



[ABOUT US](#)

[TRAINING PROGRAMS](#)

[TRAINING OPPORTUNITIES](#)

[TRAINING REGIONS](#)

[PUBLICATIONS & NEWS](#)

[EXPLORE GP](#)

[PARTNER WITH US](#)

You are here: [Home](#) / [Town Profiles](#) / [Valla Beach](#)

Valla Beach

Valla Beach is a quiet coastal town that serves as a hub for surfing, fishing and relaxing.





Quick facts

Training region	North Eastern NSW
Subregion	North Coast
GP Synergy grouping	A
RA/MMM classification	RA3/MMM4
Population	<p>The population of Valla Beach is more than 1,200 people, the median age is 51 years. Aboriginal and Torres Strait Islander people make up 2% of the population.</p> <p>Valla Beach 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	Valla Beach is a village in the Nambucca Valley, on the mid north coast of New South Wales less than 15 minutes north of Nambucca Heads just over half an hour south of Coffs Harbour.
Transport links	The closest airport is Coffs Harbour Airport, which is a 24 minute drive from Valla Beach. 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.

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 Valla Beach work in are:

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

Healthcare facilities

The closest hospital is [Coffs Harbour Health Campus](#). It has 292 beds and provides a broad range of specialist 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.

Valla Beach is supported by the Nambucca Heads ambulance service.

Accredited GP training practices in town

Valla Beach Health

Education

The nearest schools are in Nambucca heads, just 15 minutes south of Valla Beach. Nambucca Head has two public and one private primary schools, as well as one public and one private secondary school.

Childcare

The Valla Beach/Nambucca Heads region offers a range of [options](#) suitable for children from 6 weeks to school aged, for

occasional care, long day care, family day care and preschool.

Shopping

Nambucca Heads, just south of Valla Beach, has an IGA supermarket and a variety of retail shops.

The nearby city of Coffs Harbour offers a vast array of additional shopping options.

Places of worship

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

Things to do

Valla Beach is renowned for its beautiful beaches offering abundant opportunities for swimming, surfing and fishing.

Nearby 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, 25 minutes to the north, offers a plenitude of things to do, catering for something to suit all tastes.

For more information

[Valla Beach Wikipedia page](#)
[Coffs Coast](#)
[Visit Coffs Harbour](#)

Image gallery

ABOUT US

[Who are we?](#)

[Why train with us?](#)

[Our board](#)

[Our staff](#)

[GP Synergy awards](#)

[Corporate information](#)

[Employment opportunities](#)

[Facilities hire](#)

PARTNER WITH US

[Become a training practice](#)

TRAINING PROGRAMS

[Australian General Practice Training \(AGPT\)](#)

[Procedural/rural generalist training](#)

TRAINING OPPORTUNITIES

[Aboriginal and Torres Strait Islander health](#)

[Academic research](#)

[Special interest training](#)

[Teaching and education](#)

TRAINING REGIONS

TRAINING REGIONS

[Western NSW](#)

[North Eastern NSW](#)

[Lower Eastern NSW](#)

PUBLICATIONS & NEWS

[Transition updates](#)

[Latest news](#)

[Media releases](#)

[Annual reports](#)

[Educational resources](#)

[Papers and research](#)

[Brochures](#)

[Policies and forms](#)

[Member notices](#)

CONNECT WITH US



[How to become a corporate member](#)

[Western NSW](#)

[North Eastern NSW](#)

[Lower Eastern NSW](#)

EXPLORE GP

[GP Synergy Medical Student Scholarship](#)

[My GP story](#)

[GP blogs](#)

[GP rotations](#)



Copyright © 2018 GP Synergy. All rights reserved.

[Privacy](#) | [Sitemap](#) [Website By The DMA](#)

This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.



While the Australian Government Department of Health has contributed to the funding of this website, the information on this website does not necessarily reflect the views of the Australian Government and is not advice that is provided, or information that is endorsed by the Australian Government. The Australian Government is not responsible in negligence or otherwise for any injury, loss or damage however arising from the use of or reliance on the information provided on this website.