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# Nambucca Heads

Nambucca Heads is a coastal holiday town set on a headland at the mouth of the Nambucca River, roughly 5 hours north of Sydney.



## Quick facts

<b>Training region</b>	North Eastern NSW
<b>Subregion</b>	North Coast
<b>GP Synergy grouping</b>	A
<b>RA/MMM classification</b>	RA3/MMM4
<b>Population</b>	<p>The population of Nambucca Heads is more than 6,000 people, the median age is 53 years. Aboriginal and Torres Strait Islander people make up 10% of the population.</p> <p>Nambucca Heads is located within the <a href="#">North Coast Primary Health Network</a>, these <a href="#">fact sheets</a> provide an overview of the health needs of the North Coast community.</p>
<b>Location</b>	Nambucca Heads is on a ridge, north of the estuary of the Nambucca River near the Pacific Highway approximately midway between Sydney and Brisbane.
<b>Transport links</b>	The closest regional airport to Nambucca Heads is 40 minutes north in Coffs Harbour. Direct flights operate daily to and from

North in Coffs Harbour. Direct flights operate daily to and from Sydney, and weekly to and from Melbourne, with three operators – QantasLink, Tiger Air and Virgin Australia, servicing the region.

## Industry

The major sources of employment in Nambucca Heads are:

- Retail Trade
- Health Care and Social Assistance
- Accommodation and Food Services
- Education and Training
- Construction
- Manufacturing

## Healthcare facilities

The nearest hospital is Macksville District Hospital, located just 10 minutes south of Nambucca Heads. Macksville Hospital is a 61 bed, level 3, rural hospital with a 24 hour inpatient and emergency department service, low complexity low risk birthing and low level day only surgical services provided by specialist surgeons and anaesthetists. Medical services are provided by General Practitioners.

The nearest referral hospital is Coffs Harbour Health Campus 40 minutes to the north. Coffs Harbour Hospital is a 292 bed facility that offers 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.

Nambucca Heads is serviced by NSW Ambulance Service.

## Accredited GP training practices in town

Nambucca Family Medical

## Education

Nambucca Head has two public and one private primary schools, as well as one public and one private secondary school.

Frank Partridge VC Public School  
Nambucca Heads Public School  
Nambucca Heads High School  
Nambucca Valley Christian Community School (K-12)

### Childcare

For young families Nambucca Heads offers [a range of options](#) suitable for children from six weeks to school aged, for occasional care, long day care, family day care and pre-school.

### Shopping

Nambucca has a Woolworths and IGA supermarkets as well as a shopping plaza centre offering a variety of retail outlets and incorporating a small cinema complex as well as caf  s and eateries.

Just 40 minutes to the north is the major regional centre of Coffs Harbour which offers an extensive range of shopping options.

### Places of worship

There are a number of places of worship located in Nambucca heads area including Anglican, Baptist, Catholic, Nambucca Heads Christian Life Centre, Nambucca Community Church, Presbyterian, Salvation Army, Seventh-day Adventist and Uniting.

### Things to do

Nambucca Heads is the entertainment hub of the Nambucca Valley region and neighbouring beach communities, with beaches well suited for beginner surfers, the beaches are mostly small with forgiving waves and has a picturesque river estuary, a joy for fisher folk and anyone with a fancy for kayaking or canoeing. The wider parts of the Nambucca River provides many recreational opportunities, including sailing, canoeing, jet ski and water skiing, as well as fishing and rowing.

The Nambucca Heads area offers an assortment of [restaurants](#) and taverns serving delicious meals and for art lovers, Nambucca Heads is a creative haven, with museums and markets selling locally-made arts and crafts.

Coffs Harbour, 40 minutes north of Nambucca Heads, offers a plenitude of things to do, catering for something to suit all tastes.

**For more information**

[Nambucca Tourism](#)  
[Nambucca Wikipedia page](#)  
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