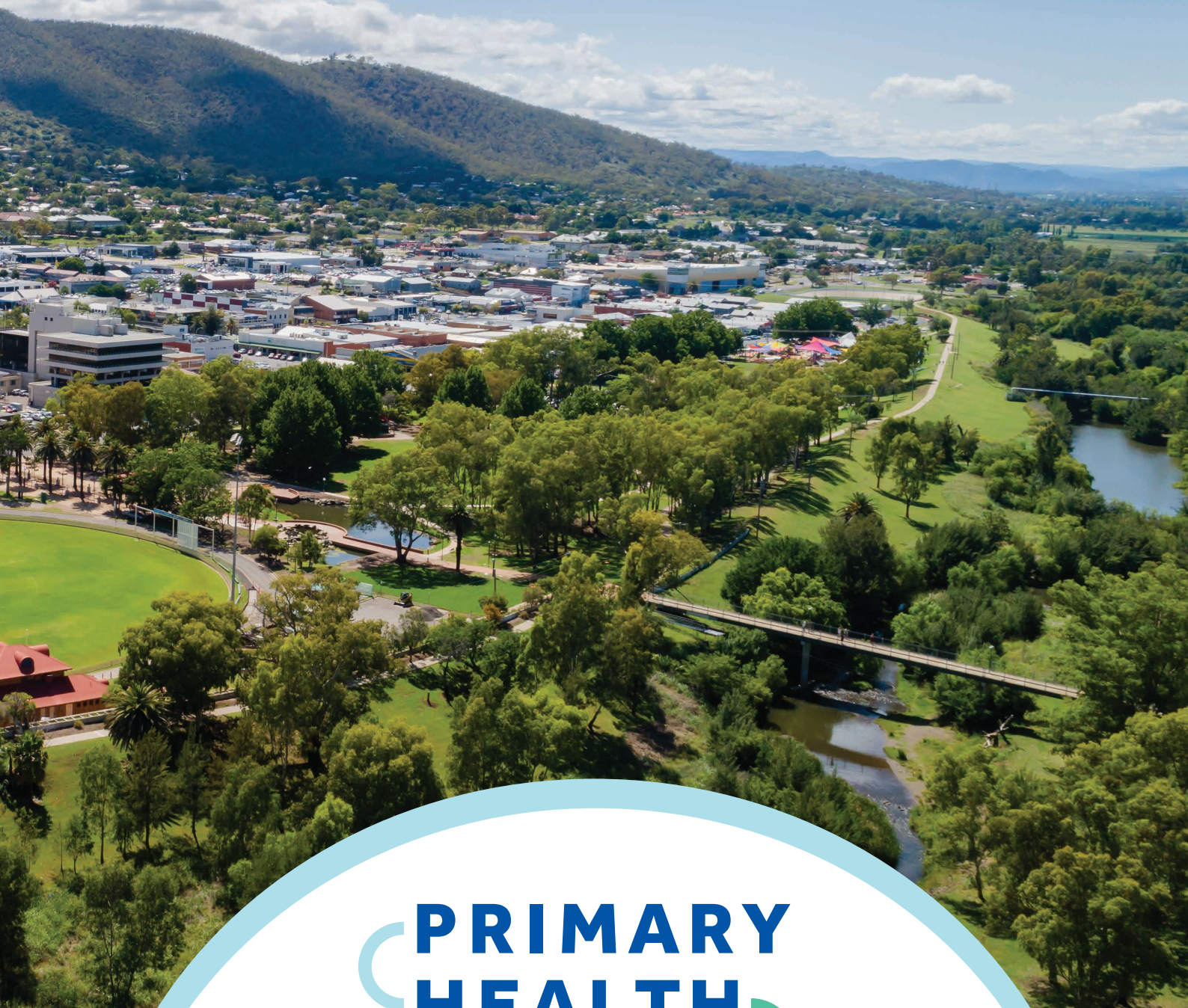


WELCOME TO TAMWORTH!



PRIMARY HEALTH NETWORK

LOCAL LIFE MANUAL

WELCOME TO TAMWORTH



The primary Health Network would like to warmly welcome you to our region. Tamworth is the largest rural centre within our PHN's geographical footprint, and the city is rightly proud of its reputation for outstanding healthcare provision and an ever-increasing variety of primary and specialist services.

Rural GPs are the cornerstone of primary health care in regional Australia, the local GP is a highly respected, invaluable part of the community... esteemed professionals safeguarding the health and wellbeing of a diverse population.

The PHN has enlisted the team at Big Sky Relocations to research this tailored manual, specifically designed to give you a head-start on your stay here in Tamworth and help you discover hidden treasures and inside info that only locals know – all the things that contribute to an enjoyable work life balance.

In the following pages, you will find many and varied ways to experience local life in your temporary home, and we know if you take the time to jump feet first into an adventure or two... you will be very tempted to return for good!

Please remember the PHN provides a wide range of support and resources to help you provide the best possible care for your patients. I highly recommend that you visit our website www.thephn.com.au to further explore the services and support we can offer.

Hopefully as part of your orientation you may have met one of our Primary Care Improvement Officers (PCIO) who can further enlighten you on the support the PHN is able to offer. If not, then please feel free to reach out to Annabelle Williams our PCIO team leader in Tamworth via email awilliams@thephn.com.au

We are delighted you will be completing this very important part of your GP journey in the thriving, inland city of Tamworth and wish you the very best of luck.

Richard Nankervis
CEO, HNECC PHN

Just a few things to note:

- The information contained in this report is a reflection of your cohort & is not a definitive list of all groups, services, businesses & organisations of their kind in Tamworth. It's a snapshot of the endless array of local options & opportunities!
- The PHN & Big Sky Relocations (BSR) do not personally endorse any of the groups, services, businesses, or organisations listed, BSR is an independent research agency.
- Information in this report was current at time of collation, however, as with all locations across the country right now, our city has been impacted by Covid19 restrictions. Some of the following entries may currently have altered hours or services – please check to confirm.

On behalf of Tamworth Regional Councillors and our community, I would like to warmly welcome you to our thriving region! Congratulations on your arrival in one of the most liveable regional communities in NSW to undertake your specialist GP training.

Within the pages of this brochure, you will find many ways to explore our diverse natural beauty and rich history. I encourage you to discover the many opportunities and experiences on offer in our region. We hope you enjoy your stay and seriously consider returning here to work when your training is complete. Being Tamworth born and bred, I can assure you our region offers a fantastic lifestyle and great career prospects for our valued medical professionals!

Cr Col Murray
Tamworth Region Mayor







OUR CITY:

Situated on the banks of the Peel River, Tamworth city is nestled at the western base of the Great Dividing Range. This position offers the unique experience of being able to access a diverse set of landscapes, ranging from high altitude mountainous country in the North East, to the sweeping golden plains of Dorothea Mackellar's 'My Country' in the West. Placed at the southernmost edge of the New England Batholith, the Moonbi Mountains feature spectacular granite outcrops, with the region also home to some of the last remaining stands of the very beautiful & critically endangered Box-Gum Grassy Woodlands.

The Peel, Namoi, McDonald & Horton Rivers are some of the most substantial natural waterways in the region, with Chaffey, Keepit, Split Rock & Sheba Dams all accessible to the public.

The clear distinction of the four seasons is a notable feature of Tamworth's climate; living in the New England you'll experience hot summers, cold winters, lush springs & crisp cool autumns, with clear days & low humidity for the best part of the year.

The city features a central CBD & this comprises of three parallel streets – Peel St, Kable Ave & Marius St. Tamworth has 13 main suburbs, these are East, North, West & South Tamworth, Calala, Daruka, Hillvue, Kingswood, Moore Creek, Oxley Vale, Taminda (industrial area), Warral & Westdale.

The Tamworth Regional Council area is home to an estimated 62,000 residents & includes the towns of Manilla, Kootingal, Barraba & Nundle as well as many villages in between. The median age of our population is 40 years, with 85% of residents born in Australia & the majority claiming Australian, English, Irish, Scottish or German ancestry.

OUR HISTORY:

The Kamilaroi people are the traditional custodians of the Tamworth area & one of the largest Indigenous nations in Australia. In 1818 John Oxley led an exploration party into the Peel Valley - he declared "No place in this world can afford more advantages to the industrious settler than this extensive vale." Consequently, the area was steadily populated, with the 1850 discovery of gold in Nundle drawing more people in with the lure of striking it rich.

On 9 November 1888, Tamworth became the first place in Australia to have municipally funded electric street lighting, earning it the title 'City of Light', an occasion which is still celebrated.

Driven largely by agricultural industries, Tamworth continued its progression into the vibrant regional city it is today. The establishment of the annual Tamworth Country Music Festival in 1973 created a significant tourism event for the city; it is now recognised as the preeminent celebration of country music in Australia & is one of the largest music festivals in the nation.

TRANSPORT:

please note - below are pre-COVID19 services, some may be currently temporarily suspended.

Tamworth Regional Airport

Return services to Sydney & Brisbane via Qantas + return services to Brisbane via Link Airways & Qantas 10 minutes' drive to the city, airport café & lounge, car hire service desk, short & long-term parking

Tamworth Railway Station

NSW TrainLink - train & bus services interstate & across the region - <https://transportnsw.info/regional>

New England Coaches – Bus service to Coffs Harbour & Qld - www.newenglandcoaches.com.au

Buses within the city & surrounding area

Tamworth Buslines - www.buslinesgroup.com.au/tamworth-maps-timetables.html

Macphersons Coaches - www.maccoaches.com.au/timetables/

Hannafords Coaches - 02 6765 1900

Peel Valley Coaches - 02 6766 4418

Taxi & uber

Tamworth Taxi's - 131 008 or 02 6766 1111

EcoVIP Tamworth - (02) 6762 0282

Uber - www.uber.com/global/en/cities/tamworth

ShuttleLink- www.shuttlelink.com.au

MAIN SHOPPING AREAS

Centrepoint Shopping Centre
347 Peel St, Tamworth CBD

Tamworth Square
432 Peel St, Tamworth CBD

The Atrium
345 Peel St, Tamworth CBD

Tamworth Shoppingworld
Cnr of Bridge & Denne St, West Tamworth

Southgate Shopping Centre
4-10 Kathleen St, South Tamworth

Northgate Shopping Centre
Cnr of Peel & Marius St, North Tamworth

Calala Court
10 Campbell Road, Calala

Longyard Homemakers
383-391 Goonoo Goonoo Rd, South Tamworth

Tamworth Homespace
Cnr New England Highway & Goonoo Goonoo Rd,
South Tamworth

NIGHT OWLS & EARLY BIRDS

The Bean & the Barista cafe

5am – 2pm weekdays
201 Marius St, Tamworth

Zarrafra's Coffee

5am – 8pm everyday
413-417 Goonoo Goonoo Rd, Hillvue

Scream Ice Creamery

12noon – 10pm weekdays
11am – 10pm Sat + Sun
Shop 1/25 Brisbane St, Tamworth

Caltex service station – 24-hours

21 White St, (corner of White & Marius St) Tamworth

Anytime Fitness

24-hour gym
1 Darling St, Tamworth

Advance Fitness - 24-hour gym

106 Kable Ave, Tamworth

Laundry Lounge - Laundromat

6am – 11pm
Shop 1/306 Goonoo Goonoo Rd, Tamworth

Tamworth has x3 **Macdonald's** Restaurants -
all are 24-hour

LOCAL MEDIA:

- NBN News (Channel 9)
- Prime News (Channel 7)
- Northern Daily Leader (newspaper available from newsagencies & supermarkets)
- Tamworth Times (Free local newspaper)

RADIO FREQUENCIES:

- 1287 AM- 2TM, Tamworths original station, founders of the TCMF
- 88.9 FM - Community radio, 70s, 80s & country
- 103.1FM - ABC Classic FM
- 648AM - ABC New England North West
- 93.9FM - ABC Radio National
- 94.7FM - ABC Triple J
- 92.9FM - 92.9 Tamworth station, popular Music
- 89.7FM - Rhema FM, Christian alternative

HANDY EXTRAS

Tamworth Regional Council

Ray Walsh House
437 Peel St, Tamworth
trc@tamworth.nsw.gov.au
www.facebook.com/TamworthRegionalCouncil

Tamworth Rural Referral Hospital

24 - hour Emergency Department
Dean St, North Tamworth
02 6767 7700

Service NSW

476a Peel St, Tamworth
13 77 8

A-mending Angel - Clothing alterations

The Atrium Shop 12/345 Peel St, Tamworth
0425 370 690

Central Drycleaners & Repairs

64 Belmore St Tamworth
02 6762 3620

I.T support

Technitune Computer Specialists
2/13 Hill St, Tamworth - 02 57 111 245
www.technitune.com.au/

Tamworth I.T Solutions
Suite 2A, Level 2, 454-456 Peel St, Tamworth
02 6766 3233
www.tamworthit.com.au/

YOUR PHN

The PHN's Primary Care Improvement Team partner with practices to build a better Australian primary health system. We understand that General Practices are the cornerstone of primary health care and are an invaluable part of the communities in which we live and are here to help general practice staff enhance performance through:

- the design and delivery of a wide range of initiatives and programs that support early detection and intervention and help optimise high quality co-ordinated care for patients.
- Providing a broad range of opportunities to enhance local primary health care, including face to face support, resources and continuing professional development events.
- Work collaboratively with general practice and other stakeholders to design and deliver innovative, relevant solutions and our support is inclusive of the whole practice team.

Focus Areas

The primary care improvement team have developed a suite of resources encompassing patient experience, care team wellbeing, population health and business efficiency with topics including those listed below.

You can access these at

www.thephn.com.au/what-we-do/primary-care-support

- Practice Management and Medicare Benefits Schedule (MBS)
- Accreditation
- Digital Health
- Lumos Data Linkage Project
- Cancer Screening
- Mental Health
- Diabetes
- Heart Health
- Immunisation
- Quality Improvement

How to stay connected with us

The PHN is keen for opportunities to collaborate, share ideas and resources that support primary health.

1 - Education - PHN's education events provide regular, up to date and relevant education that is extremely valuable for registrars. Save the PHN's Education Page in your favourites to access our local and region wide CPD and education events. thephn.com.au/education-events. If you have missed an event or would like to access previously recorded events, access the PHN's education library. thephn.com.au/education-resources.

If you would like to request further information or discuss education opportunities in your area please phone us on 1300 859 028 and ask to speak to one of our Education officers, or email education@thephn.au.

2 - Communities of Practice - Our Communities of Practice provide a platform for people to connect, share knowledge, and experiences, discuss best practice approaches, and contribute to activities that will help improve models of care and health outcomes for patients, on a specific health concern. Each focus area www.thephn.com.au/what-we-do/primary-care-support, such as Diabetes or Digital Health, has a link to the primary care improvement officer who can provide you more information. Simply navigate to the area of interest and follow the links.

3 - HealthPathways - Your essential how to guide on local referral and clinical pathways, HealthPathways is an online health information portal for GPs & other primary health clinicians, to be used at the point of care. It provides information on how to assess & manage medical conditions, & how to refer patients to local specialists & services, specific to your region.

Ensure you speak to your practice manager for SeNT eReferral System onboarding.

www.hne.communityhealthpathways.org

Username: hnehealth

Password: p1thw1ys

4 - SeNT eReferral System - Ensure you speak to your practice manager for SeNT eReferral System onboarding. SeNT eReferral allows General Practitioners to send secure electronic referrals to both public and consenting private specialists and allied health providers.

5 - Peoplebank - Peoplebank is the PHN's initiative to include you in the conversation about improving local health. Consumers, clinicians, and the wider community are important in our effort to improve local health outcomes, and we are committed to consult about what works and what needs to change. Current grant opportunities are also listed on Peoplebank.

www.peoplebank.hneccphn.com.au

For further information on how the Primary Care Improvement team can help contact one of our team leaders below.

Annabelle Williams

Primary Care Improvement Team Leader, New England North West

awilliams@thephn.com.au

Alison Tattersall

Workforce & CPD Team Leader

atattersall@thephn.com.au

HEALTH & WELLBEING

One of the biggest fears when moving out of a metropolitan area is limited access to health care, however Tamworth is the regional hub for community, public & private health services in Northern Inland NSW. We are part of the Hunter New England Health District & Tamworth Regional Referral Hospital has a 24hour, fully staffed emergency department as well as patient transport via road & air to a list of metro hospitals. We also have Tamara Private Hospital, plus an impressive & diverse array of in residence & visiting specialists servicing the city.

Tamworth has many health care providers who are accepting new patients & offer reliable & reputable care – below is a list of the cities' GP surgeries. We also boast a great variety of allied health professionals, all with varying specialities & treatment focus, including dentists, physiotherapists, psychologists, massage therapists, dietitians, podiatrists & osteopaths. Whatever your ailment, there's a local ready & waiting to help!

Better Health South Tamworth

Shop 9, 80 Robert St, South Tamworth
www.betterhealth2340.com.au

MyGP Tamworth

Shop 32 - 34, Tamworth Square, Peel St, Tamworth
www.mygptamworth.com

Smith Street Practice

7 Smith St, North Tamworth
www.smithstreetpractice.com.au

Barton Lane Practice

121 Johnston St, North Tamworth
www.bartonlaneppractice.com.au

Tamworth General Practice & Skin Cancer Clinic

516 Peel St, Tamworth
www.tamworthgeneralpractice.com.au

Tamworth General Practice on Bridge Street

160 Bridge St, Tamworth
www.tamworthgeneralpractice.com.au

Peel Health Care

103 Peel St, Tamworth
www.peelhealthcare.org.au

New England Skin & Medical Clinic

Suite 6, 32 -34 Marius St, Tamworth
www.ormedical.com.au

Northwest Health East Tamworth Medical Centre

279B Marius St, Tamworth
www.northwesthealth.com.au

The Belmore Surgery

98 Belmore St, Tamworth
www.thebelmoresurgery.com.au

Windmill Practice

34 Verdelho Dr, Windmill Hill Estate, Tamworth
www.windmillpractice.com.au



FUN & FITNESS

There are so many options to stay active or enjoy an outdoor adventure in our beautiful city... plus they offer the ideal opportunity to make new friends! Here are some ideas to get you started.

Peel River levee bank track

This footpath follows the top of the river levee banks from Scott Road to Jewry St, running parallel to the main street. Fitness stations along the path & perfect to walk, run, scoot or cycle.

Walk to the Oxley Scenic Lookout

Located 2km from the CBD at top of White St is a popular walk that will be sure to up your heartrate! Once you reach the top (be very careful to stay to the side though, the road is quite narrow in parts so watch for cars) you'll be rewarded with fabulous views over the city. Lovely spot for sunset hot chips too! Toilets & picnic facilities available.

Opening Hours: Daily 7am – 10pm

Tamworth Parkrun

Every Saturday at 8:00am join the loyal starters between the Paradise Tourist Park & Hungry Jacks in Peel St. Follow the riverside levy bank for 5km walk or run, then enjoy a coffee or breakfast at Hopscotch Restaurant & Bar in the park.

www.tamworthhelpers@parkrun.com

Registration is required before your first run -

www.parkrun.com.au/register

Hopscotch Restaurant & Bar

Kable Ave (next to Tamworth Regional Playground), Tamworth

<https://www.hopscotchrestaurant.com.au>

Tamworth Cycle Club

Founded in 1952, the club has a strong membership of riders of all ages & ability.

www.cycling.org.au/nsw/tamworth-cc

Tamworth Regional Cycling Centre

New 333 metre velodrome plus 880 metre criterium track surrounding the Tamworth Regional Athletics Centre. Facilities are open & free for public use.

Stockmans Way, Hillview

www.tamworth.nsw.gov.au/explore/sport-andrecreation/sporting-facilities/sport-facilities/tamworth-regional-cycling-centre

Tamworth Botanic Gardens

Over 28 hectares of gardens including a lookout, bush chapel & an indoor exhibition of Aboriginal artefacts. Walking tracks, picnic areas & toilets.

Piper St, East Tamworth

Opening hours: daily 8am – 4.30pm

Anzac Park

Beautiful green space in the centre of East Tamworth with BBQ's, picnic tables, play equipment & toilets.

Concrete path around park for walking or cycling.

Upper St, East Tamworth

Marsupial Park

This park is a well-tended bush oasis with a variety of native animals, a free flight aviary, bushwalking tracks & children's adventure playground, BBQ's, sheltered picnic tables & toilets.

Endeavour Drive, East Tamworth

Opening Hours: Daily 9am-4.45pm

Tamworth Mountain Bike Park

Fantastic park catering for every ability - many MTB tracks ranging from beginner to fast & furious extreme black runs. Is home to the very welcoming Tamworth Mountain Bike Club who host regular events and gatherings e.g. twilight racing & come-and-try days.

Lot 398 Forest Rd, North Tamworth

www.tammtb.asn.au

www.facebook.com/tamworthmountainbikers

Kamilaroi Walking Track

The Oxley Scenic Lookout is surrounded by natural bushland & is base camp for the Kamilaroi Walking Track. The track winds its way through the bushland of Oxley Park linking the Botanic Gardens, Marsupial Park, Oxley Lookout & Flagstaff Mountain. Some sections of the track are moderate however other sections are quite challenging, the track is well sign posted.

Opening Hours: Daily 7am-10pm

Grounded

A holistic approach to health through yoga, meditation & strength training.

324A Peel St, Tamworth

0411 577 549

www.keepyougrounded.com

11:11 Yoga

Offers Vinyasa Flow & Restorative Yin Yoga classes for all abilities.

277 Peel St, Tamworth

0428 294 868

www.1111yoga.com.au/about

Tamworth Squash

Comps & social court hire

Tamworth Bunkhouse

118 Goonoo Goonoo Road, Tamworth NSW 2340

0414 361 924

<http://www.tamworthbunkhouse.com.au/squash.html>

Treloar Park Tennis Courts (The Courts @ East)

11 synthetic grass courts, all with lights - social hire & comps, school holiday camps, coaching for all ages & pro shop. There is also a clubhouse with meals, bar & weekly raffles.

Corner of Napier & Roderick Street, East Tamworth

www.wtlc.com.au/the-courts-east

Tamworth Sports Dome

A state-of-the-art indoor & outdoor sports facility featuring multipurpose, international standard courts for comps & casual hire, amenities, commercial café, plus physiology & allied health services. Sports include badminton, dodgeball, basketball, European handball, futsal, indoor hockey & football, table tennis, Football, turbo touch, volleyball & netball.

7/9 Jack Smyth Dr, Hillvue

[www.facebook.com/](http://www.facebook.com/TamworthSportsDome/?rf=357193574380179)

[TamworthSportsDome/?rf=357193574380179](http://www.tamworth.nsw.gov.au/explore/sport-and-recreation/tamworth-sports-dome)

www.tamworth.nsw.gov.au/explore/sport-and-recreation/tamworth-sports-dome

360 Fitness Club

Well-equipped 24/7 gym, wide variety of classes, health clinic specialists, indoor heated pool & café.

5 Beaufort St, Taminda

www.360fitnessclub.com.au

Freestyle Bouldering Gym

Regular weekly social competition & anytime access for adult members.

www.freestyleboulderinggym.com

CrossFit 2340

11 Macintosh St, Taminda

www.crossfit2340.com.au

Thorny's Putt-Putt

Longyard Golf Course

Greg Norman Drive, Hillview - 02 6765 2988

www.longyardgolf.com.au/thornys_about.php

Tamworth Golf Club

18-hole golf course open 7-days with a spacious clubhouse, pro shop & The View Cafe Restaurant, comps & casual games available.

Mahony Ave, Tamworth

www.tamworthgolfclub.com.au

Tamworth Croquet Club

Delightful little spot available to hire.

70B Napier Street, East Tamworth

0481 318 522

[www.facebook.com/pages/category/](https://www.facebook.com/pages/category/Arts---Entertainment/Tamworth-Croquet-ClubInc-1664994900437806/)

[Arts---Entertainment/Tamworth-Croquet-ClubInc-1664994900437806/](https://www.facebook.com/pages/category/Arts---Entertainment/Tamworth-Croquet-ClubInc-1664994900437806/)

Tamworth Paintball & Laser Tag

29 Betts Lane, Kootingal

www.tamworthpaintball.weebly.com

Tamworth Tenpins & More

Eight lanes of tenpin bowling plus a range of new & old school arcade games.

Level 1 Centrepoint Arcade

374 Peel St, Tamworth

www.tamworthtenpinsandmore.com.au

Tamworth & Kootingal Horse Riding Adventures

Trail rides for all ages & abilities.

531 Mulla Creek Rd, Mulla Creek

www.tkhra.com.au



WEEKNIGHTS & WEEKENDS

Tamworth is well known for its country music festival, however we are so much more than golden guitars, sad songs & rhinestones! We have a full calendar of events, with something fabulous happening every weeknight & weekend, either here in the city or in one of our delightful surrounding towns or villages. Check out the below websites, socials & kick-start ideas to see what adventures await you – why not meet up with your fellow registrars & get to know some of our very friendly locals!

www.destinationtamworth.com.au/EventSearch/WhatsOnEvents.aspx

www.tamworth.nsw.gov.au/eventsearch/whatsonevents.aspx

www.visitnsw.com/destinations/country-nsw/tamworth-area/events

www.facebook.com/tamworthnsw

[Instagram@tamworthnsw](https://www.instagram.com/tamworthnsw)

The Tamworth Hotel

147 Marius St, Tamworth

Trivia: Tuesdays from 7pm

Bingo: Sundays from 4pm

Live music: most weekends

www.thetamworth.com.au

www.facebook.com/TheTamworth

The Longyard Hotel

10/12 The Ringers Rd, Hillview

Raffles: Thursday & Friday evenings

Live music: Sunday afternoons

www.longyardhotel.com.au

www.facebook.com/longyardhotel

The Welder's Dog - craft beer bar

37 Dowe St, Tamworth

Trivia: Wednesdays from 7pm

Raffles: Fridays from 6pm

Live music: regularly, check FB

www.facebook.com/weldersdogtamworth

The Press 2340 - speakeasy-style cocktail bar

Note: press buzzer on Brisbane St & wait to be let in

The Basement 179 Marius St, Tamworth

www.thepresstamworth.com.au

www.facebook.com/ThePress2340

Soon to reinstate Poker Nights, Board Game Nights & live music - check FB

Tamworth Peel Street Markets

Over 90 stall holders including handmade wares, food, plants & much more.

3rd Sunday of the month, 8:00am – 1:00pm

Peel St, Tamworth

The Post Office Hotel

8 Fitzroy St, Tamworth

Trivia: Wednesdays from 7pm

Live music: Saturday nights

www.facebook.com/PostOfficeHotelTamworth

The Courthouse Hotel

232 Peel St Tamworth

Raffles: Friday nights

Live music: regularly, check FB

www.facebook.com/courthousetamworth/

Tamworth City Bowling Club + Barefoot Bowling

Corner Napier & Brisbane Streets (next to ANZAC Park), East Tamworth

Raffles: Friday nights

www.facebook.com/TamworthCityBowlingClub

www.barefootbowls.com.au/club/tamworth-citybowling-club

Le Pruneau Organic Markets

Held at French-inspired restaurant

Local organic produce, delicious meals, deli & baked goods.

Every Saturday, 8:00am - 12:00pm

83 Bridge St, West Tamworth

www.lepruneau.com.au

Tamworth Growers' Markets

Local seasonal produce, artisan wares & live music

Every Saturday, 8:00am - 12:30pm

Village Green, Bicentennial Park, Kable Avenue, Tamworth

The Capitol Theatre

A 402 seat, purpose-built proscenium arch theatre hosting a dynamic annual season of events & is a regular stop on the national touring circuit.

Level 1 Centrepoint Arcade, 374 Peel St, Tamworth

www.capitoltheatretamworth.com.au

Tamworth Regional Conservatorium of Music

Housed in the historical Dominican Convent building, The Con is the premier musical education facility in the region & conducts a variety of activities welcoming community participation including concerts, recitals, master-classes & workshops. Tuition catering to all ages & skill levels is available.

223 - 227 Marius St, Tamworth

www.thecon.com.au

Tamworth Dramatic Society & Tamworth Musical Society

See a show or join in – both groups love new members!

www.tds.org.au
www.tms.org.au

Tamworth Regional Gallery

The second oldest regional gallery in NSW hosts a range of local & national touring exhibitions & offers a wide & varying range of public programs, artist talks, workshops & classes.

Level 1/466 Peel St, Tamworth

https://entertainmentvenues.com.au/events/933/ART_AFTER_HOURS_-_LIFE_DRAWING_At_the_Gallery_last_Wednesday_of_the_month/
www.tamworthregionalgallery.com.au

Tamworth Regional Library

Offers a range of books, magazines, audio books, CDs & DVDs for loan, research facilities, computer & internet access as well as a comprehensive online catalogue, reservation & request system. The modern, purpose-built facility is arranged in a series of subject rooms & offers Wifi connectivity, more than 20 public access computers, printing facilities & events.

466 Peel St, Tamworth

www.tamworth.nsw.gov.au/explore/libraries

Weswal Gallery

A commercial fine art gallery & design store specialising in showcasing works from emerging to established local, regional & national contemporary Australian artists & creatives. In addition to a regularly changing & diverse exhibition program, the gallery also offers periodical workshops & social events.

192 Brisbane St, Tamworth

www.weswalgallery.com.au

Len Waters Cultural Tours

Len Waters is a proud Kamilaroi man & a gifted storyteller & communicator, with over 20 years' experience working in Aboriginal tertiary education. Len gives participants the opportunity to walk in ancient footsteps while listening to traditional songs & stories via guided tours of significant cultural areas in the region, stargazing & storytelling evenings.

www.lenwaters.com.au

Forum 6 Cinema

Forum 6 Cinema is a multiplex which also houses the Capitol Theatre. In addition to all the blockbusters, Forum 6 plays retro classics, hosts travelling film festivals & Film Society selections throughout the year.

Level 1 Centrepoint Arcade 374 Peel St, Tamworth

www.tamworth.forum6.com.au

Tamworth Regional Entertainment Conference Centre (TREC)

This multi-purpose venue is home to a full calendar of events & seats up to 4,800 in full Concert Mode. It boasts superior audio & visual technology, catering & bar areas, green rooms & flexible stage configurations.

Greg Norman Dr, Hillvue

www.trecc.com.au

Tamworth Craft Centre

Regular workshops & events.

109 Peel Street, Tamworth

www.facebook.com/Tamworth-Craft-Shed-594188531011994/

Tamworth Escape Rooms

A live gaming experience where teams are taken to a themed room & immersed into a movie like scenario to solve the clues & escape within 60 minutes.

Level 1/13 Brisbane Street, Tamworth

www.escaperoomstamworth.com

Tamworth Regional Landcare Association

Regular local events & activities

www.trla.org.au

www.facebook.com/landcaretrla

Tamworth is home to more than 60 nationalities & is a melting pot of many different **cultural communities** - if you would like further information or to connect, please visit www.facebook.com/MulticulturalTamworth

Joining a faith-based community is the perfect way to meet likeminded people – Tamworth Regional Council has an online directory of **religious groups & places of prayer** in Tamworth. Enter “religious organisations” at www.tamworth.nsw.gov.au/about/get-in-touch/community-directory

Every weeknight & weekend right across the city you will find Tamworthians enjoying an almost endless variety of **team sports**. Why not wander along & check out the action at a local comp or keep an eye on the events calendar to catch one of the national teams who regularly visit to take advantage of our outstanding indoor & outdoor sporting facilities. Enter “sports and recreation” for a list of clubs & their websites to check fixtures at www.tamworth.nsw.gov.au/about/get-in-touch/community-directory

DINING IN & OUT

We have a fabulous variety of dining experiences in our beautiful city - below is just a small selection of the fresh & delicious local fare popular with residents & travellers alike.

Camp Grounds Café

Little espresso bar & home-cooked vegan treats.
37 Dowe St (next to The Welder's Dog), Tamworth
www.facebook.com/campgroundstamworth
www.campgroundstamworth.com

Miss Juju's

Coffee & fresh, lovingly made authentic South East Asian cuisine
174 Bridge St, West Tamworth
www.facebook.com/MissJuJufoods
www.missjuju.com.au

Hissy Fits Café

Great for breakfast right in the heart of the main street.
457 Peel St, Tamworth
www.facebook.com/HissyFitsCafe/

Ruby's Café & Gift Store

A good spot for breakfast out the back in the garden.
494 Peel St, Tamworth
www.facebook.com/RubysCafeGiftStore/

The Terrace

Perfect for breakfast upstairs on the terrace, overlooking the park.
73-75 Kable Ave, Tamworth
www.facebook.com/The-Terrace-Tamworth-316126595578323

The Bell House

Great coffee & breakfast + lunch menu in a restored church with a lovely cottage garden.
152 Marius St, Tamworth
www.thebellhouse.com.au

Country Chickens

Delicious, cheap & cheerful hot chook & chips
2/186 Marius St, (corner Marius & White) Tamworth
02 6761 2244

Carmen's Italian Restaurant

2-24 Spains Lane, Kingswood
02 6762 6700
www.carmens.net.au

Centillion Chinese Restaurant

331 Goonoo Goonoo Rd, Hillview
02 6762 8989
www.centillionchinese.com.au



Bangkok Thai Restaurant

Shop 18, Northgate Shopping Centre,
Manilla Rd, North Tamworth
02 6761 3098
www.bangkokthai.com.au/

Tamworth Vietnamese Restaurant

15 Fitzroy St, Tamworth
02 6766 6676
www.facebook.com/tamworthvietnameserestaurant

Blue Flame Modern Indian Cuisine

253 Peel St, Tamworth
www.blueflametamworth.com.au

Williamsburg Burger Bar

87-93 Brisbane St, Tamworth
02 6766 3845
www.williamsburgtamworth.com.au

Margarita's Pizzeria

8 Bourke St, Tamworth
02 6766 8060
www.facebook.com/MargaritasPizzeria/

VST Indian Grocery & Vegetables Supermarket

533 Peel St, Tamworth
www.vstsupermarket.com

VNA Asian Supermarket

543A Peel St, Tamworth
www.facebook.com/VNA-Supermarket-147647739089655

Farmer Bob's Fruit & Veg Market + Paradise Fresh Home Delivery

3-5 Phillip St, West Tamworth
www.facebook.com/Farmer-Bobs-FruitMarkets-288213984656203/
Home delivery - www.paradisefresh.com.au/OurParadise/farm-fresh

OUT OF TOWN ADVENTURES

After a big working week, you really are in the perfect spot to enjoy some quality R&R or throw on a backpack for a memorable out of town adventure! Remember, you can catch a flight to Sydney or Brisbane & be there within the hour & if you're craving an ocean breeze, the coast is an easy three hour drive over the range.

Nundle - 45min drive from Tamworth

Nundle is a delightful historic mining village of approx. 500 people, with a calendar of wonderful annual events, a great historic pub, some interesting shops, fascinating colonial heritage & meandering river walks & striking scenery. Check out the websites to get the best out of your visit.

www.nundle.com.au

www.destinationtamworth.com.au/Explore/nundle

Sheba Dams – 1hr drive from Tamworth

Just beyond Hanging Rock village (near Nundle) is a lovely spot for a picnic, fish, swim or bushwalk. BBQ facilities, toilets & shady bush camping available.

Barrys Rd, Hanging Rock

Hanging Rock Lookout – 1 hr drive from Tamworth

Spectacular views of the Peel River Valley from an elevation of 1100m. Snow can often be seen & frolicked in during the winter months at Hanging Rock, road conditions pending.

Hanging Rock Lookout Rd, Hanging Rock

Chaffey Dam – 40min drive from Tamworth

Tamworth's main water supply & a popular destination for water sports, fishing & bushwalking.

Toilets, BBQs, kiosk & picnic tables available.

Nundle Rd, Nundle

www.waternsw.com.au

Uralla – 1hr 15min from Tamworth

Picturesque, colonial gold rush town with retail gems, artisanal food, boutique wineries, a great pub & craft brewery – fabulous day trip.

www.visitnsw.com/destinations/country-nsw/tamworth-area/uralla

www.uralla.com/Home

Warrabah National Park - 1hr 20min drive from Tamworth

Striking landscape with massive boulders set above the valley's tranquil pools where you can fish, swim or picnic.

Bush camping, picnic tables, BBQ facilities & toilets available.

Warrabah Trail, Warrabah

www.nationalparks.nsw.gov.au

Horton Falls – 1hr 40min drive from Tamworth

Take a great 2 hour walk to the base of the gorge or an easier track from the carpark to the top of the falls. When we've had good rain, you can swim in the lagoon under the waterfalls!

Shady bush camping & toilets available.

Horton Reserve, Barraba

www.nationalparks.nsw.gov.au

Lake Keepit State Park – 50min drive from Tamworth

The lake is a popular destination for water sports & fishing enthusiasts, nature lovers, campers & picnickers. The park features a fenced water splash park, BBQ & toilet facilities, pontoon with waterslide in the lake, lots of shade & open spaces. Day visitors permitted; entry fees apply. A variety of camping & cabin accommodation available.

Keepit Dam Rd, Gunnedah

www.reflectionsholidayparks.com.au/park/lake-keepit

Fly Manilla Paragliding – 1hr drive from Tamworth

Learn to fly like a bird at Manilla Paragliding School! The only school in Australia that owns its own mountain & air sports facility building. Cabins & camping facilities available with a pool, bar & Wifi.

Mt Borah, Manilla

www.flymanilla.com

Glasshouse Restaurant - 20min drive from Tamworth

Award-winning restaurant with sweeping views over the rolling hills of the historic Goonoo Goonoo Station & the distant Liverpool Range. Beautiful accommodation also available.

Goonoo Goonoo Station

13304 New England Highway, Tumbumburi

www.goonoogoonoostation.com/eat-drink

Graze, at the Willow Tree Inn – 1hr drive from Tamworth

This award-winning restaurant produces its own lamb & black angus beef on nearby Collee Creek Station.

Across the road is the Plains Pantry Gourmet Grocer, which is also worth a visit. You can catch the train from Tamworth & back again after lunch too!

18 New England Hwy, Willow Tree

www.grazewillowtree.com.au

www.theplainspantry.com.au

Eastview Estate - Dobson's Distillery & PINOT Restaurant

– 1hr drive from Tamworth

Unique & entertaining foodie adventure with award winning gin & whiskey, speakeasy jazz & blues bar, relaxed dining featuring local, seasonal produce – check out the website!

298 Kentucky Rd, Kentucky

www.eastviewestate.com

Produced on behalf of the PHN by Big Sky Relocations

PRIMARY HEALTH NETWORK

TAMWORTH OFFICE

Suite 104, Noel Park House
155 – 157 Marius Street
Tamworth, NSW

CENTRAL COAST OFFICE

159B The Entrance Road
Erina, NSW

NEWCASTLE OFFICE

Suite 11, 125 Bull Street
Newcastle West, NSW

GET IN TOUCH

1300 859 028

info@thephn.com.au



Images courtesy of Rebel Heart Photography Studio, Tamworth Regional Council & Finishing Image Photography

VERSION 2 – Aug21



WWW.BIGSKYRELOCATIONS.COM.AU