



The Three Villages

Community Strategic Plan 2025-2035

Health & Wellbeing

Our community has initiated an abundance of health & wellbeing programs, thanks to talented and dedicated local community members and our many of our active, health focussed community.

A key attraction to living in this area is the connection to nature. The therapeutic power of nature in promoting health & wellbeing and healing trauma created by traumatic events or natural disasters, like what we've experienced here.

'Nature Connection' research has documented evidence that connecting with nature through 'meaningful moments' can:

- create a more profound sense of meaning in life
- positively impact stress, clinical anxiety and depression
- induce emotions like empathy, which in turn generates well-being.

Community connection is also important for mental and emotional wellbeing, and we have initiated and invested in opportunities for community connection, including the Community Garden and Murramarang Men's Shed, which reduce incidence of social isolation in regional areas.

Healthy Lifestyle, the benefits to good health

Having a healthy lifestyle can be supported where we live. Clean fresh air, seeing the ocean, sky and natural light each day, unlimited opportunities for ocean bathing and beach walks are excellent for health and wellbeing.

We are spoilt for choice for walks or runs, along the beaches, through the bush, or along the pathway (that will very soon connect Bawley Point with Kioloa). Cycling is also available and popular along the community path and up Durras Mountain and various tracks.

Surfing, body boarding, foiling, Stand Up Paddle Boarding, Kayaking and opportunities for Yoga, Pilates, Nia and various other healthy activities are offered in our Community Hall, Tennis, Basketball and Pickle Ball are also popular and offered locally. Activating the oval in Kioloa as a facility for locals to play ball sports, football, soccer, cricket with goals and nets would enhance the health & wellbeing local outdoor offering to youth and adults alike.

Health care

The average age in our area is 56. Whilst many residents choose to come here to retire or spend more time here during retirement years, the need for access to health care and medical services and ageing is one of the reasons for people leaving this area.

A GP clinic is currently under construction at Kioloa. Doctors from a Milton Family Medical Practice will be in attendance 2 – 3 days per week. General Medical practices, various medical procedures and dental care can be accessed in Ulladulla / Milton and Batemans Bay.

The Cancer centre in Milton, offers cancer treatment, including chemotherapy and palliative care. Radiotherapy is not available in the South Coast region. Endoscopy clinic is also available in Ulladulla & Milton. Specialists from both Sydney and Canberra provide clinics within Shoalhaven.

Our community do value our access to Milton Hospital, for emergency care and care, as needed. The decision to not offer birthing services at Milton Hospital requires often stressful and at times, dangerous drives to Moruya Hospital or Nowra Hospital. This has caused some real concern.

Current services provided within our community:

Include:

Remedial or Deep Tissue Massage

Mobile Physiotherapy

Mobile Shiatsu Massage

Acupuncture

Counselling & Psychologist

AA meetings

NDIS – some services e.g. house cleaning assistance

Aqua Therapy Pool at Bawley Safe & Swim

Comprehensive medical care not available locally

Residents need to travel to Milton Hospital, Moruya Hospital, Nowra, Wollongong, Sydney or Canberra for more specialised services. There is an Aged Care residence in Milton.

Transport

Driving into town for supplies or medical care can be more difficult or prohibitive for locals who are no longer able to drive or are injured or unwell. Community drivers can be accessed for those unable to drive themselves for some of the services. Public transport is not easily accessible. Improved community transport is sought for our local area. A car share service amongst local community members or extending bus services for our community may be an opportunity.