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South West Rocks

South West Rocks is a sleepy coastal town nestled along the banks of the Macleay River.



Quick facts

Training region	North Eastern NSW
Subregion	North Coast
GP Synergy grouping	A
RA/MMM classification	RA3/MMM5
Population	<p>South West Rocks has a population of more than 4,000 people, the median age is 54 years. Aboriginal and Torres Strait Islander people make up 6% of the population.</p> <p>South West Rocks 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	South West Rocks is situated roughly halfway between Port Macquarie and Coffs Harbour on the Mid North Coast of New South Wales, just under 30 minutes north east of Kempsey.
Transport links	The closest airport is Port Macquarie, which is a just over an hour south of South West Rocks.

QantasLink operates daily direct services from Port Macquarie to Sydney. QantasLink also operates seasonal summer services (October – May) from Port Macquarie to Lord Howe Island.

Virgin Australia operate daily direct services from Port Macquarie to Sydney and Brisbane, with connecting flights to a wide range of destinations across Australia and internationally.

Industry

The major sources of employment in South West Rocks are:

- Retail Trade
- Health Care and Social Assistance
- Accommodation and food services
- Construction
- Public Administration and Safety
- Education and Training

Healthcare facilities

The closest hospital is in Kempsey, 30 minutes south west of South West Rocks. [Kempsey District Hospital](#) is a level three rural hospital that provides care to over 11,300 patients every year. Kempsey Health Campus has 81 beds, 10 of which are used for voluntary mental health patients.

Kempsey District Hospital has a 24 hour Emergency Department that is staffed by local GP VMOs supplemented by career medical officers. Surgical services include general, gynaecology, ophthalmology, orthopaedics, dental and endoscopies, day surgery, ophthalmology, orthopaedics (shoulders, arthroscopies – day stay or overnight procedures only), endoscopies & colonoscopies, some urology, elective and emergency caesarean sections at designated level.

South West Rocks is supported by NSW Ambulance Service.

Accredited GP training practices in town

- Mitchell Street General Practice
- Seascope Medical Centre
- Trial Bay Family Practice

Education

There is one public primary school in South West Rocks: [South West Rocks Public School](#).

The nearby regional centre of Kempsey (30 mins to the southwest) offers a number of private and public education options.

Childcare

South West Rocks offers both out of school hours care and long day [care services](#).

Shopping

South West Rocks has an IGA and Coles supermarket as well as a few other retail outlets.

The nearby regional centre of Kempsey features most of the well-known national chains including, Coles, Woolworths, IGA and Aldi supermarket, Target Country, Millers and Sanity Music as well as other speciality retail stores. It also has a range of coffee shops, eateries and restaurants.

Places of worship

Place of worship in South West Rocks include, Anglican, Assemblies of God, Australian Christian, Baptist, Christian New Life Centre and Uniting churches. Additional options are available in nearby Kempsey.

Things to do

South West Rocks offers beautiful beaches that are great for surfing and swimming all year round. Beautiful scenery, numerous beaches, and man-made attractions such as Trial Bay Gaol and Smoky Cape Lighthouse are a must to see and because of the warm ocean in the area fed by the East Coast current which flows down from the tropical regions it is possible to swim all year round. Fish Rock Cave, 2 km offshore, is a 125 m passage through the centre of a small island, it offers an amazing variety of marine life including grey nurse sharks.

With the larger regional centres of Kempsey (30 minutes away) and Port Macquarie (60 minutes away) close to hand, there are an abundance of quality dining, entertainment and recreational opportunities available within easy reach of this beautiful beachside community.

For more information

Visit South West Rocks
South West Rocks Wikipedia page
Visit Kempsey

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