

Live better on the Central Coast

A COMPLETE GUIDE FOR GPS



Live more. Be more.

Be part of an inclusive community,
where professionals support one another.

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Are you looking to get more out of your GP career?
Want to swap your 1hr morning commute to the
office for a coffee and a surf or time with the family?

Take the next step in your medical career and enjoy the
best of all worlds, on the Central Coast. 



Living on the Central Coast

The Central Coast of New South Wales offers an enviable lifestyle with a diversity of choices to suit practically everyone.

The abundant natural beauty and extensive waterfront of the area provides the perfect playground for nature and water-based leisure experiences. Deep rural valleys and an unspoilt mountain backdrop frame heritage pockets and a thriving urban centre with dining and retail.

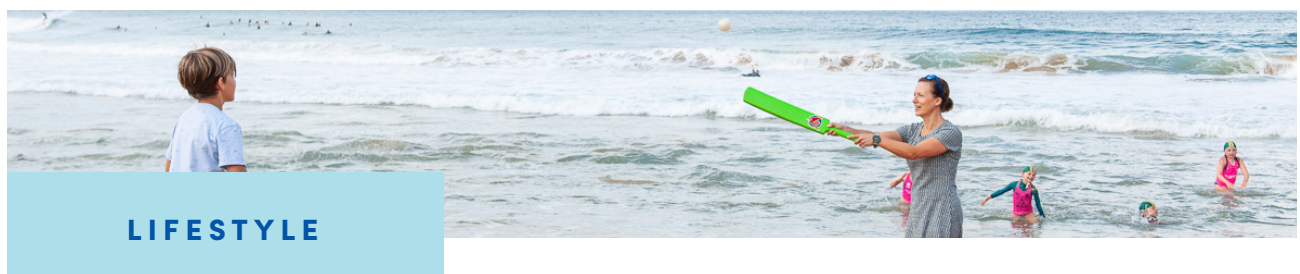
Whatever your preference, you and your family will find your own piece of paradise.

Central Coast Council has created its “This is the life” campaign to tell the story of what it’s like living in the region. We encourage you to explore this resource and learn more about the features of the region.



Where to live?

Click to learn about the key community hubs across the Coast. Lake or Ocean? Beach or bush? Learn more about the local environment.



Lifestyle

Locals to the Central Coast area proudly speak of the remarkable work-life balance they have achieved. They say it’s like being on holidays while still being in your home town.



PEOPLE

People

Residents of the Central Coast enjoy a real sense of community. With population growth set to increase dramatically in the next decade, we expect that the already vibrant atmosphere and opportunities available on the Coast will become even better.



BUSINESS

Business

As New South Wales' third largest region, the Central Coast is quickly becoming an east coast hub for business big and small. Over the next 10 years, the population is expected to grow by around 30 per cent.

People who have relocated to the Central Coast for business are united in their enthusiasm for the region. Here's their stories.



EVENTS

Community events

The Central Coast community loves a good community event! Click the button to see a snapshot of some of the most popular events from recent times.

Central Coast health & medical resources

Central Coast Local Health District (CCLHD) is responsible for the delivery of public health services to the communities of the region.

With its core values centred upon collaboration, openness, respect, and empowerment, the CCLHD aims to deliver health services that are accessible, high quality and integrated.



Overview of public hospitals

The region is served by two acute-care public hospitals – Gosford and Wyong, and two public sub-acute services – Woy Woy Hospital and Long Jetty Healthcare Centre.



Gosford Hospital

Gosford Hospital is a principal referral hospital providing a comprehensive range of secondary level services including medical and surgical specialties, maternity, paediatrics, mental health, and some complex and tertiary level services including trauma, interventional cardiology, and cancer.

Services are provided in admitted, ambulatory and outpatient settings.

The current built bed capacity at Gosford Hospital is 532 beds:

- 368 adult acute inpatient beds which is inclusive of:
 - 16 Intensive Care Unit (ICU) /High Dependency Unit (HDU) beds
 - 8 CCU beds
 - 12 ED short stay beds
- 33 ED treatment spaces
- 32 maternity beds
- 32 nursery/basinet cots co-located with 8 birthing rooms
- 10 special care nursery cots
- 38 paediatric beds
- 30 acute adult mental health beds
- 22 renal dialysis chairs (in-centre and satellite).

There are also:

- 8 operating theatres
- 1 procedure room
- 1 endoscopy room
- 1 interventional cardiology lab.

Wyong Hospital

Wyong Hospital is a major metropolitan hospital providing a comprehensive range of secondary level services including emergency, surgery, stroke, acute medical, aged care, rehabilitation, and mental health inpatient services as well as outpatient and ambulatory services.

Inpatient clinical services are predominantly provided at role delineation level 3 or 4.

All 'core' clinical services are provided at level 4 as well as several specialty services.

The current built bed capacity at Wyong Hospital is 341 beds, this is comprised of:

- 182 adult acute inpatient beds inclusive of:
 - 8 ICU/HDU beds
 - 6 CCU beds
 - 12 ED short stay beds
- 28 ED treatment spaces along with 8 Urgent Care Centre spaces
- 10 maternity beds and 10 nursery/basinet cots co-located with 3 birthing rooms
- 4 bed PECC, 35 bed acute adult, and 15 Older Persons acute mental health beds
- 15 bed drug and alcohol detoxification unit
- 58 rehabilitation beds – 30 general rehabilitation beds and 28 aged care rehabilitation beds (under the COAG geriatric evaluation & management (GEM) model)
- 12 renal dialysis chairs (located at Lake Haven Community Health Centre)
- 4 operating theatres, 1 procedure and 2 endoscopy rooms.

Woy Woy Hospital

Woy Woy Hospital provides sub-acute inpatient and outpatient services with a range of community health services located onsite. Inpatient services are provided as part of the clinical stream of aged care, sub-acute and complex care services.



“Woy Woy Hospital provides sub-acute inpatient & outpatient services”



Located on the Woy Woy Hospital site is the following built capacity and services:

- 30 rehabilitation beds inclusive of:
 - 10 general rehabilitation beds
 - 20 beds used for aged care rehabilitation with aged care patients under the care of the geriatric medicine team
- 23 bed sub-acute slow stream rehabilitation/maintenance unit providing multidisciplinary step-down or restorative care for patients requiring a longer hospital stay prior to rehabilitation as well as patients awaiting placement or guardianship
- 20 bed Transitional Care Unit - patients may remain in transitional care for a maximum of 12 weeks, under the medical care of a general practitioner
- Community Health
- Community Dental Health
- Gymnasium and hydrotherapy pool

Long Jetty Health Facility

Long Jetty Health Facility provides sub-acute inpatient services and a range of community health services. Located on the site is the following built capacity and services:

- 12 bed sub-acute slow stream rehabilitation/maintenance unit providing step-down or restorative care for patients requiring a longer hospital stay prior to rehabilitation as well as patients awaiting placement or guardianship
- 12 bed Transitional Care Unit co-located with the inpatient unit where patients may remain in transitional care for a maximum of 12 weeks, under the medical care of a general practitioner
- Satellite renal dialysis unit with home dialysis training facilities with a built capacity of 20 chairs 12 of which are currently commissioned with additional chairs commissioned as demand requires
- The base for the specialist palliative care service is located onsite
- A range of community and outpatient services are provided from a range of buildings on site.





Overview of Community Health Centres

Community Health Centres provide a range of services to the people of the Central Coast. The mix of services available at each Community Health Centre varies and can include antenatal services, child and family health, youth health, community nursing, ongoing and complex care, sexual health, mental health, drug and alcohol, and allied health services including physiotherapy, occupational therapy, speech pathology, audiology, podiatry and nutrition.

Community health services are provided at the below locations.

- Gosford Hospital campus
- Citigate
- Erina Community Health Centre
- Kincumber Community Health Centre
- Woy Woy Community Health Centre
(co-located on sub-acute hospital site)
- Mangrove Mountain Community Health Centre
- Wyong Community Health Centre and Family Care Cottage
(co-located on Wyong Hospital site)
- Wyong Central Community Health Centre
- Long Jetty Community Health Centre
(co-located on sub-acute health facility site)
- Lake Haven Community Health Centre
- Child and Family Health Gosford Gateway Centre
- Children and Young People's Mental Health Gosford Gateway Centre
- Toukley Mental Health Centre
- Kariong Community Centre.



Overview of private hospitals

The Central Coast is well-served by the private health sector.

Gosford Private Hospital

Gosford Private is the Central Coast's premier private health facility with more than 37 years' experience providing high quality surgical and medical services.

Key services offered at Gosford Private include leading orthopaedic surgeons, private maternity services, Gosford Heart Centre, Gosford Private Endoscopy Centre, and the only private neurosurgery procedures on the Central Coast.

As the largest private hospital on the Central Coast, Gosford Private offers nine operating theatres, [14 critical care beds](#), [five private birthing suites](#) and a dedicated [Day Surgery Unit](#).

Gosford Private is also co-located with two major medical centres, a radiology practice and pathology laboratory.

Berkley Vale Private Hospital

Berkeley Vale Private Hospital is a [50-bed facility](#) that delivers rehabilitation, medical and mental health services to patients.

Specialists in providing allied health supports for patients with neurological, musculo-skeletal, orthopaedic, amputee and other disabling conditions, the hospital includes an on-site hydrotherapy pool.

Palliative Care patients are also cared for by their admitting general practitioners and the Central Coast Area Health Service Palliative Care Team as required.

Berkeley Vale Clinic provides leading Mental Health services for the Central Coast Community. They offer [28 beds for inpatient care](#) and host a range of outpatient services. All patients are admitted on a voluntary basis to the clinic by way of referral.



Brisbane Waters Private Hospital

Brisbane Waters Private Hospital provides specialist surgical, medical, and mental health treatment and rehabilitation services, co-located with a radiology practice and pathology laboratory.

Brisbane Waters Private features:

- 109 inpatient beds
- 4 modern operating theatres
- A dedicated Day Surgery Unit
- A state-of-the-art 34 bed Rehabilitation & Research Unit.

The Central Coast Clinic is a dedicated mental health unit, providing private rooms with ensuites, gym, group rooms and an indoor heated pool. Specialised services include:

- Neurostimulation – Electroconvulsive Therapy (ECT) and Repetitive Transcranial Magnetic Stimulation (TMS)
- Addictive Disorders
- Veterans and Emergency Services
- Perinatal mental health
- Trauma and dissociation
- Special Care Unit
- Older persons mental health
- Acute adult psychiatry
- Inpatient therapy programs
- Dialectical Behaviour Therapy (DBT) inpatient and day programs
- CBT-based programs
- Acute community services
- A broad range of day therapy programs to support ongoing recovery and wellness.

Tuggerah Lakes Private Hospital

As the Central Coast's newest private hospital facility, Tuggerah Lakes Private offers a range of specialist services including ear, nose and throat, gastroenterology, gynaecology, urology and vascular medicine.

Stage one of the development opened in 2019 with three operating theatres and **20 inpatient beds**.

Stage two will deliver six operating theatres and **40 inpatient beds**.



Education

For families who have decided to move to the Central Coast, the region offers a great range of education choices. Private schools as well as public are available throughout the Central Coast, offering your family the options it needs to make the move easy on the kids and ensure them a quality education.



Public schools

The NSW Department of Education public schools are dotted throughout the Central Coast region with enrolment generally dependent on where you live. You can learn more about going to a public primary school and public high school and use the School Finder to determine your intake area.

Private schools

The Central Coast is home to a wide variety of private and independent primary and high schools. A comprehensive list can be found [here](#).

Central Coast Community College

The Central Coast Community College is a community-owned, registered training organisation providing educational programs since 1982. It has grown to be one of the largest Community Colleges in NSW.

In July 2019 it amalgamated with Hunter Valley Training Company to provide a range of apprenticeship and traineeship courses that are customised for the industry and wider community.

It offers a range of funded training courses and short courses to help people expand their career opportunities and learn new skills.

TAFE NSW

TAFE NSW is the leading vocational education and training provider in the state, delivering relevant, practical, and creative training.

There are TAFE campuses located at Ourimbah, Wyong, and Gosford on the Central Coast as part of the broader Hunter – Central Coast TAFE network.

University of Newcastle

The University of Newcastle has a major campus at Ourimbah and a precinct in Gosford providing access to undergraduate and postgraduate educational opportunities.

The University recently celebrated 30 years of teaching, learning and research at the Ourimbah campus.

At Gosford, currently under construction is the University's Central Coast Clinical School. It aims to be a nation-leading medical, nursing and midwifery teaching and education facility, operating alongside the Central Coast Research Institute.

Community

Support services

Coast Community Connections is a registered charity and not-for-profit organisation delivering services to children, young people, families, people with a disability and older people on the Central Coast.

The programs and services offered by Coast Community Connections covers a broad spectrum of community services including:

- Ageing & Disability Services
- Children's Services
- Youth Support - Coast Youth Services
- Gambling Counselling Services - Gambling Solutions
- Community Services - Peninsula Community Centre

Multicultural services

Coast Community Connections also provides a detailed list of multicultural services in the local community, including English Conversation Classes, multicultural social activities and contact information for a range of ethnic social groups.



COAST COMMUNITY CONNECTIONS

Community Environment Network

The Community Environment Network (CEN) was formed in 1997 as an over-arching body to support individuals and groups in Lake Macquarie, Wyong and Gosford who are working for the environment.

The CEN is a non-government community group that works for Ecologically Sustainable Development (ESD) and against threats to it. The aims and objectives of the CEN include:

- To increase the effectiveness of community groups by networking and facilitating efforts to achieve ESD
- To be a significant regional voice on the Central Coast with respect to the environment
- To provide a forum for public discussion and education about the environment
- To increase public awareness and understanding through awareness, education and promotion of ESD and how it may be achieved
- To promote community monitoring of the environment and action to achieve ESD
- To facilitate the empowerment of individuals and to encourage them to take an active and positive role in enhancing their environment.

VISIT CEN.ORG



Volunteering

Volunteering Central Coast is an innovative not-for-profit organisation with a mission to enable community engagement, inclusion, and growth through volunteering.

The group champion volunteering and are continuously building capability to support Central Coast community sector organisations to grow their service capacity.

From its establishment in 1986, Volunteering Central Coast has become recognised as a leader in the recruitment and referral of volunteers, and in delivering support and training to volunteer involving organisations.

VOLUNTEERING CENTRAL COAST





Moving to the Central Coast

Relocation services

Need a removalist to help with your relocation? Do you need short or long-term storage for your possessions?

GOSFORD REMOVALS

SURFSIDE REMOVALS

SIX BROTHERS REMOVALISTS

Real estate agents – buying or renting

View the most recommended real estate agents on the NSW Central Coast.

RATE MY AGENT CENTRAL COAST

Several well-known real estate franchises can be found on the Central Coast. They can help with all your real estate needs whether buying or renting in the region. Visit:

BELLE PROPERTY

CENTURY 21

MCGRATH

PRD

Arts & Culture

Some of Australia's leading professional artists, writers and performers live on the Central Coast and are involved in many creative projects including dance, theatre, music, filmmaking, visual arts, and performance poetry to name a few.

Supported also by a broad range of community assets, no matter your preference there's always something cultural to see and do in the local region.

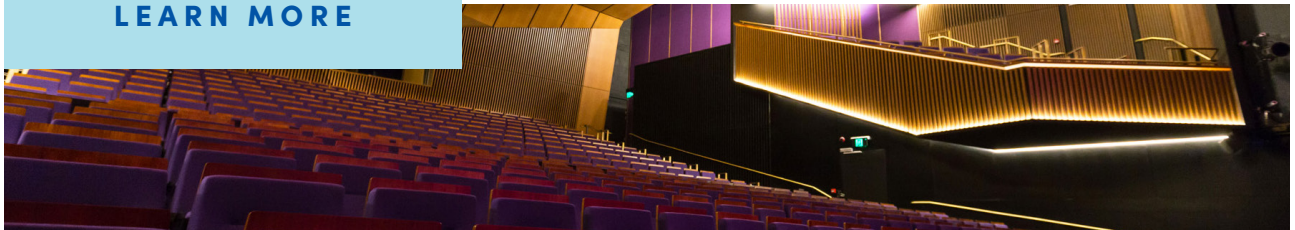


CONNECT WITH THE CREATIVE COMMUNITY HERE

The Art House, Performing Arts Centre

The Art House is a high-tech arts and performance centre in Wyong, offering quality touring and local productions.

[LEARN MORE](#)



Laycock Street Community Theatre

As one of Australia's most successful regional theatres, Laycock Street Community Theatre is committed to enhancing the social and cultural environment of the Central Coast. It boasts a rich program of comedians, singers, dance and musicals from touring productions and local performances.

[LEARN MORE](#)



The Entrance Art Gallery

The Entrance Art Gallery has a punchy exhibition program that showcases local talent as well as national and international artists. The Gallery encourages exploration and collaboration of new and old art forms and provides a great hub for the local arts and culture scene.

[LEARN MORE](#)

Toukley Art Gallery

The Federation Gallery, run by the Toukley and District Art Society, exhibits paintings in water colour, oil, acrylic and pastel, along with hand painted porcelain and silk, craftworks, and hand painted cards for all occasions. The gallery and art centre are also the local tourist information centre.

[LEARN MORE](#)

Gosford Regional Gallery & Gardens

The Gosford Regional Gallery is one of the Central Coast's leading tourist attractions, providing an important cultural and educational resources for the community and a great family attraction. The gallery's hosts a diverse program of local, national, and international exhibitions with many significant touring exhibitions. The gallery is open daily and admission is free.

[LEARN MORE](#)



Art Studios Cooperative

This artists' cooperative is a vibrant community hub where Central Coast visual artists can work, network, and contribute to the wider community. Located in East Gosford, it includes artists' studios, a workplace and teaching space and a commercial gallery. The Co-op runs regular classes and workshops.

[LEARN MORE](#)



Symphony Central Coast

Symphony Central Coast is the third largest regional orchestra in NSW and is one of the Central Coast's most valued and prized cultural assets.

Formed from local community orchestras in 1999 with support from the Central Coast Conservatorium of Music, Symphony Central Coast has grown into a full-size symphony orchestra, presenting outstanding musical programs of orchestral and choral masterworks to the Central Coast community.

[LEARN MORE](#)



An Art Trail from Bush to Beach

Voted one of the top five Central Coast experiences and including over 20 Central Coast Artists, the 5 Lands Art Studios trail is a unique opportunity for art lovers to meet artists in their own space, talk to them about their practice and experience the process of making visual art in a variety of forms. Travel a beautiful trail from the bush to the beach to visit artists in their working studios.

[LEARN MORE](#)



Sport & Recreation

There are [164 sporting facilities](#) on the Central Coast which can cater for over 20 different sports including cricket, soccer, netball, baseball, little athletics, rugby league, rugby union, AFL, cycling, touch football, Oztag, school sport, cross country, and athletics carnivals.

There is also [more than 162kms of shared pathways](#) where you can walk, run, ride or skate to maintain a healthy lifestyle.

Central Coast Council manages 13 turf and 44 synthetic cricket wickets and 18 cricket net facilities, 74 football (soccer), 26 rugby league, 13 rugby union, 9 AFL, 7 baseball, 28 touch football / OzTag and 5 hockey fields.

[FIND YOUR LOCAL SPORTING FACILITY HERE](#)

Popular sporting and recreational activities

Below are links to information about some of the popular activities available on the Central Coast:

- [Tennis facilities](#)
- [Leisure centres, gyms and pools](#)
- [Skate parks and BMX tracks](#)
- [Golf Courses](#)
- [Outdoor gyms](#)
- [Parks and playgrounds](#)
- [Reserves and lookouts](#)
- [Dog parks and beaches](#)
- [Community gardens](#)

Stadium Sporting Facilities

Central Coast Stadium

Central Coast Stadium is in Gosford and is the official home of our A-League soccer team, the Central Coast Mariners. The stadium is also a regular host of NRL fixtures, as well as a wide variety of local sporting and community events. It boasts picturesque views over Brisbane Water and its surrounds, making it an ideal venue to host a wide variety of events. Officially opened in 2000, the multifunctional facility has a capacity of over 20,000.

The Central Coast Regional Sporting & Recreation Complex

The Complex is a high quality, multi-use facility designed to accommodate regionally significant, mass participation sporting and recreational events and bring social, health and economic benefits for the local and wider community.

The Complex sits on 18.28 hectares of land at Tuggerah and consists of nine playing fields, an amenities building (includes accessible toilets, change rooms, canteen and store rooms), over 2km of shared pathways, landscaping, car parks and bus zones for drop-off and turning.

Niagara Park Stadium

Niagara Park Stadium hosts sporting competitions and events including basketball, soccer, martial arts, roller derby, netball, volleyball, table tennis, trampolining, and dance classes

It is also available for party and private venue hire.

Wellness on the Central Coast

The Central Coast is home to a broad range of health and wellness activities designed with overall wellbeing in mind.

Wellness is much more than physical health, exercise, or nutrition. It is the full integration of physical, mental, and spiritual well-being.

Services can be found across the Central Coast and cater to a broad range of interests.

Whether its yoga, meditation, or reiki, naturopathy, herbal medicine, reflexology, or iridology, remedial or relaxation massage, or beauty therapy, facials and skin care, there is something for everyone.



DISCOVER YOUR NEW LOCAL WELLNESS ACTIVITY HERE



Retail Services

Major Shopping Centres

Erina Fair

Erina Fair is the largest shopping centre on the Central Coast with major retailers Myer, Kmart, Target, Big W, Best & Less, Woolworths, Coles, and Aldi plus over 300 specialty stores.

A variety of leisure and entertainment options are also available including an eight screen Hoyts Cinema, the Erina Ice Arena, a variety of restaurants, a playground for the children and a comprehensive schedule of fun activities on the Hive Stage.

[LEARN MORE](#)

Imperial Centre Gosford

Refurbished in 2016 and occupying a prominent position in the heart of the revitalised central business district is Imperial Centre Gosford.

It features a Woolworths supermarket, 65 speciality retailers and food outlets, free Wi-Fi, and 3 hours free parking.



[LEARN MORE](#)

Westfield Tuggerah

Westfield Tuggerah features 244 stores and services including major retailers David Jones, Big W, Target, Coles Aldi, Woolworths, H&M, JB Hi-Fi, Rebel, iPlay and Event Cinemas.

Westfield Tuggerah is part of the \$2.8 billion Tuggerah Town Centre masterplan to develop Tuggerah as a lifestyle hub. Its expansion will add more entertainment, leisure, and dining options.

[LEARN MORE](#)

Tuggerah Super Centre

Tuggerah Super Centre is the largest home and lifestyle shopping centre in the region. Major retailers include Bunnings Warehouse, Forty Winks, Fantastic Furniture, PETstock and Pillow Talk.



[LEARN MORE](#)



Local Markets

The Entrance Market

A produce market that's a hub for the local community. It's held on Saturdays in the waterfront Memorial Park near where the pelicans gather to feed. The Wyee Markets are held on the second Saturday of the month in the grounds of Wyee Community Hall.

The Avoca Beachside Markets

Held on the fourth Sunday of the month at Heazlett Park near Avoca Lake. You'll find more than 100 stalls, local artists, delicious food and live music. There are art workshops for the kids, too.



Transport

Getting to and around the Central Coast.
Information courtesy of Love Central Coast.

Travelling by Car

Central Coast is just a 1hr drive from Sydney and Newcastle.

Head north out of Sydney on the Pacific Highway, then get onto the M1 Pacific Motorway (locally known as the F3 Freeway) at Wahroonga. There are three key exits to access the Central Coast:

- Central Coast Highway – signs marked Gosford, Woy Woy, Terrigal
- Wyong Road – signs marked Wyong, Tuggerah, The Entrance, Yarramalong
- Sparks Rd – signs marked, Wyong, Warnervale, Wyee, Toukley

When travelling from Newcastle, follow either the M1 Pacific Motorway or A43 Pacific Highway south to reach the Central Coast.

Travelling by Train

NSW TrainLink runs regular rail services to the Central Coast departing approximately every half-hour from Sydney and every hour from Newcastle, with travel time approximately 1 hour and 30 minutes from each destination.

TRANSPORT NSW

Travelling by Air

Newcastle Airport is located 115km, or 1 hour 15 minutes' drive, from Gosford. Sydney Airport is located 85 km, or 1 hour 20 minutes' drive from Gosford.

Shuttle services are available to the Central Coast. Bookings are recommended.

Travelling by Ferry

Palm Beach Ferries operate daily services between Sydney (Palm Beach) and the Central Coast (Ettalong Beach). Visit the Palm Beach Ferry website, or call 02 9974 2411.

Central Coast Ferries operates a local ferry service between Woy Woy and Empire Bay, via Saratoga and Davistown. Additional information can be found at the Central Coast Ferry's website or by calling 0418 631 313.

Travelling by Bus

A network of buses connects the regions of the Central Coast with interchange hubs at Gosford, Wyong, Tuggerah, and Woy Woy railway stations. Additional hubs are located at Erina Fair and Lake Haven Shopping Centres.

Full details of the Central Coast public bus and train network can be found below.

TRANSPORT NSW



Government



Local Government

Gosford

49 Mann Street. Gosford NSW 2250
P. 1300 463 954

Wyong

2 Hely Street, Wyong NSW 2259
P. 1300 463 954

NSW Government

Gosford Electorate

20 Blackwall Road, Woy Woy NSW 2256
(02) 4342 4122
(02) 4341 2368
gosford@parliament.nsw.gov.au

The Entrance Electorate

24 The Entrance Road, The Entrance NSW 2261
(02) 4334 1012
(02) 4334 3840
TheEntrance@parliament.nsw.gov.au

Terrigal Electorate

Shop 3 Fountain Plaza, 148-158 The Entrance Road, Erina NSW 2250
PO Box 3618, Erina NSW 2250
(02) 4365 1906
(02) 4365 4768
terrigal@parliament.nsw.gov.au

Wyong Electorate

Shop 4, 142 Pacific Highway, Wyong NSW 2259
(02) 4352 2711
(02) 4352 2766
wyong@parliament.nsw.gov.au

Federal Government

Federal Electorate of Robertson

Level 3, 69 Central Coast Highway
West Gosford, NSW, 2250
(02) 4322 2400

Federal Electorate of Dobell

Suite 204, Level 2 Mariners Centre of Excellence, 1 Bryant Drive Tuggerah, NSW 2259
PO Box 3763, Tuggerah, NSW, 2259
(02) 4353 0127

