17th May 2024

Orana Community Matters

Orana E-News



Happy May, Subscribers!

Hoping you all stayed dry and safe over the last few weeks of rain! Here's hoping the sun is here to stay for a while.

This edition includes volunteer week information, Orana's community services expo, and more!

Enjoy your subscription and come say hello!

Next edition will be Friday 21st June 2024.



My volunteer position at Orana helped me to get some experience and the confidence I needed to find a paid position. Thankyou so much, I really appreciate it.

We are Closed 10th June, for the long weekend.

Orana Sutherland and Orana Women's Health will be CLOSED on Monday 10th June for the long weekend.

IN YOUR EDITION 74:

- WHATS ON AT ORANA
- ORANA VOLUNTEER OPPORTUNITIES
- COMMUNITY NEWS
- COMMUNITY SERVICES EXPO
- COOKING ON A BUDGET
- MY MENTAL HEALTH MATTERS



Whats on at Orana



COME ALONG FOR A COSY MOVIE MORNING.
MORNING TEA INCLUDED!
MOVIE TBC

FRIDAY 7TH JUNE 2024

3a Stapleton Avenue Sutherland

Ticket FREE!

RSVP: 9521 8280 ADMIN@ORANANSW.ORG.AU 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. 10 May and 14 June 2024

Services attending the Hubs include:

- · 2Connect (Youth & Community Services)
- · CatholicCare (Mediation)
- · GambleAware South Eastern Sydney
- . Gymea Community Aid & Information
- · Hearing Australia
- . HOMES NSW (Housing Services)
- · Orana NSW Inc
- Revenue NSW (Fines & Debts)
- · Services Australia (Centrelink)
- · Service NSW (Government Services)
- · Sutherland Shire Council
- Vinnies

Prana hosts a FREE weekly

FREE FLU

ACCINATIONS

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







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



Did you know we have a free Domestic Violence Case Management service?

For any woman in need of support, with or without children.

Please call 9525 2058 to speak with a staff member.



Whats on at Orana cont.







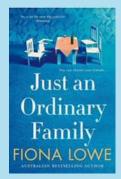
Wednesday 29th May – 1pm 39 Gymea Bay Road

JUST AND ORDINARY FAMILY BY FIONA LOWE

Every family has it's secrets.

A story of family ties, betrayal, and sacrifice. Mother Karen Hunter, daughter Alice, her twin Libby and her best friend Jess Dekic..... as the family implodes, the fall out for these four women will be inescapable.









Orana Volunteer Opportunities

Current Volunteer Roles:

Early Support - in home volunteer

We are looking for a volunteers for our Early Support Service. Details below:





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



Community News



SUTHERLANDSHIRE LIBRARIES

What's on ~

My account v

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Digital collection v

Great reads v

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Struggling with Debt Talk | Law Week



Event details

■ THU 23 MAY 2024

0 10:30am-11:30am Sutherland Library

881180483547

https://www.eventbrite.com.au/e/strugglingwith-debt-law-week-event-tickets-

Are you struggling with debt? You might be relieved to know that you're not alone and you have options. Come along to the library to find out how to manage your debt.

FREE GROUP PROGRAMS RUN BY SALVATION ARMY/DASIS YOUTH SUPPORT NETWORK



Group: Managing Emotions
Age: 12 - 24 years
Length: 6-week program - 1 hour a week/3- week program of 1.5 hours.
What: A psychoeducational program to identify and manage a range of complex emotions, assertiveness and self-esteem building. Activities are modelled on Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, growth mindust and other psychologically informed practices.



Group: Love Bites Junior and Servior

Age: Year 7 – 12

Length: Year 6 – 12

Length: Single day approach in school for a whole year group/ 8 sessions of 1 hour.

What: A respectful strength-based relationship program designed to provide young people with a safe environment to examine, discuss and explore relationships. The overall aim is to equip young people with the knowledge needed to have respectful relationships, encourage, and devi-skills in critical thinking and assist them in being able to problem solve and communicate





Geospi: SMART Recovery
Age: 1-61) Years to 18: 24 years. Anyone from any LGA to attend.
Length: Ongoing 90-minute weekly sessions
Where: Online only (Every Wednesder from 5th June, 18:-24 years, 11 am - 12:30pm,
14-17 years, 4pm - 3:30pm).
What: SMART Recovery stands for Self-Management and Recovery Training (SMART). It is an
evidence-based recovery method in Cognitive Behavioural Therapy (EST) that supports people
dependence or problem behaviours to build and maintain motivation, cope with urges and craving



Group: Vape In Vape Out
Age: Year 9 • 12.

Length: 1-hour whole year approach OR smaller group of 2 hours.

Length: 1-hour whole year approach OR smaller group of 2 hours.

What: By the end of the program, young people will be able to identify the difference between smoking and vaping, the laws around vaping, some chemicals that are found in a vape, the effects of smoothing and vaping, the year and vaping they will also be able to understand how addiction develops and how to identify if they are at risk of addiction. Students will learn how to respond to peer pressure around vaping and where to get help.



Geoup: RAGE (Re-navigating Anger and Guilty Emotions)
Age: 11-17 years
Length: 6-week program – 90-minute sessions
What: An award-winning program on anger management for adolescents to gain insight into the most misunderstood human emotion, anger. It is a strengths-based solution focused program that is hands on, practical and also fun for kids.





Community News Cont.





Join us for a Court Hearing information session (held monthly at Sutherland Court) to:

Receive information from the Police Prosecutor & DVLOs about what to expect at the Hearing

Experience sitting in a Court Room and ask questions about the hearing process

Speak with a Specialist Worker

Contact Southern Sydney Women's Domestic Violence Court Advocacy Service on (02) 8508 4300 or email sswdvcas@thefamilyco.org.au for dates and times.













Engadine Community Services in collaboration with Tresillian are holding free of charge information sessions that will support families in their parenting journey with children and young people.

Infant and Young Children 0-5

SLEEPING HINTS & TIPS

Monday 27th MAY 2024 9.30am - 11am

Promoting Healthy Sleep in children

FOR BOOKINGS PLEASE CALL ENGADINE COMMUNTIY SERVICES



Engadine Community Services

1034-1036 Old Princes Hwy ENGADINE NSW 2233

Tel: 9520 7022

FACILITATOR - Ann De Belin Clinical Nurse Consultant Perinatal & Infant Health



Orana Event in June!



EXPO DAY

TUESDAY

25 JUNE

11AM - 2PM

Orana Sutherland

3a Stapleton Avenue

Sutherland

COME ALONG TO MEET YOUR LOCAL SERVICES AND RECEIVE FREE LUNCH AND GOODIES!

Non for Profit and Government Agencies all in the one location for your convenience.

- Give aways
- · Entertainment
- Free Lunch
- · Information

Proudly Supported by





Hopefield





Call 9521 8280 for more information



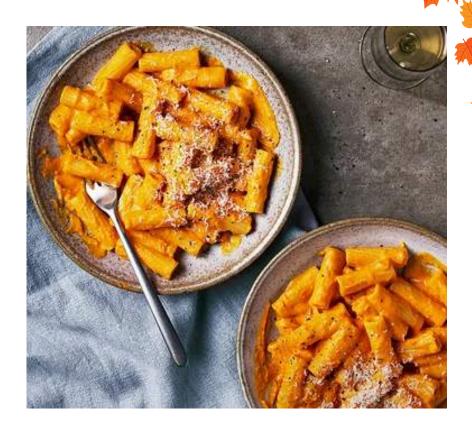
Cooking on a Budget - AUTUMN



Creamy Pumpkin Pasta

Ingredients

- 2 tbsp <u>olive oil</u>
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 500g <u>pumpkin</u> or squash, peeled and cut into roughly 3cm cubes
- 50-100ml whole milk
- 2 tbsp tomato purée
- 2 tbsp mascarpone
- 350g short pasta (rigatoni or penne work well)
- 40g grated <u>parmesan</u> or vegetarian alternative, plus extra to serve



Method

STEP 1

• Heat the oil in a large, shallow, flameproof <u>casserole</u> or frying pan over a low-medium heat and fry the onion with a pinch of salt for 10-15 mins until softened and translucent. Add the garlic and fry for 1 min more. Remove from the heat and leave to cool slightly.

• STEP 2

• Meanwhile, cook the pumpkin in a pan of boiling salted water for 10-15 mins until tender when pierced with a cutlery knife. Drain and tip into a <u>blender</u> (or use a <u>hand blender</u>). Blitz with 50ml milk and the onions until completely smooth, gradually adding more milk until the mixture is thick enough to just coat the back of a spoon (you may not need all the milk). Tip into a large frying pan with the tomato purée and mascarpone, and bring to a simmer over a low heat.

STEP 3

• Cook the pasta in a large pan of boiling, salted water following pack instructions. Drain, reserving a cupful of the cooking water. Toss the pasta with the pumpkin sauce, parmesan and 50-100ml of the reserved water to loosen. Season and scatter with extra parmesan.





My Mental Health Matters



How staying cosy during the cooler months, can benefit your mental health!

"Feeling that chill in the air? Don't worry; we've got something cosy to talk about – hygge. Not just a trendy term, it's like a warm hug for your soul during the icy months. So, grab your favourite blanket, let's dive into the world of hygge and see how it can amp up our winter well-being!"

What's The Meaning Of Hygge?

Derived from the Norwegian word for "well-being," hygge is an integral part of Danish culture. It encapsulates a feeling of warmth, togetherness, and contentment, emphasising the significance of enjoying life's simple pleasures. Imagine you're wrapped in a blanket, sipping a hot beverage, and immersed in a good book while the winter wind dances outside. That's hygge, but for the mind as well.

Hygge In Everyday Life

Picture this: it's a gloomy winter evening, and the frosty wind is tapping at your window. You decide to take matters into your own hands. You slip into your cosiest sweater, wrap yourself in a blanket scarf that feels like a warm hug, and suddenly, your ordinary evening transforms into a haven of comfort. As you curl up with a good book, surrounded by soft textures that evoke a sense of security, you realise that this is hygge in action. It's not just about warmth; it's about creating a sanctuary in the midst of the winter chill, one knit sweater at a time.

Creating A Cozy Atmosphere

Your living space becomes a canvas, and you, the artist of cosiness. It's not about grand gestures; it's about the little details that turn your place into a warm embrace. Soft blankets draped over your favourite chair, warm lights casting a gentle glow, and the subtle crackling of a fireplace or your curated playlist in the background. As you sip on a cup of hot tea and bask in the ambiance, you're not just decorating; you're creating a cosy haven that whispers, "Welcome home."

Hygge And Mental Well-Being

In the realm of mental health, hygge is your secret weapon against the winter blues. Imagine a Sunday afternoon, you've created a cosy corner with soft blankets and warm lights. You're not just physically comfortable; your mind is at ease. Hygge encourages mindfulness, urging you to be present in the moment. As you savour the aroma of freshly brewed coffee and the pages of your favourite book, you're not just practising self-care; you're cultivating a mindset that says, "I deserve this moment of peace."





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





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

