



# Health and aged care services directory



This directory lists services available within the District Council of Lower Eyre Peninsula except in categories where no or few services are available within DCLEP

## Doctors

### Lower Eyre Family Practice

Tumby Bay Rd, Cummins  
or 5/61 Esplanade, Coffin Bay  
(08) 8676 2210

### Coffin Bay Health Centre

Corner of Hawson St and Flinders Ave,  
Coffin Bay (08) 8683 2077

## Community nursing

### Cummins

Cummins and District Hospital Memorial  
Hospital (08) 8676 0200 or 0467 744 458

### Coffin Bay

Coffin Bay Health Centre  
(08) 8685 4070 or 0427 026 395

## Hospital

### Cummins and District Memorial Hospital

24 hour a day seven day a week accident  
and emergency service (08) 8676 0200 or  
in an emergency 000

## Allied health services

**Breast care nurse** – visits as needed  
(08) 8683 2269

**Chiropractor (Pt Lincoln Chiro)** – in  
Cummins weekly (08) 8683 0899

**Dietician (Country and Outback Health)**  
– in Cummins weekly – *GP referral only*

**Occupational therapist** – in Cummins  
and Coffin Bay (08) 8683 2200

**Exercise physiologist** – in Cummins  
weekly – *GP referral only*

### Physiotherapists

**Connie Andrews** – in Cummins Tuesday  
and Thursday 0439 505 201

**Mark Cooper (Lower Eyre Physio)** – in  
Cummins weekly (08) 8682 5121

**Matt Hayman (EP Physio +)** – in  
Cummins weekly (08) 8676 2210

**Pt Lincoln Health Service  
physiotherapists** – in Cummins and  
Coffin Bay (08) 8683 2200

**Optometrist (Eyre Eye Centre)** – in  
Cummins monthly (08) 8682 4566

**Podiatrist (Country and Outback Health)**  
– in Cummins weekly – *GP referral only*

**Speech pathologist** – in Cummins and  
Coffin Bay  
(08) 8683 2200

*Residents may also be able to have allied  
health services visit their home through My  
Aged Care or NDIS funding packages.*

## Pharmacies

### Cummins Chemist

56 Bruce Terrace, Cummins  
(08) 8676 2057

### Coffin Bay Pharmacy

2 Flinders Ave, Coffin Bay (08) 8685 4080

## Dementia support

**Dementia Link Worker** (Pt Lincoln-based)  
Kylie Earl (08) 8372 2100

**National Dementia Helpline** 1800 100 500  
<https://www.dementia.org.au>

## Domestic violence support

**Yarredi Services Inc.** (Pt Lincoln-based)  
(08) 8683 0311 or 1800 110 617 or  
<http://www.yarredi.org.au>

## Mental health – crisis support

**Emergency Services** 000

**Lifeline** 13 11 14

**Rural Mental Health** 131 465

**Suicide Call Back Service** 1300 659 467

**Kids Help Line** (ages 5-25) 1800 551 800

**Mensline Australia** 1300 789 978

**beyondblue** 1300 224 636

**Standby Response Country** (for people bereaved by suicide) 0438 728 644

## Mental health support – counselling

### Cummins

**Country & Outback Health** – GP referral

**West Coast Youth and Community Services** ages 10–25 and families. No referral required  
(08) 8683 0072 or 0427 280 821

### Pt Lincoln

**Country & Outback Health** (psychological therapy – GP referral) (08) 8621 3800

**Pt Lincoln Aboriginal Health Service**  
(08) 8683 0162

**Centacare Catholic Family Services**  
(family/relationship) (08) 8683 0733

## Suicide Prevention Network – local

**Empowering Lower Eyre – Suicide Prevention Network** – find on Facebook

## Mental health support – phone/online

**Regional Access** (specifically for regional South Australians 16+) 1300 032 186 or <https://saregionalaccess.org.au/>

**Relationships Australia** 1300 364 277

**SANE** 1800 187 263 <https://www.sane.org/>

**Tune In Not Out** <https://tuneinnotout.com/>

**Headspace** (for young people aged 12-25) 1800 650 890 <https://headspace.org.au/>

**Reach Out** (for young people) [www.reachout.com](http://www.reachout.com)

**PANDA** (Postnatal and Antenatal Depression Association) 1300 726 306

For **Culturally and Linguistically Diverse** people [www.mhima.org.au](http://www.mhima.org.au)

**Gay and Lesbian Counselling Service** [www.glccs.org.au](http://www.glccs.org.au)

## Disability support services

The NDIS is now available to all eligible residents of DCLEP. Phone 1800 800 110 or go to [www.ndis.gov.au](http://www.ndis.gov.au).

The following Pt Lincoln-based service providers travel throughout DCLEP.

**Novita Children's Services** 1300 668 482

**West Coast HomeCare** (08) 8682 2177

**HomeCare+** (08) 8683 3188

## Gyms and fitness classes

**Adore your Core Pilates – Cummins and Coffin Bay** (during school term)  
Alyssa 0438 021 638

**Aqua Fit – Cummins** (summer months only) Hayley 0400 660 882

**Iron Grit Gym and Boot Camp – Cummins** Kate 0427 977 414

**Keep fit classes and pilates – Coffin Bay**  
Colleen 0429 696 000

**Mt Hope Gym – Mt Hope Hall**  
Sallyann 0429 900 007

**Yoga – Coffin Bay** Jamie 0418 859 013

**Zumba class – Coffin Bay**  
Colleen 0429 696 000

## Massage

**Connections Within – Coffin Bay**  
Sharron 0409 587 639

**Natural Therapies Clinic – Coffin Bay**  
Beth and Susan 0427 854 259

**Reflexology/Reiki – Coffin Bay**  
Virginia 8685 4112

## Meditation

**Find Within – Cummins**  
Annie (Dip.Med.Hol.Couns (IMTTA)) 0428 892 904

## Tai chi

**Tai chi – Coffin Bay** every Saturday morning  
Carol 8685 4442 or 0400 854 441

## My Aged Care registration

To access in-home support, residential aged care or respite care register with **My Aged Care** on 1800 200 422 or <https://www.myagedcare.gov.au/>. Health professionals, family or friends can also refer people to My Aged Care. Anyone needing help with My Aged Care registration can call Australian Red Cross Pt Lincoln (08) 8683 0551.

### Accommodation for aged residents

#### Cummins

**Cummins Homes** (08) 8676 0400

#### Pt Lincoln

**Eyre Peninsula Old Folks Home Inc.**  
(independent living units) (08) 8682 1868

### Residential aged care

#### *My Aged Care registration needed*

#### Cummins

**Cummins and District Memorial Hospital**  
(08) 8676 0200

#### Pt Lincoln

**Matthew Flinders Home Inc.**  
(08) 8682 4122

**Eyre Peninsula Old Folks Home Inc.**  
(08) 8682 1868

### Retirement village

#### Pt Lincoln

**Lincoln Grove Estate** 1300 687 738

### In-home support

#### *My Aged Care registration needed*

*There are no providers of in-home support services with offices based in DCLEP. The following service providers are Pt Lincoln-based and travel throughout DCLEP.*

**Country Health Connect** (formerly Domiciliary Care) 1800 944 912

**Matthew Flinders Care Services**  
(08) 8683 3970

**Uniting Communities**  
1800 615 677 or (08) 8682 3571

**West Coast HomeCare**  
(08) 8682 2177

**Helping Hand Country Community Care Eyre Peninsula**  
(08) 8683 0804 or 1300 653 600

### Respite care – planned or emergency

#### *My Aged Care registration needed*

*Respite services may be available through in-home care packages.*

**Commonwealth respite and carelink centres** 1800 052 222 or 1800 059 059

#### Cummins

**Cummins and District Memorial Hospital**  
(08) 8676 0200

#### Pt Lincoln

**Matthew Flinders Care Services**  
(08) 8683 3970

**Eyre Peninsula Old Folks Home Inc.**  
(08) 8682 1868

### Palliative care

*In Cummins palliative care services are provided by the Lower Eyre Family Practice and community nursing services.*

**West Coast Regional (Lower Eyre Peninsula) Palliative Care Service**  
(08) 8683 2200

**Eyre Peninsula Home Hospice (out of hours care)** Dianne Tohill (08) 8682 4122

### Meals on Wheels

#### *My Aged Care registration needed*

**Cummins and surrounds intake officer**  
Yvonne Laube 0427 339 757

**Pt Lincoln outskirts intake officer**  
Adele Whittaker 0419 704 536

**SA Office** 1800 854 453

### Support for carers

**Carers SA Pt Lincoln** (08) 8683 4477

**Carers Australia** 1800 242 636

### Transport services

**Red Cross Regional Centre Pt Lincoln**  
(08) 8683 0551 or 1300 306 551

**DCLEP Community Bus** (08) 8676 0400

*Transport services may also be available through in-home care packages.*

### Telephone support services

**Red Cross Regional Centre Pt Lincoln**  
(08) 8683 0551 or 1300 306 551 (welfare or social call daily or weekly)