

IR 1247755



INFORMATION DIRECTORY FOR OLDER PEOPLE

If you are from a non-English speaking background and need help in understanding any of the information in this Directory please telephone:

TIS - Translating and Interpreting Service	131 450
Or	
National AUSLAN Booking Service	1800 246 945

For other assistance please telephone:

Coffs Harbour City Council	6648 4000
Aged Care Assessment Team	6656 7688
My Aged Care	1800 200 422

Please note: Referral information and further details may be obtained by telephoning the relevant organisation direct.

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1. ACCOMMODATION

Crisis Accommodation for Women

Warrina Women's and Children's Refuge
COFFS HARBOUR 6652 4000

Housing

Department of Housing
49-51 Moonee Street
COFFS HARBOUR NSW 2450 6650 1300

Housing Advice

Assistance With Care and Housing for the Aged
PO Box 132
MACKSVILLE NSW 2447 6568 2522

Community Housing Limited
Stoker House
1/19 Park Avenue
COFFS HARBOUR NSW 2450 6691 0100

Aged Accommodation

Bellorana Limited Nursing Home & Hostel
Cnr Church & Watsons Streets
BELLINGEN NSW 2454 6655 2777

Boambee Gardens Estate
17 Walco Drive
SAWTELL NSW 2452 6690 2500

Casey Court (Retirement Village) 5-7 Gordon Street COFFS HARBOUR NSW 2450	6650 9145
Coffs Harbour Legacy Nursing Home 55 Victoria Street COFFS HARBOUR NSW 2450	6652 1426
Coffs Harbour Legacy Units PO Box 260J 96 Albany Street AND 5-7 Shea Street COFFS HARBOUR NSW 2450	6652 7583
Coffs Harbour Nursing Home 45 Victoria Street COFFS HARBOUR NSW 2450	6652 1494
Coffs Haven Aged Care Facility (Churches of Christ) (Nursing Home) 18 Sand Street COFFS HARBOUR NSW 2450	6656 8400 Fax 6656 8499
Dalpura Village 9 Bray Street COFFS HARBOUR NSW 2450 (Churches of Christ Community Care)	(02) 9636 6466
Department of Housing - Units 51 Moonee Street COFFS HARBOUR NSW 2450	6650 1300

Opal Aged Care 50 Lakes Drive COFFS HARBOUR NSW 2450	6659 4800
The Lakes Village (Over 55's Independent Living) Lakes Drive COFFS HARBOUR NSW 2450 www.thelakesvillage.com.au	1800 993 202
Lime Tree Park 210 Pacific Highway COFFS HARBOUR NSW 2450	6652 1215
Marian Grove & Villa Maria Office: Marian Place TOORMINA NSW 2452	6653 1241
Masonic Retirement Village 33 Mackays Road COFFS HARBOUR NSW 2450	6650 2200
Mater Christi Hostel and Nursing Home Marian Place TOORMINA NSW 2452	6658 6133
Ozanam Villa 9 Nimbin Place COFFS HARBOUR NSW 2450	6652 2366
St Augustine's Nursing Home 6-8 Bonville Street COFFS HARBOUR NSW 2450	6652 5086
St Josephs - Hostel 33-39 Azalea Avenue COFFS HARBOUR NSW 2450	6659 8300

Sawtell Legacy Units Lyons Road SAWTELL NSW 2452	6652 7583
Freedom Aged Care 92 Taloumbi Road COFFS HARBOUR NSW 2450	1800 647 813
Taloumbi Gardens 94 Taloumbi Road COFFS HARBOUR NSW 2450	6650 0746
Villa Monica 5 Valley Street COFFS HARBOUR NSW 2450	6650 9145
Woolgoolga Retirement Village – Units and Hostel Maldon Place WOOLGOOLGA NSW 2456	6654 0022

2. CARERS SERVICES

Carers NSW Head Office (02) 9280 4744
Level 18, Roden Cutler House
24 Campbell Street
SYDNEY NSW 2000

Carers NSW Carer Line (Monday to Friday 9am-5pm) 1800 242 636

- Carer information and referral
- National Carer Counselling Program

Carers NSW – Coffs Harbour Office- 2/2 Lyster Street(02) 6650 0512

- Older Parent Carer Program
- Better Start for Children With Disability

Emergency Respite – 1800 052 222

Coffs Harbour Carers Support Group (02) 6653 2785
(02) 6651 8504
Mobile 0421 441 133

Commonwealth Respite and Carelink Centre MNC 1800 059 059
Suite 2 or
9 River Street 6568 4271
PO Box 514
MACKSVILLE NSW 2447

Joyland Carers Retreat 0421 644 998
5B Breakers Way
KORORA NSW 2450

3. CHURCHES AND RELIGION

The Baha'I Faith

Local Spiritual Assembly of the Baha'is of Coffs Harbour

PO Box 1464

COFFS HARBOUR NSW 2450

Phone: Chairperson 6651 4339

Secretary 6656 2340

Baptist Church 6652 3352

Corner High and Curacoa Streets

COFFS HARBOUR NSW 2450

Bethel Christian Centre 6652 6282

Pentecostal Church 6652 7620

76 Bray Street

COFFS HARBOUR NSW 2450

Christadelphian Ecclesia 6653 4058

PO Box 10

BONVILLE NSW 2441

Christian Life Centre - Assemblies of God Church 6651 2455

25 Alison Street (A/H) 6651 2558

COFFS HARBOUR NSW 2450

Christian Outreach Centre 6652 8511

Lot 101 Stadium Drive (A/H) 6653 4473

COFFS HARBOUR NSW 2450

Coffs Harbour Care - Christian Life Centre 6652 3116

12 Earl Street

COFFS HARBOUR NSW 2450

Church of Jesus Christ of Latter Day Saints Perry Drive COFFS HARBOUR NSW 2450	6652 7686
Church of St Francis Xavier (Catholic) Corner Scarborough and Hastings Streets WOOLGOOLGA NSW 2456	6652 3222
The Church of the Holy Faith (Anglican) East Bonville Road BONVILLE NSW 2441	6658 1626
Guru Nanak Sikh Temple River Street WOOLGOOLGA NSW 2456	(Home or Priest) 6654 1498 (Temple) 6654 0059
Jehovah's Witnesses Kingdom Hall, Gentle Street COFFS HARBOUR NSW 2450	6652 1521
Lutheran Church Service held at the Community Village Earl Street COFFS HARBOUR NSW 2450	6658 3747
Mary Help of Christians (Catholic) 44 Boronia Street SAWTELL NSW 2452	6658 3544
Northern Beaches (Anglican) 19-21 Scarborough Street P O Box 49 WOOLGOOLGA NSW 2456	6654 1370

Presbyterian Church 187 High Street COFFS HARBOUR NSW 2450	6652 3183
Salvation Army 40 Mastracolas Road (PO Box 6071) COFFS HARBOUR NSW 2450	6652 8777
Sandy Beach Community Baptist Church 2b Morgans Road SANDY BEACH NSW 2450	6654 0708
Seventh Day Adventist Corner Pacific Highway and Valley Street (PO Box 38) COFFS HARBOUR NSW 2450	6651 7447
St Augustine's Catholic Church Gordon Street COFFS HARBOUR NSW 2450	(Presbytery) 6652 3222 (Parish Office) 6652 5714
St Johns (Anglican) 2 McLean Street COFFS HARBOUR NSW 2450	6651 4700
St Nicholas (Anglican) Corner Seventh Avenue and Elizabeth Street SAWTELL NSW 2452	6658 1626
Toormina Christian Fellowship (Brethren) 7-9 Nariah Crescent TOORMINA NSW 2452	6653 3813
Uniting Church – Coffs Harbour Cnr Gordon and Vernon Streets COFFS HARBOUR NSW 2450	(Parish Office) 6652 7044

Uniting Church – Nana Glen
11A Orara Way
NANA GLEN NSW 2450

(Parish Office) 6652 7044

Uniting Church – Sawtell
St Pauls – Sawtell
24 Elizabeth Street
SAWTELL NSW 2452

(Open Door) 6658 3866
(Church) 6653 3179

Uniting Church – Woolgoolga
Trafalgar Street
WOOLGOOLGA NSW 2456

6654 1887

Wesleyan Methodist Church
Bray Street
PO Box 6240
COFFS HARBOUR NSW 2450

(Church Office) 6652 7422
(Home) 6652 2142

West Coffs Church of Christ
30 Loaders Lane
COFFS HARBOUR NSW 2450

6651 3954

4. COMMUNITY / SENIORS CENTRES

Various activities may be held at the following centres and may include indoor bowls, exercise classes, computer classes, tai chi, craft, Pilates, table tennis, etc

Bayldon Community Centre 6658 2285
171 Toormina Road, TOORMINA 2452

Boambee East Community Centre 6658 4655
Neighbourhood House
Bruce King Drive, BOAMBEE EAST 2450

Coffs Harbour Community Village 6648 3690
Earl Street, COFFS HARBOUR 2450

Woolgoolga Seniors Centre 6654 7311
6 Boundary Street, WOOLGOOLGA 2456

5. EQUIPMENT HIRE

Scooters and Mobility 6651 5333
177 Orlando Street
COFFS HARBOUR NSW 2450

Willaid Pty Ltd 6651 7900
Unit 1/16 Isles Drive
COFFS HARBOUR NSW 2450

Beach Wheelchairs

Park Beach Surf Club 0408 285 073
Coffs Harbour Yacht Club 6652 4390
Northcott Disability Services 6651 2366
Sawtell Surf Club 6653 2164
Woolgoolga 6654 8118

Wheelchairs are to be returned free of sand and salt water

6. GENERAL INFORMATION

Local

Aboriginal Community Centre 6648 3683
Coffs Harbour Community Village
Earl Street
COFFS HARBOUR NSW 2450

Ageing, Disability and Home Care 6659 1360
72 Grafton Street
PO Box 550
COFFS HARBOUR NSW 2450

Bayldon Community Centre 0422 175 270
Toormina Road
PO Box 121
TOORMINA NSW 2452

Catholic Community Services 6651 9177
4/1 Duke Street
COFFS HARBOUR NSW 2452

Community Care Options 6650 2000
20 Curacoa Street
PO Box 1382
COFFS HARBOUR NSW 2450

Coffs Harbour Neighbourhood Centre 6648 3694
Coffs Harbour Community Village
Earl Street
COFFS HARBOUR NSW 2450

North Coast Settlement Services (02) 5612 1370
Suites 2 and 3
1 Duke Street
COFFS HARBOUR NSW 2450

Toormina Neighbourhood House 6658 4655
139 Sawtell Road
PO Box 335
TOORMINA NSW 2452

Woolgoolga Neighbourhood Centre 6654 1598
35 Beach Street
P O Box 646
WOOLGOOLGA NSW 2456

State-wide

The Aged Care Rights Service (NSW only) 1800 424 079
(02) 9281 3600

Ageing, Disability and Home Care
Head Office (02) 9367 6811
Coffs Harbour Office 6659 1300

Carelink 1800 052 222

Combined Pensioners & Superannuants Association (02) 9281 3588
or 1800 451 488

Association of Independent Retirees (02) 6290 2599

National Seniors Association (02) 9891 1199

NSW Council on the Ageing (02) 9286 3860

Seniors Information Service 131 244
Level 4, 280 Pitt Street
SYDNEY NSW 2000

Department of Veteran Affairs 13 32 54
1800 555 254

My Aged Care 1800 200 422

7. HEALTH SERVICES

Assessment and Rehabilitation Services

Aged Care Transitional Intervention Program (ACTIP) Coffs Harbour Health Campus (Public Hospital) 345 Pacific Highway COFFS HARBOUR NSW 2450	6656 7641
Allied Health Coffs Harbour Health Campus (Public Hospital) 345 Pacific Highway COFFS HARBOUR NSW 2450	6656 7700
Coffs Harbour Health Campus (Public Hospital) 345 Pacific Highway COFFS HARBOUR NSW 2450	6656 7000
Commonwealth Rehabilitation Service Australia Coffs Harbour Regional Unit Suite 6, Commercial Centre 1 Duke Street COFFS HARBOUR NSW 2450	6648 7920
Ramsay Professional Services Baringa Private Hospital Mackays Road COFFS HARBOUR NSW 2450	6658 0322

Community Nursing Services

Bananacoast Home Nursing and Respite Care 6651 3153
2/84-90 Industrial Drive, TOORMINA
PO Box 1872, COFFS HARBOUR NSW 2450

NSW Home Support Services 1300 770 118
Unit 4/84-90 Industrial Drive
TOORMINA NSW 2452

Community Nursing 6656 7820
Coffs Harbour Health Campus (Public Hospital)
345 Pacific Highway
COFFS HARBOUR NSW 2450

Kincare 1300 733 510
(Personal Care Services and Domestic Assistance)

Stanhope Home Nursing Services (Toll Free) 1800 625 887
(Nursing, personal care, domestic assistance and respite care)

Continence Services and Information

Community Nursing 6656 7804
Coffs Harbour Health Campus
345 Pacific Highway
COFFS HARBOUR NSW 2450

Dementia Services and Information

National Dementia Helpline Free Call 1800 100 500

Dental Clinic for Pensioners

Oral Health Customer Service Line 1300 651 625
Mid North Coast Area Health Service - Dental Clinic
Coffs Harbour Health Campus

345 Pacific Highway
COFFS HARBOUR NSW 2450
(Health Care Card holders only)

Health Centres

Women's Health Centre 6652 8111
74 Victoria Street
PO Box 46
COFFS HARBOUR NSW 2450

Community Health 6656 7820
Coffs Harbour Health Campus
345 Pacific Highway
COFFS HARBOUR NSW 2450

Aboriginal Health Service 6656 7845
Coffs Harbour Health Campus
345 Pacific Highway
COFFS HARBOUR NSW 2450

Galambila Aboriginal Health Clinic 6652 0800
9 Boambee Street
COFFS HARBOUR NSW 2450

Ramsay Professional Services 6658 0322
Baringa Private Hospital
Mackays Road
COFFS HARBOUR NSW 2450

Hearing Centres

Community Health Centre 6656 7820
Coffs Harbour Health Campus
345 Pacific Highway
COFFS HARBOUR NSW 2450

Australian Hearing 6652 0700
2 Lyster Street
COFFS HARBOUR NSW 2450

Hospitals

Baringa Private Hospital 6659 4444
Mackays Road
COFFS HARBOUR NSW 2450

Coffs Harbour Health Campus (Public Hospital) 6656 7000
EMERGENCY DEPARTMENT 6656 7400
345 Pacific Highway
COFFS HARBOUR NSW 2450

Medical Aids and Appliances

Scooters and Mobility 6651 5333
177 Orlando Street
COFFS HARBOUR NSW 2450

Willaid Health Care Equipment 6651 7900
22A Gordon Street
COFFS HARBOUR NSW 2450

Nursing Home and Hostel Assessments

My Aged Care 1800 200 422

Palliative Care

Look Good – Feel Better 6656 7683
Coffs Harbour Health Campus
345 Pacific Highway
COFFS HARBOUR NSW 2450

Palliative Care 6656 7683
Coffs Harbour Health Campus (Base Hospital)
345 Pacific Highway
COFFS HARBOUR NSW 2450

Podiatry Services

Community Health 6656 7646
Coffs Harbour Health Campus 6656 7647
345 Pacific Highway
COFFS HARBOUR NSW 2450
(Health Care Card holders only)

Vision Australia 1300 847 466 (ask for Coffs Harbour)
(Blindness and low vision services) or 6659 9200
126 West High Street
P.O Box 1401
COFFS HARBOUR NSW 2450

8. LEGAL INFORMATION

Aboriginal Legal Service 6640 1400
3/37 Little Street
COFFS HARBOUR NSW 2450

Legal Advisory Service 6648 3694
Neighbourhood Centre
Coffs Harbour Community Village
Earl Street
COFFS HARBOUR NSW 2450

Legal Aid Commission 6651 7899
Coffs Harbour District
41 Little Street
COFFS HARBOUR NSW 2450

Legal Aid Commission of NSW (02) 4628 2922
Level 4, 171-121 Queen Street
CAMBELLTOWN NSW 2560

Guardianship Tribunal (02) 9556 7600
Level 3, 2a Rowntree Street Toll Free 1800 463 928
Locked Bag 9
BALMAIN NSW 2041

Protective Commissioner and Public Guardian (02) 9265 3131
Level 15, Piccadilly Tower
133 Castlereagh Street
SYDNEY NSW 2000

Consumer Affairs

Department of Fair Trading 6653 0700
359 Harbour Drive
COFFS HARBOUR NSW 2450

9. LIBRARY SERVICES

Coffs Harbour City Library and Information Service 6648 4900
Harry Bailey Memorial Library
Rigby House
Cnr Duke and Coff Streets
COFFS HARBOUR NSW 2450

Toormina Library and Information Centre 6648 4925
Minorie Drive
TOORMINA NSW 2450

Woolgoolga Library and Information Centre 6654 0010
Ganderton Street
WOOLGOOLGA NSW 2456

10. MEALS ON WHEELS

My Aged Care 1800 200 422

Coffs Harbour Meals on Wheels
Coffs Harbour Community Village 6648 3600
Earl Street
COFFS HARBOUR NSW 2450

Sawtell meals on Wheels
25 Elizabeth Street 6653 3298
SAWTELL NSW 2452

Woolgoolga Meals on Wheels
Boundary Street 6654 2870
WOOLGOOLGA NSW 2456

11. PENSIONS AND OTHER BENEFITS

Centrelink

Aged Pension Information 132 300

Disability Pension Information 132 717

21-25 Duke Street

PO Box 1231

COFFS HARBOUR NSW 2450

Department of Veterans Affairs 13 32 54

Information Service 1800 555 254

21-25 Duke Street

PO Box 1230

COFFS HARBOUR NSW 2450

Luke Hartsuyker's Pension Information Book 6652 6233

Luke Hartsuyker's Office 1800 800 217

39 Little Street

PO Box 2056

COFFS HARBOUR NSW 2450

NSW Seniors Card Applications – contact Service NSW or go online at
<https://www.service.nsw.gov.au/transaction/apply-nsw-seniors-card>

12. RECREATION, LEISURE, EDUCATION AND TRAINING

Arts, Craft and Recreational Groups

Bananacoast Radio Control Flyers Club Model Flying Field Pacific Highway MOONEE NSW 2450	6652 3570
Bobbin Lace Making - Joyce Marshall 16 Alexander Street NANA GLEN RAIL NSW 2450	6654 3316
Coffs Calligraphers	6651 2406
Coffs Harbour Amateur Radio Club PO Box 555 COFFS HARBOUR NSW 2450	6653 4601
Coffs Harbour Art and Craft Group PO Box 6354 Park Beach Plaza COFFS HARBOUR NSW 2450	6651 9549
Coffs Harbour Arts Council Inc	6659 3360
Coffs Harbour Cake Decorating Club 69 Moonee Street COFFS HARBOUR NSW 2450	6652 3986
Coffs Harbour Chess Club c/- Coffs Harbour Catholic Recreation and Sports Club 59 High Street COFFS HARBOUR NSW 2450	6656 1404

Coffs Harbour Doll Club PO Box 1862 COFFS HARBOUR JETTY NSW 2450	6651 3173
Coffs Harbour Garden Club PO Box 344J COFFS HARBOUR NSW 2450	6658 3990
Coffs Harbour Lapidary and Associated Crafts Club PO Box J87 COFFS HARBOUR JETTY NSW 2450	6652 4959
Coffs Harbour Education and Recreation Program (CHERP) Coffs Harbour Neighbourhood Centre, Earl Street COFFS HARBOUR NSW 2450 (aqua fitness, astronomy, calligraphy, craft club, discussion group, fun & fitness, line dancing, tai chi, tenpin bowling, and yoga)	6648 3694
Coffs Harbour Orchid Society 8 Skinner Close EMERALD BEACH NSW 2456	6656 1937
Coffs Harbour Stamp and Coin Club Coffs Harbour Catholic Recreation and Sports Club 59 High Street COFFS HARBOUR NSW 2450	6653 6143
Coffs Quilters and Needlecraft Inc Cavanbah Centre Harbour Drive COFFS HARBOUR NSW 2450	6652 4530
Family History Society	6651 8146

Friends of the Bunker Cartoon Gallery Inc PO Box 2474 COFFS HARBOUR NSW 2450	6651 7343
Ladies Craft Group Salvation Army	6652 8777
Plaza Club – Park Beach Plaza Pacific Highway PO Box 6001 COFFS HARBOUR NSW 2450	6652 4366
Sawtell Art Group Inc Corner Bayldon and Lyons Roads SAWTELL NSW 2452	6658 6477
Tokonama Bonsai Society	6653 6370 / 6652 4897
Toormina Craft Group Guide Hall (opposite Toormina Library) Minorie Drive TOORMINA NSW 2452	6658 7332
Woolgoolga Art Group Gallery Turon Parade WOOLGOOLGA NSW 2456	(BH) 6654 1054 (AH) 6654 1871
Woolgoolga Garden Club PO Box 546 WOOLGOOLGA 2456	6654 2165
Woolgoolga Neighbourhood Centre Craft Club Cnr Beach and Boundary Streets PO Box 646 WOOLGOOLGA NSW 2456	6654 1598

Woolgoolga Spinners and Weavers
Gallery
Turon Parade
WOOLGOOLGA NSW 2456

(BH) 6654 1054
(AH) 6654 1768

Bingo

Club Coffs
61A High Street
COFFS HARBOUR NSW 2450

6652 1477

C.ex Coffs
Vernon Street
COFFS HARBOUR NSW 2450

6652 3888

Sawtell Bowling Club
Lyons Road
SAWTELL NSW 2452

6653 1287

Sawtell RSL Club
First Avenue
SAWTELL NSW 2452

6653 1577

C.ex Woolgoolga
Boundary Street
WOOLGOOLGA NSW 2456

6654 1307

Bowls and Indoor Bowls

Club Coffs
61A High Street
COFFS HARBOUR NSW 2450

6652 1477

C.ex Coffs
Vernon Street
COFFS HARBOUR NSW 2450

6652 3888

Coffs Harbour Senior Citizens Centre Cavanbah Centre Harbour Drive COFFS HARBOUR NSW 2450	6658 9876 6652 2585
Coffs Harbour 60 and Over Bowlers Club	6658 1748
Mahjong C.ex Coffs Monday and Wednesday, 2.00 pm to 5.00 pm	6652 3888 OR 6652 2234
Mid North Coast Vision Impaired and Blind Bowlers Association	6655 6194
Park Beach Bowling Club Ocean Parade COFFS HARBOUR NSW 2450	6652 3622
Sawtell Bowling Club Lyons Road SAWTELL NSW 2452	6653 1287
Sawtell RSL Club First Avenue SAWTELL NSW 2452	6653 1577 Indoor Only
C.ex Woolgoolga Boundary Street WOOLGOOLGA NSW 2456	6654 1307

Card Games

Coffs Harbour Senior Citizens Centre 6658 9876
Cavanbah Centre 6652 2585
Harbour Drive
COFFS HARBOUR NSW 2450

Bridge

Coffs Harbour Bridge Club (BH) 6652 3951
City Hill (AH) 6653 7115
Albany Street
COFFS HARBOUR NSW 2450

Euchre

C.ex Coffs 6653 2921
Vernon Street
COFFS HARBOUR NSW 2450

Club Coffs 6652 8693
59 High Street 6652 1477
COFFS HARBOUR NSW 2450

Croquet

Sawtell Croquet Club 6653 2359
Sawtell Reserve
SAWTELL NSW 2452

Woolgoolga Croquet Club 6656 1080
Ganderton Street
WOOLGOOLGA NSW 2456

Dance

Coffs Harbour Senior Citizens Centre Cavanbah Centre Harbour Drive COFFS HARBOUR NSW 2450	6658 9876 6652 2585
Dancing for Adults	6652 2506
Holiday Coast Bootscooters	6568 7232
Old Time Dance Club C.ex Coffs Vernon Street COFFS HARBOUR NSW 2450	6652 1927
Pacific Dance Centre Ballroom Dancing Coffs Harbour Showground COFFS HARBOUR NSW 2450	6651 3032
Rock and Roll Dance Classes	6652 6708
Sawtell RSL Club First Avenue SAWTELL NSW 2452	6653 1577
Square Dancing Cavanbah Centre 191 High Street COFFS HARBOUR NSW 2450	6652 4837

Drama

Bootlace Productions 6654 4356
PO Box 70
CORAMBA NSW 2450

CHATS Productions 6651 9098
PO Box 111 0407 396 038
COFFS HARBOUR NSW 2450

Coffs Harbour Musical Comedy Co Inc 6653 2345
PO Box 1466
COFFS HARBOUR NSW 2450

Jetty Memorial Theatre 6652 4697
High Street
COFFS HARBOUR NSW 2450

Krazy Komedy Krew Productions 6652 3199
Mobile 0419 492 917

Education

Adult Community Education (A.C.E.) 6652 5378

Coffs Coast Adult Education (CCAЕ) 6652 5378

Coffs Harbour Education Campus (CHEC)
North Coast Institute of TAFE 6659 3000
Southern Cross University 6659 3777

Coffs Harbour Education and Recreation Program (CHERP) 6648 3694

Coffs Seniors Computer Club Inc 6652 3853 or 6658 0507

Enterprise and Training Centre (ETC)	6658 3959
Interrelate	6651 1010
University of the Third Age	(President) 6654 2493
PO Box 1596	(Secretary) 6653 6419
COFFS HARBOUR NSW 2450	

Exercise

Adventure Girls	6653 4765 or 6658 9676
Coffs Harbour Masters Swimming inc	0429 995 595.
Cycling - Bugs (Bicycle Users Group)	6656 2885
Empire Gym on the Jetty	6652 1428
Gentle Exercise and Yogacise Classes	6650 9710
	Mobile 0409 608 000
Coffs Coast Health Club	6658 6222
Link Indoor Leisure Centre, 600B Hogbin Drive, TOORMINA	
Seniors Classes, Baby Boomers Classes and more	
Genesis Fitness Club	
31 Park Avenue, COFFS HARBOUR NSW	6651 1172
Shop 5 / 1 Hi Tech Drive, TOORMINA NSW	6658 2800
Lifeball - Sportz Central, Bray Street, COFFS HARBOUR	6651 2501
Thursdays, 9.30am to 11.30am	or Bob Wilkins 6651 7184
(low key version of netball)	or Jim Phillips 6651 7567

Ramsay Professional Services
(Aqua and Exercise Classes) 6658 0322

Tai Chi 6652 4699

Tennis 6652 3130

Water Aerobics (Aquatic Centre, Coffs Harbour) 6652 5700

Yoga 6651 2501

Golf Clubs

Bonville International Golf Resort 6653 4002

Coffs Harbour Golf Club 6652 3244

Karangie Golf Club 6653 8862

Sawtell Golf Club 6653 1006

Woolgoolga RSL Golf Club 6654 2111

Gun/Rifle Clubs

Coffs Harbour Clay Target Association 6656 1842

Coffs Harbour Gun Club 6656 1842

Coffs Harbour Pistol Club 6653 1250

Coffs Harbour Rifle and Rim Fire Club 6650 0471

Sporting Shooters Association of Australia 6652 4145

Music

Coffs Coast Pipes and Drums 6651 6284
PO Box 568
COFFS HARBOUR NSW 2450

Coffs Harbour City Orchestra 6654 7700
PO Box 1804 6691 4917
COFFS HARBOUR NSW 2450

Coffs Harbour Music Society 6653 6547
PO Box 1530 6651 5738
COFFS HARBOUR NSW 2450

Coffs Regional Conservatorium Arts Centre 6652 1592
Cnr Earl Street and Park Avenue
COFFS HARBOUR NSW 2450

Coffs City Choir 0428631219

Swingfonia (Jazz Choir) 6655 4943 or 0434 850 335

North Coast Performing Arts Association northcoastpaa@gmail.com
6651 1734 or 0402 963 845

Others

Creative Living Group 6654 0501

Scenic Flights 6652 2992

Snooker and Billiard Club (Coffs Harbour) 6652 5362

Toastmaster International – Coffs Harbour 0419 997 768

Woolgoolga Garden Club 6654 2165

Table Tennis

Coffs Harbour Indoor Cricket Centre 6652 8133
Lot 73 Pacific Highway
BOAMBEE NSW 2450

Over 50's Table Tennis Association 6651 4626
PO Box 980
COFFS HARBOUR NSW 2450

Travel

Catholic Club Travel Club 6652 5057
Coffs Harbour Friendly Travel Club 6653 7151
C.ex Coffs Travel Club 6652 3888

Volunteer Training / Recruitment

Volunteering Coffs Harbour 6648 3660
Coffs Harbour Community Village
Earl Street
COFFS HARBOUR NSW 2450

Writers Groups

Coffs Calligraphers 6651 2406
PO Box 192 6652 4057
COFFS HARBOUR NSW 2450

Coffs Harbour Writers Group 6653 6995
PO Box 1953
COFFS HARBOUR NSW 2450

Yoga

The Yoga Health Centre 6658 7700
Searle Close
BOAMBEE EAST NSW 2450
(Gentle Yoga and Rehabilitation Yoga)

13. RESPITE CARE AND DAY CENTRES FOR ADULTS

Residential Respite Information and Booking Service

My Aged Care 1800 200 422

Respite Care

Bananacoast Home Nursing and Respite Care 6651 3153
2/84-90 Industrial Drive
PO Box 1872
COFFS HARBOUR NSW 2450

Coffs Harbour Legacy Nursing Home 6652 1426
55 Victoria Street
COFFS HARBOUR NSW 2450

Ozanam Villa 6652 2366
9 Nimbin Place
COFFS HARBOUR NSW 2450

Seagulls Centre 6654 0766
Waratah Respite Services
21 Beach Street
WOOLGOOLGA NSW 2456

St Joseph's Hostel for the Aged 6651 2870
35-39 Azalea Avenue
COFFS HARBOUR NSW 2450

Waratah Centre 6648 3610
Coffs Harbour Community Village
22 Earl Street
COFFS HARBOUR NSW 2450

Day Centres for Adults

St Augustine's Community Group 6649 2957
Anglican Church Hall 6654 2305
Scarborough Street
WOOLGOOLGA NSW 2456

Carers Retreat

Joyland Carers Retreat 0421 644 998
5B Breakers Way
KORORA NSW 2450

14. SOCIAL GROUPS AND SERVICE GROUPS

Coffs Harbour Legacy 6652 7583

Coffs Harbour Senior Citizens Club 6658 9876

Combined Pensioners and Superannuants Association - CPSA
(02) 9281 3588

Country Women's Association

Bonville CWA 6653 4606

Coffs Harbour CWA 6652 3656

Coffs Harbour CWA Evening - Sawtell Branch 6653 1561

Woolgoolga CWA 6649 1579

Lions Clubs

Bonville Sawtell 6651 3854

Coffs Harbour 1800 655 201

Pacific City 6651 3854

Woolgoolga 0417038264

Pink Ladies Auxiliary 6656 7000
Coffs Harbour Health Campus (Public Hospital)

Probus Clubs

Coffs City 6652 7904

Coffs Harbour Combined (Secretary) 6652 5131

Sawtell (President) 6658 6119
(Secretary) 6633 1181

Woolgoolga Men's 6654 7421

Rotary Clubs

Coffs City Rotary Club (President) 0428 444 819
(Secretary) 0411 023 582

Rotary Club of Coffs Harbour Daybreak 6658 1607

Coffs Harbour South Rotary Club (President) 0427 828 889
(Treasurer) 0421 274 520

Rotary Club of Sawtell (President) 0431 351 933
(Secretary) 0419 357 864

Rotary Club of Woolgoolga (President) 6654 0373
(Secretary) 0418 484 512

VIEW Clubs

Coffs Harbour VIEW Club -Daytime Group 0407 289 530

Coffs Harbour VIEW Club - Evening Group 6653 2024

Korora VIEW Club 6651 5531

Woolgoolga Day VIEW Club 6654 7376

Woolgoolga Evening VIEW Club 6654 1321

Zonta Club of Coffs Harbour 0409 532 556

PO Box 1584

COFFS HARBOUR NSW 2450

Website: www.zontadistrict24.org

15. SUPPORT AND SELF HELP GROUPS

Alcoholics Anonymous – Coffs Harbour PO Box 2522 COFFS HARBOUR NSW 2450 (for relatives and friends of alcoholics)	6658 0366
Alzheimer’s Australia 2/2 Lyster Street COFFS HARBOUR NSW 2450	6651 7101
Arthritis Foundation of NSW North Parramatta	Free Call 1800 011 041
Coffs Harbour Arthritis Support Group	6652 3315
Bereavement and Grief Support Palliative Care Coffs Harbour Health Campus 345 Pacific Highway COFFS HARBOUR NSW 2450	6656 7683 6656 7685
Breast Cancer Support Service Cancer Care Unit Coffs Harbour Health Campus 345 Pacific Highway COFFS HARBOUR NSW 2450	6656 7683 6656 7685
Coffs Harbour Cancer Care Support Group Palliative Care Coffs Harbour Health Campus 345 Pacific Highway COFFS HARBOUR NSW 2450	6656 7683 6656 7685
Coffs Harbour Carers Support Group	6652 2331 6653 7686

Coffs Harbour Women's Domestic Violence Court Assistance Scheme Shop 6, Parklea Arcade 13-15 Park Avenue COFFS HARBOUR NSW 2450	6650 0302 Fax 6652 9749
Diabetes Support Primary Health Coffs Harbour Health Campus 345 Pacific Highway COFFS HARBOUR NSW 2450	6656 7854
Guide Dogs NSW/ACT Suite 3, 62 Moonee Street COFFS HARBOUR NSW 2450	6652 7424
Meniere's Australia Inc - Coffs Harbour Support Group	6690 2528
Motor Neurone Disease Support Group	6652 2571
Multiple Sclerosis Information Line Multiple Sclerosis Society of NSW Coffs Harbour Branch	1800 042 138
Outreach Worker Support Group	6651 2505 6654 0886
Parkinson's NSW Inc, Sydney Parkinson's Support Group - Coffs Harbour 2/20 Loaders Lane COFFS HARBOUR NSW 2450	Free Call 1800 644 189 6652 9959

Renal Service Coffs Harbour Coffs Harbour Health Campus 345 Pacific Highway COFFS HARBOUR NSW 2450	6656 7698
Vision Australia PO Box 1401 COFFS HARBOUR NSW 2450	6651 1863
Stepping Stones Support for People With Cancer Coffs Harbour Health Campus 345 Pacific Highway COFFS HARBOUR NSW 2450	6656 7683 6656 7685
Stroke Swim Club – Red Cross	6652 3424
Coffs Harbour Vision Impaired Group First Thursday, Neighbourhood Centre, 10.00 am	6652 4117
War Widows' Guild of Australia NSW Ltd 10 Gillies Close COFFS HARBOUR NSW 2450	6651 4204
Weight Watchers Coffs Harbour Community Village Earl Street COFFS HARBOUR NSW 2450	Toll Free 131 997

16. TRANSPORT

Coaches and Buses

Busways 6652 2744
4 O'Keefe Drive 1300 555 611
COFFS HARBOUR NSW 2450

Coffs Coast Tours 9037 9067

Coffs Harbour Day Tours 6658 7386

Holiday Coast Transportation Services 6658 9999
11 Hi-Tech Drive
TOORMINA NSW 2452

Sawtell Coaches 6653 3344
9-11 Newcastle Drive
TOORMINA NSW 2452

Ryan's Bus Service
19-21 Hawke Drive
WOOLGOOLGA NSW 2456 6654 1063
9 Hurley Drive
COFFS HARBOUR NSW 2450 6652 3201

Coffs Harbour Airport 6648 4767

Community Transport

My Aged Care 1800 200 422
Shop 8, 13-15 Park Avenue Coffs Harbour - 6651 1137
COFFS HARBOUR NSW 2450 Bellingen – 6655 2666
Email: info@communitytransport.net.au Nambucca – 6568 3250

Rail Bookings

Countrylink Travel Centre 6651 2757
Coffs Harbour Travel Centre
Coffs Harbour Railway Station
Angus Place
COFFS HARBOUR JETTY NSW 2450

Taxi Services

Coffs District Taxicab Network Pty Ltd 131 008
11 Hi-Tech Drive Office 6658 9999
PO Box 413
TOORMINA NSW 2452

Woolgoolga Taxi Service 6654 1273
PO Box 510
WOOLGOOLGA NSW 2456

Taxi Services for People with Disabilities

Coffs District Taxicab Network Pty Ltd 131 008
11 Hi-Tech Drive
PO Box 413
TOORMINA NSW 2452

Transport Assistance

Isolated Patients Travel and Accommodation Scheme – IPTAAS
1800 478 227

Updated November 2016

For additional information or any future changes to information contained in this directory please email coffsconnect@chcc.nsw.gov.au

Thank You



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