

EDITION 75

21st June 2024



Orana E-News



Happy June, Subscribers!

Hoping you are staying warm now the winter chill has hit!

For any rough sleepers, please come into the centre as we have beanies and blankets available.

This edition includes many of our new programs and special events!

Enjoy your subscription and come say hello!

Next edition will be Friday
19th July.

“

You give me hope and encouragement when I doubt myself.

Orana Client

Our Coffee Cart is
OPEN! More
information inside

We are hosting a
Community Services
Expo on 25th June.
More information
inside!

IN YOUR EDITION 75:

- WHATS ON AT ORANA
- ORANA VOLUNTEER OPPORTUNITIES
- COMMUNITY NEWS
- IN THE COURTYARD!
- COMMUNITY SERVICES EXPO
- GOVHUB EVENTS
- COOKING ON A BUDGET - FOR JOAN
- MY MENTAL HEALTH MATTERS



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

Whats on at Orana

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



Health
South Eastern Sydney
Local Health District



**Free
Coffee**

For anyone who attends our Poppy Playgroup, you will receive a free coffee from our coffee cart!



COPAC Support Group

Challenges Of Parenting Adult Children



Monthly evening Support Group run by Orana for parents with adult children who are experiencing drug and/or alcohol, mental health related challenges.

To speak with someone and further information about this group please email:
admin@oranansw.org.au
or call 95218280

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.





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 Gymea Bay Rd, Gymea.



WOMEN'S HEALTH CENTRE

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



BOOK CLUB - Orana Women's Health

Wednesday 26th June - 1pm
39 Gymea Bay Road
9525 2058

THE SUGAR PALACE BY FIONA McINTOSH

1920'S Sydney

How about we call it the Sugar Palace? And when people enter, we'll make sure it feels like a colourful fairytale spun from sugar.

Under the clamour of the Sydney Harbour Bridge being built nearby, Grace Fairweather is working in her father's grocery shop in The Rocks when she begins making her own confectionery. Her colourful creations of toffees, lollies and chocolates soon become crowd favourites, and Grace begins to dream of one day opening her own shop.





SIMPLY DIGITAL

TECH SUPPORT SERVICE

SECOND THURSDAY OF THE MONTH
ONE ON ONE SUPPORT

3A STAPLETON AVENUE SUTHERLAND
APPOINTMENTS AVAILABLE 1PM - 3PM

BOOK IN:
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:

Early Support - in home volunteer

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

Orana Early Support Project

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

Looking to
volunteer
a few
hours a
week?

Love
working
with
young
children?

See
yourself
supporting
a new
parent?

Our next training day will be
Friday 28th June
9:30am - 2:30pm

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



Community News



Basic Barista Skills Course

Course description:

Expand on your appreciation of coffee with this short yet robust course. Brew shots with the perfect crema and steam milk to perfection. Gain basic barista skills and the confidence to find work in a busy cafe environment.

This course also provides:

- Certificate of Participation
- A potential pathway to further study in hospitality
- The ability to brew coffee shots and steam milk to prepare a range of coffee beverages

Course outcomes include:

- Steam milk according to particular coffee types
- Create the perfect crema
- Clean and maintain the coffee machine and equipment
- Adhere to safe work and personal hygiene practices

How to get involved:

Please contact:

Zac Ekandi - Zachary.ekandi@tafensw.edu.au or 0401 345 469

Jenny Grey - jgrey@gaia.org.au or 0481 552 155

131 601

tafensw.edu.au/course-area

RTO 90003 | CHC3010001 | 408 PPS10048. This document is correct at the time of printing: September 2024.

- Nationally Recognised Training
- This training is subsidised by the NSW Government

Location

TAFE NSW Loftus
Rawson Avenue,
Loftus NSW 2232

Duration

4 x 6hr-sessions = 24hrs

Study type

Part-time

Start & Finish date

26 June 2024 - 4 July 2024



Another chance to complete Year 11 style studies

Certificate III in Pathways to Further Study

11224NAT-01V01

Pathway to Year 12 TPC & Vocational Studies

COURSE DESCRIPTION:

This course provides a pathway to university entry and foundation skills for vocational study at Certificate IV level. It is a Year 11 style delivery

COURSE OUTCOMES INCLUDE:

- This course articulates into the Certificate IV in Tertiary Preparation.
- Depending on the units completed, this course will provide skills and knowledge for vocational study at Certificate IV level.

PROPOSED ATTENDANCE

Monday to Thursday

9:30am-2:30pm

29 July - 6 December 2024

ADDITIONAL RESOURCES:

Folders, basic stationery supplies and a Scientific Calculator will be required to successfully complete this course and will cost approximately \$80. A laptop is not essential, but strongly recommended.

ADDITIONAL INFORMATION:

Learner Support is available if required.

If you are under 17 years or require further information, please contact:

jane.MaughanCheney@tafensw.edu.au

BOOK A SESSION



LOCATION

TAFE NSW Gymea
Hotham Rd, Gymea

DATES

29 July 2024 - 6 December 2024

INFORMATION SESSION

BY APPOINTMENT:

Wednesday 12 June 2024
Monday 17 June 2024
Wednesday 26 June 2024
Tuesday 2 July 2024

TAFE NSW - Gymea, Hotham Rd, Building A, Ground Floor.

Applicants must arrive by 4:00pm and be available until 6:30pm

Book an appointment at Gymea TAFE by using the QR Code (preferred method) or by emailing:

Lianne.Sotheran1@tafensw.edu.au

USE QR CODE

RTO 90003 | CHC3010001 | 408 PPS10048. This document is correct at the time of printing: April 2024 V1. *Terms and conditions may apply.

tafensw.edu.au/course-area
131 601

- Nationally Recognised Training
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Year 10 Study Pathway - Sem 2, 2024

Step 1 - Introduction to Year 10 Study (800-000542)

Step 2 - Cert II in Further Study Skills - Yr 10 (11041NAT)

COURSE DESCRIPTION:

This course is for people who are looking for an alternative pathway to further study qualifications and require Mathematics, English, Science and Humanities knowledge, and skills for engagement in further education and training.

COURSE DELIVERY:

You can expect to do between 14-20 hours per week, with additional hours per week of self-paced learning. Learner Support is available.

CLASSES START:

Monday 22 July 2024

HOW TO GET INVOLVED?

Speak to your school or Gymea TAFE to book an interview to discuss the options for you. Minimum age 15 years old.

BOOK A SESSION



LOCATION

TAFE NSW Gymea
Hotham Rd, Gymea

INFORMATION SESSIONS

BY APPOINTMENT:

Thursday 30 May 2024
Thursday 6 June 2024
Thursday 20 June 2024

TAFE NSW - Gymea, Hotham Rd, Building A, Ground Floor.

Applicants must arrive by 2:00pm and be available until 6:00pm

Book an appointment at Gymea TAFE by using the QR Code (preferred method) or by emailing:

Lianne.Sotheran1@tafensw.edu.au

USE QR CODE

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tafensw.edu.au
131 601

- Nationally Recognised Training
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Rockdale Free Childhood Immunisation Clinic

Rockdale Hub (next to Rockdale Public School) Lord Street, Rockdale
Thursday 27th June 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:
25/07/2024

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

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





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**

In the Courtyard Cafe is BACK!

Monday - Friday 8:30am - 2pm



Did you know Orana has a social enterprise Courtyard Cafe,
called 'In the Courtyard'?

Well, we are back and open with new
Three Pence Coffee!

Located in rear courtyard 3a Stapleton Avenue Sutherland

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.
Friday 14 June 2024

+ 12th July!

Services attending the Hubs include:

- 2Connect (Youth & Community Services)
- Births, Deaths and Marriages
- GambleAware - South Eastern Sydney
- Gymea Community Aid & Information
- Hearing Australia
- HOMES NSW (Housing Services)
- Mission Australia
- Orana NSW Inc
- Revenue NSW (Fines & Debts)
- Seniors Rights Service
- Services Australia (Centrelink)
- Service NSW (Government Services)
- Sutherland Shire Council
- Vinnies

FREE VACCINATIONS

(Flu, Shingles & Pneumococcal)

*Please bring Medicare Card



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

Cooking: *For Joan*

In loving memory of one of Orana Sutherland's long standing volunteers; Joan Troughton. Joan dedicated many years to volunteer and support Orana's clients at our weekly Tuesday Breakfast and in the office. As a well established cook in England, Joan often brought beautiful cakes and meals in for staff and other volunteers to try every Thursday. In Orana's former Community Contact magazine, she had her own 'Cooking with Joan' where she would share her favourite classic English recipes. It was a true privilege to have known Joan and have her in our team with so much kindness, grace and compassion towards others. She will be missed greatly by us all, and this ones for her.

Classic Victoria Sponge Cake

Ingredients

- 4 ounces unsalted butter, softened, plus more for the pans
- 8 ounces self-rising flour
- 2 teaspoons baking powder
- 3 large eggs, at room temperature
- 8 ounces superfine sugar
- 3 ounces margarine
- 1 jar good-quality strawberry jam
- 7 ounces heavy whipping cream, whipped to firm peaks
- Confectioners' sugar, for dusting
- Fresh strawberries, optional



Method



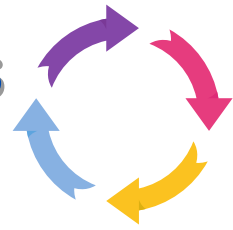
- Gather the ingredients. Preheat the oven to 350 F/180 C/Gas 4.
- Lightly grease two 8-inch baking pans. Line the bottom with lightly greased baking parchment.
- In a large bowl, sift together the flour and baking powder.
- Using a stand mixer, or electric hand mixer, mix together the eggs, superfine sugar, and sifted flour-baking soda mixture with the softened butter and margarine until completely combined. The mixture should be of a soft, dropping consistency. If you don't have an electric mixer, use a wooden spoon.
- Divide the cake batter evenly between the pans and lightly smooth the surface of the cakes.
- Pop them onto the middle shelf of the heated oven and bake for 25 minutes, or until the cakes are well-risen and golden brown on the surface. If the cakes are browning too quickly, lower the temperature just slightly, but do not be tempted to open the door.
- Once they are risen and brown, you can open the door to check by gently pressing the center of the cake—it should spring back easily. Remove the cakes from the oven and place on a cooling rack for 5 minutes.
- After 5 minutes, the cakes should start shrinking away from the sides of the pans. Carefully invert the cakes onto a wire rack to cool completely.
- Once cooled, place one cake, cooked-side down, onto a plate. Cover with a thick layer of strawberry jam.
- Follow that with an even thicker layer of whipped cream.
- Top with the second cake, dust with confectioners' sugar, and decorate with fresh strawberries, if you wish.

RECIPE LINK:

<https://www.thespruceeats.com/victoria-sponge-cake-recipe-434876>



My Mental Health Matters



Seven Types of Rest

Did you know there are seven types of rest?
'Calm' is here to tell you all about it!

Understanding the different types of rest can transform our approach to rejuvenation and wellbeing. Each type can play a vital role in your overall health and wellbeing. By finding ways to bring these forms of rest into your life, you can move toward a more balanced, energetic, and fulfilling existence.

1. Physical rest

Good quality sleep is a big part of physical rest, but it also includes activities like lying down, relaxing your muscles, and engaging in gentle movement. These actions can help your body recover from the physical demands of daily life, reduce muscle tension, and boost energy levels. Sometimes, practices like yoga or a leisurely walk can be just as restorative as a nap.

2. Mental rest

Your brain is constantly processing information, making decisions and solving problems. Mental rest can give your mind a break from this relentless activity. Mindfulness practices—like meditation, taking short breaks during workdays, or engaging in hobbies that let your mind wander—can help achieve mental rest. This can help you reduce mental fatigue, enhance focus and boost creativity.

3. Emotional rest

Emotional rest means allowing yourself to feel and express your emotions in a healthy way. It's about being honest about your feelings, seeking support when you need it, and stepping away from emotionally draining situations. This can lead to improved emotional intelligence, better relationships, and a greater sense of inner peace.

4. Sensory rest

We live in a world full of constant stimulation—bright lights, loud noises, and screens everywhere. Sensory rest involves reducing this overload. This might be as simple as turning off your electronic devices, embracing quietness, dimming lights, or enjoying nature. Sensory rest can help in reducing the strain on your senses and can lead to a calmer, more focused state of mind.

5. Creative rest

Creative rest rejuvenates your creativity. Engaging with the beauty in the world, whether it's art, nature, or music, can allow you to become inspired. This type of rest can spark new ideas, enhance problem-solving skills, and bring joy.

6. Social rest

Social interactions can be a complex part of our lives. Social rest involves surrounding yourself with positive and supportive people, whilst distancing yourself from relationships that are draining or stressful. It can help in building stronger, more fulfilling relationships and can greatly improve your mood and outlook on life.

7. Spiritual rest

Finding meaning and purpose beyond your daily routines is known as spiritual rest. It can be achieved through activities that connect you to something greater than yourself, like meditation, prayer, or community involvement. Spiritual rest can provide a deep sense of calm and a renewed perspective on life.

More
info



<https://www.calm.com/blog/7-types-of-rest>



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/>

