

Come stay at The Retreat

Discover everything on offer at our Short Term Accommodation (STA) in Coffs Harbour



We have much to offer at The Retreat - Coffs Harbour!

The Retreat is a five-bedroom, purpose-built house that sits on half an acre of land, offering respite services to guests who want to take a break on the Mid North Coast.

A respite getaway at The Retreat is an opportunity for NDIS participants to socialise and meet new people, try new activities, and develop independence and living skills.

Guests to The Retreat can look forward to a fun and relaxing stay, designed to align with your vision.

Features at The Retreat:

- Trained staff are available onsite 24/7 to ensure a safe, fun and supported STA experience
- Large backyard with outdoor BBQ, outdoor eating area, enclosed trampoline, swing, play equipment and picnic area
- Two large common lounge rooms with a wall mounted TV, Netflix, PlayStation 4, Wii and other gaming devices
- 5 bedrooms, each with a TV that has Netflix, Stan and Disney channels. DVD players also available
- We get to know you and learn your interests before your stay so we can decorate your bedroom, helping you feel more at home
- A large activity room with a TV, DVD player, table tennis table, basketball game, art and crafts corner, and video games
- A quiet reading corner with a wide range of books to choose from
- Accessible equipment including high/low beds, a mobile hoist and shower commode chair
- Full kitchen facilities where you are welcome to help prepare meals or treats.
- An onsite 12 seater bus with wheelchair access for transport and offsite adventures

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Services we offer at The Retreat

Our experienced staff offer 24/7 support with active night shifts.

Our services are tailored to your needs to help you achieve your goals and support your independence.

Services can include support with:

- Preparing and cooking meals
- Washing
- Personal care
- Community access
- Individual goal setting

Local sites to visit in the Coffs Harbour region

With our onsite 12 seater bus with wheelchair access, you can arrange to visit many exciting local sites.

Some suggestions are:

- The Big Banana Fun Park
- Coffs Coast Wildlife Sanctuary
- Port Macquarie Billabong Zoo
- Trike Bike Rides
- Marine Museum
- Stoney Aqua Park
- Skywalk Lookout, Dorrigo National Park
- The Clog Barn
- Coffs Harbour Butterfly House
- Walks at Urunga, Nambucca, Sealy Lookout, The Jetty, Red Rock, Emerald Beach
- Lunches out, morning teas, dinners, or visit the pub if that is your preference
- Surfing at the Jetty, body boarding, swimming at the beach or indoor pool





"I love my time at The Retreat, it's a holiday away, with friendly helpers, fun activities, comfortable accommodation. It's a home away from home" - Bernard

Want to find out more or organise a tour of The Retreat?

Contact our friendly team today on 1300 422 454
or visit our website to complete an enquiry form

For more information - scan the QR codes below



The Retreat
website page
and enquiry form



Video of
The Retreat



STA options on
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Contact our friendly team today.

1300 422 454 abilityoptions.org.au

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