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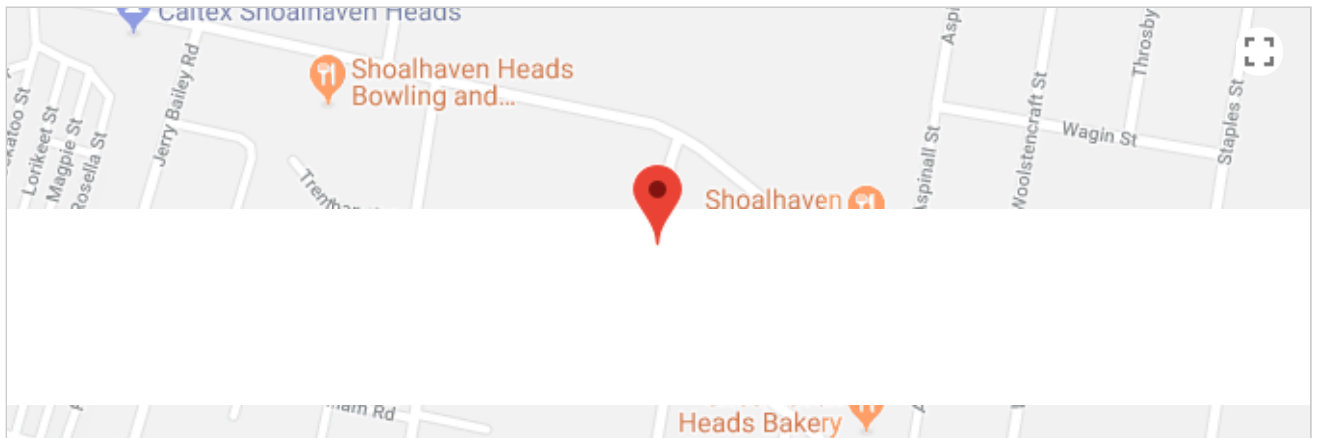
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Shoalhaven Heads

Shoalhaven Heads is located adjacent to Seven Mile Beach and the Shoalhaven River, making it ideally placed for a range of water based activities.



Quick facts

Training region	Lower Eastern NSW
Subregion	Southern Eastern NSW
GP Synergy grouping	B
RA/MMM classification	RA2/MMM4
Population	<p>The population of Shoalhaven Heads is more than 3,000 people, the median age is 52 years. Aboriginal and Torres Strait Islander people make up 3% of the population.</p> <p>Shoalhaven Heads is located within the South Eastern NSW Primary Health Network, this Population Health Profile provides an overview of community health for the region.</p>
Location	<p>Shoalhaven Heads is located 18 km (23 min drive) from Nowra and 156 km (2 hr 25 min drive) hours from Sydney. It is only 11 km (13 min drive) from the popular weekend destination of Berry.</p> <p>As the name suggests Shoalhaven Heads is located at the point where the Shoalhaven River enters the ocean, it is a popular coastal holiday spot.</p>
Transport links	<p>The closest airport is Sydney airport 140 km (2 hr drive), it is serviced by a range of airlines offering domestic and international destinations.</p> <p>There are regular City Rail services from Central Sydney that head south passing through Wollongong and arriving in northern Shoalhaven.</p> <p>Premier Transport and Murrays Coaches both offer several coach services between Sydney and Canberra to the south coast arriving in Nowra.</p>
Industry	<p>The main industries people from Shoalhaven Heads work in are:</p> <ul style="list-style-type: none"> Health care and social assistance Accommodation and food services Construction Manufacturing Retail trade Public administration and safety
Healthcare facilities	<p>Shoalhaven District Memorial Hospital in Nowra is a busy acute care facility which provides emergency care, medical, surgical and orthopaedic services. The hospital has an intensive care unit that incorporates high dependency and coronary care beds. As well as these clinical services, the hospital has an obstetric unit and children's ward.</p>

The hospital is affiliated with the University of Wollongong and the University of NSW.

Bomaderry is the closest ambulance service (18 min drive).

Accredited GP training practices in town

Shoalhaven Heads Surgery

Education

There is a public primary school in Shoalhaven Heads: [Shoalhaven Heads Public School](#). Additional schooling options are available in nearby Nowra.

Childcare

There is one option for child care in Shoalhaven Heads, however there are numerous options available in Berry (13 min drive) and Nowra (23 min drive).

Shopping

Nearby Nowra is home to a number of supermarkets including Coles, Woolworths, Aldi and IGA and major retail outlets including Bunnings, Target, Kmart, Cotton On, Spotlight, Officeworks and Barbeques Galore.

Berry is less than 15 min drive away and offers numerous boutiques, cafes and restaurants.

Places of worship

There are a number of places of worship in nearby Berry and Nowra including Catholic, Anglican, Church of Jesus Christ of Latter-day Saints, Baptist and Uniting churches. The nearest Buddhist temple (Nan Tien) is in Berkeley (55 min drive) and the closest mosque (Omar Mosque) is in Gwynneville (55 min drive).

Things to do

Within easy reach of Shoalhaven Heads are the oyster racks of the Shoalhaven River estuary, which is part of Australia's Oyster Coast. Swimming, surfing and fishing are popular local past times, as is spotting whales migrating along the coast from May to November.

Nearby is the historic Coolangatta Estate winery, Coolangatta village was built by convict labour. There are other award-winning restaurants, wineries and cellar doors in close proximity.

Sporting Activities

[Shoalhaven District Tennis Association](#)

[Shoalhaven Basketball Association](#)

[Shoalhaven Netball Association](#)

[Nowra-Bomaderry Rugby League Football Club](#)

[Nowra AFL Club](#)

[Walking Group Nowra](#)

[Nowra Cricket Club](#)

[Nowra Golf and Recreation Club](#)

[Nowra Aquatic Park](#)

Cultural Activities

[Galamban: Extraordinary Aboriginal Experiences](#)

[Jervis Bay Wild](#)

[Shoalhaven City Arts Centre](#)

[Jervis Bay Arts](#)

[Nowra Museum and Shoalhaven Historical Society](#)

For more information

Shoalhaven Region
Jervis Bay Tourism
Shoalhaven City Council

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North Eastern NSW

Lower Eastern NSW

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