

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



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

Whats on at Orana





Live Well Group

MOVIE DAY

DOORS OPEN AT 10AM

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

FREE FLU VACCINATIONS

**Please bring Medicare Card*



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



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



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.

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

<https://oranansw.org.au>



Whats on at Orana cont.



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.



VOLUNTEERS



NEEDED



NEEDED

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

**BOOK CLUB - Orana
Women's Health**





Wednesday 29th May – 1pm
39 Gynea 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.





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 months theme is.


39 Gynea Bay Rd, Gynea.





"THERE IS NO QUESTION THAT FOOD IS A CONVERSATION STARTER"

JOCK ZONFRILLO


WOMEN'S HEALTH CENTRE

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

<https://oranansw.org.au>

Orana Volunteer Opportunities

Current Volunteer Roles:

Early Support - in home volunteer

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

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

ORANA EARLY SUPPORT TRAINING 2024

Friday 24th May

9:30AM - 2:30PM



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

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

Community News



SUTHERLANDSHIRE
LIBRARIES

Search the catalogue



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Services ▾

Digital collection ▾

Great reads ▾

Home > What's on > All events > Struggling with Debt Talk | Law Week

Struggling with Debt Talk | Law Week



Event details

Book Now

THU 23 MAY 2024

10:30am-11:30am

Sutherland Library

<https://www.eventbrite.com.au/e/struggling-with-debt-law-week-event-tickets-881180483547>

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

Contact: Olivia Davis (Youth Counsellor and Group Facilitator) Drug and Alcohol Youth Service (DAYS) Oasis Salvation Army
Email: Olivia.Davis@salvationarmy.org.au
Phone number: 02 9331 2266

Start date for each program on arrangement.

Where: All programs are available in all high schools and youth services within Bayside, Georges River, Randwick, Hurstville, Sutherland Shire, Waverley, Woollahra within South Eastern Sydney Local Health District (SESLHD) The online program is open to young people in any area.



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 mindset and other psychologically informed practices.



Group: Love Bites Junior and Senior

Age: Year 7 - 12

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

What: A respectful strengths-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 develop their skills in critical thinking and assist them in being able to problem solve and communicate effectively.



Group: PreVenture

Age: Year 9 - 12

Length: 2x 90 minutes sessions

What: A school-based intervention aimed at reducing drug and alcohol use and improving emotional well-being. The workshops focus on motivating teenagers to understand how their personality style leads to certain emotional and behavioural reactions.



Group: SMART Recovery

Age: 14-17 years to 18-24 years. Anyone from any LGA to attend.

Length: Ongoing 90 minute weekly sessions

Where: Online only (Every Wednesday from 5th June, 18-24 years, 11am - 12.30pm, 14-17 years, 4pm - 5.30pm).

What: SMART Recovery stands for Self-Management and Recovery Training (SMART). It is an evidence-based recovery method in Cognitive Behavioural Therapy (CBT) that supports people with dependence or problem behaviours to build and maintain motivation, cope with urges and cravings.



Group: Vape In Vape Out

Age: Year 9 - 12

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 nicotine on the brain, the short and long-term effects of 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.



Group: 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 focussed program that is hands on, practical and also fun for kids.

Reconciliation Week mural at Hurstville Museum & Gallery


Hands are a symbol of connection. Come along during Reconciliation Week 2024 and participate in our mural! Hurstville Museum & Gallery 27 May to 3 June 2024 Tuesday to Saturday: 10am-4pm. Sunday: 2pm-5pm.

museum gallery

Community News Cont.



RECONCILIATION
AUSTRALIA



Bayside
Council

Yarn Now More Than Ever!


Including:

- ▶ A Welcome to Country
- ▶ Guided interactive talk and walk in the Bush Tucker Forest with IndigiGrow
- ▶ Native bee workshop
- ▶ Worm farm workshop
- ▶ Sausage sizzle by Goanna Hut

**Monday 27 May 2024
10:00am - 1:00pm**

Sir Joseph Banks Park
Bush Tucker Forest
The Esplanade, Botany

Registration essential via QR code or visit: www.bayside.nsw.gov.au/form/yarn-now-more-than-ever-registra





NSW
GOVERNMENT

Hurstville Free Childhood Immunisation Clinic

Hurstville Hub, 11-15 Bond Street, Hurstville
Tuesday 7th May from 9 AM - 2 PM

Bookings are recommended

Booking an appointment is easy!

Medicare not required

Call 1300 244 288 to book in a time

NEW! Extended hours!!



Can't make it?
Next clinic date:
04/06/2024

Need a free
interpreter to help
you book?
Call 131 450

Women's Domestic Violence Court Hearing Information Session

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 COMMUNITY 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!



COMMUNITY SERVICES

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 olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 500g pumpkin 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 parmesan or vegetarian alternative, plus extra to serve



Method

- **STEP 1**
 - Heat the oil in a large, shallow, flameproof casserole 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 blender (or use a hand blender). 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.

RECIPE LINK:

<https://www.bbcgoodfood.com/recipes/creamy-pumpkin-pasta>



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>



[@oranacharity](https://www.instagram.com/oranacharity)



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

