

# 2022 MyCoffs Connect Directory

## Updated 13 December



**MyCOFFS**  
connect.com

Find local events and services

# Welcome

**Coffs Harbour is a community unlike any other. Brimming with a healthy network of community groups, services and organisations.**

MyCoffs Connect is a place to connect, share and discover. Find out what's happening on the Coffs Coast. Discover local services, community groups, clubs, events, festivals and markets showcasing local produce, and events which celebrate distinctive art, culture and more.

Coffs Harbour City Council brings you this community information directory and events calendar through subscription to the My Community Directory. The platform is owned and managed by Community Information Support Services, based in Queensland. Information in this document is updated nightly with the latest available information from the directory and is also available online at [www.coffsharbour.nsw.gov.au/mycoffsconnect](http://www.coffsharbour.nsw.gov.au/mycoffsconnect).

Coffs Harbour City Council encourages all local service providers, community groups and organisations or individuals who provide low cost or free services in Coffs Harbour's LGA to list their information for free on MyCoffs Connect.

# Coffs Harbour local government area

Coffs Harbour local government area (LGA) is on the Mid North Coast of New South Wales, about midway between Sydney and Brisbane.

With a population of approximately 74,000, the LGA encompasses a total area of 1,174 square kilometres of land stretching from Red Rock south to Bundagen and west past Brooklana and Lowanna.

Coffs Harbour is the traditional home of the Gumbaynggirr people, and its traditional name is Garlambirla. European settlement began in the second half of the nineteenth century. The humble agricultural centre has since evolved into a vibrant, coastal city with an expanding economy based on tourism, retail, creative industries, manufacturing and construction, government services, education and the health industry. Since 2008, the LGA has been an identified Refugee Welcome Zone.



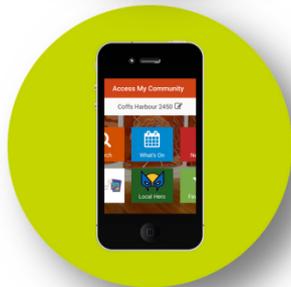
We hope you find this directory a valuable resource to connect with your local community.



Make a listing for free by visiting [www.mycoffsconnect.com](http://www.mycoffsconnect.com) and click 'List for FREE'.



Search for local services, groups, clubs and events by visiting [www.mycoffsconnect.com](http://www.mycoffsconnect.com).



Download the 'Access My Community' app available for download for free on iOS or Android devices.

For support with your listing



Call 1300 762 151



Email [support@mycommunitydirectory.com.au](mailto:support@mycommunitydirectory.com.au)

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A-Z Guide

# Aboriginal Services

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## General Aboriginal Services

### Coffs Harbour and District Local Aboriginal Land Council

Wongala Estate, Arthur Street, COFFS HARBOUR NSW 2450

**E** [admin@coffsharbourlalc.com.au](mailto:admin@coffsharbourlalc.com.au)

**P** (02) 6652 8740

Currently the CHD LALC owns and/or manages 55 dwellings for members of the Council within the Council boundaries and these dwellings range in size from 1 bedroom share accommodation to six bedroom family accommodation. The CHD LALC is also responsible for the protection of Aboriginal Cultural Heritage as prescribed in the NSW ALRA 1983.

### Deadly Sista Girlz

**E** [jadet@wf.org.au](mailto:jadet@wf.org.au)

**W** [wf.org.au](http://wf.org.au)

**P** 0434 488 644

Deadly Sista Girlz provide a range of programs including general fitness, bootcamp, aqua aerobics, kids programs, healthy cooking, fitness & health tests. The programs are continually evolving & responding to the needs of its members & local community.

### Galambila Aboriginal Health Service Incorporated

9 Boambee Street, COFFS HARBOUR NSW 2450

**E** [reception@galambila.org.au](mailto:reception@galambila.org.au)

**W** [galambila.org.au](http://galambila.org.au)

**P** (02) 6652 0800

At Galambila we aim to provide a culturally appropriate service to our local Aboriginal community. We have a range of clinics and services aiming to close the gap and keep our mob healthy and living longer.

### Kulai Preschool Aboriginal Corporation

14 Myuna Place, COFFS HARBOUR NSW 2450

**E** [admin@kulai.com.au](mailto:admin@kulai.com.au)

**P** (02) 6652 4337

Kulai Pre-School Aboriginal Corporation uses the Early Years Learning Framework curriculum, which emphasises that childhood is a time of 'belonging, being and becoming'. The philosophy encourages children to take pride in their community and culture and recognises the importance of stories, songs and language for developing a sense of identity.

### Liberty Justice Group

Jetty Village Shopping Centre, Harbour Drive, COFFS HARBOUR NSW 2450

**E** [admin@libertyjusticegroup.com](mailto:admin@libertyjusticegroup.com)

**W** [libertyjusticegroup.com](http://libertyjusticegroup.com)

**P** (02) 8011 3784

Liberty Justice Group specialise in assisting victims of historical sexual abuse seek possible compensation. Our passion is helping victims who have been effected by abuse within private and public institutions across Australia such as: Schools, Juvenile Justice Churches Foster Care Sporting Groups & Clubs

### Ngurrala Ability Links Program

**E** [Abilitylinks2@ngurrala.com](mailto:Abilitylinks2@ngurrala.com)

**W** [ngurrala.com](http://ngurrala.com)

**P** 0437 836 565

Ability Links is a program that supports people living with disabilities, their families and carers to live the life they want, as valued members of their community.

### Ngurrala Aboriginal Corporation

3/40 Little Street, COFFS HARBOUR NSW 2450

**E** [deb@ngurrala.com](mailto:deb@ngurrala.com)

**W** [ngurrala.com](http://ngurrala.com)

**P** (02) 6650 9477

Ngurrala Aboriginal Corporation is a Not-For-Profit, Charitable, Community owned and Managed Aboriginal organisation. It has been successfully operating in the region providing vital community support services to Aboriginal and non-Aboriginal people and celebrates its twenty second (22) year anniversary in 2018.

### Ngurrala Family Safety Services

**E** [deb@ngurrala.com](mailto:deb@ngurrala.com)

**W** [ngurrala.com](http://ngurrala.com)

**P** 0499 684 400

Ngurrala Aboriginal Corporation would like to advise of our new program Family Safety Services where we will provide a culturally appropriate Intensive Support Service to Aboriginal and Torres Strait Islanders people experiencing Domestic Family Violence Issues within the Coffs Harbour and Nambucca Valley Shires.

### **NSW Department of Aboriginal Affairs**

Suite 1, Level 2, 43 Gordon Street, COFFS HARBOUR NSW 2010

**E** enquiries@aboriginalaffairs.nsw.gov.au

**W** aboriginalaffairs.nsw.gov.au

**P** (02) 5646 5101

Our vision is Aboriginal people in NSW are determining their own futures

### **Tribal wave for Change**

Bray Street, COFFS HARBOUR NSW 2450

**E** tribalwaveassembly@gmail.com

**W** tribalwave.org.au

Tribal Wave Assembly (TWA) purpose is a network of Aboriginal People that assemble into groups at local and regional level to create the conditions which support Aboriginal people and community to influence government policy in the delivery of programs and services to overcome social and economic disadvantage.

### **Windaan Aboriginal Services**

Shop 2/1-5 Merrymen Way, Port Macquarie NSW 2444, 9 Boambee St, COFFS HARBOUR NSW 2450

**E** info@windaan.org.au

**W** windaan.org.au

**P** 1800 946 322

Windaan exists is to provide Aboriginal children and their families access to primary health, allied health, early intervention and disability services that meet their individual needs, in a culturally appropriate way.

## **A c c o m m o d a t i o n S e r v i c e s**

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### **Aged Care Accommodation Services**

### **Boambee Gardens Retirement Village**

17 Walco Drive, TOORMINA NSW 2452

**E** contactcentre@retireaustralia.com.au

**W** retireaustralia.com.au

**P** 1300 930 824

Aged Care Accommodation Services service.

### **Coffs Coast Legacy Residential Aged Care Home**

55 Victoria Street, COFFS HARBOUR NSW 2450

**E** nursinghome@coffslegacy.com.au

**W** coffslegacy.com.au

**P** (02) 6652 1426

Legacy is dedicated to caring for the families of deceased and incapacitated veterans. Today Legacy's caring and compassionate service assists over 60,000 widows and 1,800 children and dependants with a disability.

### **Dalpura Retirement Village**

9 Bray Street, COFFS HARBOUR NSW 2450

**E** hello@freshhopecare.org.au

**W** freshhope.org.au

**P** 1800 005 484

Fresh Hope Care is a Ministry of Churches of Christ in NSW guided by senior management focused on development of retirement living, residential care and day respite services.

### **Lime Tree Village**

210 Pacific Highway, COFFS HARBOUR NSW 2450

**E** info@limetreevillage.com.au

**W** hampshirevillages.com.au

**P** (02) 6652 1215

Lime Tree Village is a beautiful lifestyle village situated in Coffs Harbour, New South Wales. Designed for the over 50's, Lime Tree Village offers independent living in a friendly, safe and secure setting.

### **Opal Healthcare**

50 Lakes Drive, COFFS HARBOUR NSW 2450

**E** coffs@opalagedcare.com.au

**W** opalhealthcare.com.au

**P** (02) 6659 4800

Opal manages 80 residential aged care homes, located in metro and regional areas in New South Wales, Victoria, Queensland, and Western Australia.

### **RFBI Coffs Harbour Masonic Village**

33 Mackays Road, COFFS HARBOUR NSW 2450

**W** [rfbi.com.au](http://rfbi.com.au)

**P** (02) 6650 2200

High Care Beds: 18 Low Care Beds: 60 Retirement Living Units: 50 - In 1988, local Masons approached the RFBI with the view of establishing a local Masonic Village. Following this, in 1989 a local committee was formed and along with the RFBI planning commenced immediately with on site preparations, plans, and eventual building activities.

### **Subee - Respite care**

Unit 2 / 84-90 Industrial Drive, COFFS HARBOUR NSW 2450

**E** [contactcentre@retireaustralia.com.au](mailto:contactcentre@retireaustralia.com.au)

**W** [subeenewlake.com.au](http://subeenewlake.com.au)

**P** (02) 6651 3153

Home nursing, Family care, Age care, Disability support, Supervised access, transport clients /children, Social support, Home modifications, Child care and Ancillary support.

## **Disability Accommodation Services**

### **Challenge Community Services - Disability Services - Coffs Harbour**

169-171 Rose Avenue, COFFS HARBOUR NSW 2450

**E** [disabilityservices@challengecommunity.org.au](mailto:disabilityservices@challengecommunity.org.au)

**W** [challengecommunity.org.au](http://challengecommunity.org.au)

**P** 1800 679 129

If you have a disability and you are unable to live independently, Supported Independent Living (SIL) could be the right choice for you. Challenge Disability Services provide modern 3-5 bedroom homes with Support Workers on hand 24/7 for NDIS participants with Supported Independent Living (SIL) funding.

### **Next Step Plus**

144 -148 West High street,, COFFS HARBOUR NSW 2450

**E** [info@lwb.org.au](mailto:info@lwb.org.au)

**W** [nextstepplus.com.au](http://nextstepplus.com.au)

**P** (02) 6690 3500

Life Without Barriers is a leading national social purpose organisation dedicated to changing people's lives for the better.

## **General Accommodation Services**

### **Aboriginal Housing Office**

51 Moonee Street, COFFS HARBOUR NSW 2450

**E** [aho.northern@facs.nsw.gov.au](mailto:aho.northern@facs.nsw.gov.au)

**W** [aho.nsw.gov.au](http://aho.nsw.gov.au)

**P** (02) 6659 2630

The Aboriginal Housing Office aims to ensure Aboriginal and Torres Strait Islander people have access to affordable, quality housing. To find out about eligibility requirements visit the website, or call 1800 269 672.

### **Community Housing Ltd - Coffs Harbour**

Shop 1, 19 Park Avenue, COFFS HARBOUR NSW 2450

**W** [chl.org.au](http://chl.org.au)

**P** (02) 6691 0100

To apply for social housing. Can call or drop in for assistance with application process.

### **Housing NSW - Coffs Harbour**

51 Moonee Street, COFFS HARBOUR NSW 2450

**P** (02) 6659 2533

First stop for people experiencing homelessness. If out of hours call Link to Home

### **Housing NSW - Coffs Harbour**

51 Moonee Street, COFFS HARBOUR NSW 2450

**P** (02) 6659 2533

Housing NSW, an agency of the NSW Department of Family and Community Services (FACS) is one of the largest providers of social housing in the world, providing a range of housing solutions to meet the needs of today's community.

### **Japara Coffs Harbour Aged Care**

45 Victoria Street, COFFS HARBOUR NSW  
2450

**E** CoffsFM@acsagroup.com.au

**W** calvarycare.org.au

**P** (02) 6652 1494

The tranquil setting at Coffs Harbour Aged Care is an excellent choice for residents of the area.

### **Joyland Carers Retreat**

5B Breakers Way, COFFS HARBOUR NSW  
2450

**E** joylandcarersretreat@gmail.com

**W** joylandcarersretreat.org

**P** 0437 069 778

Joyland Carers Retreat is a specifically designed and built retreat for carers to have time out from their caring role to relax and rejuvenate in the idyllic spot of Korora, just 300m from the beach.

### **St Augustine's Aged Care**

6 Bonville St., COFFS HARBOUR NSW 2450

**E** coffsadmin@coffscatholic.com

**W** coffscatholic.com

**P** (02) 6656 8100

A 49 bed facility with a loving, caring environment in the tradition of Catholic Healthcare. St Augustine's has recently undergone refurbishment works to upgrade two existing wings to allow the introduction of low care services.

## **Specialist Homelessness Services**

### **Adele House**

735 Solitary Island Way, MOONEE BEACH  
NSW 2450

**E** info@adele.org.au

**W** adelehouse.org

**P** 1300 286 693

Adele is a 9 to 12 month residential alcohol & drug rehabilitation program for men aged over 18 years, who are homeless or at risk of being homeless.

### **New Horizons - Coffs Harbour**

47 Moonee St, COFFS HARBOUR NSW  
2450

**W** newhorizons.org.au

**P** 1300 726 372

Supporting and securing tenancies

### **Waratah Seagulls Woolgoolga**

8 Boundary Street, WOOLGOOLGA NSW  
2456

**E** seagulls@waratahrespite.com.au

**W** waratahrespite.org

**P** (02) 6654 0766

A community where carers can choose to maintain their loved ones at home for as long as practicable and desirable through the availability of a range of flexible, person centred respite options.

## **Youth Accommodation Services**

### **CASPA Services Ltd - Coffs Harbour**

Level 1, 43 Gordon Street, COFFS  
HARBOUR NSW 2450

**E** coffs@caspa.org.au

**W** caspa.org.au

**P** 1300 227 722

Intensive Therapeutic Care NDIS Registered & Disability Care Services Early Intervention & Family Preservation Foster Care, Respite, Adoption & Guardianship Education & Mentoring Aboriginal Services & Support Therapeutic & Clinical Services Family Support Services Training & Professional Development Building, Maintenance & Repairs

### **Junaa Buwa! Centre for Youth Wellbeing**

**E** jb@missionaustralia.com.au

**W** missionaustralia.com.au

**P** (02) 6651 3418

The Junaa Buwa! Centre for Youth Wellbeing is an intensive residential rehabilitation program staffed 24 hours a day in Coffs Harbour, New South Wales (NSW), offering a stable and secure environment where young people can make positive changes in a supportive safe environment.

### **Wesley Youth Accommodation Service**

#### **Coffs Bellingen Nambucca**

**E** wyascbn@wesleymission.org.au

**W** wesleymission.org.au

**P** (02) 5646 5755

We provide a variety of services to children & young people in the Coffs Harbour, Bellingen and Nambucca Valley, including a crisis refuge for 14-17 year olds, transitional housing for 16-25 year olds and outreach services for 12-25 year olds.

## **A d v o c a c y S e r v i c e s**

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### **General Advocacy Services**

#### **CWA Coffs Harbour**

3 Dalley Street, COFFS HARBOUR NSW  
2450

**E** coffscwa@gmail.com

CWA provide friendship and a support network for Women and the local community through projects and handicraft, cookery and cultural activities

#### **CWA Sawtell Evening**

21 Elizabeth Street, SAWTELL NSW 2450

**E** jackievamj@gmail.com

**P** 0422 258 138

The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. We reach that aim in various ways including lobbying for change, helping the local community, creating a network of support and meeting together in towns and cities.

### **Local Advocacy Services**

#### **Coffs Coast Legacy - Pension Advocacy**

55 Victoria Street, COFFS HARBOUR NSW  
2450

**E** admin@coffslegacy.com.au

**W** coffslegacy.com.au

**P** (02) 6652 1474

Legacy has expertise in understanding the individual situations and entitlements of the partners and dependent children of deceased members of the Australian Defence Force. Through a network of experienced Pension officers, Coffs Coast Legacy can assist eligible families to access their entitlements.

#### **Justice Advocacy Service**

5 Druitt Court, COFFS HARBOUR NSW  
2450

**E** intakejas@idrs.org.au

**W** idrs.org.au

**P** 1300 665 908

The Justice Advocacy Service (JAS) supports young people and adults with cognitive impairment in contact with the NSW criminal justice system, including as victims, witnesses and suspects/defendants to exercise their rights and fully participate in the process. Call or email our intake team for more information or check out our website.

### **National & International Advocacy Services**

#### **Zonta Club Of Coffs Harbour**

**E** zontacoffsharbour24@gmail.com

**W** zonta.org

**P** 0421 387 799

Zonta International is a leading global organisation of women empowering women and girls worldwide through service and advocacy. We meet on the 3rd Wednesday of every month for fellowship and Zonta projects.

## **A g e i n g   S e r v i c e s**

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### **Ageing Accommodation**

#### **Mater Christi Residential**

3 Marian Place, TOORMINA NSW 2452

**E** mcreception@scca.net.au

**W** scca.net.au

**P** (02) 6658 6133

Sawtell Catholic Care is a dynamic, innovative aged care organisation offering quality, inspirational living experiences to its resident community.

#### **The Lakes Village**

20 Lakes Drive, COFFS HARBOUR NSW  
2450

**E** lisa@astoriagroup.com.au

**W** thelakesvillage.com.au

**P** 1800 993 202

The Lakes Retirement Village in Coffs Harbour offers a safe and secure lifestyle amongst beautiful surroundings. Relax in comfort and be part of a unique and caring community of like minded people.

### **Woolgoolga Retirement Village**

49 High Street, WOOLGOOLGA NSW 2456

**E** [admin@woolgoolgaretirement.org.au](mailto:admin@woolgoolgaretirement.org.au)

**W** [woolgoolgaretirement.org.au](http://woolgoolgaretirement.org.au)

**P** (02) 6654 0022

Our aim is to provide high quality, flexible, adaptive housing and aged care service to our clients. Our services are designed to promote our clients dignity, health, happiness and participation in the community regardless of race, culture or religion.

## **Ageing Respite & Activity Centres**

### **Subee - Respite care**

Unit 2 / 84-90 Industrial Drive, COFFS HARBOUR NSW 2450

**E** [contactcentre@retireaustralia.com.au](mailto:contactcentre@retireaustralia.com.au)

**W** [subeenewlake.com.au](http://subeenewlake.com.au)

**P** (02) 6651 3153

About us: Subee Newlake provide home nursing, personal care, cleaning and respite services to families, the elderly and the disabled. We provide help to you in your own home. So, we can help you continue living at home and staying independent. We also offer support with your health, your home and your ties to your community.

### **Waratah Respite Centre - Coffs Harbour**

22 Earl Street, COFFS HARBOUR NSW 2450

**E** [admin@waratahrespite.com.au](mailto:admin@waratahrespite.com.au)

**W** [waratahrespite.org](http://waratahrespite.org)

**P** (02) 6648 3610

Waratah Respite Services provides a unique and innovative community service model.

## **General Ageing Services**

### **Catholic Community Services**

1 Duke Street, COFFS HARBOUR NSW 2450

**E** [coffs.library@chcc.nsw.gov.au](mailto:coffs.library@chcc.nsw.gov.au)

**W** [catholichealthcare.com.au](http://catholichealthcare.com.au)

**P** 1800 225 474

Catholic Healthcare delivers quality in-home and community based services across the Mid North Coast region.

### **Coffs Coast Community College - Tech Savvy Seniors Program**

66 – 90 Harbour Drive, COFFS HARBOUR NSW 2450

**E** [enquiries@chcs.com.au](mailto:enquiries@chcs.com.au)

**W** [coffscollege.nsw.edu.au](http://coffscollege.nsw.edu.au)

**P** (02) 6652 5378

Tech Savvy Seniors is an initiative of the NSW ageing strategy

### **Coffs Coast Legacy Residential Aged Care Home**

55 Victoria Street, COFFS HARBOUR NSW 2450

**E** [nursinghome@coffslegacy.com.au](mailto:nursinghome@coffslegacy.com.au)

**W** [coffslegacy.com.au](http://coffslegacy.com.au)

**P** (02) 6652 1426

Our challenge is to enhance peoples' lives during a difficult period in their lives and to make their transition into our home feeling supported and adapting into living into a different community. Another challenge is to entice people into our community and maintain relationships that were developed and maintained outside of our community.

### **Aged Care Assessment Team - Coffs Harbour**

345 Pacific Hwy, COFFS HARBOUR NSW 2450

**E** [mnclhd-consumerrelations@ncahs.health.nsw.gov.au](mailto:mnclhd-consumerrelations@ncahs.health.nsw.gov.au)

**W** [mnclhd.health.nsw.gov.au](http://mnclhd.health.nsw.gov.au)

**P** (02) 6656 7000

Aged Care Assessment Team (ACAT) – providing assessment and approval for people wishing to seek access to Commonwealth funded Aged Care services, such as Residential Aged Care, Residential Respite Care, Transitional Aged Care.

### **Coffs Harbour Legacy Welfare Fund**

55 Victoria St, COFFS HARBOUR NSW 2450

**E** [admin@coffslegacy.com.au](mailto:admin@coffslegacy.com.au)

**P 1300 534 229**

Legacy is dedicated to caring for the families of deceased and incapacitated veterans. Today Legacy's caring and compassionate service assists over 60,000 widows and 1,800 children and dependants with a disability.

**Coff's Harbour Neighbourhood Centre**

22 Earl Street, COFFS HARBOUR NSW 2450

**E** [admin@coffscollege.nsw.edu.au](mailto:admin@coffscollege.nsw.edu.au)

**W** [chnc.com.au](http://chnc.com.au)

**P (02) 6648 3660**

CHNC provides information, assistance and support to connect community members with the range of services they are eligible for, both here at CHNC and in the wider community.

**Dept of Social Services Coffs Harbour**

**W** [myagedcare.gov.au](http://myagedcare.gov.au)

**P 1800 200 422**

Information and help you access aged care services

**Home Nursing Group - Coffs harbour**

Level 1144, 148 West High St, COFFS HARBOUR NSW 2450

**E** [info@homenursinggroup.com.au](mailto:info@homenursinggroup.com.au)

**W** [homenursinggroup.com.au](http://homenursinggroup.com.au)

**P 1300 698 693**

Home Nursing Group is a locally-owned and operated Commonwealth Approved Provider of community aged care services with offices in Armidale, Coffs Harbour, Port Macquarie and Tamworth.

**Linked To Life**

220 Pacific Highway, COFFS HARBOUR NSW 2450

**E** [admin@linkedtolife.org.au](mailto:admin@linkedtolife.org.au)

**W** [linkedtolife.org.au](http://linkedtolife.org.au)

**P (02) 6651 7365**

We aim to enable the independence, security and social well-being of older people & people with disabilities, by providing a range of services in need.

**Linked To Life**

220 Pacific Highway, COFFS HARBOUR NSW 2450

**E** [admin@linkedtolife.org.au](mailto:admin@linkedtolife.org.au)

**W** [linkedtolife.org.au](http://linkedtolife.org.au)

**P (02) 6651 7365**

We aim to enable the independence, security and social well-being of older people & people with disabilities, by providing a range of services in need.

**Meals On Wheels Mid North Coast - Sawtell**

25 Elizabeth Street, SAWTELL NSW 2452

**E** [thekindnesskitchen@outlook.com](mailto:thekindnesskitchen@outlook.com)

**W** [omnicare.org.au](http://omnicare.org.au)

**P (02) 6653 3298**

Omnicare's Access team looks after bringing new clients on board - many of those are aged. The team can help with navigating the My Aged Care system for anyone eligible for government-subsidised meals.

**Nsw Home Support Services**

4, 84-90 Industrial Drive, COFFS HARBOUR NSW 2451

**E** [info@nswhss.com.au](mailto:info@nswhss.com.au)

**W** [nswhomesupportservices.com.au](http://nswhomesupportservices.com.au)

**P 1300 770 118**

At NSW Home Support Services we understand the value of independence and living life to the fullest. Which is why we offer a wide range of home support services that are tailored to your individual lifestyle and needs.

**Subee - Respite care**

Unit 2 / 84-90 Industrial Drive, COFFS HARBOUR NSW 2450

**E** [contactcentre@retireaustralia.com.au](mailto:contactcentre@retireaustralia.com.au)

**W** [subeenewlake.com.au](http://subeenewlake.com.au)

**P (02) 6651 3153**

Subee (pronounced Soo-Bee) was founded in 1992, so we have been helping families like yours for nearly 30 years. And we are still a local, family-owned business.

**WillAid Health Care Solutions**

2/9 North Boambie Road, NORTH BOAMBEE VALLEY NSW 2450

**E** [customerservice@willaid.com.au](mailto:customerservice@willaid.com.au)

**W** [willaid.com.au](http://willaid.com.au)

**P (02) 6651 7900**

Willaid Healthcare Solutions is a locally run, Australian owned business in the healthy mobility and independence equipment sector

## **Youngster.co**

Doug Knight Drive, COFFS HARBOUR NSW  
2450

**E** info@youngster.co

**W** youngster.co

We provide digital education for seniors and create jobs for youngsters. We bring generations together!

## **Home Care & Safety Services**

### **The Trustee For Macleod Family Trust**

252 Pacific Highway, COFFS HARBOUR  
NSW 2450

**E** andrew@macleodsfurniture.com.au

**W** macleodsfurniture.com.au

**P** (02) 6651 1166

Provides the following services: Assist Prod-Pers Care/Safety, Household Tasks, Personal Mobility Equipment

## **Seniors Clubs & Social Groups**

### **Woolgoolga Red Cross Branch Friendship Afternoon**

21 Beach Street, WOOLGOOLGA NSW  
2456

**E** annettedodsworth@bigpond.com

**W** redcross.org.au

**P** 0409 600 056

Woolgoolga Red Cross Branch Friendship Afternoon Tea Held on the last Friday of each month (except Dec/Jan), volunteers assist with Catering and servicing patrons who attend the Afternoon. Local Entertainment, quizzes, sing-a-longs & guest speakers make up this service. Our volunteers provide social inclusion outlet for Seniors in our local Community. Cost of Entry: \$2.00

### **Boambee East Community Centre**

**E** suebutler@becc.org.au

**P** (02) 6658 4655

Boambee East Community Center offer a Free Seniors morning every Monday commencing at 10am till 12.00 If you are new to the area its a great way to meet new friends and enjoy a friendly chat and cuppa - that's why we call it AVACHAT. Its your best way to find out what is available to Seniors in our district. From outings to hearing special guest speakers -something not to miss.

### **C.EX Coffs Harbour**

2-6 Vernon Street, COFFS HARBOUR NSW  
2450

**E** wbc.reception@cex.com.au

**W** cex.com.au

**P** (02) 6652 3888

C.EX Coffs Harbour is a community club, an organization that takes great pride in supporting the communities we operate in and enriching the lives of people living and visiting these communities. We support positive development in our local community through our ClubGRANTS program, C.ex Group Community Engagement Program and through our staff and volunteer program known as the C.

### **C.EX Woolgoolga**

Boundary Street, WOOLGOOLGA NSW  
2456

**E** community.village@chcc.nsw.gov.au

**W** cex.com.au

**P** (02) 6654 1307

C.EX Woolgoolga is a community club, an organization that takes great pride in supporting the communities we operate in and enriching the lives of people living and visiting these communities. We support positive development in our local community through our ClubGRANTS program, C.ex Group Community Engagement Program and through our staff and volunteer program known as the C.ex Community Crew

### **Coffs Harbour Community Village**

22 Earl Street, COFFS HARBOUR NSW  
2450

**E** coffsharbourmensshed@gmail.com

**P** (02) 6648 3690

This is a Ageing Services - Seniors Clubs & Social Groups service.

### **Coffs Seniors Computer Club**

Harbour Drive, COFFS HARBOUR NSW  
2450

**E** [info@sawtellrsl.com.au](mailto:info@sawtellrsl.com.au)

**P** 0439 581 770

We are a group of seniors who come together every Monday morning in Cavanbah Hall, Harbour Drive Coffs Harbour to learn about the latest technology.

### **Mens Shed Coffs Harbour**

138A Howard Street, COFFS HARBOUR  
NSW 2450

**E** [diannehendry@bigpond.com](mailto:diannehendry@bigpond.com)

**W** [whittleseamensshed.weebly.com](http://whittleseamensshed.weebly.com)

**P** (02) 6651 4159

This is a Ageing Services - Seniors Clubs & Social Groups service.

### **National Seniors Australia - Coffs Coast Branch**

Sawtell RSL Club, 38 First Avenue,  
SAWTELL NSW 2452

**E** [general@nationalseniors.com.au](mailto:general@nationalseniors.com.au)

**W** [nationalseniors.com.au](http://nationalseniors.com.au)

**P** 1300 765 050

National Seniors is a membership based, not for profit organisation, representing all older Australians. It has members and branch meetings Australia wide, and is a powerful lobby force at all levels of government on issues affecting older Australians.

## **Animal Services**

### **Animal Clubs & Hobbies**

#### **Coffs Harbour Polocrosse Club**

**E** [coffspoloxsecretary@gmail.com](mailto:coffspoloxsecretary@gmail.com)

**P** 0434 986 703

Coffs harbour polocrosse grounds are located at Nana glen, with 60 under cover stables. This year we had many players represent in state and zone teams.

#### **HWH Stables**

267 Dairyville Road, UPPER ORARA NSW  
2450

**E** [chris@hwhstables.com.au](mailto:chris@hwhstables.com.au)

**W** [hwhstables.com.au](http://hwhstables.com.au)

**P** (02) 6653 8791

Welcome to HWH Stables, an award winning Horse Riding School & Trail Riding business operating within the beautiful Orara Valley and along the pristine Boambee Beach of Coffs Harbour NSW, Australia.

### **Mid North Coast Amateur Beekeepers Association Inc.**

1 Harbour Drive, COFFS HARBOUR NSW  
2450

**E** [secretary@beekeepers.asn.au](mailto:secretary@beekeepers.asn.au)

**W** [beekeepers.asn.au](http://beekeepers.asn.au)

Mid North Coast Beekeepers have members resident from Maclean to Kempsey. Meetings are usually held at different members' properties within the area. This way we all get to see a wide range of apiaries and beekeeping practices. The club has a mix of members varying from very experienced beekeepers through to those who are new to beekeeping.

## **Animal Shelters**

### **Dolphin Marine Rescue**

65 Orlando Street, COFFS HARBOUR NSW  
2450

**E** [vet@dmcvp.com.au](mailto:vet@dmcvp.com.au)

**W** [dolphinmarineconservation.com.au](http://dolphinmarineconservation.com.au)

**P** (02) 6659 1900

Dolphin Marine Rescue Animal Rehab Trust is a Trust that has been created to facilitate the treatment and rehabilitation of native wildlife. The primary goal of DMRART is to construct a purpose built wildlife hospital capable of treating all native species but with a particular focus on the treatment of koalas and marine fauna.

## **General Animal Services**

### **Happy Paws Happy Hearts - Coffs Harbour**

**E** [meganm@hphhfoundation.org](mailto:meganm@hphhfoundation.org)

**W** [hphhfoundation.org](http://hphhfoundation.org)

Happy Paws Happy Hearts is a flip on the traditional animal therapy model. Rather than taking pets out to visit people, we work from within a rescue shelter to facilitate group programs. This way, we can work with more people and the thousands of animals waiting to find new homes. We offer unique animal care, handling and advanced training programs.

# Arts & Creatives

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## Crafts

**Coffs Coast Radio Control Flyers Inc**  
1012 Solitary Island Way, MOONEE BEACH  
NSW 2450  
**E** cccrclub@gmail.com  
**P** (02) 6656 0938

The aero modelling club has been holding events for more than thirty years and is encouraging the public and new pilots to come along and enjoy the flying fun. Aircraft include warbirds, scale, gliders and electric.

**Coffs Harbour and Environs Group**  
60 Ocean Parade, COFFS HARBOUR NSW  
2450  
**E** wilbur8@aapt.net.au  
**W** embroiderersguildnsw.org.au  
**P** 0422 532 019

The Coffs Harbour & Environs Embroiderers' meet on the 1st & 3rd Saturday of each month at Park Beach Bowls Club from 10am to 1pm. Members create beautiful pieces of hand embroidery for all sorts of reasons... following their creative urge, mastering new skills, love of traditional crafts, memories of learning from family members... not to mention enjoying the company of like-minded people.

**Harbourside Markets**  
33, Marina Drive, COFFS HARBOUR NSW  
2450  
**E** suzievg75@gmail.com  
**W** harboursidemarkets.com.au  
**P** 0407 661 990

A Makers And Growers Market held every Sunday from 8am to 2pm beside our beautiful historic Jetty in Coffs Harbour. We have a philosophy of ethical and fair-trade, locally made, locally grown, vintage and collectable. We offer free live music, entertainment and community events. We also offer free space for clubs and not-for-profits.

**Melanie Potter Face and Body Paint Coffs Harbour**

**P** 0432 184 230  
Face Painter, Coffs Harbour, Face Painter Corporate, Parties, Functions and Events, Hire a Face Painter

**Nesting Needles**  
25 Gale Street, CORAMBA NSW 2450  
**E** crisions@optusnet.com.au  
**W** nestingneedles.com  
**P** 0400 055 989

A wide variety of classes are offered through out the year with classes for beginners and experienced quilters and sewers alike . Where Quilting is SEW fun

**The Embroiderers' Guild NSW**  
60 Ocean Parade, COFFS HARBOUR NSW  
2450  
**E** info@embroiderersguildnsw.org.au  
**W** embroiderersguildnsw.org.au  
**P** 0422 532 019

The 'Guild' is a not-for-profit membership body for anyone and everyone who loves to stitch or would love to learn. People of all ages and walks of life join the Guild for all sorts of reasons: following their creative urge; mastery of a new skill; a love of traditional crafts; memories of learning from family members; the company of like-minded people - just to name a few!

## Cultural Arts

**Coffs Coast Heritage**  
**W** coffscoastheritage.info  
**P** (02) 6648 4000

A blog to learn about and respond to our local heritage in the form of events, objects, people and locations from the Coffs Coast region stored away in our cultural agencies. How do we define that region? It reaches north to Red Rock, south to Yellow Rock and west to Tallawudjah Creek. In the east are the Solitary Islands. This is the record of our heritage.

**Coffs Harbour Regional Museum**  
215 Harbour Drive, COFFS HARBOUR NSW  
2450  
**E** museum@chcc.nsw.gov.au  
**W** coffsharbour.nsw.gov.au  
**P** (02) 6648 4847

The Coffs Coast region has a rich and fascinating heritage. From Gumbaynggirr stories of spiritual connection to the land, to the stories of lighthouse keepers, pioneers, timber workers, gold miners and farmers, the Coffs Coast is a place of romance, bravery, adventure?, tragedy, and amazing inventions.

**Yarrowarra Aboriginal Cultural Centre**  
69 Red Rock Road, CORINDI BEACH NSW  
2456

**E** gallery@yarrowarra.com.au

**W** yarrowarra.com.au

**P** (02) 6640 7104

Welcome to Yarrowarra! This pristine coastal paradise is the homeland of the Garby Elders in the Northern lowlands of Gumbaynggirr Nation. Our Centre has many services, activities and attractions, to help us share the history and cultural values of our Elders and Ancestors

**Saltwater Freshwater Arts Alliance  
Aboriginal Corporation**

Room 301 Innovation Centre,, Coffs  
Harbour Education Campus, Hogbin Drive,  
COFFS HARBOUR NSW 2450

**E** admin@saltwaterfreshwater.com.au

**W** saltwaterfreshwater.com.au

**P** (02) 6658 1315

To position Aboriginal Art and Culture as the foundation for the long term social, economic and cultural development of the Mid North Coast Aboriginal communities.

**Sawtell Art Group**

1 Lyons Road, SAWTELL NSW 2452

**E** sawtellartgallery@gmail.com

**P** (02) 6658 6477

Art Gallery offering classes and workshops with exhibitions throughout the year

**Screenwave Australia**

**E** contact@screenwave.com.au

**W** screenwave.com.au

**P** (02) 5626 5051

Screenwave is all about bringing new film experiences to regional NSW audiences. At its heart is a small, dedicated team of creatives and award-winning changemakers, helping new ideas and innovations flourish in the Coffs Coast. Projects include the Screenwave International Film Festival (SWIFF), Nextwave Youth Film Festival and Film Outreach Australia.

## Manual Arts

**Coastal Claymakers**

**E** coastalclaymakers2450@gmail.com

**P** 0478 704 152

Our organisation is open to all clay artists living within the mid north coast of New South Wales, Australia.

**Coffs Harbour Lapidary Club**

123 Pacific Hwy, COFFS HARBOUR NSW  
2450

**E** errolh@hotmail.com

**P** 0427 524 959

Coffs Harbour Lapidary Club is a not for profit organisation where members can learn to cut cabochon stones, facet gemstones & learn silversmithing.

## Performing Arts & Music

**Chats Productions**

377 Harbour Drive, COFFS HARBOUR NSW  
2450

**E** info@chats.org.au

**W** chats.org.au

Local community not-for-profit theatrical society, dedicated to providing community theatre for everybody.

**Coffs City Choir Inc**

**E** coffscitychoir@gmail.com

**P** 0400 129 432

We are a community choir open to all ages. We perform a variety of music on multiple occasions throughout the year including at Aged Care Facilities, local Hospital, Churches, for community events including Christmas Carol and for community groups.

**Coffs Coast Pipes and Drums**

Showground, Pacific Highway, COFFS  
HARBOUR NSW 2450

**E** [info@coffscoastpipesanddrums.org.au](mailto:info@coffscoastpipesanddrums.org.au)

**W** [coffscoastpipesanddrums.org.au](http://coffscoastpipesanddrums.org.au)

We gladly welcome new members of any ability, from learners to experienced. It's all about the music. If you've ever wanted to have a go at playing the bagpipes, tenor drum, bass drum or side (snare) drum, you're welcome to come along on a Wednesday night from about 6:00-6:30pm. There is no cost outlay to try, we'll lend you gear to have a go.

### **Coffs Harbour City Orchestra**

33 Headland Road, ARRAWARRA

HEADLAND NSW 2456

**E** [pjfayle56@gmail.com](mailto:pjfayle56@gmail.com)

**W** [coffsorchestra.org.au](http://coffsorchestra.org.au)

**P** (02) 6654 7700

A community orchestra, performs public concerts and some community concerts. Local musicians aged from teenagers to 80 year olds rehearse weekly and perform with the orchestra.

### **Coffs Harbour City Orchestra**

1 Valley Street, COFFS HARBOUR NSW  
2450

**E** [orchestra@coffs.co](mailto:orchestra@coffs.co)

**W** [coffsorchestra.org.au](http://coffsorchestra.org.au)

The Coffs Harbour City Orchestra are a volunteer community orchestra of all ages. We play a variety of orchestral and chamber music at various venues around the Coffs Harbour region.

### **Coffs Harbour Music Society**

**E** [enquirys@coffsmusicsociety.com.au](mailto:enquirys@coffsmusicsociety.com.au)

**W** [coffsmusicsociety.com.au](http://coffsmusicsociety.com.au)

**P** 0466 985 652

Since the early 1990's the Coffs Harbour Music Society has presented a series of subscriber concerts featuring some of Australia's and the world's finest classical musicians drawn largely from the renowned Music a Viva program.

### **Coffs Harbour Musical Comedy Company**

**E** [coffsharbourmcc@gmail.com](mailto:coffsharbourmcc@gmail.com)

**W** [coffsharbourmusicalcomedycompany.c  
om](http://coffsharbourmusicalcomedycompany.com)

**P** 0432 518 112

Bringing affordable musical theatre to the community, we produce two full-length musicals a year at the Jetty Memorial Theatre.

### **Pacific Dancentre**

123 Pacific Highway, COFFS HARBOUR  
NSW 2450

**E** [dancing@pacificdancentre.com.au](mailto:dancing@pacificdancentre.com.au)

**W** [pacificdancentre.com.au](http://pacificdancentre.com.au)

**P** 0400 310 480

PACIFIC DANCENTRE was established in Coffs Harbour on the North Coast of New South Wales in 1984 to teach the art of Ballroom Dancing to the Coffs Harbour and surrounding districts. Within dancing there are three pathways to take. Competitive, Medalist and social where most dancers are introduced to the sport. People as young as 4 years, or as young as 90 years can enjoy this wonderful sport.

### **Sawtello Gospel Choir**

Sawtell Surf Lifesaving Club, Fourth  
Avenue, SAWTELL NSW 2452

**E** [adavis2810@gmail.com](mailto:adavis2810@gmail.com)

**P** 0438 883 840

Sawtello Gospel Choir is a non-auditioned community based choir singing 4 part acapella harmony - Gospel and World music. We gather every Thursday at the Sawtell Surf Lifesaving Club (Fourth Avenue Sawtell) 5:00-7:00pm. Doors open at 4.45. Cost \$10 (first night free). Come along and try it out! No experience necessary. Contact Andrew on 0438883840 for further enquiries.

### **Sing Australia Coffs Harbour**

Girl Guides' Hall, 209A Harbour Drive,  
COFFS HARBOUR NSW 2450

**E** [singaustraliacoffsharbour1@gmail.com](mailto:singaustraliacoffsharbour1@gmail.com)

**W** [singaustralia.com.au](http://singaustralia.com.au)

Not everyone has the confidence to sing on their own, but everyone can sing with others. Sing Australia Coffs Harbour meets every Monday evening (except on public holidays) from 7 pm to 9 pm to enjoy good company and share the joy of singing. There are no auditions, no requirements to be able to read music, and attendance each week is not compulsory.

### **Uko Ono**

8/25-27, Twenty-Second Avenue,  
SAWTELL NSW 2452

**E** [stephanie@ukoono.com.au](mailto:stephanie@ukoono.com.au)

**W** ukoono.com.au

**P** 0421 346 713

The ukulele is the easiest instrument to learn. Whether you want to learn the basics through private lessons or group workshops, join a group, build team morale or shake up an event - Uko Ono offers a range of ways for you to discover the joy of the ukulele.

## Visual Arts

### Artists in the Garden

119 Korora Basin Road, KORORA NSW  
2450

**E** tammyt@icloud.com

**P** 0419 898 112

Artists in the Garden is a monthly event on the first Sunday of every month in the Coffs Harbour Botanic Gardens. Meet artists, view their works, browse art books, art and artists talks, collaborative works, spoken word, music and performing arts, unplugged. This is a free community event for artists and visitors. Artists can register through the Facebook Page, Artists in the Garden.

### Artspace on 45

45 Gale Street, CORAMBA NSW 2450

**E** artspaceon45@hotmail.com

**W** artspaceon45.com.au

**P** 0428 310 494

We aim to support local Artists by providing a place to exhibit their work, and also encourage and support creativity in adults and children by hosting regular and affordable workshops and classes. Artspace on 45 is located in the Coffs Harbour hinterland, in the historical village of Coramba.

### Coffs Calligraphers

**E** hcag@icloud.com

**W** coffsharbourartsgroup.com

**P** 0457 041 441

Coffs Calligraphers was formed in 1986 to foster and promote the art of calligraphy within the local area and its surrounds.

### Coffs Harbour Arts Council Inc

**E** coffsharbourartscouncil@gmail.com

The Coffs Harbour Arts Council incorporated in 1950 and operates as a cultural agency. Our main function is to support cultural events, Artists and start up and develop new cultural groups.

### Coffs Collections

2 Castle Street, COFFS HARBOUR NSW  
2450

**E** coffs.council@chcc.nsw.gov.au

**W** coffs.recollect.net.au

**P** (02) 6648 4000

The fascinating cultural treasures and stories that shaped Coffs Harbour and its region are now available online anywhere anytime at the touch of a button with Coffs Harbour City Council's digital Coffs Collections service. Discover and journey through the extensive historic and present-day artefacts, oral histories, documents, films, photographs, publications and art collections of Coffs Harbour.

### Coffs Harbour Creative Arts Group

Coffs Harbour Showground Gallery, 112  
Pacific Highway, COFFS HARBOUR NSW  
2450

**E** CHCAG@icloud.com

**W** coffsharbourartsgroup.com

**P** 0428 491 862

The Creative Arts Group is a community of artists offering a variety of creative activities along with social interaction.

### Friends of Coffs Harbour Regional Gallery

**E** thefriendschrg@gmail.com

**W** friendschrg.com

**P** (02) 6648 4863

Friends of Coffs Harbour Regional Gallery is a volunteer group of art lovers dedicated to sharing the enjoyment of cultural pursuits with the community and helping to build the gallery's permanent collection of works in anticipation of the new cultural arts precinct being planned.

### National Cartoon Gallery

John Champion Way, City Hill, COFFS  
HARBOUR NSW 2450

**E** info@nationalcartoongallery.com.au

**W** nationalcartoongallery.com.au

**P** (02) 6651 7343

Cartoons, art, humour, Australian and world history, plus trends in satirical form, housed in an authentic world war two Bunker. Open every day (except Christmas Day and Good Friday) 10 am to 4 pm.

### **Open Studio**

2/25 Vernon Street, COFFS HARBOUR  
NSW 2450

**E** [snarlbcf@gmail.com](mailto:snarlbcf@gmail.com)

**W** [openstudioweb.blogspot.com](http://openstudioweb.blogspot.com)

**P** 0432 447 727

I WORK AT THE STUDIO ALL WEEK. THE DOOR IS OPEN FROM WEDNESDAY TO FRIDAY, 10 AM UNTIL 5 PM AND 10AM TO 12PM ON SATURDAY. IF IM NOT THERE, IM PAINTING ON SITE SO PLEASE RING ME ON 0432447727. COME AND BUY A PAINTING, COMMISSION AN ARTWORK, DISCUSS AN IDEA, PICK UP SOME PAINT OR JUST ENJOY THE ATMOSPHERE...

### **The Art Factory - Coffs Harbour**

151 Orlando Street, COFFS HARBOUR  
NSW 2450

**E** [artcoffs@bigpond.net.au](mailto:artcoffs@bigpond.net.au)

**P** (02) 6658 0300

The Art Factory - Coffs Harbour has serviced the local community for 25 years. We offer a comprehensive custom framing service and a unique exhibition space which is a platform for established and emerging artists to showcase their work.

### **The Gypsy Art Group**

Minorie Drive, TOORMINA NSW 2452

**E** [gscpi@bigpond.com](mailto:gscpi@bigpond.com)

We are an art group and our activities include making art journals, altered books, printmaking, bookbinding, mixed media techniques, Chinese contemporary brushwork and more. We meet each Thursday from 9am to 11.30am at the Boambee Community Centre. We are near IGA shopping centre in Boambee. New members are welcome regardless of skill level. Art grows when it is shared.

### **Woolgoolga Art Group**

73 Turon Parade, WOOLGOOLGA NSW  
2456

**E** [info@woolgoolgagallery.com.au](mailto:info@woolgoolgagallery.com.au)

**W** [woolgoolgagallery.com.au](http://woolgoolgagallery.com.au)

**P** (02) 6654 1054

The Woolgoolga Art Group is a community based volunteer group supporting artists and crafts people. The Woolgoolga Art Gallery holds regular exhibitions by solo artists or WAG members and is open daily from 10am - 4pm except Christmas Day, Boxing Day and Good Friday. WAG conduct classes including pottery and painting in various mediums. Contact the gallery for more details.

## **Child Services**

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### **Child (and Parent) Information & Counselling**

#### **Australian Red Cross - Coffs Harbour**

**W** [redcross.org.au](http://redcross.org.au)

**P** (02) 6561 4000

Red Cross Coffs Harbour provide playgroup and parenting programs for migrants and a Learner Driver Mentoring program.

#### **UNITING burnside Coffs Harbour: "I am a Dad"**

Level 2, Rigby House, 27-29 Duke Street,  
COFFS HARBOUR NSW 2450

**E** [ask@uniting.org](mailto:ask@uniting.org)

**W** [uniting.org](http://uniting.org)

**P** (02) 6659 2800

The 'I'm a dad' program encourages and supports first time fathers in their new role as parents.

#### **Uniting Burnside: Parents and Teachers**

Level 2, Rigby House, 27-29 Duke Street,  
COFFS HARBOUR NSW 2450

**E** [ask@uniting.org](mailto:ask@uniting.org)

**W** [uniting.org](http://uniting.org)

**P** (02) 6659 2800

Is a free program for parents of children spanning pregnancy and the first three year of life.

### **General Child Services**

#### **CASPA - Foster Care**

43 Gordon Street, COFFS HARBOUR NSW  
2450

**E** [coffs@caspa.asn.au](mailto:coffs@caspa.asn.au)

**W** [caspa.org.au](http://caspa.org.au)

**P** (02) 6652 9369

The safety and the wellbeing of children and young people are at the centre of everything we do

### **Country Cubs Preschool and Outside**

#### **School Hours Care**

2 Eastbank Road, CORAMBA NSW 2450

**E** [countrycubs@bigpond.com](mailto:countrycubs@bigpond.com)

**W** [countrycubs.com.au](http://countrycubs.com.au)

**P** (02) 6654 4122

Children's service offering Long Day Care, Before and After School Care and Vacation Care

### **Gamumbi Early Childhood Education Centre**

2 Lourne Avenue, TOORMINA NSW 2452

**E** [director@gamumbi.com.au](mailto:director@gamumbi.com.au)

**W** [gamumbi.com.au](http://gamumbi.com.au)

**P** (02) 6653 2767

Gamumbi (meaning 'Children' in Gumbaynggirr) is a community based not-for-profit early childhood education and care service which is managed by a dedicated Management Committee comprising of Gamumbi family and local community members.

### **Goodstart Early Learning - Coffs Harbour**

96 Thompson Road, COFFS HARBOUR NSW 2450

**E** [cof@goodstart.org.au](mailto:cof@goodstart.org.au)

**W** [goodstart.org.au](http://goodstart.org.au)

**P** (02) 6652 1699

University qualified early childhood teachers catering for children 6 weeks to 6 years. Full pre-school and school readiness programs offered. Federal Government subsidies Childcare Benefit & Childcare Rebate.

### **Goodstart Early Learning - Moonee Beach**

2a Moonee Beach Rd, MOONEE BEACH NSW 2450

**E** [mbh@goodstart.org.au](mailto:mbh@goodstart.org.au)

**W** [goodstart.org.au](http://goodstart.org.au)

**P** (02) 6656 4277

University qualified early childhood teachers catering for children 6 weeks to 6 years. Full pre-school and school readiness programs offered. Federal Government subsidies Childcare Benefit & Childcare Rebate.

### **Goodstart Early Learning - Toormina**

631b Hogbin Drive, TOORMINA NSW 2452

**E** [toa@goodstart.org.au](mailto:toa@goodstart.org.au)

**P** (02) 6658 6220

University qualified early childhood teachers catering for children 6 weeks to 6 years. Full pre-school and school readiness programs offered. Federal Government subsidies Childcare Benefit & Childcare Rebate.

### **Gumnut Cottage Child Care Centre - Coffs Harbour**

65 Perry Drive, COFFS HARBOUR NSW 2450

**W** [gumnutcottage.org.au](http://gumnutcottage.org.au)

**P** (02) 6651 3077

Gumnut Cottage Child Care Centre is a community based not-for-profit organisation, serving families within the Coffs Harbour region.

### **Interrelate - Family Relationship Centre - Coffs Harbour**

24 Park Avenue, COFFS HARBOUR NSW 2450

**W** [interrelate.org.au](http://interrelate.org.au)

**P** (02) 6659 4150

Family Relationship Centres are a source of information and confidential assistance for families at all stages in their lives.

### **Interrelate - Family Relationship Centre - Coffs Harbour**

24 Park Avenue, COFFS HARBOUR NSW 2450

**W** [interrelate.org.au](http://interrelate.org.au)

**P** (02) 6659 4150

Children's Contact Service provides a safe and relaxed family atmosphere where children from separated families can connect with both parents. It is a Centre especially designed for adults and children to play together, read stories or just sit and talk in a pleasant, home-like environment.

### **Kids Steps Speech Pathology**

187 Rose Avenue, COFFS HARBOUR NSW 2450

**E** [admin@kidssteps.com.au](mailto:admin@kidssteps.com.au)

**W** [kidssteps.com.au](http://kidssteps.com.au)

**P** (02) 6651 9995

Our Speech Pathologists are trained to assess and treat your child's communication skills

### **Mountain Preschool Lowanna**

33 Grafton St, LOWANNA NSW 2450

**E** [admin@mountainpreschoollowanna.com.au](mailto:admin@mountainpreschoollowanna.com.au)

**W** [mountainpreschool.com.au](http://mountainpreschool.com.au)

**P** (02) 6654 5400

Our preschool operates on a play based educational program, following the Early Years Learning Framework (EYLF) guidelines.

### **Possums' Den Preschool**

8 Earl Street, COFFS HARBOUR NSW 2450

**E** [pden@bigpond.com](mailto:pden@bigpond.com)

**W** [possumsden.com.au](http://possumsden.com.au)

**P** (02) 6652 5066

Possums' Den is a community-based, not-for-profit early childhood education and care service nurturing 21 children per day. Children of mixed ages between three and six years attend together and play in a variety of permanent and adaptable learning areas.

### **Valley Pre School**

770 Upper Orara Road, UPPER ORARA NSW 2450

**E** [valleypreschool@bigpond.com](mailto:valleypreschool@bigpond.com)

**P** (02) 6653 8600

Valley preschool is a small, caring, rural, Community operated preschool at Upper Orara. We cater for 3 to 5 year old children in a beautiful spot overlooking the farms of the Orara Valley. We are open three days per week, Tuesday to Thursday, 8.30am to 4.00pm. Please call for further information.

### **Wesley Dalmar**

30A Orlando Street, COFFS HARBOUR NSW 2450

**E** [dalmar@wesleymission.org.au](mailto:dalmar@wesleymission.org.au)

**W** [wesleymission.org.au](http://wesleymission.org.au)

**P** (02) 5646 5700

Wesley Dalmar provides homes for children and young people who cannot live with their families, by recruiting, training, and supporting foster carers.

## **Play Groups & Childcare**

### **Bangalee Early Learning Centre**

84 Diamond Head Dr, SANDY BEACH NSW 2456

**E** [bangaleepreschool@gmail.com](mailto:bangaleepreschool@gmail.com)

**W** [bangaleeearlylearning.com.au](http://bangaleeearlylearning.com.au)

**P** (02) 6656 1560

Bangalee Early Learning Centre is a family-owned and operated business located in Sandy Beach, NSW. Our centre, although small, offers a safe and caring environment where we cater to your individual child and support your family's needs. We offer a nurturing and engaging program that builds success for life!

### **Billabong Kids Central Woolgoolga**

2 Sunset Avenue, WOOLGOOLGA NSW 2456

**E** [woolgoolga@billabongkids.com.au](mailto:woolgoolga@billabongkids.com.au)

**P** (02) 6654 0533

Billabong Kids Central ~ is a family owned and operated Education and Care centre offering quality care for children from 6wks-5yrs!

### **Brayside Community Preschool**

38-40 Coriedale Drive, COFFS HARBOUR NSW 2450

**E** [janette@braysidepreschool.com.au](mailto:janette@braysidepreschool.com.au)

**W** [braysidepreschool.com.au](http://braysidepreschool.com.au)

**P** (02) 6652 8846

Brayside Community Preschool is a place where "all children experience learning that is engaging and builds success for later life" (DEEWR 2009, pg 10). We are a community who believes in supporting families. Together we build and strengthen meaningful partnerships with children, their families and the local community.

### **Coffs Harbour Community Preschool**

11 Brodie Drive, COFFS HARBOUR NSW 2450

**E** [admin@coffsharbourcommunitypreschool.com.au](mailto:admin@coffsharbourcommunitypreschool.com.au)

**W** [coffsharbourcommunitypreschool.com.au](http://coffsharbourcommunitypreschool.com.au)

**P** (02) 6652 1064

Since 1953 we have been proudly serving the community by providing not for profit, community based, high quality early childhood education.

### **Coffs Harbour Family Daycare**

2 Peterson Road, COFFS HARBOUR NSW 2450

**E** [manager@coffsfdc.org.au](mailto:manager@coffsfdc.org.au)

**P (02) 6652 7819**

Coffs Harbour Family Day Care is a well-established provider of home-based childcare services on the Coffs Coast. Since our launch in 1984, we have established a longstanding reputation for offering high-quality, reliable family day care for local families by local educators.

**Coffs Harbour Kids**

76b Bray Street, COFFS HARBOUR NSW  
2450

**E** admin@playgroupnsw.org.au

Coffs for Kids was born in September 2010. There have been a lot of changes in activities and events for kids over this time and it's fantastic to see such a great variety of businesses supporting families on the Coffs Coast.

**Coffs Harbour Montessori Preschool**

27 James Small Drive, KORORA NSW 2450

**E** coffsmontessoripreschool@hotmail.com

**W** coffsmontessori.com.au

**P (02) 6653 7122**

The Coffs Harbour Montessori Preschool and the Jetty Montessori Preschool are locally owned and family operated long day care services. With a focus on providing quality natural care and a fun educational learning environment, our services are sure to please even the most curious little minds

**Community OOSH Centres - Coffs Harbour**

Bray Centre, COFFS HARBOUR NSW 2450

**E** admin@communityoosh.com.au

**W** communityoosh.com.au

**P (02) 6658 9757**

Our program is not a formal and traditional program but a children's group which offers unique adventure based activities

**Community OOSH Centres - Korora**

3 Korora School road, KORORA NSW 2450

**E** admin@communityoosh.com.au

**W** communityoosh.com.au

**P (02) 6658 9757**

Our program is not a formal and traditional program but a children's group which offers unique adventure based activities

**Community OOSH Centres - Toormina**

5 Craft Close, TOORMINA NSW 2452

**E** admin@communityoosh.com.au

**W** communityoosh.com.au

**P (02) 6658 9757**

Our program is not a formal and traditional program but a children's group which offers unique adventure based activities

**Community OOSH Centres - Woolgoolga**

8 Hawke Drive, WOOLGOOLGA NSW 2456

**E** admin@communityoosh.com.au

**W** communityoosh.com.au

**P (02) 6658 9757**

Our program is not a formal and traditional program but a children's group which offers unique adventure based activities.

**Cow and Koala**

15 William Sharp Drive, COFFS HARBOUR  
NSW 2450

**E** hello@cowkoala.com.au

**W** cowkoala.com.au

**P (02) 6658 0900**

We know how important finding a caring, reliable and nurturing, and affordable environment for your special little ones is

**Faith Family Early Learning**

11a Domain Dr, COFFS HARBOUR NSW  
2450

**E** Office@faithfamily.com.au

**W** faithfamilyearlylearning-  
coffsharbour.com.au

**P (02) 6652 8641**

At Faith Family Early Learning we are passionate about serving local children and their families, providing a place where they belong, can be themselves, find friendship and community, and can learn and grow to become all that they can be.

**Hands and Hearts early Learning Centre**

9 Gardiner Avenue, COFFS HARBOUR NSW  
2450

**E** director@heartco.org.au

**P (02) 6652 2121**

Being a not-for-profit means we are all about children - not about profit! We are an exceeding National Quality Standards service. We provide a nurturing early year learning environment for children as they explore, discover and learn through play.

### **Happy Days Preschool**

207 Harbour Drive, COFFS HARBOUR NSW  
2450

**E** [happy-days@bigpond.com](mailto:happy-days@bigpond.com)

**W** [happydayspreschool.com.au](http://happydayspreschool.com.au)

**P** (02) 6652 6620

Happy Days is a family owned and operated childcare facility centrally located in Coffs Harbour. Operating for more than 30 years, many of our past pre-schoolers are now returning with their own children!

### **Hopscotch Boambee PreSchool**

1 Wagtail Close, BOAMBEE EAST NSW  
2452

**E** [admin@hopscotchboambee.com.au](mailto:admin@hopscotchboambee.com.au)

**W** [hopscotchboambee.com.au](http://hopscotchboambee.com.au)

**P** (02) 6653 1100

Our programs purposefully consider the needs of all children and their families and foster strong connections to country. Generations of families have brought their children to Hopscotch and we now see children who attended Hopscotch return with their own children and our parents return as Grandparents.

### **Jetty Montessori Preschool**

23 Moore Street, COFFS HARBOUR NSW  
2450

**E** [jettymontessori@bigpond.com](mailto:jettymontessori@bigpond.com)

**W** [coffsmontessori.com.au](http://coffsmontessori.com.au)

**P** (02) 6651 7505

The Montessori philosophy believes we should pursue a child's individual interests, encouraging the child to gain an early enthusiasm for learning and in turn becoming a truly educated person.

### **King street playgroup**

11 King Street, COFFS HARBOUR NSW  
2450

**E** [Kingstplaygroup@outlook.com](mailto:Kingstplaygroup@outlook.com)

**W** [playgroupnsw.org.au](http://playgroupnsw.org.au)

King street playgroup open to children age 0-5 All parents, grandparents and carers welcome. Sessions include free play, crafting, sensory play and friendship building. Tea and coffee available for parents, grandparents and carers. Come along and make some life long friends, bring a hat, drink and a morning snack.

### **Lavender Cottage Parent and Child Group**

4 Gentle Street, COFFS HARBOUR NSW  
2450

**E** [admin@casuarina.nsw.edu.au](mailto:admin@casuarina.nsw.edu.au)

**W** [casuarina.nsw.edu.au](http://casuarina.nsw.edu.au)

**P** (02) 6651 2770

Steiner education has a holistic view of learning – learning that is broad, dynamic and interconnected; play and learning are not separated, but intertwined entities in child development

### **Lilly Pilly Learning Centre**

69 Gundagai St, COFFS HARBOUR NSW  
2450

**E** [lilypillyelc@gmail.com](mailto:lilypillyelc@gmail.com)

**W** [lilypillyeec.com.au](http://lilypillyeec.com.au)

**P** (02) 6651 1992

Lilly Pilly Early Learning Centre is a preschool and early learning centre dedicated to helping your child along on their educational journey.

### **Little Hands Preschool and Long Day Care**

4 Bronzewing Place, EAST BOAMBEE NSW  
2450

**E** [littlehandsboambee@gmail.com](mailto:littlehandsboambee@gmail.com)

**W** [littlehandspreschool.net.au](http://littlehandspreschool.net.au)

**P** (02) 6658 2852

Little Hands Preschool is a family owned and locally operated preschool which has been providing personalised, boutique care in the Coffs Harbour region for fifteen years. With 2 convenient locations in Boambee and Toormina, we're licensed by the NSW Department of Education and Communities and cater to children aged 18 months to 6 years. We're also open all year, including school holidays.?

### **Midcoast Family Day Care and Easterns States Coffs Harbour**

179 Rose Avenue, COFFS HARBOUR NSW  
2450

**E** [admin@mfdc.net.au](mailto:admin@mfdc.net.au)

**P** (02) 6652 7927

The team at Midcoast Family Day Care and Eastern States in Home Care are strong advocates for children and are passionate about providing every child with the best start in life

### **Mullaway Early Years Learning Centre**

22 Mullaway Drive, MULLAWAY NSW  
2456

**E** [director@mullawaychildcare.com.au](mailto:director@mullawaychildcare.com.au)

**P** (02) 6654 0333

An Early Childhood setting located in the beautiful coastal town of Mullaway on the Coffs Coast. Providing care and education for children 6weeks-5yrs old.

### **My Time Disability Playgroup 0-18yrs**

13 Kane Crescent, COFFS HARBOUR NSW  
2450

**E** [cjourdant@playgroupnsw.org.au](mailto:cjourdant@playgroupnsw.org.au)

**W** [playgroupnsw.org.au](http://playgroupnsw.org.au)

**P** 0438 302 187

MyTime groups provide local support to anyone caring for a child 0-18yrs with a disability or chronic medical condition.

### **Petit Early Learning Journey**

1 Kiddell Place, COFFS HARBOUR NSW  
2450

**E** [coffsharbour@petitjourney.com.au](mailto:coffsharbour@petitjourney.com.au)

**W** [petitjourney.com.au](http://petitjourney.com.au)

**P** (02) 6600 1648

Our qualified early childhood teachers guide children through a learning journey that provides a foundation for a successful transition to school and that aligns with the EYLF that 'all children experience learning that is engaging and builds success for life'.

### **St Augustine's Playgroup**

9 Gordon Street, COFFS HARBOUR NSW  
2450

**E** [cofhp@lism.catholic.edu.au](mailto:cofhp@lism.catholic.edu.au)

**W** [cofhlism.catholic.edu.au](http://cofhlism.catholic.edu.au)

**P** (02) 6652 1204

Our St Augustine's Parish Playgroup runs weekly on Tuesdays (during school terms) at the Curran Centre between 9:30am - 11:30am. We invite children from babies to preschool age.

### **St Francis Xavier Playgroup**

39 Queen Street, WOOLGOOLGA NSW  
2456

**E** [woolp@lism.catholic.edu.au](mailto:woolp@lism.catholic.edu.au)

**W** [coffscatholic.com](http://coffscatholic.com)

**P** (02) 6654 1981

At St Francis Xavier Kindergarten we offer a Queensland Government approved kindergarten program taught by a university qualified early childhood teacher. As a sessional kindergarten children complete a five-day fortnight, during school hours and school terms.

### **Toormina Community Preschool**

Minorie Drive, TOORMINA NSW 2452

**E** [admin@toorminapreschool.com.au](mailto:admin@toorminapreschool.com.au)

**W** [toorminapreschool.com.au](http://toorminapreschool.com.au)

**P** (02) 6653 1791

Toormina Community Preschool is "not for profit" and has been proudly operating since 1976.

### **Treehouse Early Years Learning Centre**

5 McCrae Close, BOAMBEE WEST NSW  
2450

**E** [treehouse@boambeechildcare.com.au](mailto:treehouse@boambeechildcare.com.au)

**P** (02) 6653 3261

Treehouse Early Years Learning Centre provides a nurturing early years learning environment for children as they explore, discover & learn through play.

### **Uniting burnside: CHARM'D pregnancy group Coffs Harbour**

Level 2, Rigby Hause, 27-29 Duke Street,  
COFFS HARBOUR NSW 2450

**E** [ask@uniting.org](mailto:ask@uniting.org)

**W** [uniting.org](http://uniting.org)

**P** (02) 6659 2800

Is a fun gathering for young parents to be and discuss pregnancy and baby care in an informal environment. We encourage men and women to attend the group, along with any other support people who are involved in your pregnancy and birth.

### **Uniting Burnside: Playgroups Coffs Harbour**

Level 2, Rigby Hause, 27-29 Duke Street,  
COFFS HARBOUR NSW 2450

**E** [ask@uniting.org](mailto:ask@uniting.org)

**W** [uniting.org](http://uniting.org)

**P (02) 6659 2800**

Supported Groups: three groups too choose. Come a lon to meet new friends who may be going through the same parenting experinces as you.

### **Woolgoolga Family Playgroup**

Boundary Street, WOOLGOOLGA NSW  
2456

**E woolgoolgafamilyplaygroup@gmail.com**

**P 0410 332 956**

Woolgoolga Family Playgroup meets every Tuesday 9:30 - 11:30am. Located behind the Community Centre in Boundary St, Woolgoolga. Woolgoolga Community Playgroup is a non-denominational Playgroup operating from the Woolgoolga Community Centre.

### **Young Explorers Preschool and Long day Care**

5 North Street, COFFS HARBOUR NSW  
2450

**E info@youngexplorers.com.au**

**W youngexplorers.com.au**

**P (02) 6652 7300**

At Young Explorers we provide a diverse array of learning opportunities aimed at promoting children's learning and development which cater to each child. This means that within all of our programming the children's interests, needs, strengths and abilities are given full consideration.

## **C o m m u n i c a t i o n & I n f o r m a t i o n**

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### **Community Media**

#### **3 Bears Cottage**

11 Scarba Street, COFFS HARBOUR NSW  
2450

**E 3bearsottage@live.com.au**

**W 3bearsottage.com.au**

**P (02) 6652 5656**

3 Bears Cottage is a family run business locally owned for over 20 years by Renae Donovan. Having six children of her own in which all six children at various times have been enrolled at the service, Renae has a great understanding of what busy families want and need.

#### **ABC Coffs Coast**

24 Gordon Street, COFFS HARBOUR NSW  
2450

**E coffscoast@abc.net.au**

**W abc.net.au**

**P (02) 6650 3611**

ABC Mid North Coast established a local news service based in Coffs Harbour in 1994 and this grew into a full broadcasting studio in 1996 with two journalists covering the region.

#### **Coff's Coast Advocate**

144-148 West High St, COFFS HARBOUR  
NSW 2450

**E ballina@news.com.au**

**P (02) 6650 2900**

Community Media service.

#### **Coffs Harbour and District Amateur Radio Club**

Hogbin Drive, TOORMINA NSW 2452

**E admin@chadarc.org.au**

**W chadarc.org.au**

Welcome to Coffs Harbour & District Amateur Radio Club (CHADARC), catering to radio and associated electronics enthusiasts on the NSW Mid North Coast — from Kempsey in the south to Woolgoolga in the north. CHADARC members experiment with radio equipment and associated antenna systems. Most are licensed amateur operators.

#### **Woopi News**

**E woopinews@gmail.com**

**W woopinews.com.au**

Your local online and print community news magazine. Published monthly and covering Woolgoolga and the Northern Beaches from Red Rock through To Sapphire including Corindi, Mullaway, Safety Beach, Sandy Beach, Emerald Beach and Moonee Beach. Established in September 2019.

### **General Communication & Information**

#### **Coffs Coast Heritage**

**W coffscoastheritage.info**

**P (02) 6651 5946**

A blog to learn about and respond to our local heritage in the form of events, objects, people and locations from the Coffs Coast region stored away in our cultural agencies.

### **Coffs Coast Visitor Services**

**E** [paradise@coffscoast.com.au](mailto:paradise@coffscoast.com.au)

**W** [coffscoast.com.au](http://coffscoast.com.au)

**P** (02) 6648 4990

Coffs Coast is the official travel destination and Visitor Information Service for the Coffs Coast region located midway between Sydney and Brisbane.

### **Coffs Harbour and district Amateur Radio Club**

Rex Hardaker Lane, TOORMINA NSW 2452

**E** [vk2fm@dodo.com.au](mailto:vk2fm@dodo.com.au)

**W** [chadarc.org.au](http://chadarc.org.au)

The club provides learning facilities, technical instruction, and equipment maintenance and conducts examinations for those wishing to obtain their transmitting licence or to upgrade to an unrestricted licence. This entitles them to operate on all the Amateur bands in use, and permits transmitting powers up to 400 watts. Interested persons please go to [www.chadarc.org.au](http://www.chadarc.org.au)

### **Coffs Harbour Chamber of Commerce**

321 Harbour Drive, COFFS HARBOUR NSW 2450

**E** [info@coffschamber.com.au](mailto:info@coffschamber.com.au)

**W** [coffschamber.com.au](http://coffschamber.com.au)

**P** (02) 6651 4101

The Coffs Harbour Chamber of Commerce is dedicated to being a strong and effective advocate for the local business community.

### **Coffs Harbour City Council**

2 Castle Street, COFFS HARBOUR NSW 2450

**E** [coffs.council@chcc.nsw.gov.au](mailto:coffs.council@chcc.nsw.gov.au)

**W** [coffsharbour.nsw.gov.au](http://coffsharbour.nsw.gov.au)

**P** (02) 6648 4000

Coffs Harbour City Council is a local government area in the mid north coast region of New South Wales, Australia.

### **Home Library Service**

Coff and Duke Street, COFFS HARBOUR NSW 2450

**E** [coffs.library@chcc.nsw.gov.au](mailto:coffs.library@chcc.nsw.gov.au)

**W** [coffsharbour.nsw.gov.au](http://coffsharbour.nsw.gov.au)

**P** (02) 6648 4900

Are you unable to reach your local library because you are housebound? If so, the Home Library Service can help you. The library provides this free home delivery service to the people of the Coffs Harbour local government area.

### **Coffs IT Services**

**P** (02) 6650 5300

IT Services in Coffs Harbour.

### **Connection Works Australia**

79 West High Street, COFFS HARBOUR NSW 2450

**E** [karen@connectionworksaustralia.com](mailto:karen@connectionworksaustralia.com)

**W** [connectionworksaustralia.com](http://connectionworksaustralia.com)

**P** 0416 017 372

We coordinate events, workshops and retreats for the community.

### **Harry Bailey Memorial Library**

27 Duke Street, COFFS HARBOUR NSW 2450

**E** [coffs.library@chcc.nsw.gov.au](mailto:coffs.library@chcc.nsw.gov.au)

**W** [libraries.coffsharbour.nsw.gov.au](http://libraries.coffsharbour.nsw.gov.au)

**P** (02) 6648 4900

Coffs Harbour City Library provides a range of public library services for residents and visitors to the area.

### **Older Women's Network Inc. - Coffs Harbour**

**E** [coffsharbour@ownnsw.org.au](mailto:coffsharbour@ownnsw.org.au)

**W** [ownnsw.org.au](http://ownnsw.org.au)

**P** 0404 163 136

CH OWN is designed to support all older women aged over 45 across our region from all areas of culturally and linguistically diverse backgrounds.

### **Sawtell Chamber of Commerce**

PO Box 298, SAWTELL NSW 2452

**E** [info@sawtellnsw.com.au](mailto:info@sawtellnsw.com.au)

**P** 0401 936 365

We are dedicated to serving our local community. We aspire to help local businesses through a variety of initiatives. We are pleased to be the voice of local business with Council and other governing bodies.

### **Toormina Library**

Minorie Drive, TOORMINA NSW 2452

**E** [coffs.library@chcc.nsw.gov.au](mailto:coffs.library@chcc.nsw.gov.au)

**W** [libraries.coffsharbour.nsw.gov.au](http://libraries.coffsharbour.nsw.gov.au)

**P** (02) 6648 4925

Coffs Harbour City Library provides a range of public library services for residents and visitors to the area.

### **Woolgoolga Chamber of Commerce**

Cnr Beach and Boundary Streets,

WOOLGOOLGA NSW 2456

**E** [social@woolgoolga.org.au](mailto:social@woolgoolga.org.au)

**W** [woolgoolga.org.au](http://woolgoolga.org.au)

**P** 0410 052 601

Woolgoolga & Northern Beaches Chamber of Commerce is recognised by all three tiers of government as being the “peak” organisation that represents the business community of Woolgoolga and Northern Beaches region.

### **Woolgoolga Library**

Ganderton Street, WOOLGOOLGA NSW 2456

**E** [coffs.library@chcc.nsw.gov.au](mailto:coffs.library@chcc.nsw.gov.au)

**W** [libraries.coffsharbour.nsw.gov.au](http://libraries.coffsharbour.nsw.gov.au)

**P** (02) 6648 4902

Coffs Harbour City Library provides a range of public library services for residents and visitors to the area.

## **Community Centres, Halls & Facilities**

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### **Community & Neighbourhood Centres**

#### **Boambee East Community Centre**

**E** [suebutler@becc.org.au](mailto:suebutler@becc.org.au)

**P** (02) 6658 4655

Programs and support provided relieve direct social and economic needs. Reduce social isolation. Provided inclusive and safe programs and support for young people, seniors and vulnerable families. Improved mental and physical health and well-being of people within our community. Build community capacity. Provided opportunities for people to become more resilient, resourceful, and connected.

#### **Cavanbah Centre**

The Cavanbah Centre, 191 Harbour Drive, COFFS HARBOUR NSW 2450

**E** [community.village@chcc.nsw.gov.au](mailto:community.village@chcc.nsw.gov.au)

**W** [coffsharbour.nsw.gov.au](http://coffsharbour.nsw.gov.au)

**P** (02) 6648 3690

Cavanbah Centre is a facility for hire in the Coffs Harbour CBD.

#### **Coffs Harbour Community Village**

22 Earl Street, COFFS HARBOUR NSW 2450

**E** [coffsharbourmensshed@gmail.com](mailto:coffsharbourmensshed@gmail.com)

**P** (02) 6648 3690

Coffs Harbour Community Village is a Coffs Harbour City Council Facility that provides meeting rooms and venues for hire for events, functions and conferences at competitive pricing, with a variety of room choices to meet your needs

#### **Coffs Harbour Neighbourhood Centre**

22 Earl Street, COFFS HARBOUR NSW 2450

**E** [coordinator@chnc.com.au](mailto:coordinator@chnc.com.au)

**W** [chnc.com.au](http://chnc.com.au)

**P** (02) 6648 3694

The Coffs Harbour Neighbourhood Centre is a drop-in community hub located in the Coffs Harbour Community Village. We provide a one-stop shop for up to date community service information, support and referrals as well as room rentals for community groups.

#### **Gowing Bros**

35-61 Harbour Drive, 35-61 Harbour Drive, COFFS HARBOUR NSW 2450

**W** [coffscentralshopping.com.au](http://coffscentralshopping.com.au)

**P** (02) 5622 8900

Coffs Central Shopping centre is a shopping centre in the heart of the cbd of Coffs, offering a grocer, a bakery, spa, fashion and beauty, banking, fresh food, Kmart, services, food court and cafes and restaurants. There is a Sculpture trail as well as various artworks on display in centre.

### **The Professional Centre - Coffs Harbour**

Level 1, 9 Park Avenue, COFFS HARBOUR  
NSW 2450

**E** [tpcparkavenue@gmail.com](mailto:tpcparkavenue@gmail.com)

**P** (02) 6659 2000

The Professional Centre is a modern full-service business centre providing fully furnished luxurious office space; with super-fast NBN, state-of-the-art conference rooms and a professional staff.

## **Community Halls**

### **Coramba Community Hall**

4 Dorrigo Street, CORAMBA NSW 2450

**W** [coffsharbour.nsw.gov.au](http://coffsharbour.nsw.gov.au)

**P** 0499 462 098

The Coramba Community Hall is a recently refurbished historic hall ideal for any event up to 100 people.

### **Eastern Dorrigo Community Hall and Showground**

13 Pine Avenue, ULONG NSW 2450

**W** [coffsharbour.nsw.gov.au](http://coffsharbour.nsw.gov.au)

**P** (02) 6654 5320

Nestled in the picturesque village of Ulong, Eastern Dorrigo Community Hall provides a multi- purpose venue for up to 100 people

### **Lowanna Community Hall**

33 Grafton Street, LOWANNA NSW 2450

**E** [kellie.lee@chcc.nsw.gov.au](mailto:kellie.lee@chcc.nsw.gov.au)

**P** 0487 530 726

Located in the beautiful Lowanna valley the Lowanna Hall is fantastic venue for any community or family event.

### **Red Rock Multi Use Centre**

10 Red Rock Road, RED ROCK NSW 2456

**E** [redrockmuc@gmail.com](mailto:redrockmuc@gmail.com)

**P** 0487 208 995

The hall hosts a number of regular community events and is an ideal venue for weddings, meetings and community or family functions. The hall can accommodate approximately 100 people and is situated on a large block enabling outdoor activities if required. - fully equipped kitchen - modern toilet facilities - plenty of free parking Hall Hire enquiries to John Thompson 0427 562 566

### **Toormina Community Centre**

171 Toormina Road, TOORMINA NSW  
2452

**E** [kellie.lee@chcc.nsw.gov.au](mailto:kellie.lee@chcc.nsw.gov.au)

**P** (02) 6648 3690

The Toormina Community Centre is nestled in a lovely natural green and leafy setting and has a variety of rooms for hire to cater for a wide variety of events. The Main Hall can host up to 100 guests with beautiful wooden floor, staging and air-conditioning. The Conference room can seat up to 20 people and can be split into 2 small rooms if a break-out area is required.

## **General Community Facilities**

### **C.ox Coffs International Stadium**

Stadium Drive, COFFS HARBOUR NSW  
2450

**E** [smebookings@chcc.nsw.gov.au](mailto:smebookings@chcc.nsw.gov.au)

**W** [coffsharbour.nsw.gov.au](http://coffsharbour.nsw.gov.au)

**P** (02) 6648 4950

The Stadium has earned a reputation as one of the best outdoor stadiums in Australia with a premier playing surface. Combined with the CCSLP, the precinct is pivotal to many regional sporting events.

### **Coffs Coast Waste Services**

Coffs Coast Waste Management, 25  
Englands Road, COFFS HARBOUR NSW  
2450

**W** [coffscoastwaste.com.au](http://coffscoastwaste.com.au)

**P** 1800 265 495

Coffs Coast Waste Services provide waste collection to over 40,000 residents on the Coffs Coast.

### **Coffs Community Gardens**

the gardens off the park, 53 Combine  
Street, COFFS HARBOUR NSW 2450

**E** [coffscommunitygardens@gmail.com](mailto:coffscommunitygardens@gmail.com)

**W** coffscommunitygardens.org.au

**P** 0412 713 324

We grow organic food on-site, community groups bring their clients to enjoy the gardens, and members & guests participate in workshops and celebration days.

### **Coffs Harbour Jetty Theatre**

337 Harbour Drive, COFFS HARBOUR NSW 2450

**E** jetty.theatre@chcc.nsw.gov.au

**W** jettytheatre.com

**P** (02) 6648 4930

The Jetty Memorial Theatre serves as an important arts hub and performance space for the Coffs Harbour region. A listed, heritage building with a rich local history, the refurbished theatre offers contemporary facilities for community theatre groups and touring companies.

### **Nana Glen Sport Recreation and Equestrian Management Committee**

Nana Glen 2450, 85 Morrows Road, NANA GLEN NSW 2450

**E** bleveritt3@tpg.com.au

**P** (02) 6651 8117

50 acres rural setting catering mostly for horse everts including, polocrosse , cross country event ting and pony club also school sports community shows

### **Nana Glen Sport Recreation and Equestrian Management Committee**

Nana Glen 2450, 85 Morrows Road, NANA GLEN NSW 2450

**E** bleveritt3@tpg.com.au

**P** (02) 6651 8117

50 acres rural setting catering mostly for horse everts including, polocrosse , cross country event ting and pony club also school sports community shows

### **Curran Centre Conference Rooms**

12 Gordon Street, COFFS HARBOUR NSW 2450

**E** coffsadmin@coffscatholic.com

**W** coffscatholic.com

**P** (02) 6651 0000

Located close to the town centre and motels and set in tranquil surroundings, the Curran Centre conference area is an ideal venue for conferences and meetings.

## **Community Clubs & Interest Groups**

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### **Children & Youth Clubs**

#### **Army Cadets**

Duke Street, COFFS HARBOUR NSW 2450

**E** coffsharbourarmycadets@hotmail.com

**W** cadetnet.gov.au

27ACU is an Australian Army Cadet unit located in Coffs Harbour, NSW.

#### **Girl Guides NSW - Coffs Harbour**

209A Harbour Drive, COFFS HARBOUR NSW 2450

**E** coffsharbourgirlguides@gmail.com

**W** girlguides-nswactnt.org.au

**P** (02) 6651 1926

Our Mission is to enable girls and young women to grow into confident, self respecting, responsible community members. Girls of 5 to 18 years have fun and learn skills that develop their self-confidence and community responsibility. Coffs Harbour Girl Guide units meet weekly at the Guide Hall during the school term.

#### **King street playgroup**

11 King Street, COFFS HARBOUR NSW 2450

**E** Kingstplaygroup@outlook.com

**W** playgroupnsw.org.au

**P** 0422 944 839

Playgroup open to all children aged 0-5 parents/grandparents/carers Children enjoy a range of activities from free play with all our wonderful toys, craft projects, sensory play and building friendships

#### **Naval Cadets**

75 Jordan Esplanade, COFFS HARBOUR NSW 2450

**E** TSVendetta@navycadets.gov.au

**P 0423 098 128**

The Australian Navy Cadets (ANC) is sponsored by the Royal Australian Navy and aims to build leadership and teamwork skills in young people through adventurous and exciting learning activities in a maritime environment. Most Units meet weekly, have overnight camps and conduct week-long training camps at different locations throughout the year.

**Sawtell Physical Culture Club**

Toormina Primary School, Cavanba Road,  
TOORMINA NSW 2452

**E** sawtell.physi@y7mail.com

**P** (02) 6658 5780

The most affordable Exercise and Dance for girls aged from Preschool to Ladies. EP PHYSIE & DANCE.

**Woolgoolga Code Club**

Building, 10 Queen Street, WOOLGOOLGA  
NSW 2456

**E** emma@localeconsulting.com.au

**P** 0421 180 881

Our Club is a space for like-minded kids to socialise, share their computer skills, and learn how to code. It is aimed at kids 8-12 years old. Although it may be suitable for younger or older children depending on their ability and interest. Our motto is based on being creative, collaborative, curious. We believe in teaching our kids how to create digital content, not just consume it.

## Community Service Clubs

**Coffs Harbour Breast Cancer Buddies**

2 McLean Street, COFFS HARBOUR NSW  
2450

**E** dholt007@internode.on.net

**P** 0423 336 048

We offer information, support & friendship to people affected by breast cancer. We access resources, services & support from the Cancer Council & Breast Cancer Network Australia.

**Lions Club - Woolgoolga**

18 Boundary Street, WOOLGOOLGA NSW  
2456

**E** woolgoolga@lionsdistrict201n1.org.au

**P** 0444 548 646

Lions is the world's largest service organization. Like minded men and women carry out community service and support through various club projects.

**Rotary Club Of Sawtell Inc**

38-40 First Avenue, SAWTELL NSW 2452

**E** alan.l.freedman@bigpond.com

**W** sawtellrotary.org

Our club offers friendship and opportunities to serve both the Sawtell community and the wider world. Projects include providing readers for local schools, furnishing our beaches with safety equipment, supporting the local RSL, art gallery, Legacy, Scouts and the international effort to end polio. Our fund raising efforts range across BBQs, raffles and marshalling for local sporting events.

## General Community Clubs

**ADFAS Coffs Coast**

**E** coffscoast@adfasc.org.au

**W** adfascoffscoast.org.au

**P** 0438 153 753

Australian Decorative and Fine Arts Society (ADFAS) Coffs Coast is a not-for-profit organisation run by volunteers, providing superbly illustrated, informative and entertaining lecture presentations on many diverse topics relating to the arts. ADFAS Coffs Coast is about to be established with lectures to start in November 2022.

**Advanced Motoring Club, Coffs Coast**

6/163 Orlando Street, COFFS HARBOUR  
NSW 2450

**E** coffspetrolhead@yahoo.com.au

**P** 0407 706 299

The Advanced Motoring Club is a motoring enthusiasts club in the Coffs Harbour / mid-north coast NSW region. This club is only for those who are keen to preserve motoring history and enjoy the experiences that these old machines offer in a friendly and cohesive environment.

**Australian Plant Society - Coffs Harbour Branch**

**E** gcl.38500@bigpond.com

**W** austplants.com.au

**P** 0419 414 324

We are passionate about growing, conserving and enjoying Australian plants. Our floral emblem is *Syzygium australe* (Scrub Cherry), a hardy tropical/subtropical rainforest tree/large shrub of the Myrtaceae family. Its white flowers are followed by a profusion of large, red edible fruit.

### **Bonville Boambee View Club**

1st Avenue, SAWTELL NSW 2450

**E** [bonbviewclub@gmail.com](mailto:bonbviewclub@gmail.com)

**W** [view.org.au](http://view.org.au)

**P** (02) 6658 6336

Join other ladies for lunch and friendship at Sawtell RSL on the 2nd Thursday of each month Help educate Aussie children raising funds for The Smith Family.

### **Bonville Sawtell Lions Club**

**E** [bonville-](mailto:bonville-sawtell@lionsdistrict201n1.org.au)

[sawtell@lionsdistrict201n1.org.au](mailto:sawtell@lionsdistrict201n1.org.au)

**W** [bonvillesawtell.nsw.lions.org.au](http://bonvillesawtell.nsw.lions.org.au)

Welcome to our Lions Club! Our area covers Bonville, Sawtell, Toormina, Boambee East, Boambee and the Boambee valleys Lions are people who get involved in humanitarian efforts locally, nationally, and internationally.

### **BPW Coffs Harbour**

**E** [coffsharbour@bpw.com.au](mailto:coffsharbour@bpw.com.au)

**W** [bpw.com.au](http://bpw.com.au)

BPW (Business & Professional Women) Coffs Harbour is part of a national and international community of women working to end gender inequity. Our members share an interest in the issues that affect working women in Australia and around the world today. Through our meetings and events, newsletters, personal and professional development programs and other initiatives, we connect and empower women

### **Coffs City Probus**

**E** [admin@probussouthpacific.org](mailto:admin@probussouthpacific.org)

**W** [probussouthpacific.org](http://probussouthpacific.org)

Probus provides you with the opportunity to join together in Clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community. Probus opens the door to new experiences and friendships, you can hear wonderful guest speakers, stay active by participating in a wide range of activities and explore your community, your country or the world

### **Coffs City Rotary**

Coffs Ex-Services Club, 1 Vernon Street, COFFS HARBOUR NSW 2450

**E** [secretary@coffscityrotary.org.au](mailto:secretary@coffscityrotary.org.au)

**W** [coffscityrotary.org.au](http://coffscityrotary.org.au)

Coffs City Rotary is an active Club and has been a driving force in the Coffs Harbour community for decades. Since our charter in 1986, Coffs City Rotary has raised and donated over \$800,000 to local and overseas charities.

### **Coffs Coast Freemasons Association**

Mackays Road, COFFS HARBOUR NSW 2450

**E** [coffscoastfreemasons@hotmail.com](mailto:coffscoastfreemasons@hotmail.com)

**W** [coffscoastfreemasons.com.au](http://coffscoastfreemasons.com.au)

**P** (02) 6652 7584

The Coffs Coast Freemasons Association is committed to fundraising to assist in the community and to raise awareness of the role of Freemasonry in the modern world

### **Coffs Coast Sole Sisters**

65 Orlando Street, COFFS HARBOUR NSW 2450

**E** [coffscoastsolisisters@gmail.com](mailto:coffscoastsolisisters@gmail.com)

**W** [coffscoastsolisisters.com](http://coffscoastsolisisters.com)

**P** 0437 977 722

A friendly Bushwalking group for women in the Coffs Coast area. Plus we organise several mutli day hikes each year around Australia and New Zealand

### **Coffs Coast Ulysees Club**

3 Vernon Street, COFFS HARBOUR NSW 2450

**E** [secretarycoffscoastulysses@yahoo.com](mailto:secretarycoffscoastulysses@yahoo.com)

**W** [ulysses.org.au](http://ulysses.org.au)

**P** 0447 901 787

The Ulysses Club is a social club for motorcyclists over the age of 40 years. We are proud of being the largest social club in Australia.

### **Coffs Harbour Bridge Club**

23 City Hill Drive, COFFS HARBOUR NSW 2450

**E** [coffsbridge@gmail.com](mailto:coffsbridge@gmail.com)

**W** [coffsbridge.com.au](http://coffsbridge.com.au)

**P** (02) 6652 3951

We hold bridge lessons regularly, also supervised games and novice sections. We have two congresses a year, and have held the Masters Games in 1998 and 2000. Coffs Harbour with its beautiful beaches and numerous holiday resorts brings a lot of visitors from the south. Visitors are always welcome at Coffs Harbour Bridge Club.

### **Coffs Harbour Chess Club**

1st Avenue, SAWTELL NSW 2450

**E** [jgoods10@live.com.au](mailto:jgoods10@live.com.au)

**W** [nswca.org.au](http://nswca.org.au)

The Coffs Harbour Chess Club meets at Sawtell RSL Club on Tuesdays at 7pm.

### **Coffs Harbour Combined Probus Club Inc**

Coffs Harbour Rugby League Club, COFFS HARBOUR NSW 2450

**E** [admin@probussouthpacific.org](mailto:admin@probussouthpacific.org)

**W** [probussouthpacific.org](http://probussouthpacific.org)

**P** (02) 6652 2177

Probus provides you with the opportunity to join together in Clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community. Probus opens the door to new experiences and friendships, you can hear wonderful guest speakers, stay active by participating in a wide range of activities and explore your community, your country or the world

### **Coffs Harbour District Family History Society**

Rooms 1 & 2 Block C Coffs harbour community village , 22 Earl Street, COFFS HARBOUR NSW 2450

**E** [coffsgenie@gmail.com](mailto:coffsgenie@gmail.com)

**W** [coffsharbourfamilyhistory.com](http://coffsharbourfamilyhistory.com)

**P** (02) 6648 3605

Coffs Harbour District Family History Society encourages the study and preservation of family histories and allied subjects. It is able to offer members and visitors the use of an extensive collection of genealogical materials from all around Australia and overseas, especially the UK, as well as the skills and experience of other members.

### **Coffs Harbour Orchid Society**

Hardacre Street, COFFS HARBOUR NSW 2450

**E** [coffsos@gmail.com](mailto:coffsos@gmail.com)

**W** [coffsorchidsociety.org.au](http://coffsorchidsociety.org.au)

**P** (02) 6658 1354

The Coffs Harbour Orchid Society started in 1961 as the Coffs Harbour Horticultural and Orchid Society. In 1971 the Orchid Society was formed as a separate organisation. Meetings are held on 1st Thursday of each month @ 7:00pm\* at the North Coast Regional Botanic Gardens, Hardacre Street, Coffs Harbour NSW 2450.

### **Coffs Harbour Orchid Society**

Cnr of Coff St & Hardacre St, COFFS HARBOUR NSW 2450

**E** [coffsos@gmail.com](mailto:coffsos@gmail.com)

**W** [coffsorchidsociety.org.au](http://coffsorchidsociety.org.au)

**P** 0408 581 354

Coffs Harbour Orchid Society has been operating since 1971. Our regular meetings are held at the North Coast Regional Botanical Gardens in Hardacre Street every first Thursday at 7:00PM, everyone is welcome. To become a member, come to one of our meetings, cost is \$10/year.

### **Coffs Harbour Orchid Society**

June Street & Hardacre Street, Hardacre Street, COFFS HARBOUR NSW 2450

**E** [Paigesinclair@me.com](mailto:Paigesinclair@me.com)

**W** [coffsorchidsociety.org.au](http://coffsorchidsociety.org.au)

**P** 0427 591 901

The Coffs Harbour Orchid Society is a group of orchid enthusiasts who love orchids and/or grow them. Visitors are welcome to our meetings on the first Thursday evening of each month (except January). During school holidays the date may change. Check the website.

### **Coffs Harbour Senior Citizens Club Inc**

191 Harbour Drive, COFFS HARBOUR NSW 2450

**E** [diannehendry@bigpond.com](mailto:diannehendry@bigpond.com)

**P** (02) 6658 1619

A social club for active Seniors. We play cards (500), indoor bowls and ballroom dancing.

### **Coffs Harbour Veteran and Vintage Car Club**

Boambee Memorial Hall, 579 Pacific Highway, BOAMBEE NSW 2450

**E** [chvccc@gmail.com](mailto:chvccc@gmail.com)

Aim: The aim of our club is to encourage the preservation and restoration of Veteran, Vintage, Post-Vintage and Heritage Vehicles, including any device with two or more wheels and propelled by motive power. The car club meets at 7:00 pm on the 1st Thursday of the month except January when there is no meeting held.

### **Coffs Social Boomers**

**E** [chbabyboomers@gmail.com](mailto:chbabyboomers@gmail.com)

The Coffs Social Boomers was formed in September 2010 for the purpose of forming social interactions with singles and couples from the Baby Boomer era - approx between the years 1946 to 1964 who like socialising with like-minded people, make new friends and enjoy one another's company at social gatherings. The group is a not-for-profit social group, we meet every Sat and or Fri nights.

### **Coffs Sport, Touring and Classic Car Club**

Vernon Street, COFFS HARBOUR NSW  
2450

**E** [coffsccxcarclub@hotmail.com](mailto:coffsccxcarclub@hotmail.com)

**W** [cexcoffsstccarclub.info](http://cexcoffsstccarclub.info)

**P** 0427 400 158

The C.ex Coffs Sports, Touring & Classic Car Club is an Intra Club of the C.ex Coffs club, located in Vernon Street Coffs Harbour

### **Kobber Kruisers - Coffs Coast**

**E** [tony.foulstone@bigpond.com](mailto:tony.foulstone@bigpond.com)

**W** [kobbers.com](http://kobbers.com)

Kobbers Kruiser Klub is for riders of all cruisers - that is, we're all enthusiasts for a similar style of bike and riding. The club's been around for over 20 years and has members spread across the east coast of Australia. We encourage male and female riders of all levels of ability and experience. We're a group of loyal and friendly members from all walks of life who just want to have fun.

### **Korora View Club**

Vernon Street, COFFS HARBOUR NSW  
2450

**E** [kororaviewclub@gmail.com](mailto:kororaviewclub@gmail.com)

**W** [view.org.au](http://view.org.au)

Korora VIEW Club was formed in 1993. Currently, the Club sponsors three Smith Family Learning for Life students and is actively involved in fundraising activities to raise donations for The Smith Family programs. There is a Luncheon Meeting the first Tuesday of each month, usually with a guest speaker. A more informal, relaxed social day is held on the third Tuesday of each month.

### **Lions Club of Coffs Harbour Pacific City**

**E** [coffsharbour-pacific-city@lionsdistrict201n1.org.au](mailto:coffsharbour-pacific-city@lionsdistrict201n1.org.au)

**W** [pacificcity.nsw.lions.org.au](http://pacificcity.nsw.lions.org.au)

Lions are people who get involved in humanitarian efforts locally, nationally, and internationally. People like you can find community service and volunteer opportunities in Lions through: Mentoring Leadership Development Medical Research Fundraising Disaster Relief

### **Lodge Woolgoolga N0.705**

WOOLGOOLGA MASONIC CENTRE, 1853  
Solitary Islands Way, WOOLGOOLGA NSW  
2456

**E** [woolgoolga705@gmail.com](mailto:woolgoolga705@gmail.com)

**P** 0428 766 815

Lodge Woolgoolga tyles at 6;30pm on "First Saturdays". All Freemasons are welcome whether currently active or not. Just turn up...you will be made welcome.

### **Mid North Coast Home Educators**

**E** [mnchomeeducators@gmail.com](mailto:mnchomeeducators@gmail.com)

Mid North Coast Home Educators is a local network established to support the homeschooling families in our community.

### **Mid North Coast Woodworkers**

**E** [lindyanddennis1@bigpond.com](mailto:lindyanddennis1@bigpond.com)

**W** [midnorthcoastwoodworkers.com](http://midnorthcoastwoodworkers.com)

**P** 0478 041 312

Mid North Coast Woodworkers are a Woodworking group based in the Coffs Harbour and surrounding areas. We welcome new members and the club is not restricted to men. Our members range from beginners to experienced woodworkers, in a variety of disciplines. Including box making, wood turning, carving, Intarsia and more.

### **Project Phoenix Rising - Walking Group for Women**

**E** [support@projectphoenixrising.com.au](mailto:support@projectphoenixrising.com.au)

**W** [projectphoenixrising.com.au](http://projectphoenixrising.com.au)

**P** 0423 534 706

Project Phoenix Rising's mission is to empower women who are survivors of abusive relationships and are now trying to find their way through this life, to heal from their trauma and rise like a Phoenix out of the ashes!!! Women who are trying to find who they truly are and feel totally free to be their beautiful self while living a life full of peace and harmony.

**Quota International of Coffs Harbour**

**E** [planetbutterfly@bigpond.com](mailto:planetbutterfly@bigpond.com)

**W** [quota.org](http://quota.org)

**P** (02) 6653 3818

Quota is a non-profit organisation empowering women, children, the deaf, hard of hearing & speech impaired in local communities. 5,000 Quota members world wide come together to help women & children overcome poverty, educational and workforce challenges. Our 56 year old club holds annual fund raising events, donates to local charities & works with other community groups to assist residents

**Red Rock Bowling and Recreation Club**

1 Rudder Street, RED ROCK NSW 2456

**E** [rrbowls@bigpond.net.au](mailto:rrbowls@bigpond.net.au)

**P** (02) 6649 2729

We support the community in many events and assist with donations to the various organisations. We hold many fundraising events such as charity bowls days, trivia nights, raffles and other activities.

**Rotary Club of Coffs Harbour Daybreak**

**E** [coffsharbourdaybreak@gmail.com](mailto:coffsharbourdaybreak@gmail.com)

**W** [coffsharbourdaybreak.org](http://coffsharbourdaybreak.org)

The Rotary Club of Coffs Harbour Daybreak is part of Rotary International, a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

**Sawtell Probus Inc**

15 Elizabeth Street, SAWTELL NSW 2452

**E** [admin@probussouthpacific.org](mailto:admin@probussouthpacific.org)

**W** [probussouthpacific.org](http://probussouthpacific.org)

Probus provides you with the opportunity to join together in Clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community. Probus opens the door to new experiences and friendships, you can hear wonderful guest speakers, stay active by participating in a wide range of activities and explore your community, your country or the world

**The Barefoot Tribe (Women's Social Group)**

**E** [rachaelkobold@gmail.com](mailto:rachaelkobold@gmail.com)

**W** [facebook.com](https://www.facebook.com)

**P** 0438 033 142

Are you an 18-30 something woman who would like to make new friends and have a ball of fun, and try new things? Consider joining our social movement - The Barefoot Tribe. Events are organised fortnightly and are both free and paid.

**Women On Boards Mid North Coast**

**E** [womenonboardsmnc@gmail.com](mailto:womenonboardsmnc@gmail.com)

**P** 0405 395 952

Women on Boards Mid North Coast (WOBMNC) is working towards improving the gender balance on Australian boards in a regional setting. WOBMNC is partnering with the corporate, government and non-profit sectors to hold events, host training programs, and create opportunities for women to be coached and mentored into career and director roles

**Woolgoolga Community Gardens**

**E** [woopigardens@gmail.com](mailto:woopigardens@gmail.com)

**W** [woopigardens.com.au](http://woopigardens.com.au)

**P** 0421 225 369

Woopi Gardens believes that everyone should have open spaces, fresh food and good company in their lives. We are building a sustainable garden and community event space accessible to all. We encourage community involvement, good health, well-being and environmental awareness via a shared garden for people of all ages, abilities and cultures to enjoy.

**Woolgoolga Day View Club**

Woolgoolga Diggers Club, 17 Beach Street, WOOLGOOLGA NSW 2456

**E** [woolgoolgaday@gmail.com](mailto:woolgoolgaday@gmail.com)

**P** (02) 6649 1949

We are a “maturing” group of fun loving, eager to learn new things women. We call ourselves “Jenayah’s Grannies” and we are cultivating a rich pen-pal relationship with our Learning For Life young lady. Come join on us on the third Thursday of the month 10.30am and see if VIEW is for you.

### **Woolgoolga District Orchid Society Inc.**

Woolgoolga Community Centre, Boundary Street, WOOLGOOLGA NSW 2456

**E** [jen.lock@bigpond.com](mailto:jen.lock@bigpond.com)

**P** 0447 323 761

Society meets monthly 2.00pm 4th Saturday, January to November. All Orchid growers very welcome

### **Woolgoolga Probus Inc**

17 Beach Street, WOOLGOOLGA NSW 2456

**E** [admin@probussouthpacific.org](mailto:admin@probussouthpacific.org)

**W** [probussouthpacific.org](http://probussouthpacific.org)

Probus provides you with the opportunity to join together in Clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community. Probus opens the door to new experiences and friendships, you can hear wonderful guest speakers, stay active by participating in a wide range of activities and explore your community, your country or the world

## **C r i s i s & E m e r g e n c y S e r v i c e s**

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### **Abuse & Assault Services**

#### **Uniting NSW.ACT - Coffs Harbour**

Level 2, Rigby House, 27-29 Duke Street, COFFS HARBOUR NSW 2450

**E** [ask@uniting.org](mailto:ask@uniting.org)

**W** [uniting.org](http://uniting.org)

**P** (02) 6659 2800

Intensive Family Based Support (IFBS) is a family preservation program aimed at reducing the risk of harm to children and young people whilst assisting them to remain with their families and avoid placement in Out- of-Home Care. IFBS offers an intensive level of therapeutic casework interventions and a broad spectrum of support services to families for up to 12 months. Both programs ...

## **General Crisis and Emergency Services**

### **Coffs Harbour Fire Station**

9-11 Market Street, COFFS HARBOUR NSW 2450

**E** [info@fire.nsw.gov.au](mailto:info@fire.nsw.gov.au)

**W** [fire.nsw.gov.au](http://fire.nsw.gov.au)

**P** (02) 6651 6891

Our purpose is to enhance community safety, quality of life and confidence by minimising the impact of hazards and emergency incidents on the people, environment and economy of NSW.

### **Coffs Harbour Police**

2 Beryl Street, COFFS HARBOUR NSW 2450

**W** [police.nsw.gov.au](http://police.nsw.gov.au)

**P** (02) 6691 0799

Crisis & Emergency Services - General Crisis and Emergency Services - General Crisis and Emergency Services. Police Services

### **NSW Ambulance - North Coast Sector Office**

Level 4, 24 Moonee Street, COFFS HARBOUR NSW 2450

**E** [debby.france@health.nsw.gov.au](mailto:debby.france@health.nsw.gov.au)

**W** [ambulance.nsw.gov.au](http://ambulance.nsw.gov.au)

**P** (02) 5622 8100

NSW Ambulance, North Coast Sector Office oversees Ambulance Station Operations from Tweed Heads in the North of NSW to Tuncurry in the South

### **Staying Home Leaving Violence**

**E** [coffs@nccas.org.au](mailto:coffs@nccas.org.au)

**W** [warrina.org.au](http://warrina.org.au)

**P** (02) 6652 4000

The Staying Home Leaving Violence program supports women ending a violent relationship to remain in their own home. Caseworkers assess safety needs and seek to improve social, health and economic and legal outcomes for women.

### **Westpac Life Saver Rescue Helicopter - Coffs Harbour**

**E** [info@lifesaver.org.au](mailto:info@lifesaver.org.au)

**P** (02) 9694 3100

The Southern Region SLSA Helicopter Rescue Service Pty Limited (trading as Westpac Life Saver Helicopter) is an independent subsidiary of and is wholly owned by Surf Life Saving Australia. Along with other SLSA helicopter operations we form a nation-wide aviation emergency rescue service.

## **Welfare Assistance & Support Services**

### **Woolgoolga Red Cross Branch**

21 Beach Street, WOOLGOOLGA NSW 2456

**E** [annettedodsworth@bigpond.com](mailto:annettedodsworth@bigpond.com)

**W** [redcross.org.au](http://redcross.org.au)

**P** (02) 6654 0904

Australian Red Cross is the largest International Humanitarian Organisation. Woolgoolga Red Cross Branch provided many local programs/services within our local community. We have many fund raising events throughout the year.

## **Cultural and Migrant Services**

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### **General Cultural Groups**

#### **Anglicare North Coast - Coffs Harbour**

59-61 Grafton Street, COFFS HARBOUR NSW 2450

**E** [admingrafton@anglicarenc.org.au](mailto:admingrafton@anglicarenc.org.au)

**W** [anglicarenorthcoast.org.au](http://anglicarenorthcoast.org.au)

**P** (02) 6651 8764

Anglicare North Coast provides a multicultural hub and host both men and women's groups for the CALD (Culturally and linguistically diverse) community.

#### **Australia Japan Society Coffs Harbour**

**E** [info@ajsnsw.org.au](mailto:info@ajsnsw.org.au)

**W** [austjapanfed.org.au](http://austjapanfed.org.au)

The Australia-Japan Society of Coffs Harbour Inc aims to make Coffs Harbour the most friendly city in Australia for Japanese visitors. It offers our members the opportunity to learn about Japanese language and culture and develop cross cultural friendships.

#### **The Sikh Heritage Museum of Australia**

10-12 River Street, WOOLGOOLGA NSW 2456

**E** [info@sikhheritagemuseumofaustralia.com](mailto:info@sikhheritagemuseumofaustralia.com)

**P** (02) 6654 1891

The Sikh Museum showcases the Sikh identity and religion, explores the complexities of Sikh spirituality, and the dedication of Sikh people throughout history in both Australia and the World.

## **Migrant Services**

#### **Coffs Harbour Refugee Support Leader, Department of Education**

27-29 Duke Street, COFFS HARBOUR NSW 2450

**E** [Deanne.ion@det.nsw.edu.au](mailto:Deanne.ion@det.nsw.edu.au)

**W** [education.nsw.gov.au](http://education.nsw.gov.au)

**P** (02) 6656 6666

Refugee Support Leaders will work in close collaboration with principals, school executive and community to enhance the delivery of programs and services for refugee students and their families across targeted schools.

#### **Multicultural Services Officer**

21-25 Duke Street, COFFS HARBOUR NSW 2450

**E** [Leonie.carr@humanservices.gov.au](mailto:Leonie.carr@humanservices.gov.au)

**W** [servicesaustralia.gov.au](http://servicesaustralia.gov.au)

**P** 13 24 68

Our specialists help migrant and refugee communities connect with our services.

### **Nortec**

34 Moonee Street, COFFS HARBOUR NSW  
2450

**E** [janineculnane@icloud.com](mailto:janineculnane@icloud.com)

**W** [nortec.org.au](http://nortec.org.au)

**P** 1800 667 832

If you are a jobactive participant, we get to know you and tailor our free employment services to assist with training, job search and placement support. In connection with these services we build partnerships with community throughout our footprint. Our purpose driven model has supported the establishment, repair, maintenance and/or upgrade of many valuable community infrastructure projects.

### **North Coast Settlement Service**

The Community Village 22 Earl Street,  
COFFS HARBOUR NSW 2450

**E** [chb.Reception@vinnies.org.au](mailto:chb.Reception@vinnies.org.au)

**W** [vinnies.org.au](http://vinnies.org.au)

**P** (02) 5612 1370

Our mission is to enable newly arrived migrants and humanitarian communities to become self-reliant, to participate in the broader Australian community, and to develop shared purpose and a sense of identity and belonging.

### **North Coast Settlement Service**

The Community Village 22 Earl Street,  
COFFS HARBOUR NSW 2450

**E** [chb.Reception@vinnies.org.au](mailto:chb.Reception@vinnies.org.au)

**W** [vinnies.org.au](http://vinnies.org.au)

**P** (02) 5612 1370

Empowering humanitarian entrants and eligible migrants to become self-reliant and to participate in Australian Society.

### **Regional Coordinator – Coffs Harbour and Surrounds, Humanitarian Settlement Program, SSI**

2/126 West High Street, COFFS HARBOUR  
NSW 2450

**E** [vchauhan@ssi.org.au](mailto:vchauhan@ssi.org.au)

**W** [ssi.org.au](http://ssi.org.au)

**P** 0470 337 788

Settlement Services International (SSI) is a leading community-based not-for-profit organisation providing a range of services in the areas of refugee settlement, asylum seeker assistance, housing, multicultural foster care, disability support and employment services in NSW.

### **Sanctuary Australia Foundation Inc**

Level 1, 19 Park Ave, COFFS HARBOUR  
NSW 2450

**W** [sanctuaryaustraliafoundation.org.au](http://sanctuaryaustraliafoundation.org.au)

**P** (02) 6652 2127

A registered charity. Not for profit organisation networking with migrants of a "Non English Speaking Background."

## **Disability Services**

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### **Carer Information**

#### **Carer Gateway**

2/2 Lyster Street, COFFS HARBOUR NSW  
2450

**E** [contact@carersnsw.org.au](mailto:contact@carersnsw.org.au)

**W** [carergateway.gov.au](http://carergateway.gov.au)

**P** 1800 422 737

Do you look after a family member or friend with a disability, a medical condition, mental illness or who is frail due to age? If you answered yes, Carer Gateway can help you. Carer Gateway provides support services in person, online and over the phone for carers. These services are free to access and here to support you whilst you provide support to the person you care for.

#### **IN IT TOGETHER**

222 Harbour Drive, COFFS HARBOUR NSW  
2450

**E** [yfs@bluesky.org.au](mailto:yfs@bluesky.org.au)

**W** [bluesky.org.au](http://bluesky.org.au)

**P** (02) 5632 4020

Carer Information service.

#### **Family and Carers Mental Health Program**

26 First Avenue, SAWTELL NSW 2452

**E** [duttons@missionaustralia.com.au](mailto:duttons@missionaustralia.com.au)

**W** [missionaustralia.com.au](http://missionaustralia.com.au)

**P** (02) 6658 7831

Our aim is to ensure families and carers of people living with a mental illness receive appropriate support, information, education and skill development to fulfil their caring role, while maintaining their own health and wellbeing. We connect carers with carer support groups and networks, Mental Health services, non-government organisations and other service providers.

## **Disability Employment & Training Services**

### **Aim Big Employment**

9 Park Avenue, COFFS HARBOUR NSW  
2450

**E** [info@aimbigemployment.com.au](mailto:info@aimbigemployment.com.au)

**W** [aimbigemployment.com.au](http://aimbigemployment.com.au)

**P** 1300 034 997

Disability Employment & Training Services.

### **CHESS Connect**

46 Park Avenue, COFFS HARBOUR NSW  
2450

**E** [customerservice@chessconnect.org.au](mailto:customerservice@chessconnect.org.au)

**W** [chessconnect.org.au](http://chessconnect.org.au)

**P** (02) 6691 9333

This is a Disability Services - Disability Employment & Training Services service.

### **CHESS Connect - Woolgoolga**

8 Queen Street, WOOLGOOLGA NSW  
2456

**E** [customerservice@chessconnect.org.au](mailto:customerservice@chessconnect.org.au)

**W** [chessconnect.org.au](http://chessconnect.org.au)

**P** 1800 899 017

CHESS Connect (formerly CHESS Employment) is a not for profit, for-purpose human service organisation that helps local people achieve a strong life through a range of employment, NDIS and wellness services.

### **ETC Toormina**

Unit 5, 4 Minorca Place, TOORMINA NSW  
2450

**E** [info@etcltd.com.au](mailto:info@etcltd.com.au)

**W** [etcltd.com.au](http://etcltd.com.au)

**P** 1800 007 400

We've worked hard to gain a reputation as a high-performing, not-for-profit recruitment agency. We are a leading provider of employment, training and business services. In addition, our Employment Services include specialised youth and disability programs.

### **OCTEC Limited**

14 Vernon Street, COFFS HARBOUR NSW  
2450

**E** [coffsharbour@octec.org.au](mailto:coffsharbour@octec.org.au)

**W** [octec.org.au](http://octec.org.au)

**P** (02) 6600 1783

Disability Employment & Training Services.

### **Tursa - Coffs Harbour**

152 West High Street, COFFS HARBOUR  
NSW 2450

**E** [coffsharbour@tursa.com.au](mailto:coffsharbour@tursa.com.au)

**W** [tursa.com.au](http://tursa.com.au)

**P** (02) 6651 4450

Disability Employment & Training Services.

### **Tursa - Woolgoolga**

10 Queen Street, WOOLGOOLGA NSW  
2456

**E** [woolgoolga@tursa.com.au](mailto:woolgoolga@tursa.com.au)

**W** [tursa.com.au](http://tursa.com.au)

**P** (02) 6654 1550

TURSA is a Disability Employment Services programme provider contracted by the Australian Government to provide employment services specifically tailored to help participants with a disability.

### **VERTO**

144-148 West High Street, COFFS  
HARBOUR NSW 2450

**E** [info@verto.org.au](mailto:info@verto.org.au)

**W** [verto.org.au](http://verto.org.au)

**P** 1300 483 786

Disability Employment & Training Services.

## **Disability Information & Counselling**

### **The Deaf Society**

1/167-169 Rose Avenue, COFFS HARBOUR  
NSW 2450

**E** info@deafsociety.com

**W** deafconnect.org.au

**P** 1800 893 855

Disability Information & Counselling service.

### **Tourette Syndrome Association Australia Support Group Mid North Coast**

**E** jessie.henry@livable.org.au

**W** tourette.org.au

TSAA is a registered charity, run by volunteers consisting of people with TS and their families, professional and other concerned individuals. This is a social group designed for Tourette Syndrome Association of Australia members and their friends and family.

## **Disability Respite and Activity Centres**

### **Challenge Community Services - Disability Services - Coffs Harbour**

169-171 Rose Avenue, COFFS HARBOUR  
NSW 2450

**E** disabilityservices@challengecommunit  
y.org.au

**W** challengecommunity.org.au

**P** 1800 679 129

Do you want to get out and about and make new friends? Why not join one of our recreational activities such as walking, swimming or bowling? Or learn something new like cooking or how to use a computer? Your Challenge Community Services support worker will accompany you to activities, whether it's shopping, playing sport, or just hanging out in a café.

### **Chill n Chat Café**

22 Earl Street, COFFS HARBOUR NSW  
2450

**E** allison@vivocare.com.au

**P** 0484 114 700

Disability Respite and Activity Centres service.

### **Radio Equal**

4 Duke Street, COFFS HARBOUR NSW  
2450

**E** radioequalonline@gmail.com

**W** radioequal.caster.fm

Radio Equal is a Disability Inclusive Narrowcast Radio Station in Coffs Harbour, Our radio programmes cater for the local communities who have a disability. Our on air team consists of 80% disabled broadcasters who are absolutely amazing at giving our disabled community a voice. Radio Equal is a not for profit station, Our radio learn course teaches the a-z of radio broadcasting.

## **General Disability Services**

### **Aidacare - Coffs Harbour**

2, 177 Orlando Street, COFFS HARBOUR  
NSW 2450

**E** janelle.seccombe@aidacare.com.au

**W** mobilityhq.com.au

**P** (02) 6651 5333

Aidacare are a manufacturer, supplier, and distributor of a large range of high-quality assistive technology healthcare equipment.

### **Blue Sky Community Services - Coffs Harbour**

21 Gordon Street, COFFS HARBOUR NSW  
2450

**E** contact@bluesky.org.au

**W** bluesky.org.au

**P** (02) 5632 4029

NDIS Partner in the Community providing Local Area Coordination services across the Mid North Coast.

### **Challenge Community Services - Disability Services - Coffs Harbour**

169-171 Rose Avenue, COFFS HARBOUR  
NSW 2450

**E** disabilityservices@challengecommunit  
y.org.au

**W** challengecommunity.org.au

**P** 1800 679 129

General Disability Services.

### **Coffs Coast Autism**

**P** 0499 890 867

Coffs Coast Autism is a non-profit organisation run by volunteers from families living with Autism, to support other families living with Autism within the Coffs Coast region.

### **Coffs Harbour City Council Beach**

#### **Wheelchairs**

**E** [alistair.lane@chcc.nsw.gov.au](mailto:alistair.lane@chcc.nsw.gov.au)

**W** [coffsharbour.nsw.gov.au](http://coffsharbour.nsw.gov.au)

**P** 0408 285 073

- Council offers free use of two Sandcruiser all-terrain chairs available at Park Beach (Coffs Harbour) and Woolgoolga. - For more details please click into our listing.

### **Coffs Harbour Support Services**

14 Scarba Street, COFFS HARBOUR NSW  
2450

**E** [admin@coffssupport.com](mailto:admin@coffssupport.com)

**W** [chss.org.au](http://chss.org.au)

**P** (02) 6650 5300

We were established in 1993 by local families and community members and are committed to building a Community in which people with disability are valued and contributing members. We employ values-aligned, passionate, kind and respectful Support workers - compatible with your individual goals and personality. We offer a range of services and supports and innovative activities within the Coffs area.

### **Coffs Harbour Wheelchair Sports**

74 Bray Street, COFFS HARBOUR NSW  
2450

**E** [coffswheelies@gmail.com](mailto:coffswheelies@gmail.com)

**W** [wsnsw.org.au](http://wsnsw.org.au)

General Disability Services.

### **Disability Advocacy NSW - Mid North Coast - Coffs Harbour**

Shop 8, 13-15 Park Avenue, COFFS  
HARBOUR NSW 2450

**E** [coffsharbour@da.org.au](mailto:coffsharbour@da.org.au)

**W** [advocacylaw.org.au](http://advocacylaw.org.au)

**P** (02) 6651 1159

DA believes that people with a disability have the same rights (and responsibilities) as people who do not have a disability.

### **Early Connections Coffs Coast**

13 Kane Crescent, COFFS HARBOUR NSW  
2450

**E** [admin@earlyconnections-coffscoast.org.au](mailto:admin@earlyconnections-coffscoast.org.au)

**W** [earlyconnections.org.au](http://earlyconnections.org.au)

**P** (02) 6652 8080

Special needs support group

### **East Coast Accessibility Experts**

Lot 5 Druitt Court, COFFS HARBOUR NSW  
2450

**E** [shalla@accessibilityexperts.org.au](mailto:shalla@accessibilityexperts.org.au)

**W** [accessibilityexperts.org.au](http://accessibilityexperts.org.au)

**P** (02) 6651 2143

East Coast Accessibility Experts modifies homes, your care base, for frail aged, people with disabilities and their carers. We carry out bathroom modifications, major and minor, including handheld showers and grabrails, kitchen modifications, access ramps, easy steps, handrails, kitchens modifications.

### **Family and Community Services - Coffs Harbour**

72 Grafton Street, COFFS HARBOUR NSW  
2450

**W** [facs.nsw.gov.au](http://facs.nsw.gov.au)

**P** (02) 6659 1300

Ageing, Disability and Home Care (ADHC) is part of the Department of Family and Community Services (FACS).

### **Guide Dog's NSW**

62 Moonee Street, COFFS HARBOUR NSW  
2450

**E** [coffsharbour@guidedogs.com.au](mailto:coffsharbour@guidedogs.com.au)

**W** [nsw.guidedogs.com.au](http://nsw.guidedogs.com.au)

**P** (02) 6691 8500

General Disability Services

### **Guide Dog's NSW**

62 Moonee Street, COFFS HARBOUR NSW  
2450

**E** [coffsharbour@guidedogs.com.au](mailto:coffsharbour@guidedogs.com.au)

**W** [nsw.guidedogs.com.au](http://nsw.guidedogs.com.au)

**P** (02) 6691 8500

Guide dogs is an organisation that aims to increase the independence and mobility of people with any level of vision impairment, by providing them with support and skills.

### **Healthy Mobility**

2, 24 Edgar Street, COFFS HARBOUR NSW  
2450

**W** [mobilityhq.com.au](http://mobilityhq.com.au)

**P (02) 6652 6001**

Mobility Services in the Coffs Harbour Region, providing these services to the community

### **Helping Hands Tutoring and Support**

**E** ndishelpinghands@gmail.com

**P** 0478 049 434

One on one support with clients of all ages on the NDIS. I facilitate social groups for boys and girls, through art making. I have a 'Girls Group' for teenage girls (Building on social skills and communication) I offer sleepover respite (In home). ADL's and transport. Meal prep and shopping. Help introduce routines and lifeskills. Aged care - in home nursing.

### **Helping Hands Tutoring and Support - Boambee East**

Bruce King Drive, BOAMBEE EAST NSW 2452

**E** ndishelpinghands@gmail.com

**P** 0478 049 434

One on one support with clients of all ages on the NDIS. I facilitate social groups for boys and girls, through art making. I have a 'Girls Group' for teenage girls (Building on social skills and communication) I offer sleepover respite (In home). ADL's and transport. Meal prep and shopping. Help introduce routines and lifeskills. Aged care - in home nursing.

### **Key Employment (KAPOW and Youth Hub)**

61 West High Street, COFFS HARBOUR NSW 2450

**E** jobs@keyemployment.com.au

**P** (02) 6691 9999

Key Employment has been operating on the Mid North Coast since 1991 specialising in the area of Employment, training and assessment for people with disability.

### **Mid North Coast Community Care Options - Coffs Harbour**

20 Curacoa Street, COFFS HARBOUR NSW 2450

**W** cco.net.au

**P** (02) 6650 2000

We provide support through a number of different programs to people who are aged, people with dementia, veterans, people who have disabilities with complex support needs and carers of these people.

### **Momentum Collective - Coffs Harbour** 5A/1 Duke Street, COFFS HARBOUR NSW 2450

**E** info@mymomentum.org.au

**W** mymomentum.org.au

**P** (02) 6650 0874

Momentum Collective is an innovative leader in providing disability, mental health and community support services in Queensland and NSW.

### **National Autism Assessment Centre**

Aanuka Beach Resort, 11 Firman Drive, COFFS HARBOUR NSW 2450

**P** 0499 303 945

We are a national assessment team and travel to most states and territories of Australia undertaking all assessments. Our specialty is providing these services to rural and remote areas.

### **New Horizons - Coffs Harbour**

47 Moonee St, COFFS HARBOUR NSW 2450

**W** newhorizons.org.au

**P** 1300 726 372

We offer a diverse range of services and supports for people looking to enhance their wellbeing.

### **Nextt Disability Services Australia**

Office 1 129 West High Street, COFFS HARBOUR NSW 2450

**E** intake@nextt.com.au

**P** (02) 6651 3220

Nextt is a leading Australian provider of services that empower people with disability to get more out of life.

### **Nextt Health - Coffs Harbour**

Suite 6/29-33 , Orlando Street, COFFS HARBOUR NSW 2450

**E** hunterintake@nextt.com.au

**W** nextt.com.au

**P** (02) 6651 3220

Nextt Dolleina has a strong specialisation in supporting people with Autism, Intellectual Disability, Mental Health and other cognitive support needs. Our focus is on person-centred active support to assist each person to get more out of life.

### **Northcott Disability Services - Coffs Harbour**

Level 1, 169-171 Rose Avenue, COFFS HARBOUR NSW 2450

**W** northcott.com.au

**P** 1800 818 286

Northcott is a not-for-profit disability service provider that works with customers to realise their potential.

### **Northcott Disability Services - Coffs Harbour**

169 Rose Avenue, COFFS HARBOUR NSW 2450

**E** ashlee.law@ndis.gov.au

**W** northcott.com.au

**P** 1800 818 286

As a NDIS Partner in the Community to deliver Early Childhood Early Intervention (ECEI) Services in NSW, Northcott works closely with families and carers of children aged 0-6 years to develop the skills children need to take part in daily activities and achieve the best possible outcomes throughout their lives.

### **RandR Care Limited**

69-71 Park Beach Road, COFFS HARBOUR NSW 2450

**E** admin@rrcare.org.au

**W** rrcare.org.au

**P** (02) 5622 8400

R&R Care provide services for people with a disability. i

### **SCL Support and Sport**

**E** manager@scsportandsupport.com

**P** 0481 213 622

SCL Sport and Support is a disability support service that focuses on sporting activities and social participation.

### **The Benevolent Society - Coffs Harbour**

Level 1, Suite 203, 92-98 Harbour Drive, COFFS HARBOUR NSW 2450

**E** customercare@benevolent.org.au

**W** benevolent.org.au

**P** 1800 236 762

Psychology, Physiotherapy, Dietetics, Positive Behaviour Support, Occupational Therapy, Speech Pathology.

### **True Hero**

**E** info@truehero.com.au

**W** truehero.com.au

**P** (07) 5534 7560

TRUE HERO ensures that participants with disability are treated with the dignity, respect and support they deserve. TRUE HERO believes that everyone has a superpower and with our assistance, it can be evoked and worn as a badge honor. We guarantee that at all times TRUE HERO will be working with you in your best interests to empower you towards your goals and aspirations.

### **United Disability Care**

4 Gerard Drive, COFFS HARBOUR NSW 2450

**E** receptionch@uniteddisability.com.au

**W** uniteddisability.com.au

**P** (02) 6651 8122

This is a Disability Services - General Disability Services service.

### **Employment assistance**

126 West High St, COFFS HARBOUR NSW 2450

**E** info@visionaustralia.org

**W** visionaustralia.org

**P** (02) 6659 9200

Do you want to join the workforce, achieve more in your current role or find a new career? Vision Australia can support you on your employment pathway.

### **Willaid Healthcare Solutions**

Shop 2/9, North Boambee Rd, NORTH BOAMBEE VALLEY NSW 2450

**E** customerservice@willaid.com.au

**W** willaid.com.au

**P** (02) 6651 7900

For more than 20 years Willaid have been delivering innovative solutions, tailored to suit people's needs for high quality healthcare equipment and daily living aids at competitive prices.

## Special Education Programs

### Coffs Harbour Learning Centre

132 Linden Avenue, BOAMBEE EAST NSW 2452

**E** [coffshbrlc-s.school@det.nsw.edu.au](mailto:coffshbrlc-s.school@det.nsw.edu.au)

**W** [coffshbrlc-s.schools.nsw.gov.au](http://coffshbrlc-s.schools.nsw.gov.au)

**P** (02) 6653 1855

Special Education Programs Services.

### The Education Centre - Woolgoolga

Suite 2, 7-9 Market St, WOOLGOOLGA NSW 2456

**E** [woolgoolga@theeducationcentre.com.au](mailto:woolgoolga@theeducationcentre.com.au)

**W** [theeducationcentre.com.au](http://theeducationcentre.com.au)

**P** (02) 6652 2222

This is a Disability Services - Special Education Programs service.

## Education

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### Adult Education

#### ADFAS Coffs Coast - Coffs Harbour

D Block Southern Cross University , Hogbin Drive, COFFS HARBOUR NSW 2450

**E** [coffscoast@adfas.org.au](mailto:coffscoast@adfas.org.au)

**W** [adfascoffscoast.org.au](http://adfascoffscoast.org.au)

**P** 0438 153 753

ADFAS Coffs Coast is an Arts and Culture based organisation providing an Arts related lecture series and accompanying hands on special interest workshop events. The lecture presentations are superbly illustrated, informative and entertaining and include many diverse topics relating to the arts.

#### Coffs Harbour U3A Learning in Later Life

**E** [info@coffs.u3anet.org.au](mailto:info@coffs.u3anet.org.au)

**W** [coffs.u3anet.org.au](http://coffs.u3anet.org.au)

Coffs Harbour U3A was established in 1992. It is a voluntary organisation, which aims to provide a low cost learning experience for mature-aged people. We provide a wide range of courses covering many subjects, including art, current affairs, history, languages, literature, photography, philosophy and others

#### Synchronicity Farms - Joshua Allen

**E** [josh@synchronicityfarm.com](mailto:josh@synchronicityfarm.com)

**W** [synchronicityfarm.com](http://synchronicityfarm.com)

**P** (02) 6654 3554

Synchronicity Farm is a social enterprise with a big vision to develop a diverse range of micro enterprises centred around growing food sharing knowledge and feeding people.

## General Education Programs

#### Brony Marshall

**E** [hello@bronymarshall.com](mailto:hello@bronymarshall.com)

**W** [bronymarshall.com](http://bronymarshall.com)

**P** 0409 903 817

Self-empowerment and Wellbeing programs, workshop and consultations for youth and women. Providing support and tools in areas of; self-esteem, creativity, goal-setting, leadership, healthy relationships and sexuality. Accessible in person on the Coffs Coast or online across Australia.

#### Coffs Coast Community College

Level 1 City Square, 90 Harbour Drive 90 Harbour Dr, COFFS HARBOUR NSW 2450

**E** [admin@coffscollege.nsw.edu.au](mailto:admin@coffscollege.nsw.edu.au)

**W** [coffscollege.nsw.edu.au](http://coffscollege.nsw.edu.au)

**P** (02) 6652 5378

Coffs Coast Community College Inc is a not-for-profit Registered Training Organisation delivering Nationally Recognised Training and leisure programmes to residents of the Coffs Harbour region in NSW since 1995. Hosted by the College, Coffs Coast Alesco School provides secondary education to students in Years 9 and 10 who require specialised assistance in a safe and inclusive environment.

#### Coffs Harbour Neighbourhood Centre

22 Earl Street, COFFS HARBOUR NSW 2450

**E** [coordinator@chnc.com.au](mailto:coordinator@chnc.com.au)

**W** [chnc.com.au](http://chnc.com.au)

**P** (02) 6648 3694

This is a Education - General Education Programs service.

#### Coffs Toastmasters

191 Harbour Drive, COFFS HARBOUR NSW  
2450

**E** [leon\\_2026@bigpond.com](mailto:leon_2026@bigpond.com)

**W** [coffstoastmasters.com.au](http://coffstoastmasters.com.au)

Welcome To Toastmasters In Coffs Harbour  
Develop your leadership, self confidence and  
speaking skills and have fun doing it

### **Go4Fun Program**

**E** [tyan.king@health.nsw.gov.au](mailto:tyan.king@health.nsw.gov.au)

**W** [go4fun.com.au](http://go4fun.com.au)

**P** 1800 780 900

Go4Fun is a FREE 10 week healthy lifestyle program  
for children aged 7 to 13 years, and their families,  
who are above a healthy weight.

### **Serendipity Learning**

15A North Street, COFFS HARBOUR NSW  
2450

**E** [hello@serendipitylearning.com.au](mailto:hello@serendipitylearning.com.au)

**W** [serendipitylearning.com.au](http://serendipitylearning.com.au)

**P** 0413 763 143

At Serendipity Learning, we strive to offer the Coffs  
Harbour community a diverse range of education  
programs for all children aged 4–18yrs.

### **Southern Cross University**

363 Hogbin Drive, COFFS HARBOUR NSW  
2450

**E** [enquiry@scu.edu.au](mailto:enquiry@scu.edu.au)

**W** [scu.edu.au](http://scu.edu.au)

**P** (02) 6659 3777

Southern Cross University is powered by passion.

### **St Augustine's Primary School**

12 Gordon Street, COFFS HARBOUR NSW  
2450

**E** [coffsadmin@coffscatholic.com](mailto:coffsadmin@coffscatholic.com)

**W** [coffscatholic.com](http://coffscatholic.com)

**P** (02) 6651 0000

Our school caters for the special needs of all  
students through programs such as Reading  
Recovery, Literacy Support, Numeracy Support,  
Gifted and Talented, New Arrivals and ESL. More  
information regarding extra curricular activities and  
current events can be found by referring to our  
Information and Newsletter sections.

### **St Francis Xavier - Woolgoolga**

30 Queen St, WOOLGOOLGA NSW 2456

**E** [woolp@lism.catholic.edu.au](mailto:woolp@lism.catholic.edu.au)

**W** [woolplism.catholic.edu.au](http://woolplism.catholic.edu.au)

**P** (02) 6654 1981

St Francis Xavier School is committed to creating a  
culture of excellence where every child can learn,  
improve and succeed. We have high expectations of  
all children and will do everything in our power to  
ensure every child progresses.

### **St Francis Xavier Primary School**

39 Queen St, WOOLGOOLGA NSW 2456

**E** [woolp@lism.catholic.edu.au](mailto:woolp@lism.catholic.edu.au)

**W** [woolplism.catholic.edu.au](http://woolplism.catholic.edu.au)

**P** (02) 6654 1981

St Francis Xavier School is the second of two  
Primary Schools established within the Parish of St  
Augustine's Coffs Harbour. The School Vision  
inspires our staff and community to discover and  
celebrate individual potential, whilst working for  
the greater good within our School, Parish, local  
and global communities.

### **TAFE NSW - Coffs Harbour**

Coffs Harbour Campus, 363 Hogbin Drive,  
COFFS HARBOUR NSW 2450

**W** [tafensw.edu.au](http://tafensw.edu.au)

**P** 1300 628 233

Our large shared campus has a range of practical  
skills centres and workshops including a state-of-  
the-art automotive workshop, functioning hair and  
beauty salon, commercial kitchen, child care  
centre, simulated hospital for nursing training,  
farming gardens and nursery, and the only furniture  
design workshop on the North Coast.

### **The Education Centre - Coffs Harbour**

62 Bray Street, COFFS HARBOUR NSW  
2450

**E** [coffsharbour@theeducationcentre.com.au](mailto:coffsharbour@theeducationcentre.com.au)

**W** [theeducationcentre.com.au](http://theeducationcentre.com.au)

**P** (02) 6652 2222

At The Education Centre, you'll find an excellent  
teaching faculty. These are experienced tutors who  
can tailor their teaching methods to suit the  
learning preferences of individual students of all  
ages.

### **Saver Plus**

Suite 2, The Baileys Centre, 150 Pacific  
Highway, COFFS HARBOUR NSW 2450

**W** thesmithfamily.com.au

**P** (02) 6651 3378

Program designed to assist participants develop long term savings habits into the future. Incentive to be involved is 'dollar for dollar' matching of participants savings up to \$500.

## **Literacy & Numeracy Programs**

### **I Can Read Coffs Harbour**

Moonee Beach Road, MOONEE BEACH  
NSW 2450

**E** admin@lighthousehealthandeducation.com.au

**W** icanreadsystem.com

**P** (02) 6656 4765

The I Can Read System grew out of a need to make it easy for children to learn to read when English is such an arbitrary and complex language, which flouts all the rules and has vocabulary borrowed from many different languages

### **Martin and Fortuin**

**E** nicole@martinandfortuin.com

**W** martinandfortuin.com

**P** 0428 392 768

Financial literacy and personal finance education programs for children (Preschool to Year 12) and for adults (19 years to retirement). Educational programs are delivered using the resources designed by Australia's ASIC Moneysmart team and those designed by the National Financial Educators Council, USA. We can refer you to free educational resources as well as to our low-cost paid lessons.

### **Triple Thread Learning**

545 Solitary Islands Way, MOONEE BEACH  
NSW 2450

**E** services@triplethreadlearning.com.au

**W** triplethreadlearning.com.au

**P** 0421 256 753

Triple Thread Learning specialises in providing one-on-one and small group therapy and reading/language instruction for people with a dyslexic profile. Services for students aged 4 years to adult. Our approach is research-based multi-sensory, systematic instruction based on the Orton-Gillingham/MSL approach. We are a mobile service and can work at school, in your home or online.

### **Triple Thread Learning**

545 Solitary Islands Way, MOONEE BEACH  
NSW 2450

**E** services@triplethreadlearning.com.au

**W** triplethreadlearning.com.au

**P** 0421 256 753

Triple Thread Learning specialises in providing one-on-one and small group therapy and reading/language instruction for people with a dyslexic profile. Services for students aged 4 years to adult. Our approach is research-based multi-sensory, systematic instruction based on the Orton-Gillingham/MSL approach. We are a mobile service and can work at school, in your home or online.

## **Private (Primary and High Schools)**

### **Allegra School Coffs Harbour**

66-90 Harbour Drive, COFFS HARBOUR  
NSW 2450

**E** school@coffscollege.nsw.edu.au

**W** allegraschool.nsw.edu.au

**P** (02) 6651 6898

The Allegra School Coffs Harbour is an independent school that aims to offer all eligible young people the chance to grow and mature while undertaking their high school education in a safe and supportive environment. We seek to include those young people whose lives may be complicated, challenging or require a particular understanding in order to achieve success.

### **Bishop Druitt College**

111 North Boambee Rd, COFFS HARBOUR  
NSW 2450

**E** secretary@bdc.nsw.edu.au

**W** bdc.nsw.edu.au

**P** (02) 6651 5644

Bishop Druitt College aims to develop graduates who are dynamic, caring and optimistic. These are the qualities that will enable them to make a positive contribution to the communities in which they live and work.

### **Coffs Harbour Christian Community School- Junior School campus**

27 Curacoa Street, COFFS HARBOUR NSW  
2450

**E** [admin@coffsccs.nsw.edu.au](mailto:admin@coffsccs.nsw.edu.au)

**P** (02) 6652 6433

We are an educational provider with a focus upon Jesus Christ and His teachings as our ultimate aspirations for living. Throughout all our operations, we hope to be able to present the lifestyle and teachings of Jesus as the way for all people to live fulfilled lives. In our school this teaching starts in Kindergarten, and is integrated into our curriculum all the way through to Year 12.

### **Coffs Harbour Senior College**

363 Hogbin Drive, COFFS HARBOUR NSW 2450

**E** [coffsharbs-h.school@det.nsw.edu.au](mailto:coffsharbs-h.school@det.nsw.edu.au)

**W** [coffsharbs-h.schools.nsw.gov.au](http://coffsharbs-h.schools.nsw.gov.au)

**P** (02) 6659 3054

Coffs Harbour Senior College is a unique learning environment providing a specialist HSC experience for students.

### **Mary Help of Christians Sawtell**

Eungella Street, TOORMINA NSW 2452

**E** [mhocsawtell@lism.catholic.edu.au](mailto:mhocsawtell@lism.catholic.edu.au)

**W** [sawplism.catholic.edu.au](http://sawplism.catholic.edu.au)

**P** (02) 6653 3122

At Mary Help of Christians School we uphold Christ's values, and promote and celebrate the mission of the Catholic Church. Our school provides a personalised and flexible learning environment where we all collaborate, sharing responsibility for reaching our potential.

### **St. John Paul College**

421 Hogbin Drive, COFFS HARBOUR NSW 2450

**E** [jpcocoffs@lism.catholic.edu.au](mailto:jpcocoffs@lism.catholic.edu.au)

**W** [cofhslism.catholic.edu.au](http://cofhslism.catholic.edu.au)

**P** (02) 6653 3155

The St John Paul College mission is to provide, in partnership with parents, a quality education in a Catholic, Christian environment, which fosters and nurtures Gospel values. The College strives to provide a safe, positive and productive learning environment, where all students can reach their full potential, spiritually, academically, creatively, socially and physically.

## **Special Education Programs**

**Abdo, Sabeeha Hameed Abdo**

**E** [sabeehaskitchen1@gmail.com](mailto:sabeehaskitchen1@gmail.com)

**W** [facebook.com](https://www.facebook.com)

Sabeeha's Kitchen offers a unique opportunity to experience a little Yazidi culture in the Coffs Harbour area. In an occasion of laughter and feast - Sabeeha will visit your home to teach and share with guests one of her family's favourite Iraqi dishes, Cultural food experience, Cooking Class.

### **Aspect Macarthur School**

138B Howard Street, COFFS HARBOUR NSW 2450

**E** [macarthur@autismspectrum.org.au](mailto:macarthur@autismspectrum.org.au)

**W** [autismspectrum.org.au](http://autismspectrum.org.au)

**P** 1800 277 328

Welcome to Aspect Macarthur School. We offer a warm, welcoming and supportive learning environment for students on the autism spectrum. Our school caters for over 100 students across the Macarthur region and the Northern NSW Regional areas

## **State (Primary and High Schools)**

### **Boambee Public School**

30 Lindsays Road, BOAMBEE NSW 2450

**E** [boambee-p.school@det.nsw.edu.au](mailto:boambee-p.school@det.nsw.edu.au)

**W** [boambee-p.schools.nsw.gov.au](http://boambee-p.schools.nsw.gov.au)

**P** (02) 6653 1107

The Boambee school community values education, recognises the uniqueness of each individual and rigorously pursues the development of the "whole" child. Every effort is made to provide opportunities across the spectrum for students to achieve their potential in all that they endeavour.

### **Coffs Harbour High School**

Cnr Edinburgh and Nile Street, COFFS HARBOUR NSW 2450

**E** [coffsharb-h.school@det.nsw.edu.au](mailto:coffsharb-h.school@det.nsw.edu.au)

**W** [coffsharb-h.schools.nsw.gov.au](http://coffsharb-h.schools.nsw.gov.au)

**P** (02) 6652 3466

Coffs Harbour High School is a comprehensive secondary school, situated in the mid-north coast.

### **Coffs Harbour Public School**

7 Salamander Street, COFFS HARBOUR NSW 2450

**E** [coffsharb-p.school@det.nsw.edu.au](mailto:coffsharb-p.school@det.nsw.edu.au)

**W** [coffsharb-p.schools.nsw.gov.au](http://coffsharb-p.schools.nsw.gov.au)

**P** (02) 6652 3355

Coffs Harbour Public School is a comprehensive kindergarten to year 6 primary school in the North Coast region. We encourage students to be safe, be fair, be kind and be cooperative. We provide regular opportunities for students to develop and demonstrate their talents and interests in all areas

### **Coramba Public School**

6 Short Street, CORAMBA NSW 2450

**E** [coramba-p.school@det.nsw.edu.au](mailto:coramba-p.school@det.nsw.edu.au)

**W** [coramba-p.schools.nsw.gov.au](http://coramba-p.schools.nsw.gov.au)

**P** (02) 6654 4227

Coramba Public School provides a stimulating environment where students acquire knowledge, skills and positive attitudes in all Key Learning Areas. This is achieved through well planned educational programs providing success for all students in a safe and caring environment.

### **Corindi Public School**

Coral Street, CORINDI BEACH NSW 2456

**E** [corindi-p.school@det.nsw.edu.au](mailto:corindi-p.school@det.nsw.edu.au)

**W** [corindi-p.schools.nsw.gov.au](http://corindi-p.schools.nsw.gov.au)

**P** (02) 6649 2734

Our professional, university-educated teachers encourage students to develop a love of learning and a desire to succeed. They maintain the highest integrity and concern for your child's wellbeing.

### **Karangi Public School**

1004 Coramba Road, KARANGI NSW 2450

**E** [karangi-p.school@det.nsw.edu.au](mailto:karangi-p.school@det.nsw.edu.au)

**W** [karangi-p.schools.nsw.gov.au](http://karangi-p.schools.nsw.gov.au)

**P** (02) 6653 8284

The School provides a happy, supportive atmosphere characterised by parent participation in classroom learning programs, transportation of students and fundraising for school resources and provides an education program centred on building each child's self esteem and self confidence.

### **Kororo Public School**

3 Korora School Road, KORORA NSW 2450

**E** [kororo-p.school@det.nsw.edu.au](mailto:kororo-p.school@det.nsw.edu.au)

**W** [kororo-p.schools.nsw.gov.au](http://kororo-p.schools.nsw.gov.au)

**P** (02) 6653 6201

Kororo P.S. is a welcoming and friendly school with strong links to the community. We are proud of our strong academic programs, dedicated staff and excellent facilities in an environment where students are encouraged to reach their full potential.

### **Lowanna Public School**

54 Grafton Street, LOWANNA NSW 2450

**E** [lowanna-p.school@det.nsw.edu.au](mailto:lowanna-p.school@det.nsw.edu.au)

**W** [lowanna-p.schools.nsw.gov.au](http://lowanna-p.schools.nsw.gov.au)

**P** (02) 6654 5243

Our school aims to assist in the development of happy children who are good citizens, always caring of others, motivated, conscientious, confident and self-disciplined.

### **Sandy Beach Public School**

19 Saye Close, SANDY BEACH NSW 2456

**E** [sandybeach-p.school@det.nsw.edu.au](mailto:sandybeach-p.school@det.nsw.edu.au)

**W** [sandybeach-p.schools.nsw.gov.au](http://sandybeach-p.schools.nsw.gov.au)

**P** (02) 6656 1777

We believe that quality education is paramount for every child and so we are committed in the pursuit of excellence in academic, sporting and cultural areas.

### **Toormina High School**

Armstrong Road, TOORMINA NSW 2452

**E** [toormina-h.school@det.nsw.edu.au](mailto:toormina-h.school@det.nsw.edu.au)

**W** [toormina-h.schools.nsw.gov.au](http://toormina-h.schools.nsw.gov.au)

**P** (02) 6653 3077

Toormina High School is situated on the mid-north coast of New South Wales, eight kilometres south of Coffs Harbour. It is a comprehensive co-educational school together with a Learning Support faculty. We enjoy an excellent environment and facilities and a fine reputation within the local and wider community.

### **Toormina Public School**

14-22 Cavanba Rd, TOORMINA NSW 2452

**E** [toormina-p.school@det.nsw.edu.au](mailto:toormina-p.school@det.nsw.edu.au)

**W** [toormina-p.schools.nsw.gov.au](http://toormina-p.schools.nsw.gov.au)

**P** (02) 6653 2122

Toormina Public School established in 1979 maintains a high academic, cultural and sporting profile whilst catering for students with learning disabilities and gifted and talented skills. The school has an outstanding reputation in Music. The school climate at Toormina Public School is positive, energetic and productive.

### **Tyalla Public School**

26 Joyce Street, COFFS HARBOUR NSW  
2450

**E** [tyalla-p.school@det.nsw.edu.au](mailto:tyalla-p.school@det.nsw.edu.au)

**W** [tyalla-p.schools.nsw.gov.au](http://tyalla-p.schools.nsw.gov.au)

**P** (02) 6652 4488

Tyalla Primary School prides itself in delivering excellent educational opportunities in a nurturing and supportive environment..

### **Woolgoolga High School**

Centenary Drive, WOOLGOOLGA NSW  
2456

**E** [woolgoolga-h.school@det.nsw.edu.au](mailto:woolgoolga-h.school@det.nsw.edu.au)

**W** [woolgoolga-h.schools.nsw.gov.au](http://woolgoolga-h.schools.nsw.gov.au)

**P** (02) 6654 1500

Woolgoolga High School is currently embarking on a significant technology direction and is a school where students are treated with respect and as individuals. An exemplary student wellbeing system is in place and is supported by various community outreach programs.

### **Woolgoolga Public School**

1-11 Scarborough Street, WOOLGOOLGA  
NSW 2456

**E** [woolgoolga-p.school@det.nsw.edu.au](mailto:woolgoolga-p.school@det.nsw.edu.au)

**W** [woolgoolga-p.schools.nsw.gov.au](http://woolgoolga-p.schools.nsw.gov.au)

**P** (02) 6654 1305

Woolgoolga Public School, established in 1884, provides a stimulating supportive environment for all students, developing the skills and attitudes required to achieve successful learning and aims to develop its students into confident and caring young citizens.

## **Employment & Training**

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### **Disability Employment & Training Services**

#### **APM Disability Employment Services**

24 Gordon Street, COFFS HARBOUR NSW  
2450

**W** [apm.net.au](http://apm.net.au)

**P** 1800 276 276

APM's Disability Employment Services helps people with an injury, illness or disability find a job with a local Coffs Harbour employer. We also provide workplace modification, assessment, school leaver, and ongoing support services.

#### **CHES Connect**

46 Park Avenue, COFFS HARBOUR NSW  
2450

**E** [customerservice@chessconnect.org.au](mailto:customerservice@chessconnect.org.au)

**W** [chessconnect.org.au](http://chessconnect.org.au)

**P** (02) 6691 9333

Disability Employment | Youth Employment | NDIS  
| Mental Health | Workplace Services

#### **Joblife Employment**

Suite A - Level 2, 144-148, West High St,  
COFFS HARBOUR NSW 2450

**E** [contact@joblifeemployment.com.au](mailto:contact@joblifeemployment.com.au)

**W** [joblifeemployment.com.au](http://joblifeemployment.com.au)

**P** 1800 319 502

Joblife Employment provides highly-personalised support for people with disability, or people with an injury, who are returning to work.

#### **Key Employment (KAPOW and Youth Hub)**

61 West High Street, COFFS HARBOUR  
NSW 2450

**E** [jobs@keyemployment.com.au](mailto:jobs@keyemployment.com.au)

**P** (02) 6691 9999

The National Standards for Disability Services help to promote and drive a consistent approach for improving the quality of services, rights and outcomes of people with disability across Australia

#### **Nexus Human services**

40 Little Street, COFFS HARBOUR NSW  
2450

**E** [admin@nexushumanservices.com.au](mailto:admin@nexushumanservices.com.au)

**W** [nexushumanservices.com.au](http://nexushumanservices.com.au)

**P** 1800 163 987

Nexus offers a wide range of support services for individuals with mental health issues or other disabilities in their journey of finding employment. Support services assist individuals maintain employment and development career aspirations.

## **Employment Information & Assistance**

### **APM WorkCare Services**

24 Gordon Street, COFFS HARBOUR NSW  
2450

**W** [apm.net.au](http://apm.net.au)

**P** 1800 276 276

APM's WorkCare services provides people and businesses in Coffs Harbour with workplace wellness, pre-employment checks, injury management and prevention, early intervention, and return to work services. If you'd like to speak to someone about WorkCare services, please call 1300 967 522 or email [workcare.customers@apm.net.au](mailto:workcare.customers@apm.net.au).

## **General Employment & Training Services**

### **Aboriginal Employment Strategies Coffs Harbour**

102/24 Gordon Street, COFFS HARBOUR  
NSW 2450

**E** [coffs.recruitment@aes.org.au](mailto:coffs.recruitment@aes.org.au)

**W** [aes.org.au](http://aes.org.au)

**P** (02) 5625 0100

Aboriginal Employment Strategy (AES) is a national Aboriginal recruitment and group training company that empowers Indigenous people through brokering employment opportunities and supporting our candidates to have successful careers through mentoring, coaching, training and specialist support.

### **At Work Australia**

129 West High Street, COFFS HARBOUR  
NSW 2450

**E** [contactDES@atworkaustralia.com.au](mailto:contactDES@atworkaustralia.com.au)

**W** [atworkaustralia.com.au](http://atworkaustralia.com.au)

**P** 1300 192 642

To do that, we work with people to identify their goals and aspirations, build skills and job-readiness and support them through interviews and into employment. We also work closely with employers to help them access a broader pool of talented candidates.

### **Australian Institute of Personal Trainers**

600 B Hogbin Drive, TOORMINA NSW  
2452

**E** [info@aipt.edu.au](mailto:info@aipt.edu.au)

**W** [aipt.edu.au](http://aipt.edu.au)

**P** 1300 616 180

At the Australian Institute of Personal Trainers, we are experts in wellness, nutrition and fitness, and equip our students with the best in online and face-to-face education.

### **Enterprise and Training Company Coffs Harbour**

80 Grafton St, COFFS HARBOUR NSW 2450

**E** [etc.info@etcltd.com.au](mailto:etc.info@etcltd.com.au)

**W** [etcltd.com.au](http://etcltd.com.au)

**P** 1800 007 400

Enterprise & Training Company Ltd (ETC) is a leading not-for-profit provider of employment, training and business services.

### **ETC - Enterprise and Training Company Toormina**

Unit 5, 4 Minorca Place, TOORMINA NSW  
2450

**E** [info@etcltd.com.au](mailto:info@etcltd.com.au)

**W** [etcltd.com.au](http://etcltd.com.au)

**P** 1800 007 400

Enterprise & Training Company Ltd (ETC) is a leading not-for-profit provider of employment, training and business services.

### **First Aid Coffs Harbour**

**E** [mark@firstaidcoffsharbour.com.au](mailto:mark@firstaidcoffsharbour.com.au)

**W** [firstaidcoffsharbour.com.au](http://firstaidcoffsharbour.com.au)

**P** 0427 360 632

We are a First Aid Training Provider servicing: individuals businesses care providers Child Care Industry Schools Government agencies Emergency Response organisations.

### **First Aid training Coffs Harbour**

**E** [lateraltrainer@gmail.com](mailto:lateraltrainer@gmail.com)

**W** [coffsharbourfirstaidtraining.com.au](http://coffsharbourfirstaidtraining.com.au)

**P** 0466 962 450

First Aid Coffs Harbour are available to cater for your industries' needs by incorporating our training to your workplace needs. We can come to your place to deliver the course for group bookings. Please contact 0428 252 023 for details and enquiries.

### **First Aid Training Mid North Coast**

**E** firstaidmatt@icloud.com

**W** firstaidmidnorthcoast.com.au

**P** 0427 539 382

Welcome to First Aid Mid North Coast - This is an Employment & Training and General Employment & Training Services Service where you can enjoy hands-on practical teaching, to help you to understand what you need to do in an emergency, and why you need to do it.

### **Harbourside Driving School**

**E** harboursidedrivingschool@gmail.com

**W** harboursidedrivingschool.com

**P** 0408 675 558

Harbourside Driving School provides quality driving Lessons is a family business and a friendly service in Coffs Harbour as well as surrounding areas.

### **Innovation Hub Coffs Harbour**

Doug Knight Drive, COFFS HARBOUR NSW 2450

**E** coordinator@coffsinnovation.com.au

**P** (02) 6658 8199

The Coffs Harbour Innovation Centre - Has been partnering with local businesses since 2002. Through collaboration with the Southern Cross University, TAFE NSW and the Coffs Harbour City Council we provide opportunities for the students and businesses to come together. Jointly, we create meaningful jobs and a sustainable community.

### **International Teacher Training Academy**

244 Harbour Drive, COFFS HARBOUR NSW 2450

**E** info@ittacademy.net.au

**W** ittacademy.net.au

**P** 1300 780 477

The International Teacher Training Academy (ITTA) - Provide training for prospective and existing teachers and managers, deliver workshops and industry customised training programmes for ongoing professional development, offer a seamless, streamlined RPL process based on workplace evidence.

### **Protech**

Level 1, 9 Park Avenue, COFFS HARBOUR NSW 2450

**E** enquiries@protech.com.au

**W** protech.com.au

**P** 1800 477 683

We are a family run business with over 35 years of combined experience in motor mechanic and have a passion for providing quality workmanship. For years father and son team Jose and Antonio Urrutia have been working side by side in the family owned mechanic workshop "Pro-Tech Service Center" located in industrial drive Coffs Harbour.

## **Youth Employment & Training Services**

### **Mid Coast Connect**

Doug Knight drive, COFFS HARBOUR NSW 2450

**E** jenny.fraser@midcoastconnect.com.au

**W** midcoastconnect.com.au

**P** (02) 6653 2900

Mid Coast Connect is a not-for-profit locally-based organisation with offices at Port Macquarie, Coffs Harbour and Taree. Established in 1997, we strive to assist young people with their transition from school into further education, training or employment.

### **Smart, Skilled and Hired**

46 Park Avenue, 46 Park Avenue, COFFS HARBOUR NSW 2450

**E** mmckiernan@chessemployment.com.au

**W** business.nsw.gov.au

'Smart, Skilled and Hired' helps young people and local businesses in NSW. Young people can become work ready or kickstart a fulfilling career by connecting to training, mentoring work experience placements, and other support to build their skills and experience. Find out More> [https://www.industry.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0005/143492/PUB18-123-Youth-Employment-Program-fact-sheet.pdf](https://www.industry.nsw.gov.au/__data/assets/pdf_file/0005/143492/PUB18-123-Youth-Employment-Program-fact-sheet.pdf)

## **Environment & Conservation**

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### **Environment & Conservation Local History**

Amensty International - Coffs Harbour

**E** [amnestycoffscoast@gmail.com](mailto:amnestycoffscoast@gmail.com)

Welcome to the Amnesty International Australia page for the Coffs Coast! This is a Environment & Conservation - Environment & Conservation Local History service.

### **Coffs Coast Climate Action Group**

**E** [info@coffscoastclimateaction.com](mailto:info@coffscoastclimateaction.com)

**W** [coffsclimateaction.weebly.com](http://coffsclimateaction.weebly.com)

**P** 0422 982 436

Coffs Coast Climate Action Group is an open, diverse and energetic group of local residents working together to promote action to stop climate change. We campaign for an urgent transition away from fossil fuels (coal, oil and gas) towards renewable energy. We formed in late 2013, following a gathering of 300 people for the National Day of Climate Action at the Harbourside Market.

### **Coffs Harbour (Biodiversity Conservation) - NSW Government**

24 Moonee Street, COFFS HARBOUR NSW 2450

**E** [info@environment.nsw.gov.au](mailto:info@environment.nsw.gov.au)

**W** [environment.nsw.gov.au](http://environment.nsw.gov.au)

**P** (02) 6651 5946

Coffs Harbour's biodiversity is of national, state and regional significance because its unique landscape hosts a range of habitats that support a mix of tropical, subtropical and temperate species - This is a Environment & Conservation - Environment & Conservation Local History service.

### **Coffs Harbour Bushland Regeneration Group Pty Ltd**

**E** [chblrg@hotmail.com](mailto:chblrg@hotmail.com)

**P** 0431 095 364

Coffs Harbour Bushland Regeneration Group Pty Ltd is a team of professional Bush Regenerators servicing the Mid North Coast

### **Coffs Harbour Garden Club**

**E** [coffsharbourgardenclub@gmail.com](mailto:coffsharbourgardenclub@gmail.com)

**W** [coffsgardenclub.com.au](http://coffsgardenclub.com.au)

**P** (02) 6656 2429

A community organisation run by a team of gardening enthusiasts from the NSW Mid North Coast. We meet the 3rd Saturday of the month Jan-Nov at the North Coast Regional Botanic Garden, Coffs Harbour commencing at 1:30pm.

### **Coffs Harbour Heritage Trust**

**E** [coffshhtrust@outlook.com](mailto:coffshhtrust@outlook.com)

Coffs Harbour Heritage Trust, is the place to learn about and respond to stories of the events, objects, people and locations in the Coffs Coast region. ?

### **Coffs Local History - Remember When**

**E** [coffslocalhistory@gmail.com](mailto:coffslocalhistory@gmail.com)

The "Coffs Harbour Local History - Remember When" is about Locals sharing personal photos and stories from the local Coffs area.

### **Friends of South Solitary Island Lighthouse (FOSSIL)**

South Solitary Island, 77 Aviation Drive, COFFS HARBOUR NSW 2450

**E** [fossil2450@hotmail.com](mailto:fossil2450@hotmail.com)

**W** [southsolitaryisland.com.au](http://southsolitaryisland.com.au)

**P** (02) 6651 2001

A not-for-profit group of volunteers working to assist with the maintenance and preservation of South Solitary Island lightstation. We like to share experiences, photos, and videos of all things lighthouse related for members with an interest in historic and maritime heritage.

### **Gurehlgam Corp Ltd T/A Yarrawarra Aboriginal Cultural Centre**

69 Red Rock Road, CORINDI BEACH NSW 2456

**E** [gallery@yarrawarra.com.au](mailto:gallery@yarrawarra.com.au)

**W** [yarrawarra.com.au](http://yarrawarra.com.au)

**P** (02) 6640 7104

Yarrawarra Aboriginal Cultural Centre became a service of Gurehlgam Corporation Ltd since 2016 - This is a Environment & Conservation - Environment & Conservation Local History service - Originally established in 1987 by the Gumbaynggirr Elders, Yarrawarra, meaning "happy meeting place", is an Aboriginal.

### **Moonee Beach Action Group**

**E** [info@mooneebeachactiongroup.com.au](mailto:info@mooneebeachactiongroup.com.au)

Moonee Beach Action Group is a community-based forum for residents (and friends) of Moonee Beach to have their say in the future of their village. This site helps give voice to community concerns, to record residents' opinions, and to inform residents (and friends) of developments and proposals that may affect their quality of life.

### **Nana Glen Landcare**

**E** [avalonat52@gmail.com](mailto:avalonat52@gmail.com)

**P** 0478 297 170

Nana Glen Landcare is an Environment & Conservation Local History service who provide support to Landholders and residents of the Orara and Bucca valleys who are concerned for our environment.

### **Our Living Coast**

**E** [info@ourlivingcoast.com.au](mailto:info@ourlivingcoast.com.au)

**W** [ourlivingcoast.com.au](http://ourlivingcoast.com.au)

**P** (02) 6648 4643

At "Our Living Coast" Your sustainable living hub for the Coffs Harbour, Bellingen and Nambucca Shires is an Environment & Conservation - Environment & Conservation Local History service where you can find out about local events and news, get great tips to inspire you to live sustainably and enjoy a happy, healthy and rich life.

### **Prosper Coffs Harbour Limited**

**E** [admin@prospercoffs.org.au](mailto:admin@prospercoffs.org.au)

**W** [prospercoffs.org.au](http://prospercoffs.org.au)

**P** 0437 767 451

Prosper Coffs Harbour is a not-for-profit company, established to administer three charitable trusts whose core objective is to develop a secure source of funds for important infrastructure in the Coffs Harbour region.

### **South Coffs Community Garden**

Bruce King Drive, BOAMBEE EAST NSW  
2452

**E** [southcoffscg@gmail.com](mailto:southcoffscg@gmail.com)

**P** 0438 280 451

The objectives of the South Coffs Community Garden Inc - is to create a unique, safe and supportive sanctuary for all of the Coffs Harbour community as this is an Environment & Conservation - Environment & Conservation Local History service.

## **Environmental Action & Conservation**

### **Coffs Harbour Regional Landcare - Coffs Harbour**

Unit 1, 14A Lawson Crescent, COFFS  
HARBOUR NSW 2450

**E** [chrl@coffslandcare.org.au](mailto:chrl@coffslandcare.org.au)

**W** [coffsharbourlandcare.org.au](http://coffsharbourlandcare.org.au)

**P** (02) 6651 1308

CHRL acts as the umbrella network for 35 sites & groups with a combined membership of approximately 300 individuals. The majority of these members volunteer on public land within the Coffs Harbour LGA, with worksites occurring throughout the Coffs Coast Regional Park, Coffs Harbour City Council's reserve network, or other public land managed by NSW National Parks & Wildlife Service.

### **Coffs Harbour Regional Landcare - Coffs Harbour**

Unit 1, 14A Lawson Crescent, COFFS  
HARBOUR NSW 2450

**E** [chrl@coffslandcare.org.au](mailto:chrl@coffslandcare.org.au)

**W** [coffsharbourlandcare.org.au](http://coffsharbourlandcare.org.au)

**P** (02) 6651 1308

CHRL acts as the umbrella network for 35 sites/groups with a combined membership of approximately 300 individuals. The majority of these members volunteer on public land within the Coffs Harbour Local Government Area, with worksites occurring throughout the Coffs Coast Regional Park, Coffs Harbour City Council's reserve network or other public land managed by NSW National Parks & Wildlife Service.

## **Health Services**

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### **Ageing Health Services**

#### **Community Visitors Scheme**

22 Earl Street, COFFS HARBOUR NSW  
2540

**E** [cvscoffs@chnc.com.au](mailto:cvscoffs@chnc.com.au)

**W** [chnc.com.au](http://chnc.com.au)

**P** (02) 6648 3662

Matching volunteers with residents of aged care facilities who are socially isolated for a regular, friendly visit to provide companionship to residents in Coffs Harbour, Nambucca and Bellingen Local Government Areas.

#### **Aged Care**

181 Rose Avenue, COFFS HARBOUR NSW  
2450

**P** (02) 6650 0921

Aged care specialist providing health care to elderly and education and care regarding Dementia, Hypertension Diabetes Heart Disease Osteoporosis

## Allied Health

### Acupuncture Coffs Harbour

5/26-28 Orlando Street, COFFS HARBOUR  
NSW 2450

**E** info@acupuncturecoffsharbour.com.au

**W** acupuncturecoffsharbour.com.au

**P** (02) 6650 9813

Acupuncture Coffs Harbour, provides professional treatment, tailored to each individual patients needs. Working within the frame work of Traditional Chinese Medicine treatments provide solutions to many and varied health concerns.

### balancing act therapies

2 Lockyer Close, COFFS HARBOUR NSW  
2450

**E** balancingactbowen@gmail.com

**W** balancingacttherapies.com

**P** 0426 241 435

balancing act therapies - Bowen Therapy Coffs Harbour offers Bowen Therapy services for humans and canines.

### Beachside Radiology

20 Park Avenue, COFFS HARBOUR NSW  
2450

**E** manager@beachrad.com.au

**W** brrad.com.au

**P** (02) 6691 7800

Beachside Radiology Group is a leading Bulk Billing practice, supporting the surrounding community, with prompt and efficient service run by experts within the field.

### Boambee Chiropractic

2 Ringtail Close, BOAMBEE NSW 2450

**E** boambeechiro@biglive.com

**W** boambeechiropractic.com.au

**P** (02) 6658 5550

Boambee Chiropractic is a family based chiropractic office delivering conservative high quality chiropractic care to the local community. Our aim is to help sick people get well without the use of medication or surgery.

### Bonville Bowen

78 Bradford Drive, BONVILLE NSW 2450

**E** teepeebowen@bigpond.com

**W** bowenbonvillecoffsharbour.com

**P** 0418 228 160

Here at Bonville Bowen, I offer Bowen therapy and Ear Candling. The beauty of this treatment is that it is both relaxing and rejuvenating and can help with many ailments.

### Chi Massage Link 88

253 Pacific Highway, COFFS HARBOUR  
NSW 2450

**E** fionazheng\_18@hotmail.com

**W** chimassagelink88.com.au

**P** (02) 6651 2116

At Chi Massage Link 88 we take care of your mind, body and soul. With over 5 years of experience, our qualified and experienced massage practitioners will help you relax, heal and improve your wellbeing by implementing some of the oldest and most popular massage therapies.

### Coast OT - Occupational Therapy

**P** 0418 699 785

\* Comprehensive assessment of function. Useful for NDIS planning purposes & development of therapeutic strategies. \* Therapeutic support to improve function in everyday living activities. Home & community based therapy for adults of all ages. \* Home modifications to maximise independence. \* Equipment to assist with mobility, transfers, ADLs, work & sensory development. \* Vehicle modifications.

### Coffs Chiropractic

1/123 West High Street, COFFS HARBOUR  
NSW 2450

**E** info@coffchiropractic.com.au

**W** coffchiropractic.com.au

**P** (02) 5615 8131

Coffs Chiropractic, servicing Coffs Harbour and surrounding areas.

### Coffs Coast Hand Therapy

2/13-15 Park Avenue, COFFS HARBOUR  
NSW 2450

**E** [cchandtherapy@icloud.com](mailto:cchandtherapy@icloud.com)

**W** [coffscoasthandtherapy.com.au](http://coffscoasthandtherapy.com.au)

**P** (02) 6601 7401

Coffs Coast Hand Therapy provides professional assessment and treatment for your hand and upper limb problem, Treatment of hand, wrist and elbow condition, Communication and liaison with you and your specialist, doctor or insurance company. Personalised service provided by a physiotherapist with 15 years of experience

### **Coffs Coast Osteopathy**

74 Albany Street, COFFS HARBOUR NSW  
2450

**E** [info@coffscoastosteopathy.com.au](mailto:info@coffscoastosteopathy.com.au)

**W** [coffscoastosteopathy.com.au](http://coffscoastosteopathy.com.au)

**P** (02) 6652 8282

Our Coffs Harbour Osteopaths are concerned not only with trying to alleviate patients' pain and other musculoskeletal symptoms but also with trying to help prevent problems recurring.

### **Coffs Coast Sports Physiotherapy**

78 Albany Street, COFFS HARBOUR NSW  
2450

**E** [info@ccsp.net.au](mailto:info@ccsp.net.au)

**W** [coffscoastsportsphysiotherapy.com.au](http://coffscoastsportsphysiotherapy.com.au)

**P** (02) 6651 9622

Coffs Coast Sports Physiotherapy is a purpose built facility which provides a comprehensive range of Rehabilitation and Physiotherapy services.

### **Coffs Harbour Podiatry**

30 Walter Morris Close, COFFS HARBOUR  
NSW 2450

**E** [toenails10@bigpond.com](mailto:toenails10@bigpond.com)

**W** [coffspodiatry.com.au](http://coffspodiatry.com.au)

**P** (02) 6651 3824

Foot Pain, Podiatry (foot) conditions, Orthotics, Children's feet, Sports Injuries, Diabetes

### **Coffs Home Physio**

West High Street, COFFS HARBOUR NSW  
2450

**E** [edith@coffshomephysio.com.au](mailto:edith@coffshomephysio.com.au)

**W** [coffshomephysio.com.au](http://coffshomephysio.com.au)

**P** 0414 156 055

Home visiting Physiotherapy service for people who find it difficult to access a private practice. Predominantly servicing the older adult community, providing comprehensive physiotherapy assessment and treatment services. Mobility assessment, rehabilitation in the home, falls prevention strategies, mobility equipment advice.

### **Crossmaglen Chiropractic**

430 Crossmaglen Road, BONVILLE NSW  
2450

**E** [admin@hornsbychiropractic.com.au](mailto:admin@hornsbychiropractic.com.au)

**P** (02) 6653 5430

A health profession concerned with the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system, and the effects of these disorders on the function of the nervous system and general health.

### **Ergofix**

122 West High Street, COFFS HARBOUR  
NSW 2450

**E** [enquiries@ergofix.com.au](mailto:enquiries@ergofix.com.au)

**P** (02) 6652 4779

We Diagnose/ Treat and Fix. We aim to fix you in the least possible appointments... we build our business by providing services in Physiotherapy, Sport injury & prevention, traction, work injuries & recovery, pre-employment & risk screening, worksite assessments, workplace ergonomics, manual handling training.

### **Excel Therapy Collective**

321 Harbour Drive, COFFS HARBOUR NSW  
2450

**E** [admin@exceloccupationaltherapy.com.au](mailto:admin@exceloccupationaltherapy.com.au)

**W** [exceloccupationaltherapy.com.au](http://exceloccupationaltherapy.com.au)

**P** 0491 315 684

Excel Therapy Collective Service is based at the Promenade in Coffs Harbour, NSW. Specialising in Mental health and Paediatric occupational therapy services.

### **Harris Chiropractic**

5 Salamander Street, COFFS HARBOUR  
NSW 2450

**E** [info@coffschiropractor.com.au](mailto:info@coffschiropractor.com.au)

**W** [coffschiropractor.com.au](http://coffschiropractor.com.au)

**P** (02) 6650 0258

Harris Chiropractic has been serving Coffs Harbour and the neighbouring communities since 2010. Our Philosophy - Our approach is simple. We believe that health is amongst our most valuable possessions. And while we generally meet people after they've lost their health, our commitment is two-fold.

### **Healthy Towns - North Coast**

Suite 6, 1 Duke Street, COFFS HARBOUR  
NSW 2450

**E** [lkennedy@ncphn.org.au](mailto:lkennedy@ncphn.org.au)

**W** [hnc.org.au](http://hnc.org.au)

**P** (02) 6659 1800

Healthy Towns aims to support rural and regional towns to run projects that improve local people's health and happiness

### **Hoys Health**

361 Harbour Drive, COFFS HARBOUR NSW  
2450

**E** [adminsupt@hoyshealth.com.au](mailto:adminsupt@hoyshealth.com.au)

**W** [hoyshealth.com.au](http://hoyshealth.com.au)

**P** (02) 6652 7355

Physiotherapy & Radial Shockwave Therapy, Exercise Physiology, Remedial Massage, Dietetics & Nutrition, Women's Health, Core & General Exercise Classes, Occupational Therapy. Work Health Services: Workplace Rehabilitation, Injury Prevention & Early Intervention, Workplace Training.

### **I-MED Radiology**

140 West High Street, COFFS HARBOUR  
NSW 2450

**E** [enquiries@i-med.com.au](mailto:enquiries@i-med.com.au)

**W** [i-med.com.au](http://i-med.com.au)

**P** (02) 6648 2700

At I-MED Radiology Coffs Harbour - We are committed to patient care with the highest standard of radiologist expertise, equipment and technology, we are dedicated to meeting the individual needs of our referring medical practitioners and patients.

### **KM Speech Pathology Services**

3 Haines Close, WOOLGOOLGA NSW 2456

**E** [km.speechpath@yahoo.com.au](mailto:km.speechpath@yahoo.com.au)

**P** 0402 626 451

We provide assistance in Speech and Language Therapy, providing referrals to use different ways to diagnose language and speech disorders.

### **LIFE CHIROPRACTIC and WELLNESS**

3/80 Albany Street, COFFS HARBOUR NSW  
2450

**E** [info@lifechirowellness.com.au](mailto:info@lifechirowellness.com.au)

**W** [lifechirowellness.com.au](http://lifechirowellness.com.au)

**P** (02) 6652 7207

At Life Chiropractic and Wellness we strive to give you a holistic and personalised solution to health care. We have over 14 years of clinical experience and we are qualified and experienced in treatment for all age groups.

### **Living Well Chiropractic**

27 Gundagai Street, COFFS HARBOUR  
NSW 2450

**E** [livingwellchiropracticcoffs@gmail.com](mailto:livingwellchiropracticcoffs@gmail.com)

**W** [lwcch.com.au](http://lwcch.com.au)

**P** (02) 6651 3901

Living Well Chiropractic is safe, non-invasive and doesn't involve the use of drugs or medicines that can potentially be unsafe for the unborn child, hey come to us to help maintain their movement, their function and decrease their aches and pains.

### **Medioptics**

Toormina Road, TOORMINA NSW 2452

**E** [info@medioptics.com.au](mailto:info@medioptics.com.au)

**W** [medioptics.com.au](http://medioptics.com.au)

**P** (02) 6658 9114

Medioptics is a family-friendly optometry practice based in Toormina, NSW. We offer same-day eye appointments, spectacles made on site and a huge range of trendy frames, specs and sunglasses. Program servicing from Woolgoolga to Nambucca.

### **Mid North Coast Physiotherapy**

19 Market Street, WOOLGOOLGA NSW  
2456

**E** [info@mncphysio.com.au](mailto:info@mncphysio.com.au)

**W** [mncphysio.com.au](http://mncphysio.com.au)

**P** 1300 273 747

Mid North Coast Physiotherapy provide services in - Physiotherapy, Exercise psychology, Pilates, Massage, and Occupational Therapy, personal Training, Nutrition & Dietetics, Hydrotherapy, Dry Needling

### **Mid-North Coast Therapy Group**

9 Minorca Place, TOORMINA NSW 2452

**E** [info@midnorthcoasttherapygroup.com.au](mailto:info@midnorthcoasttherapygroup.com.au)

**W** [midnorthcoasttherapygroup.com.au](http://midnorthcoasttherapygroup.com.au)

**P** 0490 315 858

Mid-North Coast Therapy Group is an allied health practice based in Coffs Harbour, Who provides the following services to older adolescents and adults in the mid-north coast region - Clinical Neuropsychology, Clinical Psychology, Rehabilitation Psychology, Case Management, Occupational Therapy.

### **OPSM**

253 Pacific Highway, COFFS HARBOUR NSW 2450

**E** [customer.care@luxottica.com.au](mailto:customer.care@luxottica.com.au)

**W** [opsm.com.au](http://opsm.com.au)

**P** (02) 6652 3893

Every member of the OPSM family cares deeply about eyes, our most precious natural assets. Our company creates career opportunities for those who love eyes too; and we work with communities, charities and sportspeople to improve vision while promoting the critical importance of good eye health.

### **Optical Superstore**

253 Pacific Highway, COFFS HARBOUR NSW 2450

**E** [feedback@opticalsuperstore.com.au](mailto:feedback@opticalsuperstore.com.au)

**W** [opticalsuperstore.com.au](http://opticalsuperstore.com.au)

**P** (02) 6651 6677

The Optical Superstore is committed to providing the latest technology prescription glasses, competitive prices, and superior service.

### **Remedial Massage Tailored to You**

Perry Drive, COFFS HARBOUR NSW 2450

**E** [fionaremedial@gmail.com](mailto:fionaremedial@gmail.com)

**W** [remedialmassagebyfiona.com.au](http://remedialmassagebyfiona.com.au)

**P** 0400 416 118

Remedial Massage Tailored To You specialise in: - Back pain & tightness, hip & knee pain, headaches, sciatica, shoulder pain, stress, neck pain, general soreness, they also help you with sport injuries, rotator cuff injuries, and Hot stone massage.

### **RJK Optometry**

14 Arthur Street, COFFS HARBOUR NSW 2450

**E** [info@rjkoptometry.com.au](mailto:info@rjkoptometry.com.au)

**W** [rjkoptometry.com.au](http://rjkoptometry.com.au)

**P** (02) 6651 1139

At RJK Optometry have over 60 years of combined clinical experience, We offer Behavioural Optometry for Children, We have the latest optical expertise, We offer continuity of Clinical Care, we are independent, we are 100% local and live in, care for and reinvest in our local community.

### **Sapphire Beach Physio**

4 Headland Road, SAPPHIRE BEACH NSW 2450

**E** [info@sapphirebeachphysio.com](mailto:info@sapphirebeachphysio.com)

**P** (02) 6653 7728

Sapphire Beach Physio specialise in Physiotherapy, Exercise Physiology, Pilates mat work, Tai Chi, Hydrotherapy and Running.

### **Speech By The Beach Speech Pathology Service - Woolgoolga**

51 Beach St, WOOLGOOLGA NSW 2456

**E** [speechbythebeach@outlook.com](mailto:speechbythebeach@outlook.com)

**P** 0490 854 936

Clinic and mobile based speech pathology service in the Coffs Harbour Region.

### **Speech for Everyone**

Suite 5, 18-20 Scarba Street, COFFS HARBOUR NSW 2450

**E** [info@speechforeveryone.com.au](mailto:info@speechforeveryone.com.au)

**W** [speechforeveryone.com.au](http://speechforeveryone.com.au)

**P** 0499 899 585

Speech pathology services for children and adults. Assessment & therapy for all speech related concerns including speech sounds, language, social skills, literacy and alternative communication.

### **Remedial Massage**

12 Caltowie Place, COFFS HARBOUR NSW 2450

**E** [info@theathletesguild.com.au](mailto:info@theathletesguild.com.au)

**W** [theathletesguild.com.au](http://theathletesguild.com.au)

Remedial / deep tissue massage to assist in rehabilitation, pain and injury management.

### **The Athlete's Guild**

12 Caltowie Place, COFFS HARBOUR NSW  
2450

**E** [info@theathletesguild.com.au](mailto:info@theathletesguild.com.au)

**W** [theathletesguild.com.au](http://theathletesguild.com.au)

Sports medicine and athlete care through coaching, dietetics, exercise physiology, massage therapy and the sale of fitness and functional rehabilitation equipment

### **The Chiro Coffs**

6 Taloumbi Road, COFFS HARBOUR NSW  
2450

**E** [steve@thechirocoffs.com.au](mailto:steve@thechirocoffs.com.au)

**W** [thechirocoffs.com.au](http://thechirocoffs.com.au)

**P** (02) 6699 2366

At The Chiro Coffs, Chiropractic Centre We are open 6 day weekly to help the Coffs Harbour Community achieve their Goals in a safe, friendly environment. Online Bookings available for our Exceptional chiropractor care, to support, Your spinal joints amongst other areas.

### **The Coffs Coast Foot Clinic - Coffs Harbour**

112 Grafton Street, COFFS HARBOUR NSW  
2450

**E** [thecoffscostfootclinic@gmail.com](mailto:thecoffscostfootclinic@gmail.com)

**W** [thecoffscostfootclinic.com.au](http://thecoffscostfootclinic.com.au)

**P** (02) 5612 1760

Podiatrist At The Coffs Coast Foot Clinic our staff are dedicated to identifying and solving a large range of problems. Our innovative approach to diagnosis and treatment, in our warm and welcoming clinic, ensures you and your feet will be well taken care of.

### **The Happy Spine**

Toormina Road and Coorabin Crescent,  
TOORMINA NSW 2450

**E** [superchiro@tpg.com.au](mailto:superchiro@tpg.com.au)

**W** [thehappyspine.com.au](http://thehappyspine.com.au)

**P** (02) 6658 3066

Here at At The Happy Spine - We treat a wide range of conditions, including sore backs, sore necks, headaches, migraines, sporting injuries, joint pain, leg pain, arm pain, sciatica, hip pain plus many others.

### **The Physio Movement Chiropractic**

9 Market Street Woolgoolga, 9 Market  
Street, WOOLGOOLGA NSW 2456

**E** [info@tpmwoopi.com.au](mailto:info@tpmwoopi.com.au)

**W** [tpmwoopi.com.au](http://tpmwoopi.com.au)

**P** (02) 6654 0237

Chiropractic care is a gentle, surgery-free modality of treatment concerned with the diagnosis, management, and prevention of mechanical disorders. Our chiro team works with patients of all ages.

### **The Physio Movement Exercise**

#### **Physiology**

9 Market Street Woolgoolga, 9 Market  
Street, WOOLGOOLGA NSW 2456

**E** [info@tpmwoopi.com.au](mailto:info@tpmwoopi.com.au)

**W** [tpmwoopi.com.au](http://tpmwoopi.com.au)

**P** (02) 6654 0237

Restore your body's ideal movement patterns with a personalised program by one of our exercise physiologists. Learn the skills and exercises you need to excel in our purpose-built rehabilitation gym.

### **The Physio Movement Woolgoolga**

9 Market Street Woolgoolga, 9 Market  
Street, WOOLGOOLGA NSW 2456

**E** [info@tpmwoopi.com.au](mailto:info@tpmwoopi.com.au)

**W** [tpmwoopi.com.au](http://tpmwoopi.com.au)

**P** (02) 6654 0237

The Physio Movement is your local destination for allied health services in Woopi. Our likeminded team of skilled practitioners adopt a holistic approach to help patients achieve their health and fitness goals. Our philosophy is simple; to deliver advanced healthcare services in a modern and welcoming environment.

### **Vision Australia Coffs Harbour**

126 West High St, COFFS HARBOUR NSW  
2450

**E** [info@visionaustralia.org](mailto:info@visionaustralia.org)

**W** [visionaustralia.org](http://visionaustralia.org)

**P** (02) 6659 9200

Finding out your child has vision loss can turn your world upside down. You may have all sorts of questions. What does the future hold for them? How will they manage at school? How will this affect our family?

### **Woolgoolga Podiatry Centre**

Shop 7/4 Market Street, WOOLGOOLGA  
NSW 2456

**E** [admin@acceleratehealthcare.com.au](mailto:admin@acceleratehealthcare.com.au)

**W** [acceleratehealthcare.com.au](http://acceleratehealthcare.com.au)

**P** (02) 6654 8860

If you are suffering from heel, ankle, knee or hip pain, contact Josie Prime at the Woolgoolga Podiatry Centre to find out how podiatry may be the solution for you.

## Child Youth & Family Health

### Child and Family Health Services

29 Park Avenue, 29 Park Avenue, COFFS HARBOUR NSW 2450

**P** (02) 6691 1825

Providing health services for parents and children aged 0 - 5 years of age. Growth and developmental checks, sleep and settling, parenting support, immunisation, feeding support.

### I Can Read Coffs Harbour

Moonee Beach Road, MOONEE BEACH NSW 2450

**E** [admin@lighthousehealthandeducation.com.au](mailto:admin@lighthousehealthandeducation.com.au)

**W** [icanreadsystem.com](http://icanreadsystem.com)

**P** (02) 6656 4765

The I Can Read System was developed by educational psychologists, Annabel Seargeant and Tony Earnshaw over twenty years ago to make it easy for children to learn to read when English is such an arbitrary and complex language.

### PICNIC Project

**E** [rachel.gerathy@health.nsw.gov.au](mailto:rachel.gerathy@health.nsw.gov.au)

**W** [picnicproject.com.au](http://picnicproject.com.au)

PICNIC is a peer education program, supporting new parents feeding their infants and toddlers on the Mid North Coast. The PICNIC team provide nutrition and feeding training, information materials and support to parents of children 0-2 years who volunteer for the program. PICNIC volunteers can then pass on this information and provide feeding support to other parents within their social groups.

## Community Health & Medical

### Coffs Harbour Parkinson's Support Group

**E** [coffsparkinsons@gmail.com](mailto:coffsparkinsons@gmail.com)

**P** (02) 6658 3355

We have monthly meetings as a Support Group for people diagnosed with Parkinson's along with their Carers, We provide social support and up to date information to improve the quality of living within the Coffs Region

## Dental & Oral Health

### Arthur Street Dental

14 Arthur Street, COFFS HARBOUR NSW 2450

**W** [arthurstreetdental.com.au](http://arthurstreetdental.com.au)

**P** (02) 6652 1677

At Arthur Street Dental, we provide professional, gentle, and comfortable dental services to every member of the family. Dr. Justin Ward and our caring staff offer an array of high-quality dental services, including cosmetic dentistry, full smile makeovers, dental implants, and much more.

### Blue Wave Orthodontics

1 Park Avenue, COFFS HARBOUR NSW 2450

**E** [info@bluewaveorthodontics.com.au](mailto:info@bluewaveorthodontics.com.au)

**P** (02) 6651 1542

This is a Health Services - Dental & Oral Health service: Blue Wave Orthodontics provide services in everything braces such as - Self Ligating, Clear, Invisible, and Invisalign Braces.

### Brad Pearce Dental Coffs Harbour

230 Harbour Drive, COFFS HARBOUR NSW 2450

**E** [admin-1@bpdental.com.au](mailto:admin-1@bpdental.com.au)

**W** [bpdental.com.au](http://bpdental.com.au)

**P** (02) 6651 1222

Modern, fully equipped, visit Brad Pearce Dental Surgery. New patients are always welcome. Giving our patients more reasons to smile, Easy wheelchair access, Medicare Child Dental Benefit Scheme service provider, Service provider for Veterans' Affairs, Service provider for HCF More for Teeth program, Medibank & Bupa.

### Brad Pearce Dental Woolgoolga

8 Market Street, WOOLGOOLGA NSW 2456

**E** [admin-1@bpdental.com.au](mailto:admin-1@bpdental.com.au)

**W** [bpdental.com.au](http://bpdental.com.au)

**P** (02) 6654 2787

Brad Pearce Dental Woolgoolga are a local Dentist - The Brad Pearce Dental Surgery provides services to locations such as - Coffs Harbour, Bellingen, Woolgoolga and Grafton where we offer comprehensive dental treatments with a strong focus on superior patient care.

### **Coffs Coast Dental**

343 Pacific Highway, COFFS HARBOUR  
NSW 2450

**P** 1300 385 515

Provides Health Services - Dental & Oral Health in the Coffs Harbour area

### **Coffs Coast Dental and Facial**

2b Moonee Beach Road, MOONEE BEACH  
NSW 2450

**P** (02) 6656 4245

Health Services - Dental & Oral Health

### **Coffs Dentist**

198 Pacific Highway, COFFS HARBOUR  
NSW 2450

**E** [admin@coffsdentist.com](mailto:admin@coffsdentist.com)

**W** [coffscoastdental.com.au](http://coffscoastdental.com.au)

**P** (02) 6651 5550

We delivering pain free dentistry and exceptional patient care, Restorative dentistry

### **Dental Design Studio 32**

Suite 2, 176 Pacific Highway, COFFS  
HARBOUR NSW 2450

**E** [ch@dentaldesignstudio32.com.au](mailto:ch@dentaldesignstudio32.com.au)

**W** [dentaldesignstudio32.com.au](http://dentaldesignstudio32.com.au)

**P** (02) 6652 3242

Dental Design Studio specialise in professional and experienced dentistry, Using new up technologies we are able to tackle, root canal, tips and tricks for children to learn how to brush their teeth.

### **Ethical Dental and Orthodontics**

166 Edinburgh Street, COFFS HARBOUR  
NSW 2450

**E** [contact@ethical.dental](mailto:contact@ethical.dental)

**W** [ethical.dental](http://ethical.dental)

**P** (02) 6652 3185

Ethical Dental and Orthodontics aims to establish a precedent for ethically run, values-driven healthcare services in our community.

### **Fresh Dental Care**

252 Harbour Drive, COFFS HARBOUR NSW  
2450

**E** [infocoffs@freshdentalcare.com.au](mailto:infocoffs@freshdentalcare.com.au)

**P** (02) 6651 1350

Fresh Dental Care provides a comprehensive range of high quality dental services to meet all of your general dental needs. We are committed to providing you with the highest standards of dental care in a modern, friendly and healing environment, and we also have visiting specialists to provide care beyond our scope of practice.

### **Fresh Dental Care - Coffs Harbour**

252 Harbour Drive, COFFS HARBOUR NSW  
2450

**E** [infocoffs@freshdentalcare.com.au](mailto:infocoffs@freshdentalcare.com.au)

**W** [freshdentalcare.com.au](http://freshdentalcare.com.au)

**P** (02) 6651 1350

We believe people should be happy and healthy, we want to make a difference in our communities by improving oral health and giving people smiles they want to show. Because smiling is important!

### **Harbourside Dental**

82 Albany Street, COFFS HARBOUR NSW  
2450

**E** [harbourdrivedentist@gmail.com](mailto:harbourdrivedentist@gmail.com)

**W** [harboursidedental.com.au](http://harboursidedental.com.au)

**P** (02) 6652 2733

Harbourside Dental is a locally owned and operated family dental practice with no outside corporate influence. Dr Mimo and Dr Emma are a husband and wife team who have run the practice since 2014.

### **Jetty Dental**

29 Edgar Street, COFFS HARBOUR NSW  
2450

**E** [admin@jettydental.com.au](mailto:admin@jettydental.com.au)

**W** [jettydental.com.au](http://jettydental.com.au)

**P** (02) 6651 7373

Jetty Dental pride ourselves on clinical excellence, we are your trusted Coffs Harbour dentist providing high quality general and cosmetic dental services.

### **Kingdom Denture Clinic**

55 Long Street, COFFS HARBOUR NSW  
2450

**E** [info@kingdomdentureclinic.com.au](mailto:info@kingdomdentureclinic.com.au)

**W** [kingdomdentureclinic.com.au](http://kingdomdentureclinic.com.au)

**P** (02) 6652 2403

Kingdom Denture Clinic provides - treatment Planning, Dentures, Denture maintenance, Mouthguards, Full denture, partial denture, immediate denture, overdenture, denture relines, denture repair,

### **Magic Smiles - Coffs Harbour**

Suite 2, 176 Pacific Highway, COFFS  
HARBOUR NSW 2450

**E** [coffs@magicsmiles.com.au](mailto:coffs@magicsmiles.com.au)

**W** [magicsmiles.com.au](http://magicsmiles.com.au)

**P** (02) 6652 3242

Recently rebranded to Magic Smiles in 2020, We are a local, family run small business that has been providing high-quality, compassionate dental care in our community for over three decades. we were previously known as Toormina Dental (Aka Magic Smiles Toormina) , Woolgoolga Dental Centre (aka Magic Smiles Woolgoolga) and Dental Design Studio 32. Our patients are at the center of everything we do.

### **Magic Smiles - Toormina**

1/6 Minorca Place, TOORMINA NSW 2452

**E** [toormina@magicsmiles.com.au](mailto:toormina@magicsmiles.com.au)

**W** [magicsmiles.com.au](http://magicsmiles.com.au)

**P** (02) 6653 1788

Recently rebranded to Magic Smiles in 2020, We are a local, family run small business that has been providing high-quality, compassionate dental care in our community for over three decades. we were previously known as Toormina Dental (Aka Magic Smiles Toormina) , Woolgoolga Dental Centre (aka Magic Smiles Woolgoolga) and Dental Design Studio 32. Our patients are at the center of everything we do.

### **Magic Smiles - Woolgoolga**

43 Beach Street, WOOLGOOLGA NSW  
2456

**E** [woolgoolga@magcismiles.com.au](mailto:woolgoolga@magcismiles.com.au)

**W** [magicsmiles.com.au](http://magicsmiles.com.au)

**P** (02) 6654 0650

Recently rebranded to Magic Smiles in 2020, we are a local, family run small business that has been providing high-quality, compassionate dental care in our community for over three decades. we were previously known as Toormina Dental, Woolgoolga Dental Centre and Dental Design Studio 32. Our patients are at the centre of everything we do.

### **Magic Smiles - Woolgoolga**

43 Beach Street, WOOLGOOLGA NSW  
2456

**E** [woolgoolga@magcismiles.com.au](mailto:woolgoolga@magcismiles.com.au)

**W** [magicsmiles.com.au](http://magicsmiles.com.au)

**P** (02) 6654 0650

Recently rebranded to Magic Smiles in 2020, We are a local, family run small business that has been providing high-quality, compassionate dental care in our community for over three decades. we were previously known as Toormina Dental (Aka Magic Smiles Toormina) , Woolgoolga Dental Centre (aka Magic Smiles Woolgoolga) and Dental Design Studio 32. Our patients are at the center of everything we do.

### **Maven Dental Park Beach**

30A Walter Morris Close, COFFS  
HARBOUR NSW 2450

**E** [digital@mavendental.com.au](mailto:digital@mavendental.com.au)

**W** [mavendental.com.au](http://mavendental.com.au)

**P** (02) 6652 3366

Our goal is to provide everyone with the very best dental care. Maven Dental has 105+ general and specialist practices across Australia. From Busselton to Weipa and almost everywhere in between, we've got you covered.

### **Roger Sharpe Dental Practice**

77 Albany Street, COFFS HARBOUR NSW  
2450

**E** [info@rogersharpedental.com.au](mailto:info@rogersharpedental.com.au)

**W** [rogersharpedental.com.au](http://rogersharpedental.com.au)

**P** (02) 6652 8344

And at Roger Sharpe Dental we've created a warm, relaxed, safe environment that also offers the very best of technology. Our well qualified, experienced team provide the highest quality dental care in a prompt and efficient manner.

### **Roger Sharpe Dental Practice**

77 Albany Street, COFFS HARBOUR NSW  
2450

**E** [info@rogerssharpedental.com.au](mailto:info@rogerssharpedental.com.au)

**W** [rogerssharpedental.com.au](http://rogerssharpedental.com.au)

**P** (02) 6652 8344

Roger Sharpe Dental Practice is a family-owned and operated practice, which has been providing dental care to the Coffs Harbour region for more than 60 years. We have been voted as one of UOW's Top 100 private employers on the Gold Coast and we are proud of our reputation for providing outstanding patient service, quality care and value for money treatment in all facets of dentistry.

### **Sawtell Dental Surgery**

Unit 3, 34 First Avenue, SAWTELL NSW  
2452

**E** [sawtelldental@gmail.com](mailto:sawtelldental@gmail.com)

**P** (02) 6653 3457

Sawtell Dental Surgery is a dental practice in Sawtell specialising in all general and cosmetic dentistry. As your local dentist, we provide a friendly clinic, professional staff and a relaxing environment. Taking care of your teeth is very important and we're here to help.

## **Drug & Alcohol Services**

### **AA Meeting - Coffs Harbour**

40 Mastracolas Avenue, COFFS HARBOUR  
NSW 2450

**W** [aa.org.au](http://aa.org.au)

**P** (02) 6658 0366

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

### **Al-Anon Family Groups Coffs Harbour**

**W** [al-anon.org.au](http://al-anon.org.au)

**P** 1300 252 666

Al-Anon is a 12 Step Program for people effected by someone else's drinking. You can see what it's doing to them but can you see what it is doing to you? Meetings every Monday at 12:30pm in hall at rear of Presbyterian Church. We are not affiliated with the church. Open to all. Parking onsite. 187 Harbour Drive, Coffs Harbour enter from Vernon Street.

### **Drug And Alcohol Health Services**

33 Gordon Street, COFFS HARBOUR NSW  
2450

**E** [chmerit@daahs.org.au](mailto:chmerit@daahs.org.au)

**W** [drugandalcoholhealthservices.com.au](http://drugandalcoholhealthservices.com.au)

**P** (02) 6650 0126

The Coffs Harbour office delivers the MERIT Program only, however part of the treatment process may include referral and counselling services for persons affected by alcohol and other drugs and dual diagnosis and to provide the community education on Alcohol and drug and dual diagnosis.

## **General Health Services**

### **Aussiespecs**

32 Moonee Street, COFFS HARBOUR NSW  
2450

**E** [info@aussiespecs.com.au](mailto:info@aussiespecs.com.au)

**W** [aussiespecs.com.au](http://aussiespecs.com.au)

**P** 1800 469 393

AussieSpecs Optometrists is the best optometrists in Coffs Harbour, NSW. Our team of friendly and highly trained professionals are dedicated to providing our patients with the highest quality eye care. We offer a wide range of services from basic eye examinations, eyeglass fittings and prescription glasses to contact lens fitting and refractive surgery. Call us for more information

### **Australian Unity - Coffs Harbour**

Park Beach Plaza complex, COFFS  
HARBOUR NSW 2450

**W** [australianunity.com.au](http://australianunity.com.au)

**P** 1300 271 396

We help within Health, Wealth and Living.

### **Blue Sky Community Services, Port Macquarie**

Suite 5, 53 Lord Street, Port Macquarie,  
NSW, 2444, Earl Street, COFFS HARBOUR  
NSW 2450

**E** [contact@bluesky.org.au](mailto:contact@bluesky.org.au)

**W** [bluesky.org.au](http://bluesky.org.au)

**P** (02) 5632 4029

Counselling Services Incorporated (CSI) operates from Neighbourhood Centres in the Coffs Harbour area.

### **Breast Screen NSW**

**W** [breastscreen.nsw.gov.au](http://breastscreen.nsw.gov.au)

**P** 13 20 50

This government funded service aims to detect breast cancer early before it has a chance to spread.

### **Coffs Harbour Women's Health Centre**

45 - 53 Little Street, COFFS HARBOUR  
NSW 2450

**E** [rec2@genhealth.org.au](mailto:rec2@genhealth.org.au)

**W** [genhealth.org.au](http://genhealth.org.au)

**P** (02) 6652 8111

Holistic health service focusing on women's health through medical, psychological and alternative therapies.

### **Coffs Hypnotherapy**

1/9 Park Avenue , 9 Park Avenue, COFFS  
HARBOUR NSW 2450

**E** [Hypnotherapy1@westnet.com.au](mailto:Hypnotherapy1@westnet.com.au)

**P** (02) 6653 1108

Providing healing treatment for all illnesses including depression, anxiety, smoking, gambling and alcohol addictions.

### **Country Health Tai Chi and Qigong - Woolgoolga**

**E** [breathoflife50@bigpond.com](mailto:breathoflife50@bigpond.com)

**P** 0476 933 237

Tai Chi and Qigong classes held on Monday, Tuesday and Thursdays.

### **Seek Holistic Health**

212 Mount Browne Road, UPPER ORARA  
NSW 2450

**E** [info@seekholistichealth.com.au](mailto:info@seekholistichealth.com.au)

**W** [seekholistichealth.com.au](http://seekholistichealth.com.au)

**P** (02) 6694 2455

At Seek Holistic Health, we take to heart your physical, mental, emotional and spiritual well-being.

## **General Practice/Doctor**

### **Beach Street Family practice**

51 Beach Street, WOOLGOOLGA NSW  
2456

**E** [staff@wnbmc.com.au](mailto:staff@wnbmc.com.au)

**W** [beachstreetfamilypractice.com.au](http://beachstreetfamilypractice.com.au)

**P** (02) 6654 1282

Medicine in general practice is comprehensive primary healthcare provided for individuals and families across all ages, genders, diseases and conditions. Care is provided on a continuing basis with an emphasis on disease prevention and health promotion. Your GP is an important part of helping manage your family's health and wellbeing.

### **CHC Medical**

343-345 Pacific Highway, COFFS HARBOUR  
NSW 2450

**P** (02) 6652 2448

Provides Health Services - General Practice/Doctor in the Coffs Harbour area

### **CMC Coastal Medical and Skin Cancer Clinic**

19 Gordon Street, COFFS HARBOUR NSW  
2450

**P** (02) 6652 4599

Health Services - General Practice/Doctor

### **Coffs Medical Centre**

42-44 Gordon Street, COFFS HARBOUR  
NSW 2450

**E** [staff@coffsmedical.com.au](mailto:staff@coffsmedical.com.au)

**W** [coffsmedicalcentre.com.au](http://coffsmedicalcentre.com.au)

**P** (02) 6648 5222

General practice – has GP's with an interest in skin disease, child health and gastroenterology

### **Dr Lerm's Surgery**

16 Market Street, WOOLGOOLGA NSW  
2456

**E** [docs@drlerm.com.au](mailto:docs@drlerm.com.au)

**W** [drlerm.com.au](http://drlerm.com.au)

**P** (02) 6654 1566

Our mission at Dr Lerm's is to provide the highest standard of patient focused healthcare in a consistent supportive and courteous manner, whilst ensuring that all patients and staff are treated with dignity, honesty and respect. The goal of this surgery is to provide a high level of care to our patients in a professional and efficient manner

### **HealthNow**

**P** 1800 870 711

Health Services - General Practice/Doctor

### **HealthNow**

**P** 1800 870 711

Health Services - General Practice/Doctor

### **Northside Health**

14 Edgar St, COFFS HARBOUR NSW 2450

**P** (02) 6652 5322

Health Services - General Practice/Doctor

### **TMC Medical**

71 First Avenue, SAWTELL NSW 2452

**E** info@toorminamedical.com.au

**W** toorminamedical.com.au

**P** (02) 5615 8130

Our services provide assistance with all medical issues from allergies, aviation and dive medicals, ATSI Health - Registered Practice, Men's Health, Diabetic Care and Occupational Health and many other health related services.

## **Health Rehabilitation Services**

### **Altius Group - Coffs Harbour**

24 Moonee Street, COFFS HARBOUR NSW 2450

**E** referrals@altius-group.com.au

**P** 1300 782 183

We offer innovative occupational rehabilitation (Occ Rehab) services with a range of comprehensive health, injury management and recovery services. Our workplace rehabilitation solutions address various factors impacting an individual's recovery – including medical, psychological, physical, social and financial.

## **Health Screening Services**

### **Mid North Coast Brain Injury Rehabilitation Service**

39 Victoria Street, COFFS HARBOUR NSW 2450

**E** coffsMNCBIRS@ncchs.health.nsw.gov.au

**W** mnclhd.health.nsw.gov.au

**P** (02) 6659 2300

The Mid North Coast Brain Injury Rehabilitation Service provides rehabilitation services and short term case management to people with traumatic brain injury.

## **Hearing Services**

### **Attune**

2/73 Albany Street, COFFS HARBOUR NSW 2450

**E** coffsharbour@attune.com.au

**W** attune.com.au

**P** (02) 6656 3200

Attune Hearing clinics offer the full range of medical hearing services to help you on your way to better hearing health. Our Audiologists work with people of all ages from all walks of life and are fully equipped to look after your whole family.

### **Audika Australia - Coffs Harbour**

Unit 2, 49 Grafton Street, COFFS HARBOUR NSW 2450

**E** coffsharbourgrafton49@audika.com.au

**W** audika.com.au

**P** (02) 6651 6866

We believe in personalised hearing care, because we know that every individual is unique. So when it comes to your hearing aids, there's no "one-size fits all" solution and it is our goal to make sure you always have the very best in hearing care.

### **Bay Audio Toormina**

5 Toormina Road, TOORMINA NSW 2452

**E** enquiries@bayaudio.com.au

**W** bayaudio.com.au

**P** (02) 6600 1594

In the Coffs Harbour region, Bay Audio Toormina are the first stop for supplying cutting-edge hearing technology solutions combined with friendly, professional advice.

### **Hearing Australia - Coffs Harbour**

2 Lyster Street, COFFS HARBOUR NSW 2450

**E** info@hearing.com.au

**W** hearing.com.au

**P** (02) 6652 0700

With over 600 locations across Australia, we'll work with you to deliver on our promise to offer world-leading hearing solutions anyone can access – to make a difference to you, your family as well as the communities we serve.

### **Hearing Australia - Woolgoolga**

51 Beach Street, WOOLGOOLGA NSW  
2456

**E** [info@hearing.com.au](mailto:info@hearing.com.au)

**W** [hearing.com.au](http://hearing.com.au)

**P** (02) 6652 0700

With over 600 locations across Australia, we'll work with you to deliver on our promise to offer world-leading hearing solutions anyone can access— to make a difference to you, your family as well as the communities we serve.

### **NATIONAL HEARING CARE - Woolgoolga**

19 Market Street, WOOLGOOLGA NSW  
2456

**E** [Woolgoolga@nhc.com.au](mailto:Woolgoolga@nhc.com.au)

**W** [amplifon.com](http://amplifon.com)

**P** 1800 703 451

National Hearing Care Woolgoolga provides hearing services, aged hearing assistance and hearing aids to the community of Woolgoolga.

## **Home Care & Safety Services**

### **East Coast Accessibility Experts**

Lot 5 Druitt Court, COFFS HARBOUR NSW  
2450

**E** [shalla@accessibilityexperts.org.au](mailto:shalla@accessibilityexperts.org.au)

**W** [accessibilityexperts.org.au](http://accessibilityexperts.org.au)

**P** (02) 6651 2143

East Coast Accessibility Experts is your not-for-profit community service providing easy by assists the frail, aged and people with disability to remain at home by providing easy, affordable home modification solutions specific to individual needs.

### **HammondCare At Home - Coffs Harbour**

Suit 3a, Level 3, 218 Harbour Drive, COFFS HARBOUR NSW 2450

**E** [support@hammond.com.au](mailto:support@hammond.com.au)

**P** 1800 826 166

HammondCare is an independent Christian charity. Our passion is improving quality of life for people in need. Find out what our mission in action means and how we achieve this through the care we provide every day.

### **Nsw Home Support Services**

4/84-90 Industrial Drive, NORTH  
BOAMBEE VALLEY NSW 2450

**E** [info@nswhss.com.au](mailto:info@nswhss.com.au)

**W** [nswhomesupportservices.com.au](http://nswhomesupportservices.com.au)

**P** 1300 770 118

We are committed to providing competent, personalized, holistic care to people of all ages in an environment that promotes dignity, integrity and respect for cultural and linguistic diversity and social differences, we also focus on maintaining the optimum level of independence and lifestyle in their homes for as long as possible.

## **Hospitals**

### **Mental Health**

345 Pacific Hwy, COFFS HARBOUR NSW  
2450

**E** [mnclhd-consumerrelations@ncahs.health.nsw.gov.au](mailto:mnclhd-consumerrelations@ncahs.health.nsw.gov.au)

**W** [mnclhd.health.nsw.gov.au](http://mnclhd.health.nsw.gov.au)

**P** (02) 6656 7000

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 provides a broad range of specialist services to the residents of Coffs Harbour, Bellingen and Nambucca local government areas. With 292 beds, it provides the majority of specialist medical and surgical services for the Network.

## **Mental Health Services**

### **Australian Psychology and Wellness Centre**

19 Park Avenue, COFFS HARBOUR NSW  
2450

**E** [info@apawc.com.au](mailto:info@apawc.com.au)

**W** [apawc.com.au](http://apawc.com.au)

**P** (02) 6699 3820

Australian Psychology & Wellness Centre provides heart centred therapy in cutting edge science.

### **Clear Solutions Psychological Services**

78 Bray Street, COFFS HARBOUR NSW  
2450

**E** [info@csps.net.au](mailto:info@csps.net.au)

**P** (02) 6652 9181

I Helen Gibson, provide you with Psychology services within Coffs Harbour.

**Coffs Psychology and Neurotherapy**  
10 Glenreagh Street, COFFS HARBOUR  
NSW 2450

**E** admin@coffspsychneuro.com.au

**W** coffspsychneuro.com.au

**P** (02) 6699 2825

We offer modern psychological therapies, engaging your mind, brain, body, and behaviour to enhance wellbeing and enrich lives. We work collaboratively with you, your significant others, and healthcare practitioners to meet your needs and get the results you want. We have a range of expert psychologists - there is someone here for you.

**headspace Coffs Harbour**

45, 45-53 Little Street, COFFS HARBOUR  
NSW 2450

**W** headspace.org.au

**P** (02) 6652 1878

headspace Coffs Harbour is free. We are a short term early intervention service, we offer services to young people aged between 12 and 25 with mild to moderate mental health issues/concerns. We offer a range of services, these include • Peer support • Group support • youth worker support • allied health services, including Psychology, Dietitian and mental health nursing.

**Joyland Carers Retreat**

5B Breakers Way, KORORA NSW 2450

**E** joylandcarersretreat@gmail.com

**W** joylandcarersretreat.org

**P** 0421 644 998

We provide respite for carers in our community. Through fundraising events we are able to provide carers with a break from their regular duties, including accommodation, meals and counselling as required. carers come from various locations, backgrounds and ages. Main activities relate to Other health service delivery.

**Positive Outlook Psychological Services**

77 Raleigh Street, COFFS HARBOUR NSW  
2450

**E** admin@positiveoutlook.com.au

**W** positiveoutlook.com.au

**P** (02) 6652 2193

Positive Outlook's philosophy is based on the concepts of positive psychology. We recognise that it is important for each individual to experience the ups and downs of life. Our aim is to help our clients to feel grounded and connected, and to assist them to learn how to find balance in their lives.

**Psychology One to One**

Kimberly House, Suite 219 45 Little Street,  
COFFS HARBOUR NSW 2450

**E** info@psychology121.com.au

**W** psychology121.com.au

**P** 0455 555 171

Maryanne is a General Psychologist offering face to face and Telehealth consultations, compassionately committed to working with clients' suffering from a broad range of mental health concerns. Maryanne structures her therapy using the bio psychosocial model and tailors her treatment to the uniqueness of the individual presentation believing in a holistic approach.

**Wesley LifeForce Aftercare - Coffs Harbour**

71 Albany Street, COFFS HARBOUR NSW  
2450

**E** aftercare@wesleymission.org.au

**W** wesleymission.org.au

**P** (02) 5646 5718

Wesley LifeForce Aftercare helping people at risk of suicide with one on one care and support.

## Pharmacies

**Amcal+ Pharmacy Coffs Harbour**

343 - 345 Pacific Highway, COFFS  
HARBOUR NSW 2450

**E** info@chcpharmacy.com.au

**W** amcal.com.au

**P** (02) 6652 2336

Amcal Coffs Harbour is a locally owned and operated pharmacy. We have been investing in our community and its people locally since 2012. Our humble origins began from a one-person pharmacy operation, CHC Pharmacy, to an organisation that now employs over 70 staff across multiple practices in the mid-north coast.

**Coffsmed Chemist**

42-44 Gordon Street, COFFS HARBOUR  
NSW 2450

**E** [coffsmedchemist@outlook.com](mailto:coffsmedchemist@outlook.com)

**P** (02) 5606 2258

CoffsMed Chemist is located within the Coffs Medical Centre. We provide outstanding service to both the patients of the Coffs Medical Centre as well as the Coffs wider community. We work closely with GPs, aged care and disability professionals and hospitals to provide you with personalised care.

### **Discount Drug Stores Boambee**

140 Linden Avenue, BOAMBEE EAST NSW  
2450

**E** [boambee@discountdrugstores.com.au](mailto:boambee@discountdrugstores.com.au)

**W** [discountdrugstores.com.au](http://discountdrugstores.com.au)

**P** (02) 6658 4008

As a part of our professional healthcare offer to customers, Boambee Discount Drug Store provides a wide range of in-store health services to assist you and your family.

### **Good Price Pharmacy Warehouse**

150 Pacific Highway, COFFS HARBOUR  
NSW 2450

**E** [coffsharbour@goodpricepharmacy.com.au](mailto:coffsharbour@goodpricepharmacy.com.au)

**W** [goodpricepharmacy.com.au](http://goodpricepharmacy.com.au)

**P** (02) 6651 1800

Good Price Pharmacy Warehouse has become one of Australia's leading retailers in health, beauty and medicinal products. Each store carries all of your favourite brand names in vitamins, skincare, hair care, sun care, cosmetics, perfumes, prescriptions and medicines all at everyday low prices.

### **Jetty Village Pharmacy**

24, 361 Harbour Drive, COFFS HARBOUR  
NSW 2450

**E** [theteam@jettyvillagepharmacy.com](mailto:theteam@jettyvillagepharmacy.com)

**W** [jettyvillagepharmacy.com.au](http://jettyvillagepharmacy.com.au)

**P** (02) 6652 3087

We chose the professional creative and experienced staff at Giant Media as they have the skills and tools to help us with a creative digital space. Whether it be a PC, laptop, iPad or mobile phone the information on our website will be clearer and easier to navigate.

### **Northside Centre Pharmacy**

75 Park Beach Road, COFFS HARBOUR  
NSW 2450

**E** [contact@northsidepharmacy.com.au](mailto:contact@northsidepharmacy.com.au)

**W** [northsidepharmacy.com.au](http://northsidepharmacy.com.au)

**P** (02) 6651 1044

Northside Centre Pharmacy is a family owned pharmacy offering prescriptions, medicines, health, wellness beauty and skincare products, all at everyday low prices.

### **TerryWhite Chemmart**

Cnr Park Beach Rd & Pacific Highway,  
COFFS HARBOUR NSW 2450

**E** [CoffsHarbour@TerryWhiteChemmart.com.au](mailto:CoffsHarbour@TerryWhiteChemmart.com.au)

**W** [terrywhitechemmart.com.au](http://terrywhitechemmart.com.au)

**P** (02) 6652 4188

TerryWhite Chemmart is one of Australia's leading retail pharmacy networks delivering frontline healthcare. With more than 450 community pharmacies across Australia, we are committed to delivering real chemistry to every community across Australia – ensuring every Australian has easier access to pharmacists and expert health advice every day.

## **Pregnancy, Maternity & Newborn Health**

### **Blue Water Medical Coffs Harbour**

223 Harbour Drive, COFFS HARBOUR NSW  
2450

**E** [info@bluewatermedical.com.au](mailto:info@bluewatermedical.com.au)

**W** [bluewatermedical.com.au](http://bluewatermedical.com.au)

**P** (02) 6651 5037

Blue Water Medical - With more than 30 years experience in Women's Health, Dr Brumby is recognised as an expert in her field by providing Abortions, Contraception, Vasectomies and Women's Health Services in New South Wales (NSW).

### **Coffs Coast Wellbeing Centre**

89 West Hight Street, COFFS HARBOUR  
NSW 2450

**E** [jayne@coffscoastwellbeingcentre.com](mailto:jayne@coffscoastwellbeingcentre.com)

**W** [coffscoastwellbeingcentre.com](http://coffscoastwellbeingcentre.com)

**P** 0400 119 716

The Coffs Coast Wellbeing Centre is a collaboration of four locally-respected holistic health practitioners – Herbalist Jayne Elder, Psychotherapist Georgie Cooke, Naturopath Stephen Cooke and Remedial Therapist Natalie Thatcher – who share a deep commitment to offering the highest level of personalised and Professional care

### **Tresillian Family Care Centres**

27 Park Avenue, COFFS HARBOUR NSW  
2450

**E** TFCC-CoffsHarbour@health.nsw.gov.au

**W** tresillian.org.au

**P** (02) 6691 1912

Tresillian Family Care Centres is Australia's largest Early Parenting Service offering professional advice, education and guidance to families with a baby, toddler or pre-schooler.

## **Specialists**

### **Australian Eye Care**

32 Moonee Street, COFFS HARBOUR NSW  
2450

**E** info@australianeyecare.com

**W** australianeyecare.com

**P** 1800 469 393

Australian Eye Care is an organisation which exists to protect vision. We aim to achieve this by optimising the medical eye care of our individual patients, taking a holistic approach to eye care, and engaging with the wider community on issues relating to eye care.

### **Coffs Harbour Surgical**

60-62 Albany Street, COFFS HARBOUR  
NSW 2450

**E** manager@coffsharboursurgical.com.au

**W** coffsharboursurgical.com.au

**P** (02) 6650 0966

Coffs Harbour Surgical Provides you with the optimum in surgical care in a confidential and professional environment.

### **Coffs Medical Specialists**

35 Gordon Street, COFFS HARBOUR NSW  
2450

**E** coffs.ms@gmail.com

**W** coffsms.com.au

**P** (02) 6652 2886

Coffs Medical Specialists is a specialised centre managing the complex health needs of the Coffs Harbour and surrounding regions.

### **Coffs Skin Cancer Clinic**

30A Orlando street, COFFS HARBOUR  
NSW 2450

**E** info@coffsskincancer.com.au

**W** coffsskincancer.com.au

**P** (02) 6652 2277

Our mission is the early detection and treatment of skin cancers. Our experienced doctors are accredited by the Skin Cancer College of Australasia.

### **Dr Paul Dance Skin Cancer Clinic**

16 Scarba Street, COFFS HARBOUR NSW  
2450

**E** info@drpauldance.com.au

**W** drpauldance.com.au

**P** (02) 6601 9003

This is a Health Services - Specialists service: This clinic has a welcoming, friendly and comforting approach from the moment you walk in until you leave. The courtesy and professionalism of Dr Paul Dance is unsurpassed, and his manner and explanations give you confidence and put you at ease.

### **Pathia Pain Management**

33 Edgar Street, COFFS HARBOUR NSW  
2450

**E** frontdesk@pathiapainmanagement.com.au

**W** pathiapainmanagement.com.au

**P** (02) 6699 2184

At Pathia Pain Management We understand that persistent pain is physically and emotionally exhausting. We recognise that it affects all aspects of your life and that of your loved ones.

### **Southern Cross Medical Specialists**

343 Pacific Highway, COFFS HARBOUR  
NSW 2450

**E** info@scms.net.au

**P** (02) 6658 4000

The Southern Cross Medical Specialists is a medical centre that provides a wide & comprehensive range of medical & surgical services to the greater community of the Mid-North Coast of NSW.

## **Spinal Cord Injuries Australia - Coffs Harbour**

**W** [scia.org.au](http://scia.org.au)

**P** 1800 819 775

Spinal Cord Injuries Australia (SCIA) was formed in 1967 by a group of young men with a severe disability who wanted to change the world. They set about demanding that they be able to live lives no different from anyone else. SCIA is a member-based social enterprise with a majority of people with a disability amongst the staff and directors. Our objectives as an organisation are twofold: ...

## **SunDoctors Skin Cancer Clinic - Coffs Harbour**

9 Murdock Street, COFFS HARBOUR NSW 2450

**E** [southerncross@sundocors.com.au](mailto:southerncross@sundocors.com.au)

**W** [sundocors.com.au](http://sundocors.com.au)

**P** (02) 6651 9536

SunDoctors is an organisation dedicated to the diagnosis and treatment of skin cancer with streamlined, doctor-led processes and excellent facilities and equipment and doc are highly skilled and expert in the field of skin cancer.

# **Information & Counselling**

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## **Financial & Gambling Management & Budgeting**

### **Financial Wellbeing Service**

222 Harbour Drive, COFFS HARBOUR NSW 2450

**E** [contact@bluesky.org.au](mailto:contact@bluesky.org.au)

**W** [bluesky.org.au](http://bluesky.org.au)

**P** (02) 6651 1788

The Financial Wellbeing Service operates in the Clarence Valley, Coffs Harbour, Bellingen, Nambucca, Kempsey, Port Macquarie, Taree and Great Lakes areas of NSW. The service assists people in financial crisis to manage their immediate situation in a way that allows them to maintain their dignity whilst improving their financial capability.

## **General Support Services & Counselling**

### **Amanda Bos - Food Freedom Coach**

77 Albany Street, COFFS HARBOUR NSW 2450

**E** [hello@amandabosfoodfreedomcoach.com.au](mailto:hello@amandabosfoodfreedomcoach.com.au)

**W** [amandabosfoodfreedomcoach.com.au](http://amandabosfoodfreedomcoach.com.au)

**P** 0434 282 944

Step off the dieting merry-go-round and learn to trust yourself with food. Understand the difference between physical and emotional cues of hunger and support yourself to nourish yourself in healthy and satisfying ways. Develop the skills, knowledge and awareness to end the guilt and negative feelings connected to eating and form a positive mentality around your body and food.

### **PAWS Program**

**P** 1800 688 364

PAWS (Parents APAWS Logoutism Workshops and Support) brings together parents of children with autism, to share experiences and explore the potential that a pet dog might have within the family.

### **BPW Coff's Harbour**

PO Box 1684, COFFS HARBOUR NSW 2450

**E** [coffsharbour@bpw.com.au](mailto:coffsharbour@bpw.com.au)

**W** [bpw.com.au](http://bpw.com.au)

BPW Coffs Harbour has a long tradition of bettering our community. For the past 46 years, we have supported women, encouraged girls, educated females, succeeding in our efforts to lobby local and national governments regarding women's issues and along the way, we've had a great time.

### **Bridging The Gap Community Services**

183 Rose Avenue, COFFS HARBOUR NSW 2450

**E** [admin@bridgingthegapcoffs.com.au](mailto:admin@bridgingthegapcoffs.com.au)

**W** [btgcsi.com.au](http://btgcsi.com.au)

**P** (02) 5606 2167

Men and their families at any age. We advocate for court issues or between other service providers. Counselling/ case management. Run programs: Cook on a Budget, Anger Management, Drug n Alcohol, Triple P, and, The Course of Miracles. Homeless. Mental health. Pay fines. Give food. Eapa vouchers for gas or electricity. Phone use. Free bus travel. A drop in centre for showers and washing clothes.

**Bridging the Gap Community Services Inc  
- Woman's Services**

09 West High Street, COFFS HARBOUR  
NSW 2450

**E** admin@bridgingthegapcoffs.com.au  
**P** (02) 5606 2167

Woman's Services is focused on creating a safe and nurturing environment for woman and their families by offering advocacy, counselling and programs.

**General Support Services and Counselling**  
121 West High Street, COFFS HARBOUR  
NSW 2450

**E** info.midnorthcoast@nswcc.org.au  
**W** cancercouncil.com.au  
**P** (02) 6659 8400

We believe in a cancer-free future. There are things that we can all do every day to help make this happen.

**Coffs Harbour Breast Cancer Buddies**  
Anglican Church, McLean Street, COFFS  
HARBOUR NSW 2450

**W** beacon.bcna.org.au  
**P** (02) 6658 4074

For anyone who has been diagnosed with breast cancer & in need of support

**Dads In Distress - Coffs Harbour**  
4 Duke Street, COFFS HARBOUR NSW  
2450

**E** enquiries@dadsindistress.asn.au  
**W** parentsbeyondbreakup.com  
**P** 1300 853 437

We aspire to be a national leader in peer support to parents at risk of crisis and trauma that may impact upon family safety and wellbeing.

**Dads In Distress - Coffs Harbour**

4 Duke Street, COFFS HARBOUR NSW  
2450

**E** enquiries@dadsindistress.asn.au  
**W** parentsbeyondbreakup.com  
**P** 1300 853 437

Help with issues relating to family law, separation, divorce & child support services

**Gambling Help NSW**

**W** gambleaware.nsw.gov.au  
**P** 1800 858 858  
Online services only

**Harbour Therapy Clinic**

364A Harbour Drive, COFFS HARBOUR  
NSW 2450

**E** admin@harbourtherapyclinic.com.au  
**W** harbourtherapyclinic.com.au  
**P** (02) 6652 1120

Harbour Therapy Clinic is situated in the Coffs Harbour Jetty cafe area, close to the harbour foreshore (NSW, Australia). Our two spaces are calm and peaceful oases for clients to receive support and care from experienced therapists, psychologists, counsellors and an assortment of other qualified professionals in our clinic rooms ,online and at the wellness studio.

**Interrelate - Family Relationship Centre -  
Coffs Harbour**

24 Park Avenue, COFFS HARBOUR NSW  
2450

**W** interrelate.org.au  
**P** (02) 6659 4150

Providing family dispute resolution services

**Junaa Buwa! Youth Rehabilitation Centre**

**E** jb@missionaustralia.com.au  
**W** fds.org.au  
**P** (02) 6651 3418

Youth residential treatment program for males and females aged between 13 – 18 who are also involved with juvenile justice

**Kookaburra Child and Family Counselling  
Services**

7, 66 First Avenue, SAWTELL NSW 2452  
**E** joan@coffstraumacounselling.com  
**W** coffstraumacounselling.com

Trauma counselling services for women, adolescents and children affected by Domestic and Family Violence, sexual violence and other difficult life situations. Approved Victims Services Counsellor; NDIS (self and plan-managed clients) are also welcome.

### **LIFELINE - Coffs Harbour**

Unit 2, 115 West High Street, COFFS HARBOUR NSW 2450

**E** [reception.northcoast@lifeline.org.au](mailto:reception.northcoast@lifeline.org.au)

**W** [lifelinenorthcoast.org.au](http://lifelinenorthcoast.org.au)

**P** (02) 6651 4093

Free confidential counsellors and specialists for people with gambling problems, or those impacted by gambling i.e friends, colleagues, plus financial counselling

### **LIFELINE Financial Counselling**

Unit 2, 115 West High Street, COFFS HARBOUR NSW 2450

**E** [reception.northcoast@lifeline.org.au](mailto:reception.northcoast@lifeline.org.au)

**W** [lifelinenorthcoast.org.au](http://lifelinenorthcoast.org.au)

**P** (02) 6651 4093

Free Financial Counselling for people and families affected by Gambling Harm.

### **Suicide**

#### **Bereavement Group**

Unit 2, 115 West High Street, COFFS HARBOUR NSW 2450

**E** [reception.northcoast@lifeline.org.au](mailto:reception.northcoast@lifeline.org.au)

**W** [lifelinenorthcoast.org.au](http://lifelinenorthcoast.org.au)

**P** (02) 6651 4093

Evening support group led by trained facilitators (over 18's only)

#### **Telephone crisis support service**

Unit 2, 115 West High Street, COFFS HARBOUR NSW 2450

**E** [reception.northcoast@lifeline.org.au](mailto:reception.northcoast@lifeline.org.au)

**W** [lifelinenorthcoast.org.au](http://lifelinenorthcoast.org.au)

**P** (02) 6651 4093

Lifeline North Coast (NSW) provides a telephone crisis support service. The service is delivered by volunteers who are skilled and equipped to assist those who call by providing support to people in crisis and referral options. Crisis support chat/help resources/helpline

### **Love Coaching - Coffs Harbour**

9 Park Avenue, COFFS HARBOUR NSW 2450

**W** [lovecoaching.com](http://lovecoaching.com)

**P** 0414 810 148

Frances Amaroux connects to each client with a balance of warmth, humour and deep respect. She balances a practical, down-to-earth approach, whilst also utilizing the unconscious mind, and energy psychology techniques such as Hypnosis, NLP and EFT and the Emotion Code.

### **Mens Shed Coffs Harbour**

138A Howard Street, COFFS HARBOUR NSW 2450

**E** [diannehendry@bigpond.com](mailto:diannehendry@bigpond.com)

**W** [whittleseamensshed.weebly.com](http://whittleseamensshed.weebly.com)

**P** (02) 6651 4159

Open to men of all ages in the CH community. Equip & tools available to produce woodworking projects, mentors on hand to give advice, make friends and catch-up

### **Mentors for men**

Coffs Harbour Neighbourhood Centre, 22 Earl Street, COFFS HARBOUR NSW 2450

**E** [coffsmentors@gmail.com](mailto:coffsmentors@gmail.com)

**W** [mentorsformen.com.au](http://mentorsformen.com.au)

**P** (02) 6648 3694

We provide free support a referral services to enable men to voluntarily participate in fulfilling & challenging activities of their choice. We also provide new opportunities for men from varied backgrounds to share their skills, knowledge & experience

### **One Door Mental Health Carers Support**

Vernon Street, COFFS HARBOUR NSW 2450

**E** [vmyquad@yahoo.com.au](mailto:vmyquad@yahoo.com.au)

**W** [onedoor.org.au](http://onedoor.org.au)

**P** (02) 6652 8633

When you're looking after a family member who is living with a mental illness, it can take its toll on your own health, wellbeing and life goals. Ensuring that you get the support and respite you need so you can be the best version of yourself for your loved one is paramount; so who cares for the carers? One Door has a range of services on offer for the families of people with mental illness.

### **Recreate Art Therapy**

40 Mastracolas Road, COFFS HARBOUR  
NSW 2450

**E** taniawfjones@hotmail.com

**P** 0408 975 166

Art therapy is an allied health profession delivered by Tania Miller whom is a professionally trained. Tania works with clients using a variety of art mediums within the therapy session. Tania supports participants to work toward individual goals in creative ways to enhance physical and emotional wellbeing.

### **The Counselling Space**

Suites 601-603, 24 Moonee Street, COFFS  
HARBOUR NSW 2450

**E** admin@thecounsellingspace.com.au

**W** thecounsellingspace.com.au

**P** 0488 432 165

The Counselling Space is conveniently located in Coffs Harbour CBD. Angie provides counselling, child play therapy and psychological services. An NDIS Registered Provider, we specialise in therapy that is neuroaffirming, including play therapy for children. The Counselling Space is safe, inclusive and welcomes contact from our LGBTIQ communities.

### **Uniting Burnside: Brighter Futures. coffs Harbour and Bellingen**

Level 2, Rigby Hause, 27-29 Duke Street,  
COFFS HARBOUR NSW 2450

**E** ask@uniting.org

**W** uniting.org

**P** (02) 6659 2800

Brighter Futures delivers targeted services and support to families.

### **Uniting Burnside: Refugee Parenting Support Program**

Level 2, Rigby Hause, 27-29 Duke Street,  
COFFS HARBOUR NSW 2450

**E** ask@uniting.org

**W** uniting.org

**P** (02) 6659 2800

The Refugee Parenting Support Program provides families with children aged 0-12 years

### **Yasmyn 's Counselling and Support**

27 Mirroola Crescent, TOORMINA NSW  
2452

**E** yasmyn.parkinson@hotmail.com

**P** 0438 477 243

Counselling and support for all aspects of Health and Wellbeing, All ages, appointment times negotiable. Via telephone, zoom, anywhere in Australia.

## **Lesbian, Gay, Bisexual and Transgender (LGBTQIA+)**

### **ACON - Coffs Harbour**

Unit 21, 20 Gordon Street, COFFS  
HARBOUR NSW 2450

**E** athoener@acon.org.au

**W** acon.org.au

**P** (02) 6651 6017

Up to 12 free counselling sessions for those who identify as LGBTIQ and who are living with HIV

### **Groundworks Youth Centre**

Coffs Harbour Community Village, 22 Earl  
Street, COFFS HARBOUR NSW 2450

**E** groundworks@midcc.org.au

**P** (02) 5632 4020

Free access to Counsellors weekly. Support group for gay, lesbian and bi-sexual youth. Art-related workshops. Information and referrals.

### **Groundworks Youth Centre**

Coffs Harbour Community Village, 22 Earl  
Street, COFFS HARBOUR NSW 2450

**E** groundworks@midcc.org.au

**P** (02) 5632 4020

This is a Information & Counselling - Lesbian, Gay, Bisexual and Transgender (LGBT) service.

### **LGBTIQ Coffs Connection and Community(CCC) and surrounding areas**

**E** todtrappett@hotmail.com

**P** 0415 580 126

LGBTIQ CCC brings together diverse groups and individuals from within the local LGBTIQ community in the spirit of empowerment, inclusion and celebration to build a resilient and strong community from the ground up.

## Maternity Support Services & Counselling

### AUSTRALIAN BREASTFEEDING ASSOCIATION - COFFS HARBOUR

**W** [breastfeeding.asn.au](http://breastfeeding.asn.au)

**P** 1800 686 268

Breastfeeding education classes, counselling and information

### LillyRose Pregnancy Support

12 Earl Street, COFFS HARBOUR NSW 2450

**W** [lifehousecare.org.au](http://lifehousecare.org.au)

**P** (02) 6652 3116

Are you pregnant? Feeling scared? Confused? Alone? You have options!

### Lily rose Pregnancy Support

12 Earl Street, COFFS HARBOUR NSW 2450

**E** [info@lilyrose.org.au](mailto:info@lilyrose.org.au)

**W** [lilyrose.org.au](http://lilyrose.org.au)

**P** 0423 227 917

Lilyrose Pregnancy Support is a not-for-profit, Christian-based organisation which exists to offer emotional and practical support to women and families experiencing an unplanned pregnancy.

## Sexual Support Services & Counselling

### Community Health Centre

Coffs Harbour Health Campus 345 Pacific Highway, COFFS HARBOUR NSW 2450

**W** [mnclhd.health.nsw.gov.au](http://mnclhd.health.nsw.gov.au)

**P** (02) 6656 7200

Victims (recent and past). Adult survivors of child sexual abuse, significant others, (ie partners, parents & friends) females and males, adults, teenagers & children

## Legal Assistance & Information Services

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## General Legal Assistance & Information

### Australian Red Cross Society -

#### Woolgoolga

**E** [woolgoolgaredcross@gmail.com](mailto:woolgoolgaredcross@gmail.com)

**W** [redcross.org.au](http://redcross.org.au)

**P** (02) 6654 0904

First Aid, Support Services, Volunteer Services, Emergency and crisis services

### Coffs Harbour Libraries Home Library Service

Coff and Duke Street, COFFS HARBOUR NSW 2450

**E** [coffs.library@chcc.nsw.gov.au](mailto:coffs.library@chcc.nsw.gov.au)

**W** [coffsharbour.nsw.gov.au](http://coffsharbour.nsw.gov.au)

**P** (02) 6648 4900

Home Library Service staff will search for specific information on behalf of customers such as: Other community services Personal interest topics Hobbies and crafts Legal information Medical information Local history

### Legal Aid Commission of NSW - Coffs Harbour

41 Little Street, COFFS HARBOUR NSW 2450

**W** [legalaid.nsw.gov.au](http://legalaid.nsw.gov.au)

**P** 1300 888 529

Legal Aid NSW provides legal services to disadvantaged clients across NSW in most areas of criminal, family and civil law.

### Locale Consulting

**E** [info@localeconsulting.com.au](mailto:info@localeconsulting.com.au)

**W** [localeconsulting.com.au](http://localeconsulting.com.au)

**P** 0421 180 881

Delivers practical and outcome based solutions for the local government and not for profit sectors, with a strong focus on regional NSW. We also run free workshops to enable and support community groups and associations to perform and engage better as well as provide guidance on grant writing, navigating the planning system and strategic planning.

**Mid North Coast Community Legal Centre  
- Coffs Harbour**

13-15 Park Avenue, COFFS HARBOUR NSW  
2450

**E** [info@mncclc.org.au](mailto:info@mncclc.org.au)

**W** [advocacylaw.org.au](http://advocacylaw.org.au)

**P** (02) 6580 2111

Free civil law legal advice and assistance for residents from Coffs Harbour, Bellingen and Nambucca.

**Mid North Coast Legal Centre**

13-15 Park Avenue, COFFS HARBOUR NSW  
2450

**E** [info@mncclc.org.au](mailto:info@mncclc.org.au)

**W** [mnclegal.org.au](http://mnclegal.org.au)

**P** (02) 6580 2111

Mid North Coast Legal Centre provides free legal advice, advocacy, and education to empower individuals with knowledge of their rights and the ability to resolve their disputes.

**NSW Fair Trading - Coffs Harbour**

32-34 Gordon Street, COFFS HARBOUR  
NSW 2450

**W** [fairtrading.nsw.gov.au](http://fairtrading.nsw.gov.au)

**P** 13 32 20

NSW Fair Trading safeguards the rights of all consumers and advises business and traders on fair and ethical practice. We provide services directly to individuals and businesses to create a fair, safe and equitable marketplace.

**Women's Resource and Information  
Centre**

18 Valley Street, COFFS HARBOUR NSW  
2450

**E** [wric@warrina.org.au](mailto:wric@warrina.org.au)

**W** [warrina.org.au](http://warrina.org.au)

**P** (02) 6652 9944

Women's Resource and Information Centre (WRIC) provides General Legal Assistance & Information service, Domestic and Family Violence Counselling, Referrals to community organisations to support individual needs. All services at the WRIC are confidential and free of charge.

**Local Advocacy Services**

**Justice of the Peace: Coffs Central  
Shopping Centre (K-Mart Store)**

35-61 Harbour Drive, COFFS HARBOUR  
NSW 2450

**E** [coffsharbour@nswja.org.au](mailto:coffsharbour@nswja.org.au)

**W** [jp.nsw.gov.au](http://jp.nsw.gov.au)

**P** 0428 711 725

JP Association Coffs Harbour Branch Operates Community Help Desks at the following location. Note: All Desks are closed on Public Holidays

**Justice of the Peace: Moonee Market  
Shopping Centre (Outside Coles)**

2B Moonee Beach Road, MOONEE BEACH  
NSW 2450

**E** [coffsharbour@nswja.org.au](mailto:coffsharbour@nswja.org.au)

**W** [jp.nsw.gov.au](http://jp.nsw.gov.au)

**P** 0428 711 725

JP Association Coffs Harbour Branch Operates Community Help Desks at the following location. Note: All Desks are closed on Public Holidays

**Justice of the Peace: Park Beach Plaza  
Shopping Centre (Outside Big W)**

253 Pacific Highway, COFFS HARBOUR  
NSW 2450

**E** [coffsharbour@nswja.org.au](mailto:coffsharbour@nswja.org.au)

**W** [jp.nsw.gov.au](http://jp.nsw.gov.au)

**P** 0428 711 725

JP Association Coffs Harbour Branch Operates Community Help Desks at the following location. Note: All Desks are closed on Public Holidays

**Justice of the Peace: Toormina Gardens  
Shopping Centre (Outside Coles)**

5 Toormina Road, TOORMINA NSW 2450

**E** [coffsharbour@nswja.org.au](mailto:coffsharbour@nswja.org.au)

**W** [jp.nsw.gov.au](http://jp.nsw.gov.au)

**P** 0428 711 725

JP Association Coffs Harbour Branch Operates Community Help Desks at the following location. Note: All Desks are closed on Public Holidays

**North Coast Women's Domestic Violence  
Court Advocacy Service**

18 Valley Street, COFFS HARBOUR NSW  
2450

**E** [coffs@nccas.org.au](mailto:coffs@nccas.org.au)

**W** [warrina.org.au](http://warrina.org.au)

**P (02) 6650 0302**

Provides information, advocacy and support to women and children experiencing domestic violence. Services include information about the court process, liaison with Police, Solicitors and Court Staff, safe room at court, referrals to counselling, casework, victim's compensation, Centrelink.

## **Mediation & Ombudsman Support**

### **Mediation Solutions**

**E** mediation.solutions@bigpond.com

**W** mediation-solutions.com.au

**P (02) 6658 9725**

Mediation Solutions provides processes that can assist in the resolution of situations such as: Family Law (including property and children) Workplace disputes Business disputes Insurance claims Personal disputes

## **Recreation & Leisure**

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### **Crafts**

#### **Stitches by the Sea**

10 Gundagai Street, COFFS HARBOUR  
NSW 2450

**E** infostitchesbythesea@gmail.com

**W** stitchesbythesea.net

**P 0412 355 438**

Recreational, Inspiring, workshops & classes, family orientated, creative, fabric work, art & crafts and a friendly service.

### **Fitness Activities**

#### **Brand new Me**

1/21 Industrial Drive, COFFS HARBOUR  
NSW 2450

**E** contact@brandnewme.com.au

**W** brandnewme.com.au

**P (02) 6650 0062**

Brand New Me is a health and fitness studio in Coffs Harbour that focuses on how you feel and perform over how you look. We match evidence based exercise programming with nutrition catered for you, no fads or crash diets here! It's like 1 on 1 Personal Training but better, it's a community.

#### **carnival**

123 Pacific Highway, COFFS HARBOUR  
NSW 2450

**E** carnivaledanceco@gmail.com

**W** carnivaledanceco.com

**P 0407 879 708**

Empowering the next generation of performers through Dance, Drama, Music, Team Work.

#### **Coastal Gymnastics**

5/8-10 Industrial Drive, COFFS HARBOUR  
NSW 2450

**E** coastalgymnastics@gmail.com

**P 0409 059 779**

At Coastal Gymnastics Centre we believe that everyone should have a chance to enjoy the sport of gymnastics! Whether it's recreational, competitive or just tumbling we provide a fun and safe environment for kids to learn and succeed!

#### **Coastal Pilates and fitness**

142 South Boambee Road, BOAMBEE  
NSW 2450

**E** Lauren@coastalpilatesfitness.com.au

**W** coastalpilatesfitness.com.au

**P (02) 6658 5749**

We offer a small and nurturing environment for exercise and support and all clients are cared for equally. No matter what your goals are, we guarantee you will get results by becoming a client of our studio.

#### **Coffs APA Allied Health**

1 Lawson Crescent, COFFS HARBOUR NSW  
2450

**E** strengthcoffs@gmail.com

**P 0412 936 524**

We are a private gym with members who attend group training times under the supervision of an Exercise Physiologist (EP) / Strength Coach who specialises in coaching the general public. We have our general clients on a strength and conditioning program that is adapted to meet individual needs.

### **Coffs Coast BMX Club**

Hulberts Road, TOORMINA NSW 2452

**E** [coffscoastbmxclub@gmail.com](mailto:coffscoastbmxclub@gmail.com)

Coffs Coast BMX Club is the local BMX race club for the Coffs Harbour area & surrounding regions, all welcome we offer BMX Mini Wheelers

### **Coffs Coast Physie**

**E** [ccphysie@hotmail.com](mailto:ccphysie@hotmail.com)

**W** [coffscoastphysie.com.au](http://coffscoastphysie.com.au)

**P** 0411 460 377

PHYSIE builds confidence and poise but that's not all... PHYSIE also develops good posture, strength, fitness, flexibility, co-ordination and balance through a regular program of exercise and dance.

### **Coffs Coast Swim Squad**

Corner Coff & Gordan Street, COFFS HARBOUR NSW 2450

**E** [coffsswim@gmail.com](mailto:coffsswim@gmail.com)

Strokes, Squads & Skill. Catering for all levels of swimming abilities.

### **Coffs Harbour Aquatic Centre**

50 Park Beach Road, COFFS HARBOUR NSW 2450

**E** [coffsaquatic@hotmail.com](mailto:coffsaquatic@hotmail.com)

**W** [swimcoffsaquatic.com.au](http://swimcoffsaquatic.com.au)

**P** (02) 6652 5700

Specialise in Lessons such as Group lessons and Private lessons, swimming Squads for adults and children and water fitness consists of Aqua Fitness and MetAqua

### **Coffs Harbour Cycle Club**

LOT 53 Minorie Drive, LOT 53 Minorie Drive, TOORMINA NSW 2452

**E** [secretary@coffsharbourcycleclub.org.au](mailto:secretary@coffsharbourcycleclub.org.au)

**W** [coffsharbourcycleclub.org.au](http://coffsharbourcycleclub.org.au)

Coffs Harbour Cycle Club aims to promote the health benefits of cycling by encouraging people to get back on a bike or learn to ride a bike and get outdoors to enjoy the beautiful surroundings. Supported events and rides are available from beginner to experienced cyclists.

### **Coffs Harbour Swim Club**

**E** [coffsharbourswimclub@gmail.com](mailto:coffsharbourswimclub@gmail.com)

**W** [coffsharbourswimclub.com](http://coffsharbourswimclub.com)

Coffs Harbour Swim Club is a great place to make new friends and a fun way to gain confidence in competing in the pool. Club nights provide swimmers with race practice and are held on Friday evenings (see club calendar) culminating in the Club Champs.

### **Crossfit Woolgoolga**

2/4 Bosworth Road, WOOLGOOLGA NSW 2456

**E** [crossfitwoolgoolga2456@gmail.com](mailto:crossfitwoolgoolga2456@gmail.com)

**W** [crossfitwoolgoolga.com.au](http://crossfitwoolgoolga.com.au)

**P** 0457 113 186

Community based, expert coaching, we aim at elite fitness in all 10 of the physical skills. We don't want you to just be strong and have stamina, but also power, speed, flexibility, coordination, agility, balance & accuracy. You are certain to get into the best shape of your life.

### **Hisa, Atsuhiko Cristiano**

Unit 3, 192 Orlando Street, COFFS HARBOUR NSW 2450

**E** [info@crishisabjjteam.com.au](mailto:info@crishisabjjteam.com.au)

**W** [crishisabjjteam.com.au](http://crishisabjjteam.com.au)

**P** 0421 921 061

Providing pure Brazilian Jiu Jitsu instruction to all ages, all levels. A gentle art that doesn't rely on any striking, kicking or punching. Rated worldwide as one of the most effective and powerful martial art. Great for fitness, mental health, losing weight, making friends and being part of a team. Check our website for details.

### **Holiday Coast Bootscooters**

1st Avenue, SAWTELL NSW 2452

**E** [debbie.mcwha@gmail.com](mailto:debbie.mcwha@gmail.com)

**P** 0431 775 299

At the Holiday Coast Bootscooters in Coffs Harbour, my aim is to introduce Choreography, Recreation, Exercise and Line Dancing to everyone from the young to the mature aged. Line Dancing is a great form of exercise, and is good for the mind, body and spirit. No previous dance experience is required, you will be taught in a graduated manner scaled to your own ability.

### **Marquee Fitness**

252 Pacific Highway, COFFS HARBOUR NSW 2450

**E** [marqueefitness@gmail.com](mailto:marqueefitness@gmail.com)

**P** (02) 6651 3254

Marquee Fitness is located at Homebase underneath Harvey Norman. NO joining fees. We're open 24/7 - We have three highly trained PT instructors who are available for private sessions or group fitness, assisting clients in setting and achieving their goals. Motivating, developing, mentoring and monitoring them during this process so they continue to accomplish their personal aims.

### **Orara Valley Community Pool**

Lot 10 Grafton Street, NANA GLEN NSW  
2450

**P** (02) 6654 3900

Lessons offered - Baby classes, Infant, Learn to swim, Stroke Development through to squads available.

### **parkrun - Coffs Harbour**

Palm Street, COFFS HARBOUR NSW 2450

**E** coffsharbourhelpers@parkrun.com

**W** parkrun.com.au

Coffs Harbour parkrun is a fun, free event organised by volunteers for the benefit of everyone. This event starts Saturday morning at 7:00am.

### **Sawtell Iyengar Yoga**

21 Elizabeth Street, SAWTELL NSW 2450

**E** yogi-lou@bigpond.net.au

**W** sawtellyoga.com

**P** 0438 618 873

Iyengar Yoga Tradition Poses use props such as blocks and belts to help people of varying ages, health and fitness to enjoy the benefits of yoga.

### **Sawtell Tennis Club**

Lyons Road, SAWTELL NSW 2452

**E** sawtelltennis@gmail.com

**P** 0407 296 685

Social and competition tennis, Venue for major tournaments, Coaching for all ages, Casual and permanent court hire

### **Seaside Cloggers Clog Tap Dance Club**

Solitary Islands Way, WOOLGOOLGA NSW  
2456

**E** seasidecloggers@iinet.net.au

**W** seasidecloggers.com.au

**P** 0412 050 279

Our Dance Club offers a slightly different experience. Whilst the learning of an exciting and interesting dance form is taught by an experienced teacher, it is also taught with kindness and consideration. We understand that each person has individual needs & personalities. Clog Tap can be danced with the hands for those with disabilities.

### **The Sol Collective**

321 Harbour Drive, COFFS HARBOUR NSW  
2450

**E** hello@thesolcollective.co

**W** thesolcollective.co

**P** 0428 079 195

The Sol Collective also known as Terra Flow Yoga is a space where it's safe to close your eyes & know you are safe within your own inner glow. Energy arises from energy (says the Sun & big-hearted livers).

## **General Recreation and Leisure**

### **Bite Food Tours - Coffs Harbour**

**E** awia.markey@gmail.com

**W** bitefoodtours.com

**P** 0410 444 136

A local Food Tour business that hosts food & art tours, Art Workshops, and our monthly food related Bite Book Club.

### **Coffs Diners**

3/5 , 5 Burke Street, COFFS HARBOUR  
NSW 2450

**E** y.mcleod@bigpond.com

mixed group of people who meet each Friday evening for dinner at various local restaurants, are now welcoming new members.

### **Coffs Regional Community Garden**

Combine Street Reserve, COFFS HARBOUR  
NSW 2450

**E** susan11651@hotmail.com

**W** coffscommunitygardens.org.au

**P** 0403 934 048

Sustainable living examples for the whole community, Promotion of healthy eating, waste reduction and recycling, Pesticide-free Access to fresh, nutritious local produce, Opportunities for informal exchange of ideas, knowledge and skills, Fosters intergenerational and intercultural relationships, Waste reduction / recycling promotion, Cultivating community

### **Coramba Village Market**

4 Dorrigo Street, CORAMBA NSW 2450

**E** corambamarket@gmail.com

**P** 0413 900 123

The Coramba Village Market is located in the beautiful Orara Valley, Coffs Harbour hinterland. This market is held on the 4th Sunday of the month from 9am - 1:30pm. Rain or Shine, the market is currently held at the Coramba Hall, 4 Dorrigo Street, Coramba. Come out to connect and have a local shop. Offering live music, handmade and Orara Valley grown goods, second hand items, & fun!

### **Toormina Swim School**

14 Nariah Crescent, TOORMINA NSW 2452

**E** leahdillon14@gmail.com

**P** (02) 6653 2068

Learn to swim classes 6 months up. Class or private lessons. Catering for all levels. Learn to swim classes 6 months up. Class or private lessons. Catering for all levels. special needs. Small centre.

## **Indoor Recreation and Leisure**

### **Pacific Dancentre**

Dance Pavillion, 123 Pacific Highway, COFFS HARBOUR NSW 2450

**E** pdcentre@bigpond.net.au

**W** pacificdancentre.com.au

**P** 0400 310 480

A place to learn, keep fit and socialise in the form of Ballroom Dancing for all ages and abilities, all our information is located on our website for day's and times or phone for bookings

### **Springloaded Coffs Harbour**

600B Hogbin Drive, TOORMINA NSW 2452

**E** info@springloadedcc.com.au

**W** springloadedcc.com.au

**P** (02) 6658 7188

Our state of the art facilities here at Springloaded are designed for all levels & abilities - from Kinder Gymnastics (under 5yrs) to Adult Gymnastics, there is something for everyone! Balance Beams, Uneven Bars, Parallel Bars, Trampolines, Sprung Floors, Carpeted Matting, Foam/ Resi Pits, Ropes, Parkour & Ninja Warrior Areas.

## **Outdoor Recreation and Leisure**

### **Coffs Harbour Kart Racing Club**

Phil Hawthorn Drive, COFFS HARBOUR NSW 2450

**E** coffskart@outlook.com

**W** coffskart.com

**P** (02) 6658 5664

Coffs Coast is located on the east coast of Australia, approximately halfway between Sydney and Brisbane on the Legendary Pacific Coast Touring Route... an area known as the North Coast of NSW. With 5 variations of tracks, and beautiful surrounds we specialise in kart racing for all ages, competitions, and club memberships, we have one of the best presented kart tracks in Australia.

### **Coffs Hikers**

38 Bruce Taylor Circuit, KORORA NSW 2450

**E** hello@coffshikers.org

**W** coffshikers.org

**P** 0403 770 302

Volunteer leaders offer a mix of walks for different levels of experience and fitness and support new walkers. We are affiliated with Bushwalking NSW, so our leaders and members are insured. We follow the bushwalkers code and believe that exercising in nature with friends keeps us happy and whole. See our website to join. Learn more about us, view our calendar and sign up for walks.

### **Coffs Trails**

**E** info@coffstrails.com

**W** coffstrails.com

**P** 0403 770 302

Coffs Trails provides information on bushwalking or hiking trails, 4WD and adventure motorcycling in the Coffs Harbour area of the Mid North Coast NSW. We explore National Parks and State Forests to encourage people to get outside, exercise and appreciate the environment.

### **Lee Winkler's Surf School**

Marina Drive, COFFS HARBOUR NSW 2450

**E** [info@leewinklerssurfschool.com.au](mailto:info@leewinklerssurfschool.com.au)

**W** [surfschoolcoffsharbour.com.au](http://surfschoolcoffsharbour.com.au)

**P** 0438 535 560

Lee Winkler's lessons are built around a lot of fun in the waves whilst being taught skills that will include Learning how to stand correctly, crossing the wave, turning techniques along with identifying correct waves for your ability, recognizing rips, currents, gutters, surf safety, rules of the ocean and etiquette.

### **North Coast Regional Botanic Garden**

38 Hardacre Street, COFFS HARBOUR NSW 2450

**E** [coffsbotanicgarden@gmail.com](mailto:coffsbotanicgarden@gmail.com)

**W** [coffsbotanicgarden.com.au](http://coffsbotanicgarden.com.au)

**P** (02) 6648 4188

The Garden is one of the major regional botanic gardens on coastal New South Wales north of Sydney. It covers 20 hectares of Crown Land and is bounded on three sides by Coffs Creek, a wide mangrove-lined, tidal estuary. The Garden was designed to feature natural forest, rare and endangered Australian species, and exotic plants from other sub-tropical regions of the world.

### **Park Beach Bowls club**

60 Ocean Parade, COFFS HARBOUR NSW 2450

**E** [enquiries@pbbc.com.au](mailto:enquiries@pbbc.com.au)

**W** [pbbc.com.au](http://pbbc.com.au)

**P** (02) 6652 3622

We aim to promote and conduct the game of bowls and such other sports, games, amusements, entertainments, pastimes and recreations, indoor and outdoor, as the Board thinks fit.

### **Reflections Boambee Creek Reserve**

20 Sawtell Road, TOORMINA NSW 2452

**E** [boambeecreekreserve@reflectionsholiday.com.au](mailto:boambeecreekreserve@reflectionsholiday.com.au)

**W** [reflectionsholidayparks.com.au](http://reflectionsholidayparks.com.au)

**P** (02) 6653 1096

Enjoy live music and breakfast BBQs. A playground for kids, BMX track, paddle boards for hire, croquet club, and lots of space for setting up games of cricket and soccer, an attractive recreation area with indoor and outdoor seating, TV, USB connection points and lounges.

### **Solitary Islands Surf School**

46 Bluff Road, EMERALD BEACH NSW 2456

**E** [info@solitaryislandssurfschool.com.au](mailto:info@solitaryislandssurfschool.com.au)

**W** [solitaryislandssurfschool.com.au](http://solitaryislandssurfschool.com.au)

**P** 0438 561 370

Surfing experience on the beautiful Coffs Coast for individuals or for private groups, for all ages and abilities. This combined with the fact we're located right at the heart of the Solitary Islands Marine Park, and you have some of Australia's most pristine locations to surf in!!

### **Walking For Pleasure**

**E** [coffscoasting@gmail.com](mailto:coffscoasting@gmail.com)

**W** [gmail.com](http://gmail.com)

**P** 0408 327 434

Sunday Bushwalking Group for Seniors meeting at 9AM for gentle to medium 7 to 9km walks with social and lunch options. Email for our Walking program of dates and locations. All walks a volunteer led over two to three hours and suitable for fit seniors with own transport. All participants take full responsibility for their own safety and well being at all times. Sundays, fortnightly - June 7th

## **Religion & Philosophy**

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### **Churches and Places of Worship**

#### **C3 CHURCH COFFS HARBOUR**

11 June Street, COFFS HARBOUR NSW 2450

**E** [office@c3ch.com](mailto:office@c3ch.com)

**W** [c3ch.com](http://c3ch.com)

**P** (02) 6651 4375

We are passionate about seeing the city of Coffs Harbour find true love through Jesus Christ and His church. C3 Church Coffs Harbour is a place where people can come just as they are and experience real community in a fun, vibrant, and family friendly environment

### **Coffs Coast Healing Rooms**

Cnr Curacoa & Harbour Drive, COFFS

HARBOUR NSW 2450

E [sdalton216@gmail.com](mailto:sdalton216@gmail.com)

W [healingrooms.com](http://healingrooms.com)

P (02) 6651 4602

Healing Rooms, Coffs Harbour

### **Coffs Harbour Christadelphian Ecclesia**

36 Bonville Station Rd, BONVILLE NSW  
2441

E [sheryldowns@hotmail.com](mailto:sheryldowns@hotmail.com)

W [coffschristadelphians.org](http://coffschristadelphians.org)

P (02) 6658 1812

We are a group of followers of Jesus Christ – we try to live like Jesus and are eagerly waiting the day when Jesus will return to set up God's Kingdom here on earth. We are keen to share this gospel message with all who are interested and warmly invite you to come along and discuss this most precious faith with us.

### **Coffs Harbour Uniting Church**

14 Vernon Street, COFFS HARBOUR NSW  
2450

E [ucacoffs@optusnet.com.au](mailto:ucacoffs@optusnet.com.au)

W [unitingchurchcoffsharbour.com](http://unitingchurchcoffsharbour.com)

P (02) 6652 7044

We are involved in numerous church and community activities which are conducted by congregation members and community volunteers.

### **Coffs Harbour Uniting Church, Soup Place**

19A - 21 Gordon Street, COFFS HARBOUR  
NSW 2450

W [unitingchurchcoffsharbour.com](http://unitingchurchcoffsharbour.com)

P (02) 6652 7044

Soup Kitchen run by the Uniting Church to provide meals to those in need

### **Harbourside Presbyterian Church**

187 Harbour Drive, COFFS HARBOUR NSW  
2450

W [harboursidepc.com.au](http://harboursidepc.com.au)

P (02) 6652 3183

At Harbourside Presbyterian Church we are a Bible-based vibrant and growing community with a great passion to bring people to know and love Jesus. We focus on his death and resurrection which brings us forgiveness and eternal life. Our church motto CONNECT GROW SERVE GO sums up how we're seeking to go about that as a church together.

### **Heartbeat Centre (Church), Coffs City Mission.**

Heartbeat Centre, 10 Elswick Place, COFFS  
HARBOUR NSW 2450

E [admin@heartbeat.org.au](mailto:admin@heartbeat.org.au)

W [heartbeat.org.au](http://heartbeat.org.au)

P (02) 6652 6282

Providing care and assistance to those in need within our community through Heartbeat Market, Heartbeat Church and Heartbeat House. Retail on the job training. Furniture, manchester and clothing assistance. Free Christian counselling and free Marriage Celebrant Services for those wanting a Christian Church Wedding Service.

### **Northern Beaches Anglicans**

19-21 Scarborough Street, WOOLGOOLGA  
NSW 2456

E [office@northernbeachesanglicans.org.au](mailto:office@northernbeachesanglicans.org.au)

W [northernbeachesanglicans.org.au](http://northernbeachesanglicans.org.au)

P (02) 6654 1370

We provide 3 services; Sunday @ 8 Sunday @ 10  
Wednesday Wheelies

### **Sawtell Uniting Church**

24-26 Elizabeth Street, SAWTELL NSW  
2452

E [sawtelluniting@gmail.com](mailto:sawtelluniting@gmail.com)

W [sawtell.uca.org.au](http://sawtell.uca.org.au)

P (02) 6653 3179

Sawtell Uniting Church is a place of Christian worship

### **The Church of Jesus Christ of Latter-day Saints, Coffs Harbour Branch**

63 Perry Drive, COFFS HARBOUR NSW  
2450

E [coffsalfreds@gmail.com](mailto:coffsalfreds@gmail.com)

W [churchofjesuschrist.org](http://churchofjesuschrist.org)

**P** 0403 739 286

Sunday meetings: 10am Sacrament Mtg 11.20am Sunday School and Primary for all age groups 12,10pm Auxiliary meetings for all age groups Visitors welcome!

## **General Religion & Philosophy**

### **Anchor Church Coffs Harbour**

Bruce King Drive, BOAMBEE EAST NSW 2452

**E** [hello@anchorchurchcoffs.com](mailto:hello@anchorchurchcoffs.com)

**W** [anchorchurchcoffs.com](http://anchorchurchcoffs.com)

Anchor Church Coffs Harbour is a developing community of people keen to live their lives anchored in Jesus. One of the ways we do that is by sitting in a rhythm in the word with each other.

### **Boambee Community Baptist Church**

Crn Pacific Highway and Bruce King Drive, BOAMBEE EAST NSW 2452

**E** [contact@boambeebaptist.org.au](mailto:contact@boambeebaptist.org.au)

**W** [boambeebaptist.org.au](http://boambeebaptist.org.au)

**P** (02) 6658 1268

Boambee Community Baptist Church is a family friendly church for all ages. We want to be a faith community that is passionate about knowing God, loving him and living out His love in our lives.

### **Bonville Bible Church**

East Bonville Road, BONVILLE NSW 2450

**E** [info@bonvillebiblechurch.com.au](mailto:info@bonvillebiblechurch.com.au)

**W** [p3nlhclust404.shr.prod.phx3.secureserver.net](http://p3nlhclust404.shr.prod.phx3.secureserver.net)

**P** (02) 6651 5625

Bonville Bible Church is a local, Bible believing evangelistic church, holding to the fundamental truths of the Biblical faith. We stand for the preaching and teaching of the timeless, ever-relevant truths of the living God, revealed in His Word, the Bible.

### **Church of Jesus Christ of Latter Day Saints - Coffs Harbour**

63 Perry Drv, COFFS HARBOUR NSW 2450

**P** (02) 6652 7686

Sacrament Services are held every Sunday morning from 10am till 1pm. Gospel doctrine classes are each Sunday at 11am-12pm. Relief Society and Priesthood classes are 12-1pm. Also childrens classes for primary school aged children are held at 12-1pm.

### **Church on the Rock Woolgoolga**

8 Boundary Street, WOOLGOOLGA NSW 2456

**E** [cotr@bigpond.com](mailto:cotr@bigpond.com)

**P** 0410 330 909

Little Rocks Kid's Church, Monthly Family Lunches - Our Senior Pastor, Brian Grewal has been conducting Celebrant Services for quite some time and has many regular people who call on his services. He is called their 'family celebrant' by many families in our region.

### **Coffs Coast Seventh-Day Adventist Church**

Bruce King Drive, BOAMBEE EAST NSW 2452

**E** [bobmanners@adventist.org.au](mailto:bobmanners@adventist.org.au)

**W** [ccsda.info](http://ccsda.info)

**P** 0416 262 956

We are a Christian group who meet together each Saturday at the Boambee East Community Centre.

### **Coff's Harbour Anglican Church**

2 McLean Street, COFFS HARBOUR NSW 2450

**E** [stjohnscoffs@bigpond.com](mailto:stjohnscoffs@bigpond.com)

**W** [coffsharbouranglicanchurch.org](http://coffsharbouranglicanchurch.org)

**P** (02) 6651 4700

St John's Op-Shop, Volunteers in the parish, Men's Group, Women's Brunch Group, Coffs Coast School's Ministry and Council of Churches - City of Coffs Harbour.

### **Coffs Harbour WMC**

76A Bray Street, COFFS HARBOUR NSW 2450

**E** [coffs@wesleyan.org.au](mailto:coffs@wesleyan.org.au)

**W** [coffswesleyan.org.au](http://coffswesleyan.org.au)

**P** 0417 707 157

We are part of the Wesleyan Methodist Church of Australia. We welcome all people & are happy for you to drop in for a chat. We are a Covid Safe business.

### **Generocity Church**

14 Bruxner Park Road, KORORA NSW 2450

**E** [info@generocitychurch.com](mailto:info@generocitychurch.com)

**P** (02) 6656 4925

AT GENEROCITY CHURCH WE BELIEVE IN JESUS FIRST AND FOREMOST We believe that He is the Son of God who came to earth to demonstrate God's love for us. We believe that He gave his life so that we would be made right with God. We also believe that Jesus rose back to life and proved He is the Son of God.

### **Harbour Church**

65 Stadium Drive, COFFS HARBOUR NSW 2450

**E** [care@harbourchurch.com.au](mailto:care@harbourchurch.com.au)

**P** (02) 6652 8511

We are a vibrant & loving people who influence Coffs Coast & our world for the cause of Christ.

### **Lifehouse Church**

167 Orlando Street, COFFS HARBOUR NSW 2450

**E** [info@lifehouse.net.au](mailto:info@lifehouse.net.au)

**W** [lifehouse.net.au](http://lifehouse.net.au)

**P** (02) 6651 2455

This is a Religion & Philosophy - General Religion & Philosophy service: We are a church compelled by the love of God and empowered by the Holy Spirit to continue the ministry of Jesus according to Luke 4:18-19.

### **Lifehouse Northern Beaches**

8 Nightingale St, WOOLGOOLGA NSW 2456

**E** [info@lifehouse.net.au](mailto:info@lifehouse.net.au)

**W** [lifehouse.net.au](http://lifehouse.net.au)

**P** (02) 6651 2455

We are a church compelled by the love of God and empowered by the Holy Spirit to continue the ministry of Jesus according to Luke 4:18-19.

### **Mary Help of Christians Catholic Church Sawtell**

East Street & Fourth Av, SAWTELL NSW 2450

**E** [sawtell@bigpond.net.au](mailto:sawtell@bigpond.net.au)

**W** [sawtellcatholicchurch.com.au](http://sawtellcatholicchurch.com.au)

**P** (02) 6658 3544

Liturgical, Sawtell Youth Ministries, (Liturgy for Children, Altar Servers, Food Fun Faith and Friendship Group), Prayer Groups Ignatian Spirituality groups, Cenacle Rosary and Prayer of Consecration, Devotion to the Pilgrim Statue of Our Lady of Fatima, The Rosary, Lenten and Advent prayer groups, Catholic Parish Family & Social Justice Awareness Groups.

### **Sawtell Uniting Church**

24-26 Elizabeth Street, SAWTELL NSW 2452

**E** [sawtelluniting@gmail.com](mailto:sawtelluniting@gmail.com)

**W** [sawtell.uca.org.au](http://sawtell.uca.org.au)

**P** (02) 6653 3179

This is a Religion & Philosophy - General Religion & Philosophy service.

### **St Augustine's Parish**

12 Gordon Street, COFFS HARBOUR NSW 2450

**E** [coffsadmin@coffscatholic.com](mailto:coffsadmin@coffscatholic.com)

**W** [coffscatholic.com](http://coffscatholic.com)

**P** (02) 6651 0000

St. Augustine's Parish Coffs Harbour is situated on the beautiful mid-north coast of New South Wales, Australia.

### **The White Light Spiritualist Church**

Cnr Little St and Dalley St, COFFS HARBOUR NSW 2450

**E** [angela@angelapeters.com](mailto:angela@angelapeters.com)

**P** (02) 6644 5719

The White Light Spiritualist Church is a Religious organizations is a place of worship...

### **Voyage Church**

171 Toormina Road, TOORMINA NSW 2452

**E** [info@voyage.church](mailto:info@voyage.church)

**W** [voyage.church](http://voyage.church)

**P** 0409 928 710

Voyage comes from the word pilgrimage. Psalm 84 says "Blessed are the people whose strength is in God, whose hearts are set on pilgrimage" There's no doubt in life that we all encounter mountains high and valleys low, but no matter the terrain we do not travel alone.

### **Woolgoolga Uniting Church**

5 Trafalgar Street, WOOLGOOLGA NSW  
2456

**E** ucwoolgoolga@bigpond.com

**W** woolgoolga.uca.org.au

**P** (02) 6654 1887

Weekly Sunday Services, Various Bible studies are held in the church or home groups, throughout the week, A Table Games group meet every Tuesday morning - and is opened to the wider community both men and women & A Craft group meetings.

### **Your Church**

30 Loaders Lane, COFFS HARBOUR NSW  
2450

**E** info@yourchurch.com.au

**W** yourchurch.com.au

**P** (02) 6651 3954

At Your Church - our name encompasses the fact that people feel welcome in this place. Whether new, or not so new, you will feel a sense of this being a place where you can feel at home.

## **S e l f H e l p**

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### **General Self Help Services**

#### **Coffs Harbour Council of Churches**

12 Gordon Street, COFFS HARBOUR NSW  
2450

**E** rnwicks@yahoo.com.au

**W** sawtell.uca.org.au

**P** (02) 9133 3543

Christian Churches based organisation to support local and overseas people in need. Communities coming together, people working together.

## **S p o r t**

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### **Aquatic Sports**

#### **Coffs Coast Fly Fishing Club**

**E** ccffc@tpg.com.au

The club aims to: Promote fly fishing in fresh and saltwater, knowledge & skills, friendly non-competitive club, tuition in casting and fly tying, To look after the places fish live, responsible fishing practices including catch and release, responsible fishing practices including catch and release, develop ongoing relationships with other fishing clubs.

#### **Coffs Dragon Boat Club**

**E** coffscoastdbc@gmail.com

**W** coffscoastdbc.com.au

**P** 0418 953 882

Coffs Coast Dragon Boat Club (CCDBC) was founded in 2004 with the aim of encouraging a healthier community. This vision has evolved into an active sporting club with a current membership of around 80 people who enjoy fun and friendship while participating in weekly paddling sessions and competitive regattas and marathon events.

#### **Coffs Harbour Masters Swimming Club**

Coffs Harbour Aquatic Centre, 50 Park  
Beach Road, COFFS HARBOUR NSW 2450

**E** coffs.masters@gmail.com

**W** coffsmastersswimming.weebly.com

**P** 0414 707 575

We are passionate about swimming in all its varied forms: Pool swimming, Open Water swimming, Endurance/Aerobic swimming and even just good-old-get-in-and-get-wet-swimming! As many of our members have discovered, we think swimming is a life-long journey.

#### **Coffs Harbour War Memorial Olympic Pool**

Coff Street, COFFS HARBOUR NSW 2450

**E** coffsharbour@lane4aquatics.com.au

**W** coffsharbourpools.com.au

**P** (02) 6652 1779

Coffs Harbour War Memorial Olympic Pool is located in Coff Street, Coffs Harbour, at the northern end of Gordon Street. It is a combined enclosed and outdoor pool complex with an outdoor 50m olympic-sized pool, solar-heated enclosed 25m pool heated to 29.5 degrees and zero depth toddler splash pad with soft fall base. The Pool Complex is open all year round.

#### **Coffs Harbour Water Polo Club**

Coffs Harbour Olympic Pool, Coff Street,  
COFFS HARBOUR NSW 2450

**E** jaden66@gmail.com

Coffs Harbour Water Polo Amateur sports team, specialise in Swimming, Athletics and Having fun.

### **Coffs Sailing Club**

30 Marina Drive, COFFS HARBOUR NSW  
2450

**E** admin@coffsyachtie.com.au

**W** revolutionise.com.au

**P** (02) 6652 4390

The Coffs Harbour Yacht Club was founded as a focus for people from the Coffs Harbour and surrounding regions on the Mid North Coast who enjoy yachting. Coffs Harbour Yacht Club is situated right near The Jetty, and have an extensive history in the region.

### **Metaqua Water Fitness Exercise Program - Coffs Harbour**

26 Redwood Street, COFFS HARBOUR  
NSW 2450

**E** sal@metaqua.com

**P** 0418 622 696

The name Metaqua means increasing your metabolism using water. It's not aqua aerobics nor lap swimming, it is Metaqua.

### **Orara Valley Swimming Pool**

Grafton Street, NANA GLEN NSW 2450

**E** mlirwin@bigpond.net.au

**W** coffsharbour.nsw.gov.au

**P** (02) 6654 3900

Orara Valley Community Pool is located next to Nana Glen Public School, Grafton Street, Nana Glen and is a 25m pool outdoor pool complex. The Pool Complex is open from September to April every year. For further information call 026654 3900 .

### **Sawtell Boardriders Club**

**E** sawtellboardridersnsw@gmail.com

**P** 0412 984 837

We are a surfing boardriders club based in the beautiful seaside village that is Sawtell. We hold monthly competitions, various social nights and away trips. The club was originally formed in 1991 and years on it is going stronger than ever.

### **Sawtell Swimming Pool**

5 Lyons Road, SAWTELL NSW 2452

**E** sawtellswimmingclub@gmail.com

**W** coffsharbourpools.com.au

**P** (02) 6652 1779

Sawtell Swimming Pool is located in the grounds of Sawtell Beach Holiday Park, 5 Lyons Road, and Sawtell and is a 25m outdoor pool complex with separate toddler pool and indoor 10m pool for swimming classes. The 25m pool and toddlers' pool are both heated to 27 degrees. The Pool Complex is open from September to the end of April every year.

### **Sawtell Swimming Pool**

5 Lyons Road, SAWTELL NSW 2452

**E** sawtellswimmingclub@gmail.com

**W** coffsharbourpools.com.au

**P** (02) 6652 1779

Whether you are wanting to swim laps for fitness, cool down on a hot day or bring the kids in for some fun, there is a pool suitable for your needs. Including: 25m Outdoor Swimming Pool, Children wading pool, Grandstand Seating, Kiosk, Enclosed heated Learn to Swim Pool, Shaded eating areas.

### **Swimcare Boambee**

250 Middle Boambee Road, COFFS  
HARBOUR NSW 2450

**E** swimcareboambee@gmail.com

**W** swimcare.com.au

**P** (02) 6658 1114

At Swimcare we provide a unique learn to swim facility and provide highly trained staff that are dedicated to your learn to swim needs.

### **Swimcare Moonee**

2B Moonee Beach Road, MOONEE BEACH  
NSW 2450

**E** swimcaremoonee@gmail.com

**W** swimcare.com.au

**P** (02) 6699 1114

Swim Care Moonee is a friendly, unique learn to swim facility located North of Coffs Harbour. We provide quality lessons focussed on fast progression.

### **Toormina Swim School**

14 Nariah Crescent, TOORMINA NSW  
2452

**E** leahdillon14@gmail.com

**P** (02) 6653 2068

Here at Toormina swim school we pride our self on giving the full water experience. We want our students to learn to be safe in and around the water. We are teaching them skills to respect and enjoy the water. Learning to swim will set them up for a lifetime of enjoyment in a aquatic environment.

### **Woolgoolga Deep Sea Fishing Club**

18 Boundary Street, WOOLGOOLGA NSW  
2456

**E** [gordon.meredith@hotmail.com](mailto:gordon.meredith@hotmail.com)

**P** (02) 6649 2621

Our club welcomes anyone interested in fishing. We hold competitions monthly on the second weekend of every month. You are welcome to come fish as a visitor or become a member. Just phone our secretary for more information.

### **Woolgoolga Swim School**

Woolgoolga Swim School, 207-209  
Newmans Road, WOOLGOOLGA NSW  
2456

**E** [woolgoolgaswimschool@outlook.com](mailto:woolgoolgaswimschool@outlook.com)

**W** [woolgoolgaswimschool.com.au](http://woolgoolgaswimschool.com.au)

**P** (02) 6654 9416

We are purpose built swim centre which caters for swimmers of all abilities. We also offer aqua aerobics and our pool can also be used for hydrotherapy.

### **Woolgoolga Swim School**

Woolgoolga Swim School, 207-209  
Newmans Road, WOOLGOOLGA NSW  
2456

**E** [woolgoolgaswimschool@outlook.com](mailto:woolgoolgaswimschool@outlook.com)

**W** [woolgoolgaswimschool.com.au](http://woolgoolgaswimschool.com.au)

**P** (02) 6654 9416

This is a Sport - Aquatic Sports service.

### **Woolgoolga Swimming Club INC**

Woolgoolga Swimming Pool, 86 Beach  
Street, WOOLGOOLGA NSW 2456

**E** [woopiswimclub@gmail.com](mailto:woopiswimclub@gmail.com)

**W** [woopiswimclub.wordpress.com](http://woopiswimclub.wordpress.com)

The Aim of the Club is to – encourage participation and inclusion – introduce children to competitive swimming – stimulate public opinion in favour of providing proper accommodation and facilities for acquiring this sport. – provide a sporting organisation for the people of Woolgoolga.

### **Zeeswim Aquademy**

12 Oxley Place, COFFS HARBOUR NSW  
2450

**E** [zeeswimaquademy@hotmail.com](mailto:zeeswimaquademy@hotmail.com)

**W** [zeeswim.com.au](http://zeeswim.com.au)

**P** 0447 512 904

Zeeswim Aquademy are a Child centred program, · All abilities catered for, · Learn To Swim program leads the swimmer through safety skills and basic stroke development, · Lesson program altered as needed in relation to swimmers needs, · Promotes Aquatic development and aims to develop competency and confidence in and around the water and aquatic environments.

## **Field Team Sports**

### **AFL North Coast**

The Hub, Stadium Drive, COFFS HARBOUR  
NSW 2450

**E** [matthew.crawley@afl.com.au](mailto:matthew.crawley@afl.com.au)

**W** [aflnorthcoast.com.au](http://aflnorthcoast.com.au)

**P** 0431 877 173

AFL North Coast is the peak body that runs AFL competitions in the region stretching from Taree to Grafton. With 11 Junior clubs and 4 Senior clubs there are options for boys, girls, men, and women in all towns across the region.

### **Beaches Hockey Club**

Stadium Drive, COFFS HARBOUR NSW  
2450

**E** [beacheshockeyclub@gmail.com](mailto:beacheshockeyclub@gmail.com)

**W** [revolutionise.com.au](http://revolutionise.com.au)

**P** 0414 249 039

We offer teams in the men's, women's and junior divisions, fitness, sportsmanship, friendship and like to get the community involved in any of our events.

### **Bellingen Hockey Club**

Stadium Drive, COFFS HARBOUR NSW  
2450

**E** [Bellingenhockeyclub@gmail.com](mailto:Bellingenhockeyclub@gmail.com)

**W** [revolutionise.com.au](http://revolutionise.com.au)

We welcome all ages of hockey players. Our members come from all over the Coffs Coast

### **Boambee Football Club**

10 Ayrshire Park Drive, BOAMBEE NSW  
2450

**E** [secretary@boambeefc.com.au](mailto:secretary@boambeefc.com.au)

**W** [boambeefc.com.au](http://boambeefc.com.au)

Boambee FC is a family football club which is responsible for the development of the game in Boambee and surrounding areas. Our club welcomes players of all ages and abilities. Feel free to contact us should you have any enquiries

### **Coffs Coast Tiger Football Club**

Polwarth Drive, COFFS HARBOUR NSW  
2450

**E** [coffscoasttigers@gmail.com](mailto:coffscoasttigers@gmail.com)

The Coffs Coast Tigers Football Club - offers a fully inclusive and positive playing experience to males and females, ranging from 5years to adults. We offer diversity and acceptance to all nationalities and players of all abilities. We are a family friendly club and are excited to offer a pathway to play at the highest level, through our acceptance into the Coastal League Competition.

### **Coffs Colts Cricket Club**

Coffs Leisure Park, COFFS HARBOUR NSW  
2450

**E** [coffscolts@live.com.au](mailto:coffscolts@live.com.au)

The Coffs Colts Cricket Club are specialise in fielding 1st, 2nd and 3rd grade teams, we also have a very impressive junior presence with under 10's, 12's, 14's and 16's. We are a family oriented club who love to promote fun and fitness.

### **Coffs Harbour Baseball Association**

Stadium Drive, COFFS HARBOUR NSW  
2450

**E** [publicity@coffsharbourbaseball.org](mailto:publicity@coffsharbourbaseball.org)

**P** 0421 553 093

Coffs Harbour Baseball Association T-Ball (ages from 5 onwards), Junior teams, A and B Grade (mixed competitions) Winter Competition (April through to September). All games at the one ground each Saturday.

### **Coffs Harbour Comets Junior RLFC**

Geoff King Motors Oval, COFFS HARBOUR  
NSW 2450

**E** [coffscometsjuniors@gmail.com](mailto:coffscometsjuniors@gmail.com)

The Coffs Harbour Comets Junior Rugby League Football Club promotes fitness, wellbeing, Keeping it Safe for the juniors playing on the field, Having fun, while maintaining their safety, and ensuring skill development and making friends and staying healthy.

### **Coffs Harbour Hurricanes Touch Football**

**E** [coffsharbourtouch@gmail.com](mailto:coffsharbourtouch@gmail.com)

At The Coffs Harbour Hurricanes Touch Football Association we run the Open Women's and Open Men's Competitions in both Summer and Winter and also a Mixed Junior's Competition in Summer (see Local Competitions for). We are part of the NSW Northern Eagles Touch Region that stretches from Forster and Gloucester in the south to the Queensland border, and North Western NSW.

### **Coffs Harbour Touch Association**

Geoff King Motors Oval, Stadium Drive,  
COFFS HARBOUR NSW 2450

**E** [coffsharbourtouch@gmail.com](mailto:coffsharbourtouch@gmail.com)

**P** 0431 141 757

Social and competitive touch football competition catering for juniors, men and women of all ages. Affiliated with NRL, TFA and NSW Touch. Summer and winter competitions available.

### **Corindi Red Rock Breakers FC**

**E** [corindifc@gmail.com](mailto:corindifc@gmail.com)

**P** 0434 526 285

Bringing the community together through Soccer since 1997

### **Diggers Cricket Club**

Bray Street Oval, COFFS HARBOUR NSW  
2450

**E** [diggerscc@gmail.com](mailto:diggerscc@gmail.com)

**W** [diggerscc.nsw.cricket.com.au](http://diggerscc.nsw.cricket.com.au)

**P** 0421 200 783

Diggers Cricket Club have a strong emphasis on development, training and retention of our junior players. We are a family-friendly, down-to-earth club who welcomes players of all abilities. The only criteria to join is a desire to play cricket and have fun!

**Northern Beaches Blues AFL Club - SNR**  
Centennial Oval, WOOLGOOLGA NSW  
2456

**E** info@northernbeachesblues.com

**P** 0438 363 912

Senior AFL football Club,

### **Northern Storm FC**

York Street Fields, COFFS HARBOUR NSW  
2450

**E** info@northernstorm.com.au

**W** northernstorm.com.au

The club mainly represents the region from northern Coffs Harbour to Emerald Beach, however we have attracted players from all areas in our zone.

### **Orara Valley Axemen**

Coramba Sports Ground, CORAMBA NSW  
2450

**E** joemc1970@outlook.com

**W** oraravalleyaxemenrlfc.teamapp.com

The Orara Valley Axemen are a growing family orientated Rugby League team based in Coramba, in the Mid North Coast of New South Wales, Australia.

### **Orara Valley Football Club**

60 Dairyville Road, UPPER ORARA NSW  
2450

**E** oraravalleyfc@gmail.com

**P** 0451 731 346

OUR VALUES - Respect for teammates, opposition players, coaches and officials, Enjoyment of the game of football, Fair Play according to the rules and spirit of sportsmanship, Education and development for coaches, players and administrators in a supportive team environment, A culture of mature, responsible behaviour at all levels.

### **Sawtell Dodgers Baseball Club**

Leisure Park Baseball Fields, Stadium  
Drive, COFFS HARBOUR NSW 2450

**E** gnrogers54@gmail.com

**P** 0416 233 882

Sawtell Dodgers Baseball Club is based in Coffs Harbour and is another unincorporated entity in or near Boambee, Brooklana & Bucca in New South Wales, Australia.

### **Sawtell Football Club**

Toormina Oval, Toormina Road,  
TOORMINA NSW 2452

**E** sawtellfcmpio@gmail.com

**W** sawtellfc.com.au

Players, Supporters, Officials - past, present & future of Sawtell FC - ALL ARE WELCOME

### **Sawtell Junior Rugby League**

Rex Hardaker Oval, TOORMINA NSW 2452

**E** sawtyjuniors@hotmail.com

Sawtell Junior Rugby League is a local sporting club providing a safe and friendly place for all children to play Rugby League.

### **Sawtell Panthers**

Rex Hardaker Oval, TOORMINA NSW 2452

**E** sawtellrugbyleague@gmail.com

**P** 0404 575 832

Sawtell Panthers are a rugby league club located in Sawtell

### **Sawtell/Toormina Netball Club**

Murray Drive, COFFS HARBOUR NSW 2450

**E** stnc1@hotmail.com.au

**P** 0408 477 303

Sawtell Toormina Netball Club is a sporting organisation for girls, boys and women aged 5-105. We encourage fun and fair play in a supportive environment!

### **Sawtell/Toormina Saints AFL Club - SNR**

Richardson Park, Hulberts Road, SAWTELL  
NSW 2452

**E** aepearson@hotmail.com

**W** sawtellsaintsafl.teamapp.com

**P** 0432 588 121

The Sawtell/ Toormina Saints AFL Club, is a local not for profit sporting club, founded in 1985. The Club now in its 35th year, making 'The Saints' one of the oldest clubs in North Coast AFL. Sawtell Saints is a vibrant club that brings together players, friends, families and local business to support local sport.

### **Sawtell/Toormina Saints Jnr AFL**

Richardson Park, Hulberts Road, SAWTELL  
NSW 2452

**E** sawtelljuniorsaints@gmail.com

**W** sawtelltoorminajuniorafl.com

**P** 0400 468 808

Sawtell Toormina Saints is a Family oriented Club, with a focus on skill development, good sportsmanship and a strong club culture.

**SCU Marlins Rugby Union Club**  
Southern Cross University, COFFS  
HARBOUR NSW 2450

**E** [scumarlinsrugby@gmail.com](mailto:scumarlinsrugby@gmail.com)

Based in the beautiful Mid North Coast town of Coffs Harbour, Southern Cross University Marlins play in the Upper Mid North Coast Rugby Union Competition

**Souths Netball Club - Coffs Harbour**  
Vost Park, Murray Drive, COFFS HARBOUR  
NSW 2450

**E** [southsnetball@gmail.com](mailto:southsnetball@gmail.com)

**P** 0405 775 222

Souths Netball Club is part of the Coffs Harbour Netball Association and prides itself on strength across all grades: Senior, Junior and Net Set Go.

**Surfside Breakers Netball Club**  
Vost Park, Murray Drive, COFFS HARBOUR  
NSW 2450

**E** [surfsidebreakersnc@gmail.com](mailto:surfsidebreakersnc@gmail.com)

**P** 0435 870 751

The Coffs Harbour Breakers AFNC are a proud family club that provides a place to play sport for members of our community of all abilities. With over 35 auskickers, 5 junior, 4 senior AFL teams along with 3 netball teams the Coffs Harbour Breakers Football Club is one of the largest sporting clubs on the Coffs Coast.

**Urunga Hockey Club**  
Stadium Drive, COFFS HARBOUR NSW  
2450

**E** [urungahockey@gmail.com](mailto:urungahockey@gmail.com)

**W** [revolutionise.com.au](http://revolutionise.com.au)

Urunga is a small town at the mouth of the Kalang and Bellinger Rivers, where the beach, fishing and sport are a major part of a relaxed lifestyle. Urunga Hockey Club has been part of this for approximately 50 years and continues to be so, offering hockey to boys and girls, men and women of all ages and abilities. Come join our club- make new friends, play a great game and have fun.

**Westside Netball Club**  
Vost Park, Murray Drive, COFFS HARBOUR  
NSW 2450

**E** [westsidenetball1@gmail.com](mailto:westsidenetball1@gmail.com)

**P** 0408 526 673

Westside Netball Club was created by Moya McVeigh a good few years ago...Westside netball club welcomes all netballers of all abilities to have fun and train hard!!!

**Woolgoolga Blue Sox Baseball Club**  
Leisure Park Baseball Field, Stadium Drive,  
COFFS HARBOUR NSW 2450

**E** [bennybaseball24@gmail.com](mailto:bennybaseball24@gmail.com)

**P** 0404 896 394

The Blue Sox are a baseball team situated in Woolgoolga - we promote sport, fitness and health.

**Woolgoolga RLFC - Juniors**  
**E** [woolgoolgajrlfc@outlook.com](mailto:woolgoolgajrlfc@outlook.com)

Woolgoolga Junior Rugby League Football Club (WJRLFC) - Promote Health, exercise, friendship, commitment and team spirit.

**Woolgoolga RLFC - Seniors**  
**E** [woolgoolgarlfc@gmail.com](mailto:woolgoolgarlfc@gmail.com)

Woolgoolga Rugby League Club is a seniors football Team who are also known as The mighty Seahorses.

**Woolgoolga United FC**  
Clive Joass Memorial Sports Park, 51 High  
Street, WOOLGOOLGA NSW 2456

**E** [woopifc@gmail.com](mailto:woopifc@gmail.com)

**W** [wufc.org.au](http://wufc.org.au)

Woolgoolga United Football Club is one of the largest football clubs in the Coffs Harbour district with some 400 registered players of which 33% are female. Our clubs vision is to develop an inclusive culture for all genders and ages to enjoy football in the multi-cultural community that we are so lucky to be part of.

## Indoor Sports

**B Wild Fitness and Sports Aerobics**  
11 Cook Drive, COFFS HARBOUR NSW  
2450

**E** [bwildfitness12@gmail.com](mailto:bwildfitness12@gmail.com)

**W** [bwildfitness-sportaerobics.com](http://bwildfitness-sportaerobics.com)

**P** 0411 338 413

This is an Indoor Sports service: At At B Wild Fitness & Sport Aerobics our training consists of - Skill Training, Group Fitness, Training Sessions, One-one Aerobic Training, Personal Training Sessions at a gym/outside, Pre-School Classes for the little ones who are wanting to start Sport Aerobics.

**C4 Brazilian Jiu Jitsu and Mixed Martial Arts**

3/5 Elswick Place, COFFS HARBOUR NSW 2450

**E** helbackchris99@gmail.com

**W** c4brazilianjiujitsuandmma.com.au

**P** 0402 572 316

That Specialise in Brazilian Jiu Jitsu, Mixed Martial Arts, Judo and offer Kids classes to improve their focus, discipline, self control, and self confidence.

**Club 300 10 Pin Bowling Leagues**

74/76 Grafton Street, COFFS HARBOUR NSW 2450

**E** info@club300.com.au

**W** club300bowling.com.au

**P** (02) 6652 5666

At Club 300 Bowling & Bar we can cater for small groups through to groups of up to 200, Birthday packages (minimum of 8 children) and includes one game of bowling, meal, drink & lolly bag, Excellent for Corporate Functions, Staff Parties and Christmas Celebrations, Mum, Dad, siblings and other party parents can also be catered for and enjoy discounts.

**Coffs City Physie**

123 Pacific Highway, COFFS HARBOUR NSW 2450

**E** coffscityphysie@gmail.com

**W** coffscityphysie.com.au

**P** 0411 247 370

Coffs City Physie has the most experienced teaching staff on the Coffs Coast. Our Associates have over 54 years of combined BJP teaching experience and are caring and compassionate.

**Coffs Coast CrossFit**

10/84 Industrial Drive, COFFS HARBOUR NSW 2450

**E** james@coffscoastcrossfit.com

**W** coffscoastcrossfit.com

**P** 0434 579 772

Coffs Coast CrossFit offer services such as - Cardio, Core strengthening, Online Fitness, Functional fitness and strength training & Fitness, Group & Personal Training.

**Coffs Coast Polefit**

1/5 Forge Drive, COFFS HARBOUR NSW 2450

**E** jacqui@beyondintensity.com.au

**W** coffscoastpolefit.com.au

**P** 0421 971 155

Coffs Coast PoleFit is also a stockist for XPole, a supplier for RARR active wear, and we supply various Pole Grips which are normally available in the studio for purchase.

**Coffs Coast Roller Derby**

74A Bray Street, COFFS HARBOUR NSW 2450

**E** info@coffscoastderbydolls.com

**P** (02) 6651 2501

Coffs Coast Derby Dolls Inc. is a non-profit association dedicated to representing Flat Track Roller Derby across the Coffs Coast and beyond.

**Coffs Harbour Badminton Club**

CHEC Gym, 363 Hogbin Drive, COFFS HARBOUR NSW 2450

**E** linus@aapt.net.au

**W** coffsharbourbadminton.wordpress.com

**P** 0487 133 221

Badminton Club - Play Thursdays 6.30 - 8.30 pm At Student Sports Centre - Southern Cross University

**Coffs Harbour Basketball Association**

74A Bray Street, COFFS HARBOUR NSW 2450

**E** admin@coffsharbourbasketball.com.au

**W** coffsharbourbasketball.com.au

**P** (02) 6651 1452

Basketball for all ages, located at Sportz Central

**Coffs Harbour Judo Club**

PCYC, 74 Bray Street, COFFS HARBOUR NSW 2450

**E** clivesimmonds@mail.com

**W** judonsw.com.au

**P** 0416 225 455

In the Coffs Harbour Judo Club - We Practice control, Provide Standards, develop trust and promote Sport in our Judo Dojo.

**Coffs Harbour Squash and Swim Centre**

11 Korora Basin Road, KORORA NSW 2450

**E** [info@coffssquash.com.au](mailto:info@coffssquash.com.au)

**W** [coffs.biz](http://coffs.biz)

**P** (02) 6653 6523

Weekly Social and Competitions available for all abilities Junior Development Programs for all children under 19 years age - Coaching available for abilities from beginners to advanced Swimming - Learn to Swim classes for children and adults

### **Coffs Ice Hockey Club**

Big Banana Ice Rink, Pacific Highway,  
COFFS HARBOUR NSW 2450

**E** [coffscoasticehockey@gmail.com](mailto:coffscoasticehockey@gmail.com)

Coffs Harbour Ice Hockey is a growing community of players who meet each week at the Big Banana Ice Rink for a social game of Ice Hockey.

### **Coffs Latin Rhythms**

**E** [latinrhythmscoffs@gmail.com](mailto:latinrhythmscoffs@gmail.com)

**W** [coffslatinrhythms.org](http://coffslatinrhythms.org)

**P** 0412 269 216

Coffs Latin Rhythms (CLR) is a not-for-profit organisation run by a group of passionate people who love to dance such as - SALSA, TANGO, BACHATA, ZOUK, LATIN DANCE STYLES.

### **Combined Self Defence and Fitness**

192A Orlando Street, COFFS HARBOUR  
NSW 2450

**E** [admin@csdf.com.au](mailto:admin@csdf.com.au)

**W** [csdf.com.au](http://csdf.com.au)

**P** 0412 792 252

At Combined Self Defence & Fitness Coffs Harbour our programs include Taekwondo TKD, Hapkido HKD, Brazilian Jiu-jitsu BJJ, MMA & Cage Fitness where you will be assisted to learn a wide array of techniques from kicking, punching, throwing, sweeps, joint locks, with stand up & ground fighting.

### **Diamond Martial Arts**

1 Everingham Place, COFFS HARBOUR  
NSW 2450

**E** [diamondmartialarts@gmail.com](mailto:diamondmartialarts@gmail.com)

**W** [coffsharbourmartialarts.com](http://coffsharbourmartialarts.com)

**P** 0414 584 830

This is a Sport - Indoor Sports service: Martial arts for children. Developing Confidence, Resilience and Safety!

### **First Step Dance Academy MNC**

PCYC, 74 Bray Street, COFFS HARBOUR  
NSW 2450

**E** [firststepdance@outlook.com](mailto:firststepdance@outlook.com)

**W** [firststepdancemnc.com](http://firststepdancemnc.com)

**P** 0402 783 385

We teach Jazz, Ballet, Tap, Contemporary and Lyrical, Boys Zone Hip Hop and Private Lessons.

### **Julie Ross Dance Studio**

22 Isles Drive, COFFS HARBOUR NSW 2450

**E** [jrdsnews@julierossdance.com.au](mailto:jrdsnews@julierossdance.com.au)

**W** [julierossdance.com.au](http://julierossdance.com.au)

**P** (02) 6651 9419

Established since 1986, we are proud of providing a nurturing & positive environment. Where children & dance enthusiasts can learn & be challenged by our very experienced & committed teachers. We provide classes in Jazz, Hip Hop, Contemporary, Ballet, Tap, Musical Theatre, Dance Fit & more.

### **Kaigan Kan Karate Do**

2/12 Keona Circuit, COFFS HARBOUR NSW  
2450

**E** [kaigankancoffs@live.com.au](mailto:kaigankancoffs@live.com.au)

**W** [kaigankancoffs.com.au](http://kaigankancoffs.com.au)

**P** 0409 113 900

Kaigan Kan Karate-Do provides a family friendly, safe and professional environment for those who want to learn a traditional martial art, live healthier, learn self-defence or to just get into shape. The Instructors here are second to none and will make sure you are well looked after from the moment you walk through the door! All classes are age specific.

### **Kinetic Martial Arts**

Sullivans Road, MOONEE BEACH NSW  
2450

**E** [james@kineticmartialarts.com.au](mailto:james@kineticmartialarts.com.au)

**W** [kineticmartialarts.com.au](http://kineticmartialarts.com.au)

**P** 0402 916 266

Our school rules truly reflect the culture which is embedded in our club: Never Initiate Conflict, Respect Your Instructor and Black Belts, Respect and Pride for the Dojang, Respect your Training Partners and most of all Respect Yourself. They will surely learn superior self-defence skills, and they can be involved in many other activities within the club.

### **Lowanna Hapkido - Martial Arts and Self-defence**

**E** jimwalker461@gmail.com

**P** 0407 801 490

HAPKIDO - Moohakkwan. Martial Arts School & Self-Defence. Mixed group, Ages start at 8yrs to Adult. M.A.I.A Certified. Working With Children Certified Active Kids

### **Sawtell RSL Snooker Club**

Sawtell RSL Club, First Avenue, SAWTELL NSW 2452

**E** srslnooker35@gmail.com

**W** sawtellsnooker.weebly.com

Sawtell Snooker is located in Sawtell RSL, First Avenue, Sawtell, NSW. The Club features three full size tables in the heart of the RSL.

### **Senki Martial Arts Centre**

U5 Lawson Crescent, COFFS HARBOUR NSW 2450

**E** glennhall@senki.com.au

**P** 0419 298 373

Thai Boxing and Boxing, Fitness, team building exercise.

### **Sportz Central - Coffs Harbour**

74a Bray St, COFFS HARBOUR NSW 2450

**E** office@sportzcentral.com.au

**W** sportzcentral.com.au

**P** (02) 6651 2501

Sportz Central - Coffs Harbour's premier indoor sporting facility.

### **Woolgoolga Performing Arts Studio**

2/14 Featherstone Drive, WOOLGOOLGA NSW 2456

**E** info@woolgoolgaperformingartsstudio.com

**W** woolgoolgaperformingartsstudio.com

**P** 0417 698 914

We celebrate Pure.Positive.Dance, offering dynamic classes with world class teaching to suit all levels of experience. It is about the movement of life through dance and celebrating YOUR uniqueness and creativity.

### **Woolgoolga Snooker, Pool and Billiards Club**

**E** wpsbcinfo@gmail.com

The Woolgoolga Snooker, Pool and Billiards Club specialise in only pool, snooker and billiard. Come early and register by 6:30 pm to be included in the draw.

### **Woopi Warriors Judo Club**

5/25 Hawke Drive, WOOLGOOLGA NSW 2456

**E** woopiwarriors@gmail.com

**W** woopiwarriors.com

**P** 0437 598 801

Woopi Warrior Judo Club is an Amateur Sports Team that teaches, Discipline, Strength, courage, promotes fitness and exercise.

### **Woopi Warriors Judo Club**

5/25 Hawke Drive, WOOLGOOLGA NSW 2456

**E** woopiwarriors@gmail.com

**W** woopiwarriors.com

**P** 0437 598 801

Judo, Judo Gymnastics and Grappling on the Mid North Coast. Children's classes, adult classes, special needs classes.

## **Outdoor Sports**

### **All Stars Baseball Club Coffs Harbour**

24 Edgar Street, COFFS HARBOUR NSW 2450

**E** allstarsbaseballcoffsharbour@gmail.com

**W** allstarsbaseball.com.au

**P** 0403 911 630

Baseball Club offering tee ball, junior baseball, senior baseball (mens and womens). We play at the Stadium Drive baseball fields every Saturday from April to September

### **Bellingen Pistol Club**

368A Dairyville Road, UPPER ORARA NSW 2450

**E** bellingenpc@gmail.com

**W** bellingenpistolclub.wordpress.com

**P** 0412 498 916

The Bellingen Pistol Club uses an open 100 metre range that is developed within the Coffs Harbour Rifle Club's Dairyville shooting complex. There is a unisex toilet available at the range and undercover areas away from the shooting line.

### **Bonville Golf Resort**

North Bonville Road, BONVILLE NSW 2450

**E** [info@bonvillegolf.com.au](mailto:info@bonvillegolf.com.au)

**W** [bonvillegolf.com.au](http://bonvillegolf.com.au)

**P** 1300 722 444

The breathtaking setting of Bonville has seen it described by Peter McWhinney, a respected and much travelled Australian Professional Golfer, as "the most beautiful golf course in Australia, if not the world".

### **Bush 'n' Beach Orienteering Club Inc.**

123 Pacific Highway, COFFS HARBOUR  
NSW 2450

**E** [bushnbeachoc@gmail.com](mailto:bushnbeachoc@gmail.com)

**W** [bboc.asn.au](http://bboc.asn.au)

**P** 0478 226 601

Orienteering is a challenging outdoor adventure sport that exercises both the mind and body. The aim is to navigate between control points marked on a special orienteering map while deciding the best route to complete the course in the quickest time. Orienteering can be highly competitive, completely recreational or a personal challenge. Suitable for all age groups, families and individuals.

### **CEX Coff Harbour Mens Bowls**

2-6 Vernon Street, COFFS HARBOUR NSW  
2450

**E** [mens.bowls@cex.com.au](mailto:mens.bowls@cex.com.au)

**W** [cex.com.au](http://cex.com.au)

**P** (02) 6691 9218

Cex coffs men's bowling club is a fun place to come have a bowl and a laugh, we play social and championship bowls, we are located in the heart of Coffs

### **Coffs Coast Archery Club**

Woolgoolga Creek Road, WOOLGOOLGA  
NSW 2456

**E** [coffscoastarcheryclub@outlook.com.au](mailto:coffscoastarcheryclub@outlook.com.au)

**W** [coffscoastarchery.com](http://coffscoastarchery.com)

The Coffs Coast Archery Club is a non-profit, outdoor archery club based in Woolgoolga on the beautiful North Coast of NSW.

### **Coffs Coast Little Athletics**

Toormina Oval, TOORMINA NSW 2452

**E** [coffscoastathletics@gmail.com](mailto:coffscoastathletics@gmail.com)

**W** [coffscoastathletics.org.au](http://coffscoastathletics.org.au)

At Coffs Coast Little Athletics our aim is to assist athletes, through encouragement, instruction and competition, to improve their athletic skills and abilities whilst meeting new friends.

### **Coffs Harbour and District Sporting Car Club**

**E** [thecarles555@gmail.com](mailto:thecarles555@gmail.com)

**W** [coffscarclub.com.au](http://coffscarclub.com.au)

**P** (02) 6651 9701

We are a Sporting Car Club that hold a wide range of Motor Sport events for all ages, including juniors. We take much enjoyment from developing fellow Motor Sport fans and especially seeing our juniors compete in our events. We encourage junior drivers from 12 years old to be involved in our Motor Sport events

### **Coffs Harbour Breakers AFNC**

**E** [jay.guthrie@cricketnsw.com.au](mailto:jay.guthrie@cricketnsw.com.au)

**P** 0478 285 752

Australian Football Netball Club was Est. 2015 and are a proud family club that provides a place to play sport for members of our community of all abilities.

### **Coffs Harbour Golf Driving Range**

62A Howard Street, COFFS HARBOUR  
NSW 2450

**E** [coffsharbour@houseofgolf.com.au](mailto:coffsharbour@houseofgolf.com.au)

**W** [houseofgolf.com.au](http://houseofgolf.com.au)

**P** (02) 6652 7042

Coffs Harbour Driving Range/House of Golf is the premier Driving Range on the North Coast of New South Wales. It boasts a 320 metre driving range, full distance golf balls, a grass tee as well as undercover hitting mats. It also plays host to a brand new and magnificently landscaped 18-hole Mini Golf Putt Putt course, as well as a 6-hole artificial chipping/putting facility with a bunker.

### **Coffs Harbour Motorcycle Club**

Phil Hawthorne Drive, COFFS HARBOUR  
NSW 2450

**E** [coffsharbourpresident@gmail.com](mailto:coffsharbourpresident@gmail.com)

**W** [chmcc.com.au](http://chmcc.com.au)

**P** 0419 270 390

Coffs Harbour Motorcycle Club (CHMCC) run social ride park days which are run by volunteers, recommends - Helmet, Clothing - gloves, long sleeve jersey and long pants, Body armour - recommended for junior rider, Off-road boots - to be constructed of leather or other similarly durable materials and be of a length which must at least overlap the trousers.

#### **Coffs Harbour Pistol Club**

82 Mt Browne Road, KARANGI NSW 2450

**E** mchnm@hotmail.com

**W** coffsharbourpistolclub.com

**P** 0478 666 006

The Club is active in organising shooting activities for members. In addition to weekly events, we conduct open competitions annually for inter-state shooters.

#### **Coffs Harbour Rifle Club**

Howard Street, COFFS HARBOUR NSW 2450

**E** info@coffsrifleclub.com.au

**W** coffsrifleclub.com.au

**P** 0457 925 338

Full-bore, Service rifle, F-Class and Field Class. Field Class, being the most popular, has both centrefire and rimfire events.

#### **Coffs Harbour Squash and Swim Centre**

11 Korora Basin Road, KORORA NSW 2450

**E** info@coffssquash.com.au

**W** coffs.biz

**P** (02) 6653 6523

Coffs Squash and Swim Centre provides the Coffs coast with a 6 courts, consisting of 2 glass backs and 4 conventional courts in a comfortable and friendly setting. The centre holds various competitions for all standards.

#### **Coffs Harbour Sword Club**

3 Belbowrie Road, TOORMINA NSW 2452

**E** c.phil1@bigpond.com

**P** 0417 275 011

We teach historic swords style and modern sport fencing for adults as well as running a children's gaming and LARP medieval adventure sessions,

#### **Coffs Harbour Triathlon Club**

30 Marina Drive, COFFS HARBOUR NSW 2450

**E** webmaster@coffstri.com

**W** coffstri.com

Coffs Tri Club are one of the largest sporting clubs on the Coffs Coast and pride ourselves on being a fun, friendly and social club. We stage races every fortnight between September and April and welcome athletes of all abilities. We welcome visitors and offer one day licences (please note these must be completed by 5pm the Friday prior to race day.)

#### **Coffs Hash House Harriers - Running**

**E** mail@coffshash.com.au

**W** coffshash.com.au

Promote physical fitness among members, Get rid of weekend hangovers, Acquire a good thirst and to satisfy it in beer, Persuade the older members that they are not as old as they feel.

#### **Englands Park Tennis**

71 Mildura Street, COFFS HARBOUR NSW 2450

**E** englandsparktennis@gmail.com

**W** englandsparktennis.com

**P** 0490 789 373

Club membership, competition fees, court hire and the dedication of the club members and committee maintain these great facilities.

#### **Harbour Tennis Academy**

William Street, COFFS HARBOUR NSW 2450

**E** harbourtennis@bigpond.com

**W** harbourtennis.com

**P** 0419 655 437

The club makes a conscious effort to keep fees affordable to encourage the community to participate in a very enjoyable form of exercise. We have a number of membership categories. Our membership year runs from calendar year, but progressively from July onwards we apply pro-rata discounts, details of which are available on request.

#### **Hockey Coffs Coast Inc**

Phil Hawthorne Drive, COFFS HARBOUR NSW 2450

**E** admin@hockeycoffscoast.com.au

**W** hockeycoffscoast.com.au

**P** 0417 429 788

Providing facilities and services for developing and promoting the game of hockey on the Coffs Coast and surrounding areas at one convenient location.

### **Marlins Rugby Union Club Coffs Harbour**

363 Hogbin Drive, COFFS HARBOUR NSW  
2450

**E** [chris@colourworks.com.au](mailto:chris@colourworks.com.au)

**P** 0400 300 117

Proud, successful local Rugby Union Club with team's in the under 8's,10's,12's 14's, 16's, 18's Women's and Senior Men's grades. We are in the MNC Zone and play against teams from Coffs Harbour, Kempsey and Port Macquarie. We have level 3 coaching with international and super rugby experience. Representative pathways and Rugby career progression is part of our offering.

### **Park Beach Bowlers**

60 Ocean Parade, COFFS HARBOUR NSW  
2450

**E** [bowls@pbbc.com.au](mailto:bowls@pbbc.com.au)

**W** [pbbc.com.au](http://pbbc.com.au)

**P** (02) 6652 3622

Featuring three world class greens that attract the best players from all over Australia. PBBC is perfect for both: Competitive Bowls, Social Bowls, Barefoot Bowls

### **Polack Tennis Coaching**

Englands Park, Mildura Street, COFFS  
HARBOUR NSW 2450

**E** [tpolack@optusnet.com.au](mailto:tpolack@optusnet.com.au)

**W** [polackstenniscoaching.com.au](http://polackstenniscoaching.com.au)

**P** 0428 454 928

We provide high quality programs for any age or level of player, from beginner to professional circuit player.

### **SAWTELL CROQUET CLUB**

**E** [sawtellcroquet13@gmail.com](mailto:sawtellcroquet13@gmail.com)

**P** 0411 197 452

Sawtell Croquet is a friendly club. Both competitive and social play. Three codes - Association, Golf Croquet and Ricochet are played.

### **Sawtell FC**

Toormina Road, TOORMINA NSW 2452

**E** [sawtellpresident@gmail.com](mailto:sawtellpresident@gmail.com)

**W** [sawtellfc.com.au](http://sawtellfc.com.au)

**P** 0413 717 869

Sawtell Football Club (Sawtell FC) was established in 1968 and are one of the biggest clubs in the region.

### **Sawtell Golf Club**

Bayldon Road, SAWTELL NSW 2452

**E** [admin@sawtellgolf.com.au](mailto:admin@sawtellgolf.com.au)

**W** [sawtellgolfclub.com.au](http://sawtellgolfclub.com.au)

**P** (02) 6653 1006

Tucked away out of sight but only 500 metres from the charming, fig tree lined, boutique village of Sawtell, is Sawtell Golf Club, one of the most picturesque golf courses you will find! With a backdrop of rolling Blue Mountains and contrasting with the vibrant green of this exquisitely maintained 18 Hole course, it truly is a golfer's delight and caters for all.

### **Sawtell Junior Cricket Club**

**E** [sawtelljuniorcricket@gmail.com](mailto:sawtelljuniorcricket@gmail.com)

**W** [sawtellcc.nsw.cricket.com.au](http://sawtellcc.nsw.cricket.com.au)

**P** 0418 663 309

Largest junior cricket club in the Coffs Harbour District. We encourage young girls and boys to enjoy this great game and learn along the way.

### **Sporting Shooter Association - Coffs Harbour**

Dry Creek Road, DAIRYVILLE NSW 2450

**E** [daniel.rosewood@bigpond.com](mailto:daniel.rosewood@bigpond.com)

**W** [ssaacoffsharbour.org.au](http://ssaacoffsharbour.org.au)

**P** (02) 6651 9338

The Dairyville Range Offer Firearms Safety Courses, handle weapons under supervision, Firearm Safety and obtaining a gun licence, learn rifle cleaning procedures, scoring targets, group target, compete in competitions, IRB – International Rimfire Benchrest, Hunter Target, rimfire silhouettes

### **Tiebreak Tennis Academy**

234A Harbour Drive, COFFS HARBOUR  
NSW 2450

**E** [tiebreaktennisacademy@gmail.com](mailto:tiebreaktennisacademy@gmail.com)

**W** [tiebreaktennis.com.au](http://tiebreaktennis.com.au)

**P** (02) 6651 1615

Tiebreak Tennis is located centrally in the heart of the City vibe. It is convenient, spacious and an exciting spot to jump on a court and have fun working out.

### **Woolgooga Athletics**

**E** [jasminemildren@yahoo.com](mailto:jasminemildren@yahoo.com)

Woolgoolga Athletics club is involved in the running of: - Little Athletics - Senior Athletics - Woolgoolga cross country - MNC cross country

### **WOOLGOOLGA CROQUET CLUB INC.**

BEHIND LIBRARY, Ganderton Street,  
WOOLGOOLGA NSW 2456

**E** [jburgess46@bigpond.com](mailto:jburgess46@bigpond.com)

**P** 0407 940 294

Golf Croquet is played by two or four players around 13 hoops first to seven hoops is the winner. We play Tuesday and Friday from 0730 to about 11 am. Saturday from 0800. Social play days several times a year with clubs taking turns to host. Meetings held last Tuesday every second month 0900 at our club at Woolgoolga.

### **Woolgoolga Diggers Golf Club**

Safety Beach Drive, WOOLGOOLGA NSW  
2456

**E** [info@woolgoolgadiggers.com.au](mailto:info@woolgoolgadiggers.com.au)

**W** [woolgoolgadiggers.com.au](http://woolgoolgadiggers.com.au)

**P** (02) 6654 2111

The Golf Club is a picturesque 18 hole course with a very challenging layout. It is available for social or corporate booking and is the ideal location for a relaxing round of golf.

### **Woolgoolga District Netball Association**

Scarborough Street, WOOLGOOLGA NSW  
2456

**E** [woopinetball@gmail.com](mailto:woopinetball@gmail.com)

**W** [woopinetball.net](http://woopinetball.net)

**P** 0401 563 116

"Woopi Netball" provide our great sport in a fun, family orientated environment. We cater to players from 5 years and up and of all abilities. We have competitions virtually year round. Come and play the Woopi way!!

### **Woolgoolga Little Athletics**

Woolgoolga Sports Ground,  
WOOLGOOLGA NSW 2456

**E** [jasminemildren@yahoo.com](mailto:jasminemildren@yahoo.com)

Woolgoolga Athletics club is involved in the running of: - Little Athletics, - Senior Athletics, - Woolgoolga cross country, - MNC cross country.

### **Woolgoolga Mountain Bike Club**

**E** [markwhite123@bigpond.com](mailto:markwhite123@bigpond.com)

**P** 0488 434 637

WMTB welcomes all mountain bike enthusiast in the Woolgoolga area and beyond. Here you can keep up to date with social and competition rides.

## **Sports Clubs**

### **C.ex Woolgoolga**

Boundary Street, WOOLGOOLGA NSW  
2456

**E** [info@cex.com.au](mailto:info@cex.com.au)

**W** [cex.com.au](http://cex.com.au)

**P** (02) 6654 1307

C.ex Woolgoolga is the bowling club of choice in Woolgoolga, boasting the latest technology in synthetic greens, modern and stylish interior furnishings and Walter's Bistro which serves authentic Chinese and Western cuisine. Members and guests will love the comfortable new furnishings of C.ex Woolgoolga in its bar, TAB, lounge and bistro areas.

### **Coffs City United Football Club**

11 McLean Street, COFFS HARBOUR NSW  
2450

**E** [coffscityunited@gmail.com](mailto:coffscityunited@gmail.com)

**W** [coffscityunitedfc.org.au](http://coffscityunitedfc.org.au)

**P** 0414 523 899

We are Coffs Harbours number 1 football club. In 2018 we had 380 members ranging from Under 6s to Premier League mens and womens teams. We also offer Junior girls teams

### **Coffs Coast Dragon Boat Club**

**E** [coffscoastdbc@gmail.com](mailto:coffscoastdbc@gmail.com)

**W** [coffscoastdbc.com.au](http://coffscoastdbc.com.au)

**P** 0418 953 882

Coffs Coast Dragon Boat Club (CCDBC) was founded in 2004 with the aim of encouraging a healthier community. This vision has evolved into an active sporting club with a current membership of around 60 people who enjoy fun and friendship while participating in weekly paddling sessions and competitive regattas and marathon events. Coffs Coast Dragon Boat Club is governed by Dragon Boats NSW Inc.

### **Coffs Coast Outrigger Canoe Club**

30 Marina Drive, 30 Marina Drive, COFFS  
HARBOUR NSW 2450

**E** [secretaryccoc@gmail.com](mailto:secretaryccoc@gmail.com)

**P 0408 898 728**

Outrigging is a great, fun sport that's perfect for every age and fitness level. Come and experience ocean paddling around Coffs Harbour's amazing coast line. We train in 6-man canoes 3 times a week in the harbour and open ocean, as travel to race throughout NSW and QLD.

**Coffs Harbour District Cricket Association**

Coffs Coast Sport and Leisure Park, COFFS HARBOUR NSW 2450

**E** chdcamail@gmail.com

**W** chdca.nsw.cricket.com.au

**P 0455 814 389**

The Coffs harbour District Cricket Association: promotes develop, conduct and manage the game of cricket within the area of the Association as determined by the North Coast Cricket Council.

**Coffs Harbour Netball Association**

PO BOX 1301, COFFS HARBOUR NSW 2450

**E** chna1@bigpond.com

**P 0419 163 211**

The Coffs Harbour Netball Association promote Sport, health and fitness as well as true sportsmanship.

**Coffs Harbour Pony Club**

Nana Glen Sports Ground, NANA GLEN NSW 2450

**E** coffsharbourponyclub@gmail.com

**W** coffsharbourponyclub.com

Coffs Harbour Pony Club is a community organisation.

**Coffs Harbour Volleyball Association**

74A Bray Street, COFFS HARBOUR NSW 2450

**E** admin@chva.org.au

**P 0434 884 389**

We are a Volleyball Association for both indoor and beach volleyball in Coffs Harbour. We offer weekly competitions, representative training and squads, tournaments and weekly training. Our services are for both juniors (primary and high school students) and seniors (ie. adults 18 years and over)

**Corindi Pony Club**

Pacific Street, CORINDI BEACH NSW 2456

**E** corindiponyclub@gmail.com

The clubs of Corindi Pony Club Inc. encourage horsemanship and horsemanship amongst its members. They provide appropriate coaching and competition, raise awareness of sportsmanship and citizenship of its members and assist its members to become proficient in their chosen sport.

**North Coast Football - Soccer**

3-4 The Hub, Stadium Drive, COFFS HARBOUR NSW 2450

**E** admin@northcoastfootball.com.au

**W** northcoastfootball.com.au

**P (02) 6648 3670**

NCF consists of 24 Clubs bounded by Scotts Head Sharks SC in the South, Dorrigo Highlanders SC to the West and Iluka FC in the North.

**Orara Valley Football Club**

60 Dairyville Road, UPPER ORARA NSW 2450

**E** oraravalleyfc@gmail.com

**P 0451 731 346**

17kms inland of Coffs Harbour, we provide opportunities for people of all ages to play the great game of football (Soccer). We provide the game for those who play for fun, for health, for social, reasons, as well as player development. We have both male and female teams, and provided opportunities from 5yrs and up. We love the game, and our community, and have a built a culture that shows it.

**Police Citizens Youth Clubs - Coffs Harbour**

74 Bray Street, COFFS HARBOUR NSW 2450

**E** coffsharbour@pcycnsw.org.au

**W** pcycnsw.org.au

**P (02) 6651 9961**

PCYC's Mission is to get young people active in life, work with young people to develop their skills, character and leadership and to reduce and prevent crime by and against young people. PCYC's activities throughout the year coupled with the programs and services of the NSW Police Youth Case Managers contribute to meeting these outcomes.

**Sawtell Tennis Club**

**E** sawtelltennis@gmail.com

**P (02) 6653 2188**

Offering tennis players courts to play on, all levels catered to from beginner to professional. Tennis Racquets and balls can be hired on weekdays. On weekends, the courts can be booked from the Sawtell Caravan Park, across the road from the tennis courts. Coaching is also available at the courts with our Club Professional. This is open to all ages and levels of players.

#### **Westside Tennis Club Inc**

10 King Street, COFFS HARBOUR NSW  
2450

**E** [harbourtennis@bigpond.com](mailto:harbourtennis@bigpond.com)

**P** 0419 655 437

Westside Tennis Club is situated on King Street Coffs Harbour with 1 Aussie Open Blue hardcourt (only hardcourt in Coffs Harbour), 6 synthetic grass tennis courts & 2 clay tennis courts. A spacious clubhouse with kitchen & fully equipped proshop as well as a nice children friendly playground with a brand new gym station and table tennis table. Membership entitles you to FREE court hire.

#### **Woolgoolga Athletic Club**

Woolgoolga Sportsground, Centenary Drive, WOOLGOOLGA NSW 2456

**E** [jasminemildren@yahoo.com](mailto:jasminemildren@yahoo.com)

We organise track & field competition from October to March for Senior and Little Athletes as well as cross country running from April to September (inclusive). Our competition days in summer are Mondays for senior athletes and Tuesdays for Little Athletes, held at Woolgoolga Sportsground, Centenary Drive, Woolgoolga.

#### **Woolgoolga Bluesox Baseball Club**

47 Ocean Parade, COFFS HARBOUR NSW  
2450

**E** [info@beachlandercoffs.com.au](mailto:info@beachlandercoffs.com.au)

**W** [woolgoolgabaseballclub.teamapp.com](http://woolgoolgabaseballclub.teamapp.com)

**P** 0404 896 394

Woolgoolga Baseball Club Covers the Northern Beaches and Woolgoolga Areas from T Ball, Juniors and B and A Grade Senior Teams the sport is affordable and fun to enjoy during the winter seasons. Feel Free to contact us at anytime for information.

## **T r a n s p o r t S e r v i c e s**

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## **Community Transport**

#### **Coffs Spring Clean**

**E** [enquiries@coffspringclean.com.au](mailto:enquiries@coffspringclean.com.au)

**W** [coffspringclean.com.au](http://coffspringclean.com.au)

**P** 0408 072 040

We can provide clients with assistance to travel to and from their activities including: Providing door-to-door travel to and from activities, Assist clients to coordinate public transport to and from activities, Coordinate taxi's or community transport for clients.

## **General Transport Services**

#### **NSW TrainLink - Coffs Harbour**

Coffs Harbour Railway Station, Angus Mcleod Place, COFFS HARBOUR NSW 2450

**W** [transportnsw.info](http://transportnsw.info)

**P** (02) 6648 3700

Providing a public train transport service

#### **The Community Transport Company**

23 Newcastle Drive, TOORMINA NSW  
2452

**E** [marioncampbell@communitytransport.net.au](mailto:marioncampbell@communitytransport.net.au)

**W** [communitytransport.net.au](http://communitytransport.net.au)

**P** (02) 6651 1137

Transport for aged and people with disabilities. Buses for hire for not for profit organisations

#### **Transport NSW Translink - Coffs Harbour**

Coffs Harbour Railway Station, Angus Mcleod Place, COFFS HARBOUR NSW 2450

**W** [transportnsw.info](http://transportnsw.info)

**P** 13 22 32

The station was not aware of Coffs connect Country link station for people arriving and departing from Coffs Harbour, ticket bookings and parcel pick up and drop off.

## **V o l u n t e e r i n g**

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### **General Volunteering Services**

**Bularri Muurlay Nyanggan Aboriginal Corporation**

**E** [info@bmnac.org.au](mailto:info@bmnac.org.au)

**W** [bmnac.org.au](http://bmnac.org.au)

**P** (02) 6652 5080

The programs that BMNAC deliver are designed to ensure that Aboriginal youth are strong in terms of both cultural identity and educational success. It is our goal that our children complete and achieve at school at the same rate as all Australian children in order to compete for real jobs whilst also being knowledgeable and proud of who they are as Aboriginal people.

**Coffs Harbour Show Society**

PO BOX 219, COFFS HARBOUR NSW 2450

**E** [coffsshow@aim.com](mailto:coffsshow@aim.com)

**W** [coffsharbourshowsociety.com.au](http://coffsharbourshowsociety.com.au)

The Coffs Harbour Show Society offer contest, trade and exhibitions and competitions as well as sales of tickets for entry all ages to go on rides and for competitors and exhibitors.

**Coffs Harbour Surf Life Saving Club**

Surf Club Road, COFFS HARBOUR NSW 2450

**E** [info@coffsharbourslsc.asn.au](mailto:info@coffsharbourslsc.asn.au)

**P** (02) 6652 3245

The club is a community organisation run by volunteers who are dedicated to protecting members of the public who surf and swim at the beach.

**Coffs Regional Community Garden**

Combine Street Reserve, COFFS HARBOUR NSW 2450

**E** [susan11651@hotmail.com](mailto:susan11651@hotmail.com)

**W** [coffscommunitygardens.org.au](http://coffscommunitygardens.org.au)

**P** 0403 934 048

The gardens are supported by the council to show locals how to garden without chemicals, make compost, use of tools and machines. There's a covered area to hold workshops, cook food gathered from garden, a pizza oven. Also a shade house to start seedlings, and a few sheds to keep the equipment undercover.

**Friends of the Botanic Gardens**

Hardacre Street, COFFS HARBOUR NSW 2450

**E** [coffsbotanic@gmail.com](mailto:coffsbotanic@gmail.com)

**W** [coffsbotanicgarden.com.au](http://coffsbotanicgarden.com.au)

**P** (02) 6648 4188

The Australian Association of Friends of Botanic Gardens (AAFBG) in Coffs Harbour is a national network providing a forum for communication, information and promotion between it's members, related botanic gardens groups and the community and is a Not For Profit Incorporated Association with a Committee of Management (COM) made up of representatives nominated from and by the Members.

**Lions Club - Woolgoolga**

**E** [woolgoolga@lionsdistrict201n1.org.au](mailto:woolgoolga@lionsdistrict201n1.org.au)

Lions are people who get involved in humanitarian efforts locally, nationally, and internationally. People like you can find community service and volunteer opportunities in Lions through: Mentoring, Leadership Development, Medical Research Fundraising, Disaster Relief

**Marine Rescue Coffs Harbour**

148/150 Victoria Street, COFF HARBOUR NSW 2450

**E** [coffsharbour@marinerescuensw.com.au](mailto:coffsharbour@marinerescuensw.com.au)

**P** (02) 6652 3155

Marine Rescue NSW saves lives on the water. Members of the boating community can be confident that when they call for help, a professionally trained and equipped Marine Rescue NSW crew will be quickly under way. Our services to the boating community include: 24/7 emergency Search and Rescue The State's only Log On and vessel tracking service for recreational boaters.

**Momentive Collective**

5A/1 Duke Street, COFF HARBOUR NSW 2450

**E** [info@mymomentum.org.au](mailto:info@mymomentum.org.au)

**W** [mymomentum.org.au](http://mymomentum.org.au)

**P** (02) 6650 0874

The Momentum Collective help with Mental Health, Community Housing, Supported Employment, NDIS Planning & Support Coordination, Supported Living, Domestic & Family Violence, Homelessness, Outreach & Day Programs

**Red Rock - Corindi Surf Life Saving Club**

Little Beach Road, RED ROCK NSW 2456

**E** [info@redrockcorindislsc.com.au](mailto:info@redrockcorindislsc.com.au)

**W** redrockcorindislsc.com.au

**P** 0419 519 906

The role of the Surf Lifesaver now stretches far beyond the beach and there are countless ways to become involved in your community.

### **Sawtell Surf Life Saving Club**

Cnr Fourth & Second Ave, SAWTELL NSW 2452

**E** secretary@sawtellsurfclub.com.au

**W** sawtellsurfclub.com.au

The providing of a community service For our reporting year just ended on 30th April 2018 the Club members undertook 5500 patrol hours, undertook 23 rescues , performed 200 preventative actions and provided first aid on 48 occasions. Our members undertook essential training during the year to assist in their roles.

### **St Johns Ambulance**

1 Aviation Drive, COFFS HARBOUR NSW 2450

**E** coffsharbour.division@stjohnnsw.com.au

**W** stjohncoffsharbour.com.au

**P** 0427 037 694

St John Ambulance Australia is a self-funded charitable organisation active in all states and territories, dedicated to helping people in sickness, distress, suffering or danger.

## **Welfare Assistance & Services**

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### **Food Vans and Kitchens**

#### **Oz Harvest Coffs Harbour**

**E** coffsharbour.info@ozharvest.org

**W** ozharvest.org

**P** 1800 108 006

OzHarvest was Founded by Ronni Kahn AO in 2004 after noticing the huge volume of food going to waste, OzHarvest has quickly grown to become Australia's leading food rescue organisation.

## **General Welfare & Support Services**

### **Baptist Church - Coffs Harbour**

Curacoa Street, COFFS HARBOUR NSW 2450

**W** coffsbaptist.org.au

**P** (02) 6652 3352

Saturday noon held at Rotary Park, near swimming pool free barbeque

### **CanDo Cancer Trust**

17 Moller Drive, SAWTELL NSW 2452

**E** info@candocancertrust.com.au

**W** candocancertrust.com.au

**P** 0419 227 498

We provide financial assistance to patients with cancer and attending the North Coast Cancer Institute in Coffs Harbour We receive donations and have fund raising events which allows us to support approx. 120 applications for assistance per annum Main activities relate to Other health service delivery. Benefits Local cancer patients received assistance.

### **Centrelink - Coffs Harbour**

21-25 Duke Street, COFFS HARBOUR NSW 2450

**W** servicesaustralia.gov.au

**P** 13 24 68

We deliver Centrelink social security payments and services to Australians.

### **Coffs Harbour Family Store**

**W** salvationarmy.org.au

**P** (02) 6650 0310

Coffs Salvation Army Shop

### **Coffs Harbour Legacy Welfare Fund**

55 Victoria St, COFFS HARBOUR NSW 2450

**E** admin@coffslegacy.com.au

**P** 1300 534 229

Addressing the welfare needs of widows and children of incapacitated and deceased veterans. We provided financial and emotional support to bereaved dependants by offering personal contact, peer support groups, welfare and financial assistance where necessary, and advocacy to claim government entitlements. Main activities relate to Social services. Benefits Veterans or their families..

**Coffs Harbour Police**

2 Beryl Street, COFFS HARBOUR NSW  
2450

**W** [police.nsw.gov.au](http://police.nsw.gov.au)

**P** (02) 6691 0799

Provides information about security & safety in the community & about the Police & how they can assist you

**Coffs Harbour Salvos**

40 Mastracolas Road, COFFS HARBOUR  
NSW 2450

**W** [salvationarmy.org.au](http://salvationarmy.org.au)

**P** (02) 6690 1700

Coffs Salvation Army Shop

**The soup place**

Gordon St, COFFS HARBOUR NSW 2450

**E** [ucacoffs@optusnet.com.au](mailto:ucacoffs@optusnet.com.au)

**W** [unitingchurchcoffsharbour.com](http://unitingchurchcoffsharbour.com)

**P** (02) 6652 7044

Providing a free meal each day Monday to Friday (except public holidays), 12-30 - 1.30 pm, Vernon Street, Coffs Harbour Thank God Its Friday Coffee & Chat 11.00 am - 12.30pm

**Hope for the Homeless - Coffs Harbour Inc.**

9 Collison Place, NORTH BOAMBEE VALLEY  
NSW 2450

**E** [hope4homeless2450@gmail.com](mailto:hope4homeless2450@gmail.com)

**P** (02) 5645 6245

At Hope for the Homeless our objective is to enable people in need to resolve issues, overcome obstacles and find clear pathways out of homelessness by connecting them with the relevant specialist government and not-for-profit organisations in a one-stop-shop environment.

**LIFEHOUSE PANTRY**

169A Orlando Street, COFFS HARBOUR  
NSW 2450

**W** [lifehousecare.org.au](http://lifehousecare.org.au)

**P** (02) 6658 0055

Welfare Assistance & Services - General Welfare & Support Services - General Welfare & Support Services. LOW COST GROCERRIES

**LIFEHOUSE PANTRY**

4 Minorca Place, TORMINA NSW 2450

**W** [lifehousecare.org.au](http://lifehousecare.org.au)

**P** (02) 6658 1899

Welfare Assistance & Services - General Welfare & Support Services - General Welfare & Support Services. LOW COST GROCERRIES

**LIFEHOUSE PANTRY**

8 Nightingale Street, WOOLGOOLGA NSW  
2456

**W** [lifehousecare.org.au](http://lifehousecare.org.au)

**P** (02) 6654 7377

Welfare Assistance & Services - General Welfare & Support Services - General Welfare & Support Services. LOW COST GROCERRIES

**Loaves and Fishes - Abundant Life Church**

3/47 Lawson Crescent, COFFS HARBOUR  
NSW 2450

**E** [loavesandfisheschc@gmail.com](mailto:loavesandfisheschc@gmail.com)

**W** [loavesandfishes.net.au](http://loavesandfishes.net.au)

**P** 0408 298 899

Loaves and Fishes was founded in 2005 in support of the local community and aimed to help provide food staples for people experiencing hardship in the local area.

**St Vincent de paul Society - Coffs Harbour**

6 Scarba Street Coffs harbour, COFFS  
HARBOUR NSW 2450

**W** [vinnies.org.au](http://vinnies.org.au)

**P** (02) 6652 3003

Food assistance, Christmas hampers. IGA and Coles vouchers. EAPA and Telstra Vouchers. Pharmacy Script assistance. Current Centrelink statement and I.D required.

**Uniting NSW.ACT - Coffs Harbour**

Level 2, Rigby House, 27-29 Duke Street,  
COFFS HARBOUR NSW 2450

**E** [ask@uniting.org](mailto:ask@uniting.org)

**W** [uniting.org](http://uniting.org)

**P** (02) 6659 2800

This is a Welfare Assistance & Services - General Welfare & Support Services service.

**Warrina Domestic and Family Violence Specialist Services**

**E** [admin@warrina.org.au](mailto:admin@warrina.org.au)

**W** [warrina.org.au](http://warrina.org.au)

**P** (02) 6651 1136

Warrina Domestic & Family Violence Specialist Services provides a range of services for women and their children who have experienced domestic and family violence.

## Meals on Wheels

### **Coffs Coast Meals on Wheels Inc.**

Community Village, 22 Earl Street, COFFS HARBOUR NSW 2450

**E** [manager@chmow.org.au](mailto:manager@chmow.org.au)

**W** [nswmealsonwheels.org.au](http://nswmealsonwheels.org.au)

**P** (02) 6648 3600

Coffs Coast Meals on Wheels is a Community based not-for-profit that supplies meals for the local LGA.

## Second Hand Shops

### **Australia Red Cross - Harbour Drive**

106 Harbour Drv, COFFS HARBOUR NSW 2450

**W** [redcross.org.au](http://redcross.org.au)

**P** (02) 6638 9726

Support the Australian Red cross by donating your unwanted clothing bri-a-brac and books to your local red cross shop.

### **Coffs Coast Legacy Op Shop**

4 Scarba Street, COFFS HARBOUR NSW 2450

**E** [admin@coffslegacy.com.au](mailto:admin@coffslegacy.com.au)

**W** [coffslegacy.com.au](http://coffslegacy.com.au)

**P** (02) 6651 9669

Legacy is dedicated to caring for the families of deceased and incapacitated veterans. Today Legacy's caring and compassionate service assists over 60,000 widows and 1,800 children and dependants with a disability. Legacy is a voluntary organisation supported by veterans, servicemen and women, and volunteers drawn from all walks of life.

### **Heartbeat Market Shop - Heartbeat Church**

7 Murdoch Street, COFFS HARBOUR NSW 2450

**E** [heartbeatmarket@inet.net.au](mailto:heartbeatmarket@inet.net.au)

**W** [heartbeat.org.au](http://heartbeat.org.au)

**P** (02) 6651 5130

The Heartbeat Market Shop we assist people in desperate need with free furniture, clothing, electrical items, household goods, fridges, dryers, washing machines, TVs, etc. (Note: some items not always in stock – Depending on the generosity of donors).

## Youth Services

### General Youth Services

#### **Australian Air League Incorporated New South Wales Boy's Group**

60 Aviation Drive, COFFS HARBOUR NSW 2450

**E** [eanrose@rocketmail.com](mailto:eanrose@rocketmail.com)

**W** [airleague.com.au](http://airleague.com.au)

**P** 0417 046 417

A volunteer non-profit organisation for boys/girls 8 years and over interested in aviation. We teach ALL about aviation from "What is an aeroplane" to pilot license if that is the goal. Our aim is to instill the spirit of air mindedness in the youth of Australian, to foster better citizenship, leadership & self reliance in the youth of the nation. The courses include many "ground career paths

#### **Blue Sky Community Services - Groundworks Youth and Family Hub**

222 Harbour Drive, COFFS HARBOUR NSW 2450

**E** [contact@bluesky.org.au](mailto:contact@bluesky.org.au)

**W** [bluesky.org.au](http://bluesky.org.au)

**P** (02) 5632 4020

Blue Sky Community Services' Youth & Family Service is a free service for young people and/or their families living in the Coffs Harbour, Bellingen and Nambucca areas. The Youth and Family Service works with young people (aged 8 to 24 years old) and/or their families, parents and carers to ensure young people are safe and connected, and parents are supported to strengthen family relationships.

#### **Youth and Family Service**

222 Harbour Drive, COFFS HARBOUR NSW 2450

**E** [contact@bluesky.org.au](mailto:contact@bluesky.org.au)

**W** [bluesky.org.au](http://bluesky.org.au)

**P (02) 5632 4020**

Blue Sky Community Services' Youth & Family Service is a free service for young people and/or their families living in the Coffs Harbour, Bellingen and Nambucca areas. The Youth and Family Service works with young people (aged 8 to 24 years old) and/or their families, parents and carers to ensure young people are safe and connected, and parents are supported to strengthen family relationships

**headspace Coffs Harbour**

45, 45-53 Little Street, COFFS HARBOUR NSW 2450

**W** [headspace.org.au](http://headspace.org.au)

**P (02) 6652 1878**

headspace Coffs Harbour is a free, youth friendly confidential service.

**Scouts NSW - Coffs**

209 Harbour Drive, COFFS HARBOUR NSW 2450

**E** [Amanda.Walker@nsw.scouts.com.au](mailto:Amanda.Walker@nsw.scouts.com.au)

**W** [nsw.scouts.com.au](http://nsw.scouts.com.au)

**P 0411 571 269**

Scouts Australia NSW provides young Aussies aged 5 to 25 with fun and challenging opportunities to grow through adventure. With over 17,000 youth and adult members from various cultural and religious backgrounds and with varying abilities, Scouts is one of the largest and most successful youth organisations in the state.

**Scouts NSW - Sawtell**

8 Lyons Road, SAWTELL NSW 2452

**E** [Shane.Herden@nsw.scouts.com.au](mailto:Shane.Herden@nsw.scouts.com.au)

**W** [joinscouts.com.au](http://joinscouts.com.au)

**P 0421 378 881**

Scouts Australia NSW provides young Aussies aged 5 to 25 with fun and challenging opportunities to grow through adventure. With over 17,000 youth and adult members from various cultural and religious backgrounds and with varying abilities, Scouts is one of the largest and most successful youth organisations in the state.

**Scouts NSW - Woolgoolga**

29 Hastings Street, WOOLGOOLGA NSW 2456

**E** [Janine.Mackie@nsw.scouts.com.au](mailto:Janine.Mackie@nsw.scouts.com.au)

**P 0412 231 201**

Scouts Australia NSW provides young Aussies aged 5 to 25 with fun and challenging opportunities to grow through adventure. With over 17,000 youth and adult members from various cultural and religious backgrounds and with varying abilities, Scouts is one of the largest and most successful youth organisations in the state.

**Uniting Burnside: Support for young people leaving out-of-home care**

Level 2, Rigby House, 27-29 Duke Street, COFFS HARBOUR NSW 2450

**E** [ask@uniting.org](mailto:ask@uniting.org)

**W** [uniting.org](http://uniting.org)

**P (02) 6659 2800**

Finding Acomodation or moving, Education, employment or training, budgeting, independent living skills, legal matters, pregnancy support, emotional wellbeing, access to counselling advocacy support, accessing or reading your files, reffels to specialist, accessing financial assistance from family and community services, independect living allowance.

**Wesley Youth Accommodation Service CBN**

**E** [meena.johnson@wesleymission.org.au](mailto:meena.johnson@wesleymission.org.au)

**W** [wesleymission.org.au](http://wesleymission.org.au)

**P (02) 6651 4249**

If you're a young person without a place to call home or if you are at risk of becoming homeless - Wesley Youth Accommodation can help you

**Youth Accommodation Services**

**Momentum Youth Housing Service**

222 Harbour Drive, COFFS HARBOUR NSW 2450

**E** [contact@bluesky.org.au](mailto:contact@bluesky.org.au)

**W** [bluesky.org.au](http://bluesky.org.au)

**P (02) 5632 4021**

The Momentum Youth Housing Service assists young people who are homeless or at risk of homelessness. Momentum assists young people, aged 17 to 25 years, to find and keep stable and safe accommodation, to build skills for independent living and to improve health and wellbeing.

**My Foundations Youth Housing**

**E** [youthhousing@mfyh.org.au](mailto:youthhousing@mfyh.org.au)

**W** [mfyh.org.au](http://mfyh.org.au)

**P** (02) 8306 7905

Our signature rent and tenure model, co-designed and endorsed by NSW Family & Community Services, which aims to better meet the needs of young people who are homeless, by giving them up to 5 years of secure tenure, links to support, education and employment, with a rent model that scales up over time to reflect and prepare young people for the private market.

## **Youth Information & Counselling**

### **360 Outreach**

1, 26 First Avenue, SAWTELL NSW 2452

**E** [outreach@missionaustralia.com.au](mailto:outreach@missionaustralia.com.au)

**W** [missionaustralia.com.au](http://missionaustralia.com.au)

**P** (02) 6589 5076

Mission Australia delivers 360 Outreach across the Coffs Harbour, Belliingen, and Nambucca LGAs. 360 Outreach targets young people aged 13-18 who have, or at risk of developing, mental health issues and/or alcohol & other drug (AOD) dependence. 360 Outreach is funded by North Coast Primary Health Network and aims to strengthen and complement existing clinical and community based support services.

### **Early Connections Coffs Coast**

13 Kane Crescent, COFFS HARBOUR NSW

2450

**E** [admin@earlyconnections-coffscoast.org.au](mailto:admin@earlyconnections-coffscoast.org.au)

**W** [earlyconnections.org.au](http://earlyconnections.org.au)

**P** (02) 6652 8080

Early Connections – Coffs Coast is a not-for-profit community based organisation.

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