



New doctor information pack.

About St Helens.

St Helens is a laidback, picturesque coastal town in Tasmania's north east, which thrives off its tourism, fishing, and timber industries, and enjoys mild winters and warm summers.

First established as a whaling base in the early 1800s, St Helens is today regarded as the game fishing capital of Tasmania, and as such has a lively atmosphere surrounding its main harbour, with visitors coming and going all year round.

Swimmers, snorkelers, surfers, sailors, and sight-seers flock to St Helens to enjoy the area's sparkling blue waters and long, pristine beaches. The town attracts foodies, too, who come to taste the fresh local delicacies, such as oysters, scallops, abalone, and rock lobster, which are readily available in local eateries.

St Helens is also close to two very popular, globally recognised tourism hotspots: Binalong Bay, and Bay of Fires. You're never far away from an ideal weekend getaway.



Dr Ross Lamplugh

CO-FOUNDER & CHAIRMAN, OCHRE HEALTH

“ Ochre Health was formed with the goal of **improving** the way **primary health care** is delivered in both rural and urban Australia. I am proud that we are helping to improve the **health services** in this **beautiful state**, it feels good to be able to do some **great stuff** in your own backyard. ”





How to get to St Helens.

BY CAR

FROM LAUNCESTON

- 2.5HRS East, via National Highway and Esk Highway
- 2.5HRS East, via the Tasman Highway and Tully Street

FROM HOBART

- 3HRS North, via National Highway, and Esk Highway
- 3.5HRS North, via Tasman Highway

FROM DEVONPORT

- 3HRS South-East, via National Highway and Esk Highway
- 3HRS East, via National Highway and Tasman Highway

BY BUS

Calows Coaches leave daily from both Launceston and Hobart.

For timetables and route maps, visit:

www.calowscoaches.com.au



Useful information.

RESTAURANTS, PUBS & CAFES

Sea Breeze Cafe

A 25 Quail St, St Helens

P 03 6376 2629

The Bays Kitchen

A 26 Cecilia St, St Helens

Trimboli's Pizza & Pasta

A 1 Pendrigh Pl, St Helens

P 03 6376 1429

St Helens RSL

A 35 Quail St, St Helens

P 03 6376 1372

www.sthelensrsl.com.au

Bayside Bar & Bistro

A 2 Cecilia St, St Helens

P 03 6376 1466

Lichen Restaurant & Cafe

A Main Road, Binalong Bay

P 03 6376 8086

www.lichenrestaurant.com

NINA Restaurant & Bar

A 10/55 Cecilia Street, St Helens

P 03 6441 5007

www.ninarestaurantandbar.com.au

SHOPS AND SERVICES

Supa IGA St Helens

A 33 Cecilia Street, St Helens

P 03 6376 1177

St Helens News Agency

A Corner of Cecilia & Quail Street

P 03 6376 1182

E sthelensnews@bigpond.com

Choc-a-Lolly

A Shop 3, 29-33 Cecilia Street

P 03 6376 2977

E chocalolly@westnet.com.au

East Lines

A 28 Cecilia St, St Helens

P (03) 6376 1720

E ecscuba@bigpond.com

Australia Post

A 46 Cecilia Street, St Helens

P 13 76 78

Commonwealth Bank

A 18 Cecilia Street, St Helens

P 03 6376 2295

ANZ (bank)

A 38 Quail Street, St Helens

P 13 13 14

United (service station)

A 16 Cecilia Street, St Helens

P 03 6376 2237

BP (service station)

A 6 Circassian Street, St Helens

ACCOMODATION

Beach House at St Helens

A 97 St Helens Point Road, St Helens

P 0418 996 080

www.sthelensbeachhouse.com.au

Queechy Cottages

A 2 Tasman Hwy, St Helens

P 03 63761321

www.queechymotelandcottages.com.au

Bay of Fires Breaks

A Binalong Bay, St Helens

P 0413 187 859

E binalongviews@bigpond.com

www.binalongviews.bigpondhosting.com

Anchor Wheel Motel

A 59 Tully Street, St Helens

P 03 6376 1358

E info@anchorwheelmotel.com.au



Useful **information**...continued.

SCHOOLS AND CHILDCARE

Poss'M'agic Child Care Centre

A 10 Groom Street, St Helens

P 03 6376 1645

www.possmagic.com.au

St Mary's Child Care Centre

A Gardiners Creek Road, St Marys

P 03 6372 2187

St Helens District High School

A 9 Circassian Street, St Helens

P 03 6376 7100

St Marys District High School

A 13 Gray Rd, St Marys

P 03 6372 3900

OTHER MEDICAL & DENTAL SERVICES

St Helens District Hospital

A Circassian St, St Helens

P 03 6387 5570

St Helens Dental

A 75 Cecilia St, St Helens

P 03 6376 2359

COMMUNITY FACILITIES

St Helens Visitor Information Centre

A 61 Cecilia Street, St Helens

P 03 6376 1744

E sthelensvic@bodc.tas.gov.au

St Helens History Room (Museum and Archives)

A 46 Cecilia Street, St Helens

P 03 6376 1479

E historyroom@bodc.tas.gov.au

www.sthelenshistoryroom.com

St Helens Library – LINC Tasmania

A 61 Cecilia Street, St Helens

P 03 6387 5530

E scottsdale.linc@education.tas.gov.au

St Helens Community Online Access Centre – LINC Tasmania

A 61 Cecilia Street, St Helens

P 03 6376 1116

E sthelens.oac@education.tas.gov.au

RECREATION

Cerise Brook Orchard & Family Golf Course

A 315 Medeas Cove Road, St Helens

P 03 6376 8397

www.cerisebrook.com.au

Heritage Couta Boat Cruises

A Marina Parade, St Helens

P 0407 561 318

Bay of Fires Eco Tours

A 'Titley's Shack' Main Rd, Binalong Bay

P 0499 209 756

E admin@bayoffiresecotours.com.au

www.bayoffiresecotours.com.au

East Coast Nature World

A 18356 Tasman Highway, Bicheno

P 03 6375 1311

E info@natureworld.com.au

www.natureworld.com.au

PLACES OF INTEREST

Bay of Fires

www.eastcoasttasmania.com/bay-of-fires

St Columba Falls

www.northeasttasmania.com.au/st-columba-falls

Freycinet National Park & Wineglass Bay

www.wineglassbay.com

Blue Derby — World Class Mountain Biking

www.ridebluederby.com.au





About the **Medical Centre.**

Ochre Medical Centre St Helens

A 11 Pendrigh Pl, St Helens

P 03 6376 1777

E sthelens@ochrehealth.com.au

Open Mon – Fri 8:30AM-5:30PM
Saturday 9:00AM-12:30PM
Closed Sunday & public holidays

Ochre Medical Centre St Helens is a mixed billing medical centre that also provides inpatient and outpatient services to the St Helens District Hospital and Community Centre. It supports a range of visiting allied health services, and provides nursing services.

After-hours emergency services are provided by the local hospital medical team.

DWS Yes

RVTS Yes

RLRP Yes

GPRIPS Yes

RA3 / MM5

**Grant, incentive and location zoning can change at anytime.*

To find out more, visit ochrehealth.com.au

Or contact our recruitment team

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