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Coffs Harbour

Coffs Harbour is well-known for its friendly, relaxed atmosphere, its spectacular coastline, and its many attractions and events.





Quick facts

Training region	North Eastern NSW
Subregion	North Coast
GP Synergy grouping	B
RA/MMM classification	RA2/MMM3
Population	<p>The population of Coffs Harbour is more than 24,000 people, the median age is 42 years. Aboriginal and Torres Strait Islander people make up 4.5% of the population.</p> <p>Coffs Harbour is located within the North Coast Primary Health Network, these fact sheets provide an overview of the health needs of the North Coast community.</p>
Location	<p>Coffs Harbour is a coastal city located on the north coast of New South Wales about 540 km north of Sydney (6.5 hour drive), and 390 km south of Brisbane.</p> <p>Coffs Harbour is well-known for its friendly, relaxed atmosphere, its spectacular coastline, and its many attractions and events. Coffs Harbour is also known as a bit of a hub for movie stars in</p>

COFFS HARBOUR IS ALSO KNOWN AS A BIT OF A HUB FOR MOVIES STARS IN the region, with Russell Crowe and Jack Thompson calling it home.

Transport links

Coffs Harbour Airport is located 4 km from Coffs Harbour's town centre and offers daily direct flights to and from Sydney, and weekly services to and from Melbourne, with three operators, QantasLink, Tiger Air and Virgin Australia, servicing the region.

Coffs Harbour Railway Station is serviced by the [North Coast railway line](#) with six XPT services daily, three heading north to Brisbane and three south to Sydney

Industry

The main industries people from Coffs Harbour work in are:

- Health care and social assistance,
- Retail trade,
- Accommodation and food services,
- Construction,
- Education and training,
- Public administration and safety

Healthcare facilities

Coffs Harbour Health Campus was built in 2001 and is the major referral hospital for the Coffs Network of the Mid North Coast Local Health District. It is a 292 bed facility and provides a broad range of services including general medicine, surgery, day surgery, planned and emergency theatre service, coronary care (including coronary angiography unit), intensive care, obstetrics, paediatrics, 24-hour Emergency Department, oncology, palliative care, rehabilitation, stroke, acute renal dialysis, high dependency and mental health and an extensive range of outpatient clinics.

Allied health services, including occupational therapy, speech pathology, social work, physiotherapy, dietetics, radiology, pathology, and pharmacy, are an integral part of the organisation and contribute to the high level of patient care.

Coffs Harbour is supported by NSW ambulance service.

Accredited GP training practices in town

CHC Medical
Coffs Central Medical Centre
Coffs Harbour Women's Health Centre
Coffs Medical Centre
Galambila Aboriginal Medical Service
Headspace - Coffs Harbour
Northside Health
Palm Tree Medical Centre
Park Beach Family Practice
Plaza Medical Centre

Education

Coffs Harbour offers three public and three private primary schools as well as two public and one private high schools.

[Coffs Harbour Public School](#)
[Narranga Public School](#)
[Tyalla Primary School](#)
[St Augustine's Primary School](#)
[Casuarina Steiner School \(K-6\)](#)
[Coffs Harbour Christian Community School \(K-12\)](#)
[Coffs Harbour High School](#)
[Orara High School](#)

For tertiary level education, there is [North Coast TAFE, Coffs Harbour Campus](#) and [Southern Cross University, Coffs Harbour Campus](#).

Childcare

For young families the Coffs Harbour region offers [a wide range of options](#) suitable for children from 6 weeks to school aged, for occasional care, long day care, family day care and preschool.

Shopping

Coffs Harbour offers a wide range of shopping experiences from boutique shopping by the waterfront or in a village to under cover shopping centres such as Park Beach Plaza which offers 120 specialty shops. Supermarkets include Woolworths, Coles, Aldi and SUPA IGA and major retailers include Target, Kmart, Big W and Harvey Norman.

Coffs Harbour also has a multitude of markets, 14 in total, each

offering an atmosphere of its own.

Places of worship

There are many places of worship in Coffs Harbour including Anglican, Baptist, Church of Christ, Heartbeat Church, Jehovah's Witness, Methodist, Seventh Day Adventist and Presbyterian churches. [Dhammaduta Buddhist Association](#) is a Coffs Harbour based Buddhist community group. Coffs Harbour has an [Islamic Musallah](#) which offers daily prayers.

In Woolgoolga, which is a 20 minute drive from Coffs Harbour there is [In Guru Nanak](#), which is a Sikh Temple.

Things to do

Coffs Harbour offers many different activities and experiences. For the animal lovers there is Coffs Harbour Zoo or the Solitary Islands Marine park, with 100 000 hectares of marine life including turtles and dolphins.

For the more adventurous try cascading down the white lace of a breaking wave or thundering through the rapids, throwing yourself out of a plane at 15,000 feet or bumping along a 4WD forest track, exploring the back-country in the saddle of a pony or a mountain bike.

For more information

[Coffs Coast](#)
[Coffs Harbour Tourism](#)
[Visit Coffs Harbour](#)
[Coffs Harbour City Council](#)
[Coffs Harbour](#)

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