elliston: Dr McManus Cowell: Dr Inwang Cleve: Dr Lawton	01 Elliston: Dr McManus Cowell: Dr Inwang Cleve: Dr Lawton	02 Cowell: Dr Inwang Cleve: Dr Lawton Dr McManus	03 Cowell: Dr Inwang Cleve: Dr Lawton Dr McManus

Returning in October: Dr Lawton, Dr McManus, Dr Viki, Dr Hiley, Dr Olutayo, Dr Inwang, Dr Mukwevho, Dr Sorensen