

Discover Break O'Day

From the mountains to the sea

Prospectus 2022



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*Image credit - Tourism Tasmania.



Snapshot

Welcome to beautiful Break O'Day, an idyllic municipality situated between the turquoise coastline of Tasmania's north east coast and the emerald green forests and fertile valleys of Fingal and Pyengana.

A land of opportunity, the Break O'Day region offers an enviable life/work balance where it's common for residents to start their day with a refreshing surf before work and a nice quiet stroll on the beach after work.

The municipality and region support industries such as aquaculture and agriculture with successful and award winning seafood, dairy and meat as well as the tourism industry – St Helens, Binalong Bay and surrounds are popular holiday destinations for visitors which sees the population of the area triple during the summer months.

With the completion of the St Helens Mountain Bike Trails, St Helens is fast becoming an all year destination as the St Helens MTB trails are suitable to be ridden all year round due to our sandy, granite soils.

Surrounded by natural beauty, Break O'Day boasts some of the most beautiful and iconic beaches in the world. In fact, the Bay of Fires is so staggeringly beautiful it was recognised by Loney Planet as one of the world's 'hottest' travel destinations in 2008. Made up of a series of bays hugging the coastline, the Bay of Fires is known for its crystal clear turquoise water, squeaky white sand and orange lichen, covered rocks.

Break O'Day also offers plenty of forested areas to explore with some of the state's most impressive waterfalls and even the tallest white gums in the world, called the White Knights. Just west of St Helens you will find the bountiful dairy pastures of Pyengana as well as St Columba Falls, the second highest waterfall in Tasmania. Also close by are Halls Falls and Ralph Falls, both the perfect day trip distance passing by the Holy Cow Dairy and the Pub in the Paddock.

If you are travelling to the coast from Launceston, you will pass through the Fingal Valley which is predominantly an agricultural area with an active coal mining industry. As you pass the green paddocks you will see a variety of popular side trips that will take you to more waterfalls and eucalypt forests, this includes the White Knights at Evercreech and Mathinna Falls at Mathinna. Because of the land's diversity, we are a diverse community. From farming to the arts, we have something to interest everyone and with the great outdoors literally on your doorstep, whether you like fishing, kayaking, 4WD, mountain biking, bushwalking, surfing, diving or more, you will find your passion here in Break O'Day.



About us

The Break O'Day municipality extends along the East Coast of Tasmania from Eddystone Point (Irapuna) in the north to Denison River in the south and west through the Fingal Valley.

St Helens is the major hub of the Break O'Day region and East Coast and features:

- Mountain Bike Network
- Hospital
- District High School K- Year 12,
- Trade Training Centre,
- Neighbourhood House,
- Business Enterprise Centre,
- Accommodation
- Restaurants / cafes
- Retail outlets and more.

St Marys is the main hub of the Fingal Valley and features:

- Community Gym
- District School offering K to Year 12,
- Community Health Centre,
- A range of unique local businesses,
- Coffee shops and regular artisan markets.



Environment

The main driver for people moving to our area as well as visiting is the beautiful natural environment of the Break O'Day area and the relaxing coastal lifestyle it promises.

The catch cry of the Break O'Day area is, from the Mountains to the Sea and it is easy to see why – the fertile valleys of Fingal and Pyengana gently descend to the coast from sub-alpine rainforest environments, to dry eucalypt forests to the shrubby coastal ecosystems and ending with perfect beaches and turquoise ocean. We are most known for our spectacular coastline which, offers a range of recreational opportunities from surfing and fishing to kayaking and swimming. It also provides commercial opportunity with aquaculture industries such as oyster farming and fishing including shell and scale fish. The coastline that we are most known for is the internationally acclaimed Bay of Fires (Irapuna) which was recognised by Lonely Planet as the world's hottest travel destination in 2009.

The fertile valleys and mountains of the region on the other hand provide plenty of walks suitable for all ages and abilities to waterfalls like St Columba and Halls Falls as well as historical sites like the Anchor Stamps and Mount Paris Dam.

Natural Attractions


If you love getting out doors, there is no shortage of areas to explore in Break O'Day no matter what your hobbies.

Walks and Waterfalls

The forests and bushlands in our area are diverse and include everything from emerald green rainforests, towering mountain forests and open woodlands to lagoons, wetlands and coastal heathlands.

We have a number of waterfalls in our area that are a short drive away and range in walking difficulty. This includes St Columba Falls, one of the State's highest waterfalls.

There are also plenty of beach walks and wetland areas to explore like Binalong Bay and Winifred Curtis Nature Reserve as well as more challenging walks like Paddys Head; This walk is a 3 hour uphill challenge that ends in 360 degree views across the Fingal Valley and down the coast, a view well worth the effort.



“The coastline that we are most known for is the internationally acclaimed Bay of Fires (Irapuna) which was recognised by Lonely Planet...”

Agriculture

Due to the fertile soils in the area, agriculture is the primary industry of the Fingal and Pyengana Valleys. The Pyengana area has a great reputation for quality and award-winning dairy products from the Pyengana Dairy as well as quality meat like beef and lamb. The Fingal Valley similarly produces prime, beef and lamb but also has a substantial cropping sector including; canola, poppies, hay and more. You will also find vineyards, blueberries and other niche agricultural businesses in our municipality. Agricultural opportunities are only limited by your imagination.

Agriculture in Break O'Day comprises 1.3% of the state's overall Agricultural sector with 76% of product going to the domestic market, 21% to local and 2.2% international and is valued at \$32 million for the area. The Tasmanian Irrigation Scheme is developing plans for infrastructure in the Fingal Valley. This will further enhance the region's agricultural capacity.

Aquaculture

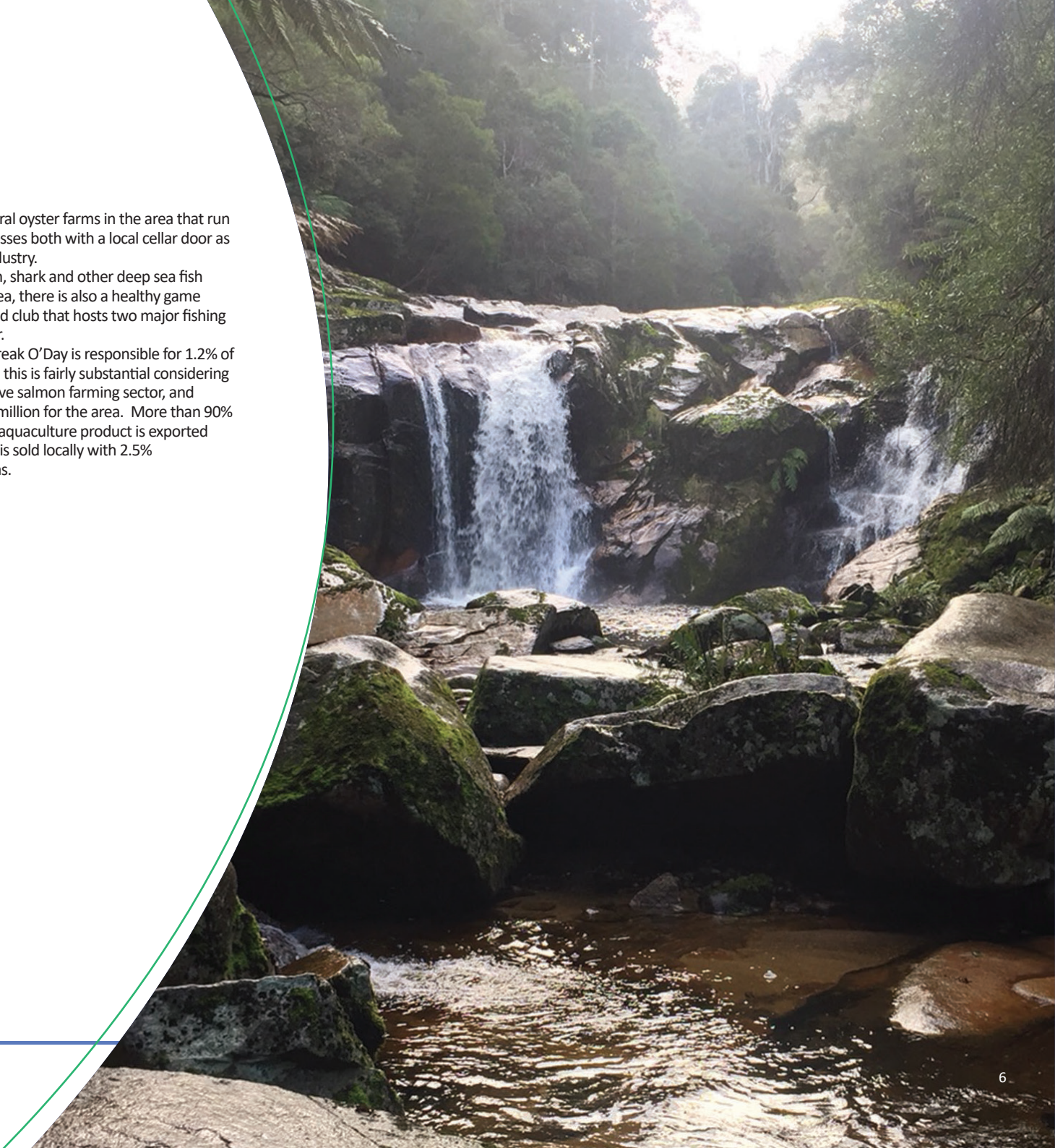
The main township of Break O'Day, St Helens, has a proud fishing history and was once a very busy port. With such easy access to the ocean it is easy to understand why this sector has remained a focus of the area.

In Break O'Day, the main sectors of aquaculture include shell-fish fishing including, oysters, crayfish (cray or rock lobster), abalone and scallops. Cray is so prevalent in the area that most of the locals live off a hearty diet of this succulent marine creature during the fishing season.

You will find several oyster farms in the area that run successful businesses both with a local cellar door as well as export industry.

With tuna, marlin, shark and other deep sea fish running in the area, there is also a healthy game fishing culture and club that hosts two major fishing events every year.

Aquaculture in Break O'Day is responsible for 1.2% of the state's sector, this is fairly substantial considering Tasmania's massive salmon farming sector, and generates \$5.16 million for the area. More than 90% of Break O'Day's aquaculture product is exported domestically, 7% is sold locally with 2.5% exported overseas.



Sport and Recreation

The Break O'Day community has a long and proud sporting history with sporting groups playing a crucial role in community connection and wellbeing. There are a range of sport and recreation facilities spread across the municipality as well as many established sporting clubs. Facilities are spread around the municipality and include:

- The Fingal Sport and Rec Ground – football, capable of cricket
- The Mathinna Recreation Ground – no sport offered, but capable of Cricket
- St Marys Sports Complex – football, golf, lawn bowls, Community Gym
- St Helens Sports Complex – tennis, soccer, football, netball, athletics, woodchopping, cricket, Croquet, equestrian (also includes and indoor stadium – netball, futsal, basketball, tennis)
- Pyengana Football Ground - Football, Woodchopping, Netball, Cricket
- Scamander Sports Complex – Cricket, Golf, Tennis, Lawn Bowls

Break O'Day Council, with State and Federal funding support has also established the St Helens Mountain Bike Network. As a result there is a strong connection to mountain biking in our community.

Mountain Biking

Break O'Day Council has just completed the first stage of construction of the St Helens Mountain Bike Trails. This \$4 million investment in the area includes a 66 km stacked loop network and a 42km trail from the top of the Blue Tier to the

internationally acclaimed Bay of Fires.

The Stacked loop network is located just south of the St Helens Township and offers 66km of trail including 10 stacked loop trails of varying length and ability as well as four descents including a multi-use town link trail; this trail connects the mountain bike network all the way around Georges Bay to the centre of town.

The network will also include a large trailhead area that provides carparking, toilets, bike wash down station as well as plenty of recreational space for riders and their families to enjoy or, that can cater for large events including national and international.

The Break O'Day area is already a popular tourism destination and the addition of the trails is anticipated to bring tens of thousands of extra visitors to the Break O'Day area each year. This is on top of the mountain bike visitation boom we are already experiencing due to our close proximity to the Blue Derby mountain bike trails.

Break O'Day Council were partners with neighbouring council Dorset in the development of the Blue Derby trails which have received worldwide attention due to the trails hosting two Enduro World Series events.

Break O'Day Council are responsible for the Weldborough based trails in the Blue Derby network which includes the Blue Tier Descent. This trail is known as the jewel in the Blue Derby network due to the quality of the trail its scenic beauty and the fact it ends at the Weldborough pub.

More detail on the Blue Derby network can be found here, [Ride Blue Derby](#).

The St Helens Mountain Bike Trails were made possible with grant funding from the State and Federal Governments. For more information on the St Helens MTB Network go to:

www.sthelensmtbtrails.com.au



“There are a range of sport and recreation facilities spread across the municipality as well as many established sporting clubs.”

Fishing

St Helens is known as the Game Fishing Capital of the State with two annual competitions each year including the Game Fishing Classic which sees competitors often breaking records with their Tuna and Swordfish catches, as well as an annual shark fishing comp. Both are organised by the St Helens Game Fishing Club.

There are also plenty of bay and estuary fishing options in the area as well like the St Helens Wharf and the various jetties on Georges Bay. Or you can just fish off the beach with common species caught in the area including Australian Salmon, Bream, Squid, Flathead and more.

Surfing, Diving, Whales and more

From Scamander to Ansons Bay, there are plenty of good places to surf in Break O'Day area. Popular spots include Scamander - famous for its surf breaks, Beaumaris and Four Mile Creek. Break O'Day is also the home of the North East Board Riders Club who host an annual surf comp, the East Coast Classic.

If you love snorkelling or diving you won't be disappointed as we have some of the clearest water in the world with amazing visibility particularly in Autumn. The areas around the Gardens and Binalong Bay are popular spots for diving as they are also popular with marine life ranging from the delicate and elusive weedy seadragon to the giants of the sea, hump back and southern right whales.

Stadium

Proudly sponsored by the The Bendigo Community Bank and has been in operation for over 4 years. The stadium is used almost daily by local sporting clubs including netball, basketball, football and

tennis.

The Stadium has also started to attract a lot of outside interest from sporting groups and other organisations looking for a large venue on the East Coast. One example of this is the Stadium's inclusion as a regular fixture in the State League Netball Roster. The Stadium was the first regional facility to host a match outside of the city centres and draws crowds comparable to those in the big cities. The Stadium has hosted a magnitude of events already, for example, Community Open Day including St Helens markets, Mental Health Expo aimed at educating and empowering young people around mental health issues. State League netball annual matches and clinics, Australian Qualifier for World XPD Series, Shell Questacon Science Circus, local sporting rosters and also has been selected to host the Dragon Trail MTB event in March 2021. The Stadium also includes a fully functional kiosk with commercial kitchen which was installed with funding from the Tasmanian Government. This was a welcome addition and means that the facility can cater to large sporting events as well as corporate events like conventions etc.

Features of the facility include:

- Female, male and accessible amenities;
- 2 team change rooms;
- Commercial kitchen/kiosk;
- WiFi upon request for events; and
- Ample car / bus parking for large events;
- LED lighting inside the Stadium
- A huge amount of storage for events inside the Stadium; and
- Permanent seating for 200 people court side (not included in the 'tables and chairs' mentioned above).



Arts and Culture

The Break O'Day Community is as diverse and unique as the environment we live in. Due to the lifestyle our municipality offers we see people from all walks of life moving to our area for a variety of reasons and all have something different to offer our community.

On the Council's website under My Community, you will find a list of over 100 different community groups, from volunteer emergency services like the SES or Tas. Fire to archery and choral groups.

There is an activity to suit all walks and life and by joining a local club you will quickly become part of the Break O'Day community.

Over the June long weekend, in the throes of winter, the Break O'Day area comes alive with the annual Bay of Fires Winter Arts Festival. The festival is a little bit different every year but always features \$20,000 landscape arts prize which attracts entries from all over Australia with the top thirty entries being publically displayed. Other activities featured over the weekend include Artisan markets, open artist studios around the municipality as well as a youth art prize.

St Marys is known as the municipality's Arts hub and boasts an eclectic mix of artisans, some of which showcase their works through a traditional shop front while others can be found at the St Marys markets. Some of the more unique businesses include Gone Rustic Studio, an artisan business that uses natural dyes and pigments to create unique clothing and homewares. Just as you enter St Marys you will come across the St Marys Cranks and Tinkerers museum, home to a collection of old worldly goods and a banjo playing overseer who can tell you a story about every piece in the collection.

**"in the throes of winter,
the Break O'Day area
comes alive with the
annual Bay of Fires
Winter Arts Festival."**

Township Snapshots

The Break O'Day area is made up of a diverse range of country towns and coastal hamlets. Each has its own unique characteristics but one thing they all have in common is a strong sense of community surrounded by natural beauty. Whether you are looking for a tree change or a sea change, we have a town and community waiting to welcome you.

St Helens

The main township and service centre on the East Coast, St Helens also provides plenty of places to hit the sand and sea.

A shared use pedestrian cycle way follows Georges Bay from the Steiglitz/Akaroa turn off which can be followed all the way around to the main township passing playgrounds and the popular Beauty Bay on the way.

Beauty Bay is a great place to stop as it offers a nice grassy area, BBQ and toilets, including an outdoor shower as well as a jetty.

Heading the other way, towards Steiglitz, you will find more relaxing spots to just stop and enjoy your surrounds. There is a nature playground and BBQ right at the turn off and another play ground and BBQ shelter further around near the boat ramp. Keep following St Helens Point Road and you will find access to the beautiful Peron Dunes. There are some nice walks you can do through the dunes but they also offer adventure in the form of dune buggies. Peron Dunes hosts the annual Tasmanian Sand Enduro race over the November Long

weekend, and if you are in the area it is certainly worth checking out from one of the vantage points. Right at the end of St Helens Point Road you will find the Burns Bay Boat Ramp and access to Beerbarrel beach. This beach can also offer some good surf breaks but is just as popular with families looking to relax.

St Marys

Located at the top of St Marys Pass at the southern end of the Fingal Valley, this quaint village is renowned for its creative community. The town offers a range of coffee and food outlets to stop and enjoy as well as a number of local retailers who specialise in artisan crafts. There are also a number of walks in the area that will take you to the top of rocky outcrops like the distinctive St Patricks head where you can enjoy breath taking views of the east coast.

Fingal

Found inland and north of St Marys, Fingal is a township proud of its history. You will find a number of historic buildings in the main street from the Post Office to the old hotel which has recently undergone a renovation in keeping with its heritage. The town also plays host to the Fingal Valley Festival which features the world coal shovelling championships.

Mathinna

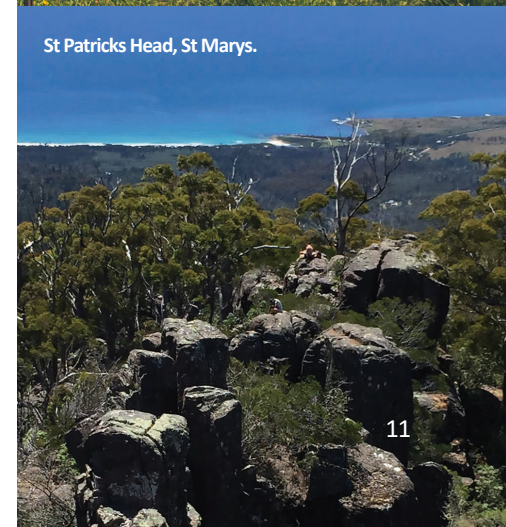
Named after a young aboriginal girl who befriended Sir John and Lady Jane Franklin, Mathinna was originally established as a mining town but is now a place to stop and enjoy the serenity. The town offers a great pub which is both the literal and spiritual heart of the village and often features live music. The town also provides a gateway to some striking natural features like Mathinna Falls and Evercreech forest, home of Tasmania's White Knights, some of the world's tallest white eucalypts.



St Helens Wharf.



Pyengana Dairy.



St Patricks Head, St Marys.

Pyengana

Meandering green pastures dominate the landscape at Pyengana and it is these pastures that are a key ingredient in the town's infamous dairy products. Home to Pyengana Dairy and café, Pyengana is a must stop for fans of fine cheeses. The town also features the "Pub in the Paddock" a real Australian pub experience complete with a beer swilling pig. The road through Pyengana will also lead you to the region's spectacular forests in Mount Victoria Forest Reserve which is where you can find St Columba Falls.

Weldborough

Once a thriving tin mining town with a large Chinese population who came to make a living from the mineral rich land, now the town has transformed into a Mountain Bike Mecca. The Weldborough Pub is a popular spot for mountain bikers and other visitors to the area as they offer delectable fare and local brews. Located at the bottom of one of the most iconic Blue Derby Mountain Bike Trails, the Blue Tier Descent, many a rider opt to finish their ride in the relaxing beer garden at the hotel.

Scamander & Beaumaris

You couldn't get townships much closer to the coast than Beaumaris and Scamander. Both offer plenty of beach activity and are popular spots for local fishermen and surfers. Scamander is located right at the Scamander River's exit to the sea and is a forever changing natural feature of the area.

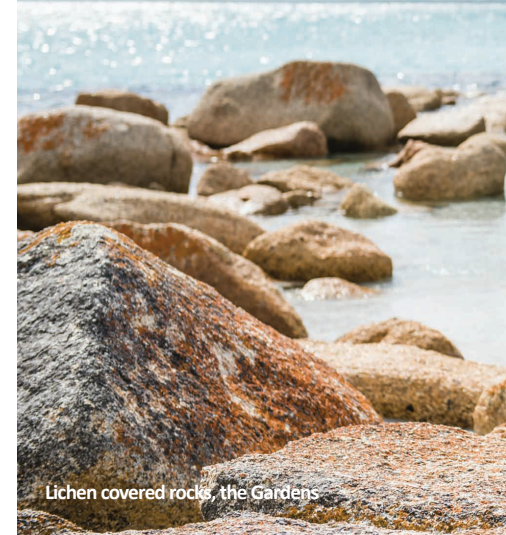
Whether open or closed the river mouth is a great place to relax, swim, fish and check out the local bird life in the area. Beaumaris is five minutes up the road towards St Helens and features several access points to beautiful beaches and popular surf breaks.

Binalong Bay

Perhaps the most famous beach in the Bay of Fires, Binalong Bay is also a small coastal village. Binalong Bay provides access to not just the famous beach but Grants Lagoon and other secret coves. It has a boat ramp and a restaurant overlooking Binalong Bay and there are numerous walks in the area including Skeleton Bay, Dora Point and Humbug point.

Eddystones Point & Ansons Bay

The lighthouse at Eddystone Point can be seen looking North from The Gardens and stands 18 metres high. While it is not open to the public, it is still a great spot to explore with plenty of places to access the beaches around the area. Ansons Bay is Break O'Day's northern most coastal town and is a popular fishing and camping spot with areas like Policemans Point a popular spot for camping and exploring the coastal environment.



Lichen covered rocks, the Gardens



Binalong Bay



Pyengana Dairy

Property Market

Despite the ocean views and stunning scenery, the Break O'Day area remains a very affordable place to live whether you are renting or buying. With an increase in investment in our area, we are experiencing population growth with people moving to our area to work.

The Break O'Day area, is also a popular tourism destination for intrastate, interstate and international visitors which also makes the area popular with investors looking for investment properties whether for AirBnB or rental.

Housing Affordability

Household Income and housing costs:

	BODC	TAS	AUS
Median mortgage per month	\$1,083	\$1,313	\$1863
Median Rent weekly	\$240	\$290	\$375

Type of dwelling:

	BODC	TAS	AUS
Separate Houses	91.5	87.7	72.3
Units/townhouses/apartments	5.8	11.4	26.8
Total number of dwellings	4829		

*Figures from ABS 2021 Census



Housing Affordability

Occupancy:

	BODC	TAS	AUS
Occupied	66.5	88.2	89.9
Unoccupied	33.7	11.8	10.1

(The occupied and unoccupied dwelling rates reflect the large amount of holiday homes in the Break O'Day municipality. Of all the rated properties in Break O'Day it is approximated that around 50% of these are holiday homes.)

Housing status:

	BODC	TAS	AUS
Owned outright	54.1	37.1	31.0
Paying off a mortgage	22.2	33.0	35.0
Renting	19.5	26.4	30.6

*Figures from ABS 2021 Census

House Prices:

Despite being located in one of the most scenic places in the world, housing affordability in the Break O'Day Municipality is well below the state median house sale price and rental prices.

	BODC
Break O'Day	\$495,500 (24.6% increase on previous year)
Hobart	\$775,000 (27% increase on previous year)
Launceston	\$570,000 (37.3% increase on previous year)
Tasmania	\$590,000 (29.7% increase on previous year)

*Figures from REIT, 2022.

Median mortgage repayments - \$1083 (Tasmania)

Rental Market:

	BODC
Tasmania	\$450
Break O'Day	\$350
Launceston City	\$450
Hobart City	\$575

*Figures from REIT, 2022

Employment

Unemployment rates in the Break O'Day region continue to decrease as visitation in our area continues to grow. This has led to a boost in business confidence in the area, largely off the back of the development of the St Helens Mountain Bike Trails which garnered significant media coverage.

For the March 2022 quarter the unemployment rate in Break O'Day was 8.1%

The top industries of employment in Break O'Day are:

The top industries of employment in Break O'Day are:

1. Agriculture, forestry and fishing - 273 jobs (14.3%).
2. Healthcare and Social Assistance - 256 jobs (13.3%). Jobs are fairly evenly split between residential care, social assistance or medical/hospitals.
3. Accommodation and food services 224 (11.7%).
4. Retail Trade - 219 jobs (11.4%), the majority of these jobs are in the food or store based retailing.
5. Education and Training - 156 (8.1%)
The majority of these are in the Preschool and school education sector.

The three largest employment growth sectors between 2015/2016 - 2021/2021 were: Mining, Agriculture, Forestry and Fishing, Healthcare and Social Assistance.

The three largest employment growth sectors are:

- Accommodation and food services
- Professional, Scientific and Technical Services
- Administrative Services

Break O'Day Council undertook an employment audit of the region in 2018 which aimed to future proof the region from skill shortages as employment opportunities change. The Break O'Day region is highly dependent on tourism and as the local government body we are committed to pursuing funds aimed at enhancing destination and visitor growth.

The \$4 million mountain bike trail projects are an example of this. This development involves the construction of a stacked loop network south of St Helens comprising more than 60km of trail, as well as a point-to-point descent from the top of the Blue Tier near Weldbrough to Swimcart beach at the Bay of Fires.

Construction is expected to begin in early 2019 but already the St Helens area has seen new million dollar investments constructed in the area as well as increase in development in general.

To find out more about Break O'Day, please visit our website: www.bodc.tas.gov.au

The Break O'Day region has a dedicated employment agency called Break O'Day Employment Connect. This bespoke employment agency was specifically developed for the region and aims to connect people with meaningful employment and training by working directly with the community and employers.

<https://bodec.org.au/>



Tourism

The East Coast of Tasmania is highly dependent on tourism. This is why increasing tourism opportunities in our area is important to us. It is the impetus behind our Major Project, the St Helens Mountain Bike Trails and will continue to be a focus area of Council moving forward.

As demonstrated by our top industries, this sector is also where our greatest growth lies in terms of employment and in reference to our municipal wide Skills Audit, we will be working with various stakeholders in developing opportunities for skill development locally in these sectors.

One of the reasons we are so popular as a tourism destination, aside from the astounding unique natural beauty of the area, is our attraction as a campervan, caravan and camping destination. There are six large caravan parks in the area, with a mix of accommodation styles from self-contained cabins, glamping, powered sites, unpowered sites and other amenities.

We also have a large number of free camping sites in prime locations up and down the coast.

Most of these sites are managed by Parks and Wildlife Service and range from the Chain of Lagoon south of Four Mile Creek to the Mount William National Park at the northern end of the Bay of Fires.

We are always looking for ways to increase visitation to our area and expand our reach in both the domestic and international markets.

Business Support Services

[Break O'Day Business Enterprise Centre](#)

[Break O'Day Council's Business Investment Assistance Scheme](#)

[Break O'Day Chamber of Commerce](#)

[Break O'Day Employment Connect](#)

Infrastructure

Education

The Break O'Day region offers two public schools offering Kindergarten to Year 12. One is located on the coast in the major township of St Helens, St Helens District High School. The second is located in St Marys, St Marys District School. Both of these schools are co-ed and non-denominational.

If you would like more information about the schools please contact them directly.

St Helens District High School

9 Circassian Street, St Helens TAS, 7216

Postal Address:

PO Box 251, St Helens TAS, 7216

Phone: 03 6376 7100

Email: St.Helens.District.High@education.tas.gov.au

sthelensdistricthigh.education.tas.edu.au

St Marys District School

13 Gray Road, St Marys TAS, 7215

Postal Address:

St Marys District School

13 Gray Road, St Marys TAS, 7215

Phone: 03 6372 3900

Email: st.marys.district.school@education.tas.gov.au

stmarysdistrict.education.tas.edu.au

Break O'Day Trade Training Centre

St Helens offers tertiary education options at the Break O'Day Trade Training Centre located in Groom Street, St Helens. The Centre is also utilised by the Year 11 and 12 students at both district high schools, particularly those interested in pursuing a trade rather than attend university. Some of the courses offered at the centre include hospitality, mechanics and aquaculture with a range of short courses aimed at upskilling including fork lift driving, aged care service provision, tour guiding and more. The school is a dynamic, purpose built facility which aims to ensure the right skills can be fostered in our area as well as providing opportunities for the community to be life-long learners.

myskills.gov.au/RegisteredTrainers/Campus?id=21783

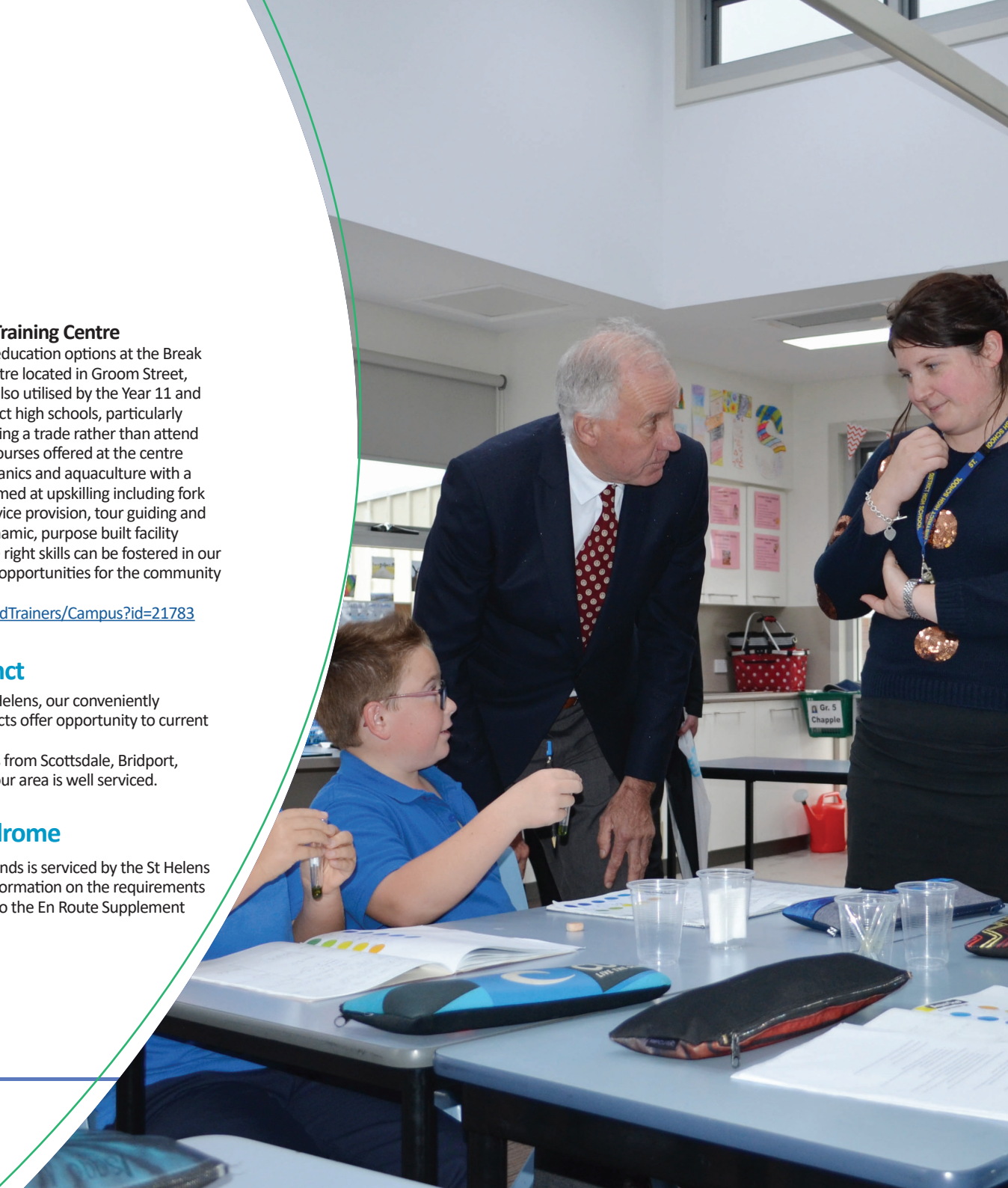
Industrial Precinct

Located in Fingal and St Helens, our conveniently situated Industrial Precincts offer opportunity to current and new businesses.

With daily delivery trucks from Scottsdale, Bridport, Launceston and Hobart our area is well serviced.

St Helens Aerodrome

The St Helens and surrounds is serviced by the St Helens Aerodrome. For more information on the requirements of this airstrip please go to the En Route Supplement Australia (ERSA).



Health

St Helens District Hospital

The State Government's new \$12 million St Helens District Hospital was completed in late 2018. This brand new facility offers 10 in-patient beds, four emergency bays, four consultation rooms, two physiotherapy rooms as well as three other rooms for education and training, community nursing and treatment as well as community activities. The hospital also provides diabetes care, radiology and oral health care and has been designed to ensure the future health needs of the Break O'Day Community will be met.

health.tas.gov.au/service_information/service_delivery_points/st_helens_district_hospital

The St Helens area is also serviced by the Royal Flying Doctor Service.

St Marys Community Health Centre

Located in Gardiners Road, St Marys, the Community Health Centre offers a medical practice and provides eight acute/palliative care beds, an Outpatient and Emergency service, physiotherapy and visiting services. The centre also offers community nursing, Day Centre and Home Help/Personal Care and has an onsite Lymphodema Centre.

health.tas.gov.au/service_information/service_delivery_points/st_marys_health_centre

Ochre Medical

Located in Pendridge Place, St Helens, Ochre Medical has regular and visiting GPs as well as a range of visiting allied health providers including pathology.

ochrehealth.com.au/medical-centre-st-helens/doctors/



Aged Care

Medea Park

The Break O'Day area has a high quality aged care facility located in St Helens called Medea Park.

Positioned close to the Georges Bay River and walking distance to the centre of St Helens, the facility offers accommodation for 35 High Care residents and 20 Low Care residents with two of these rooms respite care rooms.

The facility has been set-up to be as close to a home environment as possible with the residents enjoying access to a comprehensive list of activities that range from chair based activities including rhythm drumming to fishing and walking groups. The facility also fosters interaction between the seniors and the local schools and play groups.

Due to the scenic seaside lifestyle, Break O'Day is a popular area for retirees and they are an important and revered group of our community.

<https://www.medeapark.org.au/>

Integrated Living

The Township of Fingal offers Integrated living options. You can find out more information here: <https://integratedliving.org.au/>

Community car

For those seniors who do not drive, there is a Community Car program that operates out of St Helens which provides transport to medical appointments and admissions.



**“The facility has
been set-up to be
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environment
as possible...”**

Region



- Municipal area: 3809 km²
- Rated Properties: 6386
- Region: North East Tasmania
- Peak Tourism Body: [East Coast Regional Tourism Organisation](#)
- State and Federal Government Electorate: Lyons
- Legislative Council Division: McIntyre



- **Climate St Helens** (Based on data from The Bureau of Meteorology on St Helens):
 - Summer: Average Maximum: 22.13C
Average Minimum: 12.80
 - Winter: Average Maximum 13.96C
Average Minimum 5.1C
- Average Rainfall: 665.5mm
- **Climate St Marys** (Based on data from The Bureau of Meteorology on St Helens):
 - Summer: Average Maximum: 22.80C
Average Minimum: 9.70
 - Winter: Average Maximum 12.7C
Average Minimum 0.9C
- Average Rainfall: 608.3mm



Getting Here



Distance from Hobart Airport to St Helens:

2hr 57mins via National Hwy and Esk Hwy 241.9km or

3hr 14mins via Tasman Hwy (Great Eastern Drive 238.8km)

Distance from Launceston Airport to St Helens:

150.5km via Esk hwy 1hr 50mins

Distance from Spirit of Tasmania, Devonport to St Helens:

243km via Tasman Hwy and Esk Hwy (3hr)

Distance from St Helens to Derby:

65.4km via Tasman Hwy (1hr 4mins)

Distance from St Helens to St Marys:

35.7km via Tasman Hwy (36mins)



Who we are

Population



Persons	2021	6770	% of population
Male (no.)	2021	3,453	(51%)
Female (no.)	2021	3,312	(49%)

Age demographics



Persons	%
0-14 years	13
15-24 years	6.5
25-34 years	7.2
35-44 years	9.5
45-54 years	12.2
55-64 years	15.8
65-74 years	20.1
75-84 years	9.5
85 years and over	2.3
MEDIAN AGE	56

*All Figures from ABS 2021 Census

Household Profiles:

Households



	BODC	TAS	AUS
Couples with children	26.8	36.8	43.7
Couples without children	58.4	44.5	38.8
Single parent families	13.9	17.3	15.9

Families



TOTAL FAMILIES	1876
AVERAGE CHILDREN PER FAMILY	1.7

*Figures from ABS 2021 Census

Housing status:



	BODC	TAS	AUS
Owned outright	54.1	37.1	31.0
Paying off a mortgage	22.2	33.0	35.0
Renting	19.5	26.4	30.6

Rental Market:



Tasmania	\$290
Break O'Day	\$240
Launceston City	\$278
Hobart City	\$390

*Figures from ABS 2021 Census

House Prices:



Despite being located in one of the most scenic places in the world, housing affordability in the Break O'Day Municipality is well below the state median house sale price and rental prices.

Break O'Day	\$495,500 (24.6% increase on previous year)
Hobart	\$775,000 (27% increase on previous year)
Launceston	\$570,000 (37.3% increase on previous year)
Tasmania	\$590,000 (29.7% increase on previous year)

*Figures from REIT, September 2022.

Median monthly mortgage repayments - \$910

Links

Learn more about Break O'Day the East Coast and Northern Tasmania by checking out the below links:

Work and Employment

[Break O'Day Chamber of Commerce](#)

[Break O'Day Business Enterprise Centre](#)

[Break O'Day Employment Connect](#)

Getting out and about:

[St Helens Mountain Bike Trails](#)

[St Helens Visitor Information Centre](#)

[History Room](#)

[East Coast Tasmania](#)

[Tasmanian Parks and Wildlife](#)

More about Break O'Day Council

[Break O'Day Council](#)





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