



Orana E-News



Happy April Subscribers!

Hoping you all enjoyed the Easter Break! We sure did here at Orana.

This edition includes services over ANZAC Day, and some special Mothers Day ideas.

Enjoy your subscription and come say hello!

Next edition will be Friday
17th May 2024.

“

*Positive, happy,
supportive
environment, easy
location, keeping
me grounded and
focused in life.*

**We are Closed
ANZAC Day.**

**Orana Sutherland
and Orana Women's
Health will be
CLOSED on Thursday
25th April for ANZAC
Day.**

IN YOUR EDITION 73:

- WHATS ON AT ORANA
- ORANA VOLUNTEER OPPORTUNITIES
- COMMUNITY NEWS
- MOTHERS DAY
- COOKING ON A BUDGET
- ANZAC DAY SUTHERLAND SHIRE SERVICES
- MY MENTAL HEALTH MATTERS



Need to speak with us? Please call Sutherland: 9521 8280 or GyMEA: 9525 2058

Whats on at Orana



Orana Early Support Training 2024

- ✓ Looking to volunteer for a few hours?
- ✓ Love working with young children?
- ✓ See yourself supporting a new parent?

We are recruiting volunteers to help us support families with children aged 0-3 in the Sutherland Shire.

**Training will be Friday 3rd May
9:30am - 2:30pm**

Please contact Caroline or Leah at Orana on 9521 8280 or email earlysupport@oranansw.org.au for more information



CAN YOU HELP US?

Our Community Pantry is extremely low as are our funds to purchase items. We are nearly empty and have limited funds to top up our pantry. Can you help us with any of the below?

- Long life milk
- Tea, Coffee, sugar
- 2minute noodles
- Tinned soups
- Packet Soups
- Savory Biscuits
- Sweet Biscuits
- Muesli Bars
- Small bags of Rice
- Pasta and pasta Sauce
- Tinned Tuna, chicken & ham
- Long Life meals
- Peanut Butter, honey, jam etc
- Tinned veges
- Cereal
- Kids lunch items

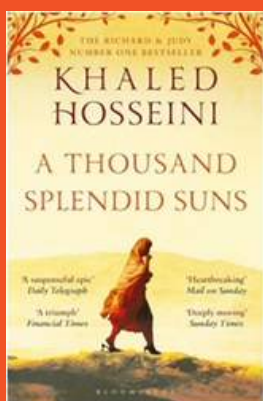
DROP-OFF INFO
3a Stapleton Avenue
Sutherland
Mon to Fri from
9:30.am -
4 p.m.

BOOK CLUB - Orana Women's Health

Wednesday 24th April ~ 1 pm
**A THOUSAND SPLENDID SONS BY
KHALED HOSSEINI**
39 Gympsea Bay Road

When the Taliban take over, life becomes a desperate struggle against starvation, brutality, and fear. Yet love can move a person to act in unexpected ways and lead them to overcome the most daunting obstacles with a startling heroism.

Mariam is only fifteen when she is sent to Kabul to marry Rasheed. Nearly two decades later, a friendship grows between Mariam and a local teenager, Laila, as strong as the ties between mother and daughter.



POPPY Playgroup

A free supported playgroup for mothers and their children

POPPY Playgroup is playgroup run by Orana NSW Inc in partnership with South Eastern Sydney Local Health District and Sutherland Shire Council. POPPY aims to specifically engage mothers who are experiencing emotional distress, mental health challenges or have a diagnosed mental illness. The playgroup is open to all mothers from all areas, however priority is given to those living in the Sutherland Shire.

When: Thursdays 10am-12pm

Where: Stapleton Ave Community Centre

3a Stapleton Ave Sutherland

Email us: Earlysupport@oranansw.org.au




Head to our website for more information on our services and calendar of events:

<https://oranansw.org.au>



Whats on at Orana cont.


**FOODI GROUP**

Are you someone who is passionate about food, loves to talk about food, loves to cook and happy to share recipes?



Foodi group is the place for you! Come and find your people.

2nd Monday each month, 1pm at the office. Please call 9525 2058 to reserve your place and find out what this month's theme is.


39 Gympie Bay Rd, Gympie.



JOCK ZONFRILLO



WOMEN'S HEALTH CENTRE





South Eastern Sydney Local Health District

GOVHUB POP UP: BRIDGING GOVERNMENT & COMMUNITY

You are invited to meet with government services for advice and information.

2nd Friday of the month, 11am – 1pm at Orana,
3a Stapleton Ave, Sutherland.
8 March, 12 April, 10 May, 14 June 2024

Services attending the Hubs include:

- 2Connect (Youth & Community Services)
- Energy and Water Ombudsman NSW
- GambleAware - South Eastern Sydney
- Gympie Community Aid & Information
- Hearing Australia
- HOMES NSW (formerly DCJ Housing Services)
- Orana NSW Inc
- Revenue NSW (Fines & Debts)
- Services Australia (Centrelink)
- Service NSW (Government Services)
- Seniors Rights Service
- Sutherland Shire Council
- Vinnies

Light refreshments provided PLUS Orana hosts a FREE weekly lunch @ 12pm every Friday.





Friday Lunch

RETURNING FRIDAY 9TH
FEBRUARY 2024!

Come along to our weekly free hot
meal every Friday!

Where: 3a Stapleton Avenue Sutherland

Time: 12pm – 1pm





Orana's LIVE WELL Group

Come along join us and learn some ways to lift your mood!

Including fun activities, laughter to keep you motivated .

1st Friday of each month 10am-12pm.
Morning tea provided.

3A Stapleton Avenue Sutherland.
9521 8280



Head to our website for more information on our services and calendar of events:

<https://oranansw.org.au>



Orana Volunteer Opportunities

Current Volunteer Roles:

Casual Meal Program Volunteer - Tuesdays

We are looking for a volunteer to support our Tea on Tuesday, on a casual basis. Details below:



THE HELP WE NEED:

- Meal preparation
- Serving of food
- Pack up and clean up

TUESDAYS

3A STAPLETON AVENUE
SUTHERLAND

09.00 AM - 12.00PM

interested? Email:
admin@oranansw.org.au

Community News



Transition to School for children with Additional Support Needs

Parent Information Session

NSW Department of Education

Transition to School Parent Information Session Support for Children with Additional Learning and Support Needs

This session is for parents/carers of a child with additional learning and support needs. Information will be provided about services and resources available within the Department of Education settings and the process in accessing these. Parents will gain an understanding of the education options that may be available for their child which will support them to make an informed decision.

Parents/carers will have an opportunity to ask questions during the session.



1 May 2024
12:00 pm – 1:00 pm

Audience: Parents/carers of preschool age children with additional Learning & Support Needs and Disability

Topic: Transition to School - Parent Information Session
Time: May 1, 2024 12:00 PM Canberra, Melbourne, Sydney

Join Zoom Meeting
<https://nsweducation.zoom.us/j/66915846875?pwd=WlpyRGNETGFlUkxvV0N0b1h0QjRZc0Z0>

Meeting ID: 669 1584 6875
Passcode: 520923

Facilitated by Jan-Maree Brodie – Transition Support Teacher Early Intervention
NSW Department of Education – Sydney East Region
jan-maree.brodie@det.nsw.edu.au



Black Box Parenting Course

A strengths-based parenting program supporting the unique needs of women who have experienced trauma and abuse. The program covers understanding the impact of trauma on parenting; learning coping strategies for managing triggers; and simple ways to build connection and trust with your kids.

This course will run between April 30th and June 25th.

Day: Tuesday
Time: 10am - 12pm
Location: Hopefield Kirrawee
Cost: Free

The program combines five fortnightly face-to-face group sessions with individual phone calls and play coaching in the alternate weeks.

Scan the QR code
to visit our website



To enquire about
participating
please call us on
9545 0299

2-4 Tea Gardens Avenue, Kirrawee 2232

02 9545 0299 hopefield.org.au

admin@hopefield.org.au

Hopefield



Career Pathways and Employability Skills Statement of Attainment in Beginner Computing Skills 901-00040V01 – SEMESTER 1 TERM 2 2024

Course description:

An introductory course designed to build skills and confidence in technology that will be useful for your study or career. Gain essential computer skills in Microsoft Excel, Microsoft Word, Email, file management and cloud computing.

Course outcomes include:

Pathways to volunteering, employment and/or further study

- Nationally Recognised Training
- This training is fully subsidised by the NSW Government
- Fee Free*

LOCATION

Gymea TAFE
Cnr Hotham Road & Kingsway
GYMEA NSW 2227

DURATION

10 weeks

STUDY TYPE

Part time day

START/END DATE

03/05/2024 – 01/07/2024

STUDY COMMITMENT

5 hours per week

Contact: Jodie Jamieson
Career Pathways and Employability Skills
Phone: 7921 3902
Email: jodie.jamieson4@tafensw.edu.au

FEE FREE COURSE*
Fully Government Subsidised

8510 98811. This document is current at the time of printing: April 2024. *Terms and conditions may apply.

tafensw.edu.au/course-area
131 601



TAFE
NSW

POSITIVE THINKING & MEDITATION



For all interested in meditating.
Join the Brahma Kumaris Raja yoga meditation class. Sit back, relax
and be guided through a relaxing, recharging meditation.
Join in the conversation to shift your thinking from negative to
positive!

EVERY WEDNESDAY
6.45pm - 7.45pm

Miles Franklin Room, Hurstville Library,
Corner of Queens Road and Dora Street.
Hurstville, NSW 2220.

Booking essential: <https://tinyurl.com/dorajayoga>

FREE EVENT



facebook.com/bkaustralia

brahmakumaris.org.au



A special thank you to SGS News (<https://sgsnews.org/>)
for the links and information for this month's Community
News



Community News Cont.



DISCOVER YOUR POST SCHOOL OPTIONS

29th May 2024 10AM-2PM

**Tradies Gympie - Elouera Room
57 Manchester Road, Gympie**

The Sutherland Shire & St George Vocation Expo is designed for Year 9-12 high school students with disability, teachers, their carers, and families to explore and understand their post-school options with local service providers. Come along and find out more about:

- NDIS & Local Area Coordinators (LACs)
- School Leaver Employment Supports (SLES)
- Disability Employment Services (DES)
- Student Pathways (DoE)
- Customised Employment
- Australian Disability Enterprises (ADE)
- Services Australia (Centrelink)
- Community Participation

A free "Legal Rights and Responsibilities: Supported Decision Making" information session will be held next door in the Kaimia Room from 12pm-1pm.

If you would like more information please contact Eve Campbell yvette.campbell2@det.nsw.edu.au (02) 9521 6049 or Amanda Hurst amanda.hurst@det.nsw.edu.au (02) 9567 6196.



Education

FREE ENTRY



Careers & Employment Expo

Tuesday 21 May 2024

10:00 am to 1:30 pm

The Kogarah Storehouse

Cnr Kensington and Gray Streets, Kogarah
(opposite Kogarah Fire Station)

Information Stalls:

- Job seekers services
- Training providers
- Employers
- Specialist support services
- Government agencies
- Volunteering
- Community and settlement services

Help Desk / Qualification Hub

- Qualification assessment
- Resume & cover letter (bring your own)

Job Skills Workshops:

- Do's & Don'ts in a Resume
- Interview Skills and Cold Calling
- How Do You Pitch
- Pathways to Meaningful Work
- Recognition of Overseas Skills and Qualifications

Jobs Board

- Job vacancies from various organisations

Free morning tea and lunch

Contact details:

Kim Advance Diversity Services
kimc@advancediversity.org.au
Ph: 9597 5455

Jenny Gympie Community Aid and Information Service
jgrey@gcais.org.au
Ph: 9524 9559



This event is supported by The Kogarah Storehouse and by funding from the Department of Home Affairs through the Settlement Engagement and Transition Support (SETTS) Program, delivered in collaboration with Settlement Services International.



Free Aboriginal Women's Wellbeing Day (Cronulla)

South Eastern Sydney Local Health District Carers Program invites Aboriginal women of any age who support a family member or friend to a day of activities and to talk about wellbeing and caring.

Includes light lunch, health checks, art activity, and gift bag.

Cronulla: Friday 10 May, 10.45am-2:30pm
Gunnamatta Pavillion Hall, Nicholson Parade, Cronulla

Bookings contact Sam Gifford on
0473 614 730 or
samantha.gifford@health.nsw.gov.au

Go4FUN
HEALTHY ACTIVE HAPPY KIDS



TO REGISTER: FREE CALL
1800 780 900
Register online at www.go4fun.com.au

Help your family to get healthy, active and happy with Go4Fun.

FREE healthy lifestyle program for kids aged 7-13.
A parent or carer is required to attend each session.

Your local program:
PCYC Sutherland
Mondays 4-6pm
Starts 29th April 2024



HEALTHYEATING
ACTIVE LIVING

A special thank you to SGS News (<https://sgsnews.org/>) for the links and information for this month's Community News



Ways to Treat Mum this Mothers Day



1. Breakfast in bed

Heading out to the local cafe for breakfast is always nice, but the prices are usually much higher on Mother's Day and it isn't always the most relaxing experience. So why not bring the breakfast to Mum? She doesn't have to leave her bed for this one. If the kids are a little young, get Dad to pitch in for the cooking. If you're looking to get a bit more creative in your household, then download our free Breakfast in Bed printable menu. Leave it on her nightstand on Saturday night with a pen, so she can write down what she would like. Tell her to leave it outside her bedroom, so you don't wake her in the morning!

2. Mother's Day Vouchers

Nothing says 'I love you' like special vouchers just for mum. You can download our free voucher printables here and spoil mum with future promises. From an undisturbed nap to one chore of her choice, mum will love the chance to sit back and relax. There's even space to make up your own!

3. Enjoy a picnic together

If the weather is fine, pack up some food and enjoy a picnic at a park! Check out our favourite ten picnic spots by the water or browse our Parks & Playgrounds section for lots of playground reviews. There are so many delicious picnic foods to choose from, so browse on Pinterest and pick out your menu before the big day.

4. Give mum a Pamper Session

There's nothing mums enjoy more on their special day than a bit of pampering. You can put together a little pamper pack full of nail polishes, massage oils, hand cream and more, and draw up your own menu of what's on offer. Start out with a pedicure and manicure and then work your way up to a massage. Mum will love it! You could even invest in a foot or back massage machine as a present for her – that way she can enjoy the pampering all year long.

5. Get crafty with a Mother's Day card

Nothing quite says "thank you mum for all you do" like a handmade card with those exact words written in it!

Don't have the creative energy? We're making it easy! Simply download and print our free Mother's Day card – your kids can colour it in and fill out the 'All About My Mum' interview in the middle. It's guaranteed to make her feel gushy!

6. Movie Marathon

Want to save money on cinema tickets? Have a movie marathon in your living room! To make it special, you can set up your living room like a movie theatre (blinds closed, nice and dark) and make it even more comfortable (blankets on the couch). Design your own tickets showing mum's favourite movies and have them ready to go for her. You can even set up a candy bar and get mum to choose her movie snacks on the way in. Everyone can sit down and enjoy this one together.

7. Mini Photo Session

Mums can only dream of getting that one nice photo with everyone smiling. Surprise her this Mother's Day by getting dressed up (and staying clean) and putting the camera on self-timer and everyone SMILE. Another way to go about this is to get the kids together before Mother's Day and take a nice photo that you can get printed to surprise mum with.

8. Get cleaning

On the Saturday, get busy tidying up and cleaning the house so it is sparkly and clean for mum's big day. Even better, tidy up your room without complaining!

9. Family game night

Get the whole family together and join in some gaming fun. If you don't have any board games at home, it is time to stock up. Think trivia games, Monopoly, Pictionary and other classics the whole family can get involved in. You can also DIY the games and enjoy some Charades and Celebrity Heads.

10. Make a movie

Make mum feel special this Mother's Day with a personalised video. It's time to get creative with your smartphone skills and prepare a little something for mum before the big day. Dad can be in charge of this one, and get a video of all the kids sharing what they love most about their mum. You can even ask some funny questions and interview them to put together a heartfelt clip! Add in a few still shots and a bit of background music and you are good to go. There are some great free apps that make editing super easy – we like Ripl and Splice.

11. Decorate the house

Make mum feel extra special by decorating the house to celebrate her. You can pick up some fresh flowers, or get crafty and turn one room in your home into a special space just for mum. You can surprise mum with it in the morning and sit her down in the room with a book and a cup of tea and leave her in peace to enjoy it.

12. Think about the little things

Mother's Day is one day of the year dedicated to our mums so it's important to make it as special as possible. All the little things you do will be appreciated, no matter how small they seem to you.



<https://www.northshoremums.com.au/how-to-make-mum-feel-special-this-mothers-day/#:~:text=Although%20a%20thoughtful%20gift%20is,%2Dneeded%20'me'%20time'>



Cooking - ANZAC DAY

Lemon Myrtle Dampers

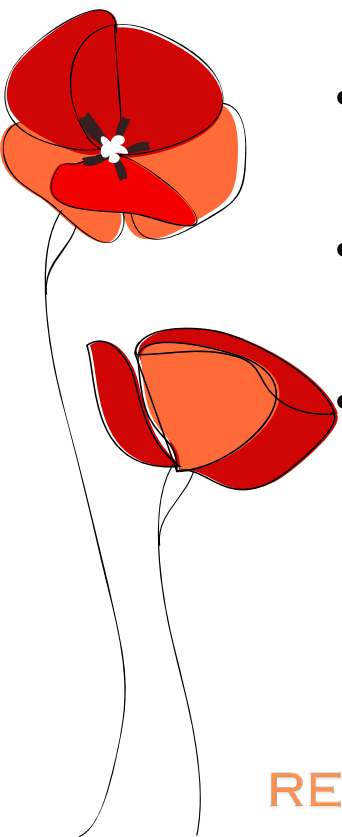
Ingredients

- 2 cups self-raising flour
- 1/2 tsp sea salt
- 50g butter, chilled, chopped
- 1/2 tsp dried lemon myrtle
- 3/4 cup milk
- Extra milk, for brushing
- Extra plain flour, for dusting
- Softened butter, to serve



Method

- Preheat oven to 200C/180C fan-forced.
- Lightly grease a baking tray. Sift flour and salt into a large bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine crumbs. Stir in lemon myrtle. Season with pepper. Make a well in centre of flour mixture. Add milk. Stir to form a soft, sticky dough.
- Turn dough out onto a lightly floured surface. Knead lightly for 1 minute or until just smooth. Shape dough into 6 balls.
- Place on prepared tray. Cut shallow slits across the top of each ball. Brush with a little extra milk. Dust with a little extra flour.
- Bake for 15 minutes or until rolls sound hollow when tapped on top. Serve warm or at room temperature with butter.



RECIPE LINK:

<https://www.taste.com.au/recipes/lemon-myrtle-dampers/7888c524-29fa-4ebd-b0aa-d659039b4150?r=recipes/Wb34D3xn>

ANZAC DAY SERVICES SUTHERLAND SHIRE

Thursday 25 April 2024



Caringbah

Assemble: 4:00am Denman Ave, Caringbah.

March: 4:10am

Dawn Service: 4:20am Caringbah War Memorial, Cnr Port Hacking Road and The Kingsway, Caringbah.

Enquiries can be directed to Caringbah RSL Subbranch.

Sutherland

Assemble: 5:00am Club on East, 7 East Parade Sutherland.

March: 5:15am

Dawn Service: 5:30am Sutherland War Memorial, Eton Street, Sutherland.

Enquiries can be directed to Club on East (previously Sutherland United Services Club Ltd).

Cronulla

Assemble: 5:15am Cronulla RSL Club, 38 Gerrale Street, Cronulla.

March: 5:30am

Dawn Service: 5:35am Cronulla Park, Cronulla.

Enquiries can be directed to Cronulla RSL Sub-Branch.

Menai

Dawn Service: 5:30am Memorial Wall Parc Menai, Allison Crescent, Menai.

Enquiries can be directed to Club Central Menai.

Engadine

Dawn Service: 5:30am Engadine War Memorial, Engadine Town Square, Engadine.

Enquiries can be directed to Engadine RSL Sub-Branch.

Miranda

Assemble: 5:15am Wandella Rd, Miranda.

March: 5:30am

Dawn Service: 5:40am Miranda War Memorial. Seymour Shaw Reserve, Miranda.

Enquiries can be directed to Miranda RSL Subbranch.

Bundeena

Dawn Service: 6:00am War Memorial, Bundeena Reserve Loftus St, Bundeena (adjacent to the Community and Services Club).

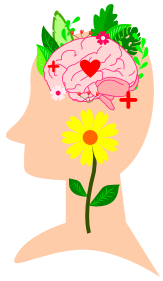
Enquiries can be directed to Bundeena RSL Sub-Branch.

Woronora

Dawn Service: 6:00am Woronora River RSL & Citizens Club, Prince Edward Park Road,

Enquiries can be directed to Woronora River RSL Subbranch.

<https://www.sutherlandshire.nsw.gov.au/play-and-explore/whats-on/Anzac-Day-2024>



My Mental Health Matters



How to make a Wellbeing Plan from the Gidget Foundation

Step 1

In self-care is identifying what you normally do to cope with life stresses. It can be useful to list all the strategies you use and see if they are helpful or unhelpful. Try not to be too hard on yourself and be as honest as you can. Life is challenging right now.

Helpful strategies: eg. time out for some solitude, exercise, talk to a friend

Unhelpful: eg. shouting at the kids, not eating well, withdrawing from life

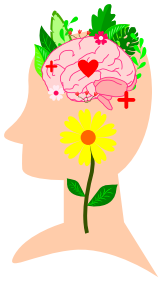
Helpful strategies

Unhelpful strategies

Step 2

Is to work out what you need right now to feel better eg: reduce the sense of isolation, move more, connect with friends.

What do I need right now to feel better



My Mental Health Matters cont.



Step 3

Is to identify what you can change now to include more self-care strategies eg:
schedule a set time for self-care each day, turn off screens at night 1 hour
before bed, talk to your partner and children about what you need

What can I change now to include more self-care strategies in my day

Step 4

With a focus on the more helpful strategies, find your 3 favourites and put them
down in the following weekly schedule and see if you can stick to the plan.
Reflect and assess at the end of each week.

My three favourite strategies

1

2

3

With thanks to Gidget Foundation for this information.

https://www.gidgetfoundation.org.au/fact-sheets/a-self-care-worksheet-for-expectant-and-new-parents-during-covid?utm_campaign=&adgroup=&utm_content=574659864155&utm_term=making%20a%20self%20care%20plan&gad_source=1&gclid=CjwKCAjww_iwBhApEiwAuG6ccMmEILsdHtTaQOWaoyZQViCBAlcyMtmEnwkh0B3lHEz3lBBQH0LcRoCp3cQAvD_BwE



Contact Us



Orana Sutherland:

Open Monday - Friday 9:30am - 4pm
3a Stapleton Avenue Sutherland
9521 8280
admin@oranansw.org.au

Orana Women's Health:

Open Monday - Thursday 9:30am - 3pm
39 Gymea Bay Road Gymea
9525 2058
womenshealth@oranansw.org.au

Website:

<https://oranansw.org.au>



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<https://www.facebook.com/Orana.Incorporated/>

