



# GUIDE TO LIVING AND WORKING IN THE CENTRAL WEST REGION



THE LAW SOCIETY  
OF NEW SOUTH WALES

We have created this guide to help you settle into life as a lawyer in the Central West Region. Inside, you will find practical tips and tricks to make your transition to the area smoother and more enjoyable.

Welcome to the Central West region! This guide is designed to help you learn more about life here, and provide useful tips and information, whether you are already living in the region or thinking about relocating.

As the President of the Central West Law Society and the director of a local practice, I am excited to introduce you to this vibrant community. Having lived here my entire life, I am proud to share all that this wonderful region has to offer. I hope you enjoy both living and working here and if you are considering making the move, please feel free to reach out with any questions you have.



**Dannielle Ford**

President, Central West  
Regional Law Society

[dannielle@cheneysutthers.com.au](mailto:dannielle@cheneysutthers.com.au)

02 6362 5433





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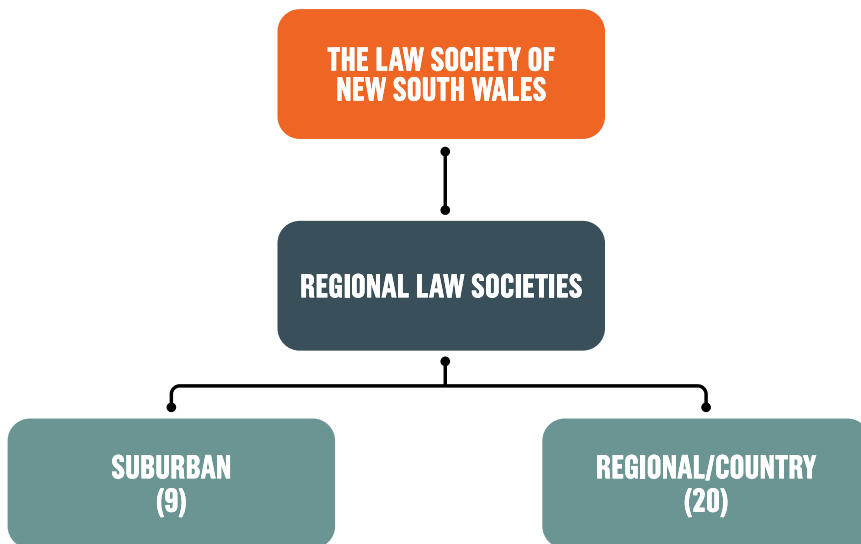
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# REGIONAL LAW SOCIETIES

## REGIONAL LAW SOCIETIES INFORMATION

The Regional Law Societies (RLS) are professional associations located in each of the 29 regions of New South Wales consisting of both regional and suburban areas. Each RLS focuses on the unique legal needs and challenges faced by its members, facilitating networking events, providing professional development opportunities, and advocating for local legal issues. While each RLS operates as its own independent entity, catering to the specific interest of their respective region, they are connected to the Law Society of New South Wales, which serves as the overarching professional body for solicitors in the state.

The Law Society establishes statewide standards, regulatory frameworks, and resources that the RLS can utilise, while also providing a platform for regional concerns to be communicated at a broader level. This relationship fosters collaboration, ensuring that the interests of local communities and the legal profession are effectively represented.



Check out page 18 to see the list of the Suburban and Regional Law Societies.

# WORKING IN THE CENTRAL WEST REGION

## CENTRAL WEST LAW SOCIETY INFORMATION

As a legal practitioner in the Central West region, you are eligible to join the Central West Law Society. The membership fee is \$20, which grants access to numerous events where members can earn Continuing Professional Development (CPD) points. The Central West RLS also hosts various networking and social events throughout the year, offering members discounts and opportunities to connect, learn, and contribute to the local legal community.

Additionally, we offer a bursary and student prize to young lawyers living and working in the region, with applications opening at the start of the year and closing in April. Prospective members can look forward to events such as CPD workshops, guest speaker presentations, community engagement initiatives, and networking and social gatherings.

### Events hosted by the Central West Law Society over the past year:

- **Annual General Meeting (AGM):**  
A key event to review the achievements of the past year, discuss the future direction of the RLS, hear updates on activities, and vote for new office bearers.
- **CPD Seminars:**  
Educational sessions led by experienced legal professionals covering topics such as Ethics, Costs, Complaints, Alternative Dispute Resolution, and Practice Management/Succession Planning.

- **Networking and Social Events:**

These events offer members the chance to build professional relationships, collaborate with peers, and engage in social activities within the legal community.

The Central West RLS offers a diverse range of events, with some occurring monthly or quarterly, and others scheduled at different intervals throughout the year. This variety ensures there's always something exciting and valuable for members to look forward to!

### CURRENT REGIONAL LAW SOCIETY COMMITTEE:

<b>President</b>	Dannielle Ford
<b>Vice President</b>	Daina Reid
<b>Secretary</b>	Rachael Power
<b>Treasurer</b>	Beth Pratley
<b>Young Lawyers Reps</b>	Danielle Hughes
<b>Social Chair</b>	Sarah Spiteri

If you are interested in joining the Central West Law Society Committee, please contact the Regional President.  
Dannielle Ford  
T: (02 6362 5433) E: [dannielle@cheneysothers.com.au](mailto:dannielle@cheneysothers.com.au)

# NSW YOUNG LAWYERS

NSW Young Lawyers is a Committee of the Law Society of NSW that represents the Law Society and its members on issues and opportunities arising in relation to young lawyers i.e., those within their first five years of practice, or up to 36 years of age.

NSW Young Lawyers supports practitioners in their professional and career development by giving them the opportunity to expand their knowledge, advance their career and contribute to the profession and community.

To be eligible to receive NSW Young Lawyers communications, you must be:

- a member of the Law Society; and
- under 36 years of age; or
- within the first five years of your admission to practice in NSW.

## YOUNG LAWYERS EXECUTIVE COUNCIL

NSW Young Lawyers is led by the Executive Council. The Executive Council comprises of the Leadership Team and Executive Council.

View the current members of the NSW Young Lawyers Executive Council here:

[lawsociety.com.au/YLExecutiveCouncil](https://lawsociety.com.au/YLExecutiveCouncil)

Contact NSW Young Lawyers  
[young.lawyers@lawsociety.com.au](mailto:young.lawyers@lawsociety.com.au)

Each year, the NSW Young Lawyers Committee elects a Patron and Charity to support throughout the following year. In 2025, the NSW Young Lawyers Charity and Patron are:

2025 Patron	Lida Kaban, General Counsel, Department of Communities and Justice
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2025 Charity	Project Youth
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[bit.ly/3DULXbE](https://bit.ly/3DULXbE)

NSW Young Lawyers has a number of sub-committees each dedicated to a substantive area of law.

Subscribing to a sub-committee is a great way to get involved and meet other early career lawyers.

The sub-committees' activities range from discussing legal developments, preparing submissions to government, producing practice guides, social gatherings, public forums and pro bono activities.

Most sub-committees meet regularly and offer video-conferencing facilities to allow individuals outside of Sydney to attend.

Check out the list of the current sub-committees here.

[lawsociety.com.au/YLSC](https://lawsociety.com.au/YLSC)

You can also view upcoming NSW Young Lawyers events on our events page.

[lawsociety.com.au/YLEvents](https://lawsociety.com.au/YLEvents)

## MENTAL HEALTH & WELLBEING

Practising law can be stressful. The Law Society of NSW has a range of resources to help you take care of your mental health and wellbeing.

### STAYING WELL IN THE LAW

The Law Society of NSW runs a Staying Well in the Law (SWITL) program. SWITL covers a range of topics and features a variety of industry experts to highlight and address issues relevant to wellbeing and mental health including:

- Workplace Inclusion.
- Importance of sleep.
- Vicarious Trauma.
- Building Resilience.

[lawsociety.com.au/SWITL](https://lawsociety.com.au/SWITL)

### SOLICITOR WELLBEING SERVICE

The Solicitor Wellbeing Service is a confidential counselling service for NSW solicitors.

For access to:

- Up to three psychology counselling sessions per financial year.
- 24/7 telephone crisis counselling with a psychologist.

NSW solicitors can call the Solicitor Wellbeing Service on 1800 592 296.

## THE LAW SOCIETY OF NSW MENTAL HEALTH & WELLBEING WEBSITE

The Law Society of NSW Mental Health & Wellbeing website has a wide range of information on mental health and wellbeing.

[lawsociety.com.au/MentalHealth](https://lawsociety.com.au/MentalHealth)

### FURTHER GUIDANCE

The Law Society of NSW offers several avenues for advice and support.

#### Ethics Committee:

The Law Society of NSW Ethics Committee can provide guidance to solicitors on Ethical issues. Members of the Committee are practicing solicitors from a variety of practice types and geographic areas.

#### Ethics Assistance Line:

The Law Society of NSW ethics assistance line provides solicitors with practical and confidential guidance to resolve ethical dilemmas and to help avoid complaints from clients or colleagues. This free service is open to all solicitors and operates from 9 AM to 5 PM Monday to Friday. You can reach them at (02) 9926 0114.

To find out more about ethics support, visit the Law Society of NSW website.

[lawsociety.com.au/LEthics](https://lawsociety.com.au/LEthics)

#### Supervised Legal Practice:

The Law Society website offers a wealth of knowledge on successfully completing your Supervised Legal Practice (SLP), including details on remote supervision arrangements.

[lawsociety.com.au/SLP](https://lawsociety.com.au/SLP)



# ENTERTAINMENT

## WHAT'S ON IN THE CENTRAL WEST REGION?

Life in the Central West Region is more than just work. With a variety of activities and events throughout the year, there is always something to keep you entertained. From outdoor adventures to cultural events and local festivals, the region offers something for everyone.

### ACTIVITIES AND EVENTS HELD THROUGHOUT THE YEAR INCLUDE:

#### Bathurst 1000

The iconic V8 Supercar race is held in October, drawing motorsport fans for a thrilling weekend of racing and a festive atmosphere in Bathurst.

[bit.ly/4hzGnuh](https://bit.ly/4hzGnuh)

#### Bathurst Winter Festival

A two-week winter celebration featuring ice skating, live performances, illuminations, and a vibrant food and wine scene, transforming Bathurst into a festive winter wonderland for all to enjoy.

[bathurstwinterfestival.com.au](https://bathurstwinterfestival.com.au)



#### Bedgerabong Races

A fun community event in February, featuring horse races, fashions on the field, food stalls, and entertainment in a relaxed, social setting.

[bedgerabongraces.com.au](https://bedgerabongraces.com.au)

#### Canola Cup Eugowra

A popular race day held on the Monday of the October long weekend, featuring horse races, fashion events, and live entertainment in a festive atmosphere.

[eugowraharnessracing.com](https://eugowraharnessracing.com)

#### Forbes/Parkes Elvis Festival

Recognised as one of Australia's top three festivals, this lively event celebrates Elvis Presley's legacy with tribute performances, themed events, and vibrant entertainment, attracting 25,000 fans. It is held every year in the second week of January.

[parkeselvisfestival.com.au](https://parkeselvisfestival.com.au)



## Orange Farmers Markets

A vibrant market featuring locally grown produce, artisanal products, and homemade goods. Held on the second Saturday of every month, it is a great place to explore and support local vendors.

[orangefarmersmarket.org.au](https://orangefarmersmarket.org.au)

## Orange Food Week

Australia's longest-running regional food festival, and one of the country's top ten food festivals. This week-long celebration features tastings, farm tours, and dining events that showcase the region's best produce and culinary talent. Held in the last week of March and the first week of April.

[orangefoodweek.com.au](https://orangefoodweek.com.au)

## Orange Wine Festival

A celebration of the region's best wines, spanning three weekends from mid-October to early November. Whether you are a wine connoisseur or a newcomer, this festival offers a fantastic opportunity to sample a variety of wines.

[bit.ly/4b4F3gA](https://bit.ly/4b4F3gA)





## MUST SEE ATTRACTIONS

The Central West and surrounding areas are home to a range of cultural, sporting, and natural attractions that are sure to captivate any visitor.

### **Sculpture Down the Lachlan**

A permanent public art trail stretching 100 kilometres between Condobolin and Forbes along the Lachlan River. Sculpture Down the Lachlan celebrates art embedded in nature, beautifully set against the raw, unmanicured beauty of the rural landscape.

### **Abercrombie House**

A heritage treasure of the Bathurst Region, Abercrombie House boasts stunning gardens and rich local history. Open all-year-round, it offers guided tours, providing visitors with a fascinating glimpse into the region's past.

### **Millthorpe and Carcoar villages**

Two picturesque villages in the Central West, known for their rich history, heritage buildings, charming streets, and local cafes. A perfect destination for a relaxed day trip, offering a taste of country life.

### **Mount Canobolas**

Enjoy stunning panoramic views from this extinct volcano, offering scenic walking trails and opportunities for wildlife spotting.

### **Wyangala Dam**

A popular destination for water sports set in a beautiful and serene location, including skiing, jet skiing, sailing, canoeing, and swimming.

### **Lake Canobolas**

A picturesque spot perfect for picnics, fishing, and relaxing by the water, with beautiful surrounding landscapes.

### **Mayfield Garden**

One of the largest and most impressive European-inspired cool-climate gardens in the Southern Hemisphere.

### **Utes in the Paddock**

A quirky and iconic roadside attraction in Condobolin, featuring 20 painted Utes created by some of the best outback artists.





# COMMUNITY GROUPS & ENGAGEMENT OPPORTUNITIES

Get to know and immerse yourself in the community by joining any of the groups listed below.

## Country Women's Association (CWA)

Australia's largest women's organisation, focused on improving the lives of rural women and children through advocacy, community support, and networking. With branches throughout the region, the CWA offers women of all ages opportunities to connect, support each other, and engage in community service. Members participate in fundraising, educational programs, and creative activities while supporting global rural women's initiatives.

[cwaofnsw.org.au](http://cwaofnsw.org.au)

## Orange Theatre Company

A vibrant community theatre group, the Orange Theatre Company offers a platform for local talent to collaborate on producing exceptional theatrical performances. Whether you are passionate about acting, stagecraft, direction, or production, volunteers are invited to get involved in the dynamic lineup of productions. Join a creative team and be part of Orange's thriving arts scene.

[orangetheatreco.com.au](http://orangetheatreco.com.au)

## Mad Hatter Run Club

An inclusive running club for all ages and fitness levels, the Mad Hatter Run Club fosters a supportive environment for both seasoned runners and beginners. The club promotes a fun and active lifestyle, aiming to build a community where members can support each other, participate in running events, and engage in initiatives to promote active living.

[madhatters.ca](http://madhatters.ca)

Discover all that the Central West has to offer with the ultimate travel guide for living or moving to the region. It highlights top dining spots, local attractions, activities, and events, offering a glimpse into the area's vibrant culture, rich history, and outdoor experiences. Whether you're a local or new to the area, this guide provides valuable tips and insights to help you make the most of life in the Central West region.

[bit.ly/4i06V7N](https://bit.ly/4i06V7N)





# TIPS FROM OTHER EARLY CAREER LAWYERS

**Q. What is the one thing you wished you had known before moving to the region?**

- A.**
- How much I would love it here – the people, scenery, food, and wine.
  - How cold it can get in winter and how to defrost my car in the morning.
  - How popular the cafés are on weekends – be sure to book!
  - The collegiate nature of practice in the region.
  - How much there is to do – there's always something happening!
  - There are no Ubers – Orange Taxis it is!

**Q. What is the best kept local secret?**

- A.**
- Byrne Farm Winery.
  - Hike to Federal Falls or walk up to The Pinnacle for amazing views, or if you are into Reformer Pilates, hit up Studio Seed.
  - Gosling Creek at sunrise or sunset, for breathtaking views across the water.
  - Abercrombie House in Bathurst is really cool.
  - Everything is just three minutes away! Your work, the gym, restaurants, Cook Park, Duntry League, and Jumbled are all close, giving you plenty of time for the things you love.

**Q. Who do you trust to clean your suit?**

- A.**
- Neweys (Orange) – offering convenient drive-thru service.
  - The Green Dry Clean & Eco Laundry (Bathurst).

**Q. What is your advice for early career lawyers who have recently moved?**

- A.**
- Join the Central West Law Society and attend the events! We are a nice bunch.
  - If you are doing court work, always be nice to the court staff because they will be your greatest asset.
  - Make the most of staff bonding days, you spend most of your week with these people, so getting along is essential.
  - Learn the Court hierarchy and procedures.
  - Reconnect with friends who live in the area, join a gym, and get involved in as many extra-curricular activities as possible.

**Q. What exciting road trips would you recommend in your region?**

- A.**
- Spend a day exploring smaller villages like Carcoar, Millthorpe, or Blayney. Mudgee is also a beautiful destination for a longer trip.
  - Drive out to the Warrumbungle National Park to go stargazing.
  - The Blue Mountains are very close - plenty of cute villages on the road to Sydney.
  - Visit Cowra Japanese Gardens, a scenic and tranquil spot worth the drive.
  - There is no shortage of great spots to explore. You can take a short drive out to Mount Canobolas to do the lake or summit walk, drive to Kinross State Forest for a peaceful walk, swim at Ophir during the summer, or treat yourself to a hearty Sunday roast at Spring Hill Pub, only 15 minutes out of town.

## **Q.** Where is a great coffee place?

- A.**
- So many choices! Groundstone, Good Eddy, and Mad Hatter are my favourites!
  - I do enjoy a hot beverage at Harley & Hem, Byng St Café, and Anything Grows.
  - My favourites are Bills Beans - Orange (and you must try their bacon and egg roll!), Academy - Orange, and Sylo Café Forbes.
  - The Hub in Bathurst and the Eugowra Coffee Van.
  - Depending on where I am, I enjoy Nimrods, Gather at the SONIC, or Hawkes.
  - Breakout Brasserie in Cowra is great! And next door to a beautiful homewares shop.

## **Q.** Where is the best place for after work drinks?

- A.**
- Hey Rosey Wine Bar for a cheeky cocktail, or Parkview for a beer in the sunshine.
  - The Gladstone Hotel Orange is the classic tradie pub and does great Thai food.
  - Union Bank Orange or Parrot Distillery Orange.
  - Washington & Co Whiskey Saloon for a cocktail.
  - Railway Hotel and Hart Bar, Parkes 6.
  - It depends on what you are going for. The Gladdy is always busy, and you are bound to run into someone that you know. The Nob is always cosy by the fire and their \$15 Woodfire pizzas on a Monday cannot go amiss. As for the Parkview Hotel, you may end up there on a non-workday.
  - Hey Rosie has some fabulous wine and food.



## **Q.** Where is the best place for a meal?

- A.**
- So many great options, one of the top places would be Raku in Orange.
  - My personal favourite is the Union Bank Orange. Don't forget the potato scallop!
  - Byng Street dinner or Sweet-Sour Salt, or the new Lucetta Italian, all in Orange.
  - Tonic Millthorpe and Church Bar Woodfired Pizza Bathurst.
  - Post Office Hotel Forbes (pub feed).
  - Gladdy Thai (try the Pad See Ew) or Gracie's Burgers are my go-to!

# DIRECTORY

## CENTRAL WEST LOCAL AND DISTRICT COURT HOUSES

All Courts in NSW can be contacted by phoning 1300 679 272.

Court Registries at each Local Court will generally only be open when the Court is operating.

### Bathurst Local Court & District Court

- Russell Street, Bathurst
- PO Box 32, Bathurst NSW 2795
- Phone Number: (02) 6339 9300
- Email: [local-court-bathurst@justice.nsw.gov.au](mailto:local-court-bathurst@justice.nsw.gov.au)

### Blayney Court House

- Adelaide Street, Blayney
- PO Box 26, Blayney NSW 2799
- Phone Number: (02) 6336 7650
- Email: [local-court-blayney@justice.nsw.gov.au](mailto:local-court-blayney@justice.nsw.gov.au)

### Cowra Local Court

- Cnr Kendal and Brisbane Streets, Cowra
- PO Box 18, Cowra NSW 2794
- Phone Number: (02) 6342 1933
- Email: [local-court-cowra@justice.nsw.gov.au](mailto:local-court-cowra@justice.nsw.gov.au)

### Forbes Local Court

- Victoria Lane, Forbes
- PO Box 130, Forbes NSW 2871
- Phone Number: (02) 6852 5100
- Email: [local-court-forbes@justice.nsw.gov.au](mailto:local-court-forbes@justice.nsw.gov.au)

### Orange Local Court & District Court:

- Cnr Lords Place and Byng Streets, Orange
- PO Box 97, Orange NSW 280
- Phone Number: (02) 6392 7777
- Email: [local-court-orange@justice.nsw.gov.au](mailto:local-court-orange@justice.nsw.gov.au)



### Who sits where?

**Bathurst Local Court -  
Her Honour G Slack-Smith**

**Orange District Court -  
Her Honour Judge P Musgrave**

**Orange Local Court -  
His Honour Magistrate G Wilson**





## LOCAL FIRMS

We have a large number of firms that can be found on the “Find a Lawyer” page of the Law Society of NSW website.

This resource allows you to search for legal firms and practitioners by region, providing access to a comprehensive register of lawyers and their current practices.

[lawsociety.com.au/localfirms](https://lawsociety.com.au/localfirms)

## SUBURBAN AND REGIONAL LAW SOCIETIES

A network of 29 Regional Law Societies ensures the Law Society's work is relevant and accessible to practitioners no matter where you are.

### Regional Law Societies (beyond a 32-kilometre radius from the Supreme Court in Sydney):

- Albury & District Law Society
- Blue Mountains Law Society
- Central Coast Law Society
- Central West Law Society
- Clarence River & Coffs Harbour Law Society
- Far North Coast Law Society
- Far South Coast & Monaro Law Society
- Far West Law Society
- Hunter Valley Law Society
- Macarthur Law Society
- Mid-North Coast Law Society
- Nepean Hawkesbury Law Society
- Newcastle Law Society
- North & North-West Law Society
- Orana Law Society
- Riverina Law Society
- Shoalhaven & District Law Society
- Southern Tablelands Law Society
- South West Slopes Law Society
- Wollongong & District Law Society

### Suburban Law Societies (within a 32-kilometre radius of the Supreme Court in Sydney):

- Bankstown & District Law Society
- City of Sydney Law Society
- Eastern Suburbs Law Society
- Inner West Law Society
- Liverpool & Fairfield Districts Law Society
- Northern Beaches Law Society
- North Metropolitan Law Society
- Parramatta & District Law Society
- St. George-Sutherland Law Society



## RESOURCES FOR YOUR REGION'S LEGAL COMMUNITY

The Law Society offers a range of resources to support the diverse legal communities in the regions. For more information, please visit the Regional Law Society page.

[lawsociety.com.au/LSResources](https://lawsociety.com.au/LSResources)



## AUTHORS

This guide was carefully curated by the passionate and dedicated Central West Lawyers as part of the Central West Law Society.

Thank you to the following Lawyers who contributed to this booklet.



**DANNIELLE FORD**

President  
Central West Law Society



**DANIELLE HUGHES**

Young Lawyer Representative  
Central West Law Society



**MELISSA ARNDELL**

Early Careers Lawyer  
Bourke Legal



**FELICIA CHUI**

Early Careers Lawyer  
Whiteley Ironside and Shillington



**ANALIESE MCKELVEY**

Early Careers Lawyer  
Cheney Suthers

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