

Orana
Community Matters



 **Orana**
E-News



**Happy July,
Subscribers!**

We are nearing the end of July, only one month left of winter! All our regular programs are running, with some monthly specials. Don't forget Orana's community pantry is available to anyone struggling financially and who live in the Sutherland Shire.

Enjoy your subscription and come say hello!

**Next edition will be Friday
23rd August.**

“

*I am lost for words at the kindness you have shown me. You took me from being overwhelmed and depressed and I had enough to worry about.
Thankyou*

Orana Client

Stay tuned for **Tax Help at Orana...** coming soon! Call on 9521 8280 to book.

We are hosting a community art day, Live Well Special! More information inside!

IN YOUR EDITION 76:

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- ORANA VOLUNTEER OPPORTUNITIES
- COMMUNITY NEWS
- COMMUNITY EXPO PHOTOS
- GOVHUB EVENTS
- COOKING ON A BUDGET
- MY MENTAL HEALTH MATTERS



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

Whats on at Orana



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.

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



SIMPLY DIGITAL TECH SUPPORT SERVICE

FIRST WEDNESDAY OF THE MONTH
ONE ON ONE SUPPORT

3A STAPLETON AVENUE SUTHERLAND
APPOINTMENTS AVAILBLE 10AM - 12PM

BOOK IN:
9521 8280



ARE YOU A GRANDPARENT LOOKING AFTER YOUR GRANDCHILD FULL TIME?

COME ALONG TO ORANA'S GRANDPARENT
SUPPORT GROUP! COME FOR A CUP OF TEA AND
A RELAXED CHAT WITH OTHERS IN A SIMILAR
SITUATION

LAST THURSDAY OF EVERY
MONTH
3A STAPLETON AVENUE
SUTHERLAND
10AM - 12PM

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

<https://oranansw.org.au>



Whats on at Orana cont.

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.



**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

Orana Women's Health Book Club

Wednesday 31st July – 1pm

Call Bernadette to RSVP: 9525 2025

**TO SEE YOU AGAIN BY BETTY SCHIMMEL
AND JOYCE GABRIEL**

One of the most moving love stories to come out of the Second World War.

Betty Schimmel survived death marches and the notorious concentration camp at Mauthausen, but she lost her first love, Richie. She gave him up for dead, and married Otto, a fellow death camp survivor. But three decades later she meets Richie again.



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

<https://oranansw.org.au>

Come along to our Live Well Special!



Orana Live Well Group Presents

Birds & Branches

Community Art Day

In partnership with Mission Australia and local artist;
Philip Aspden

Come and join our Birds and Branches community
canvas that we will create together, led by Philip.
Morning tea included.



When: Friday 2nd August 10am - 1:30pm

Where: 3a Stapleton Avenue Sutherland

Cost: FREE

RSVP: Spots limited. Please call 95218280 or email
admin@oranansw.org.au by 29th July to book your spot.



**MISSION
AUSTRALIA** | together
we create

Orana
Welcoming You



Spots Limited!

RSVP NOW!

Orana
Community Matters

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 2024 TRAINING

Looking to volunteer for a few hours a week?



Love working with young children? ❤️

See yourself supporting a new parent? ❤️

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

Training will be **FRIDAY 30th AUGUST**
9:30am - 2:30pm.

VOLUNTEERS NEEDED DUE TO INFLUX OF REFERRALS.

Please contact Caroline and Leah at Orana on
9521 8280 or email

earlysupport@oranansw.org.au for more
information and an application form



Community News



DID YOU KNOW?
Apply via Mission

Are you receiving a Parenting Payment?
Do you have children under the age of 6?
Would you like access to funding and vouchers that can support your goals?

- Driving Lessons
- Medical Expenses
- Laptops
- Tools
- Referrals
- Transport Costs
- Textbooks
- Workwear
- Funding for courses
- Activities & Workshops

Contact your local Mission Australia ParentsNext office for more information.

MISSION AUSTRALIA ParentsNext

FREE EMOTION SKILLS GROUP



This group is for young people 13 – 24 years old to learn mindfulness, positive coping strategies for emotional stress and how to better communicate with others.

This is for you if you would like to:

- Learn practical skills from DBT teachings
- Become better at regulating emotions
- Learn what to do when feeling stressed and overwhelmed
- Do some pilates
- Learn about meditation, Qi Gong and tapping

Location: Project Youth Miranda – 91a Kiara Rd, Miranda
When: Every Wednesday for 8 weeks (exact dates TBC)
Time: 4 – 5.30pm

Contact Julie to find out more!
support@projectyouth.org.au
0409 812 609




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 **FUSSY EATING**

Monday 19th August 2024 6:30pm – 8pm

Fussy eating is common in children. Tips to help include making mealtimes pleasant and stress free.

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

Can you spot a scam?

24 Jul 2024



Probus South Pacific are proud to be collaborating with the eSafety Commissioner on a free Probus exclusive presentation covering tips and tricks to help you spot a scam this Scams Awareness Week, which runs from Monday 26 – Friday 30 August.

Register to join an Exclusive Probus Presentation on "Can you spot a scam?".

This online presentation covers:

- common scams
- tips on how to spot them
- what to do and what not to do
- where to go for help

This is a free live Be Connected presentation, hosted by the eSafety Commissioner on Thursday 29 August at 10.00am AEST.

[Click here to register.](#)



NEW Hopefield SERVICE

Psychology Services are now available for adults who have experienced trauma and diagnosed mental health and personality disorders at the Hopefield Support Services office in Cronulla by Jair Graham.

Appointments available Monday and Wednesdays 8:30am-3:30pm.

Jair Graham

Education
 B.A. Psych. (Hons)
 MPROPSY

Fees
 Mental Health Care plan essential.

Contact us
 Details below



OPENINGS NOW AVAILABLE FROM JULY 1

admin@hopefield.org.au
 02 9545 0299 hopefield.org.au

Hopefield
 ABN 62 161 187 981



SCORE SHARKS

The Disability Trust, in partnership with the Cronulla Sharks, have developed the Score Sharks program to provide the opportunity of learning the game of rugby league in a safe, fun and supported environment! The Sharks team will provide support throughout the program.

Starting Term 2, 2024

Scan for more info

DATE
 Wednesdays

TIME
 4:15pm – 5:45pm

LOCATION
 Sutherland Oval,
 110 The Grand Parade,
 Sutherland

COST
 NDIS funding required

For more information please contact Liz Evangelou.
 Phone: 02 8582 1374 | Email: Sydneyrecbookings@disabilitytrust.org.au



Phone 1300 347 224
disabilitytrust.org.au

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



COMMUNITY EXPO DAY 2024



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

+ 9th August!

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: *Slow Cook*

It's COLD! Have a slow cooker? Try this.

Slow-cooker mango chicken



Ingredients

- 2 tbsp yellow curry paste
- 1 tsp ground turmeric
- 6 Coles RSPCA Approved Chicken Thigh Fillets, trimmed, halved crossways
- 500g pkt frozen mango cheeks, partially thawed, coarsely chopped (see note)
- 2 red capsicum, deseeded, thickly sliced
- 1 large red onion, cut into wedges
- 1 tbsp finely grated fresh ginger
- 3 garlic cloves, crushed
- 1 tbsp olive oil
- 200ml UHT coconut cream (see note)
- 1 tbsp brown sugar
- 2 green shallots, thinly sliced
- 2/3 cup fresh coriander leaves
- 1 fresh long red chilli, thinly sliced
- Lime wedges, to serve
- Steamed rice, to serve



Method

1. Combine the curry paste and turmeric in a large bowl. Add the chicken, season and toss well to combine. Set aside.
2. Place half the mango in a food processor and process until smooth. Transfer to the bowl of a slow cooker. Stir in 80ml (1/3 cup) water. Top with capsicum, onion, ginger and garlic.
3. Heat oil in a large frying pan over medium-high heat. Add chicken and cook, turning, for 5 minutes or until golden brown. Add to the slow cooker bowl. Cover and cook on Low for 3 hours or until the chicken is starting to become tender.
4. Add coconut cream to the slow cooker. Cover and cook on High for 1 hour or until the sauce thickens slightly. Stir in the remaining mango along with the sugar. Cook for a further 10 minutes or until the mango has warmed through. Turn off slow cooker and set aside for 5 minutes to rest.
5. Divide rice among serving plates. Add chicken and sprinkle with with green shallots, coriander and chilli. Serve with lime wedges.

RECIPE LINK:

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



My Mental Health Matters

Sleep zzzz



Sleep and Self Care go hand in hand. Some tips for good quality sleep below:

1. Have a regular sleep pattern

Try to go to bed at around the same time every evening and get up at around the same time every morning. Improved sleep will not happen as soon as changes are made. But if good sleep habits are maintained, sleep will certainly get better. Find what time works for you and stick with it.

2. Spend the right amount of time in bed

Most adults need about 7 to 8 hours sleep every night. Some require more and some less. Many poor sleepers spend much more than 8 hours in bed and this makes fragmented sleep a habit. Except if you have lengthy sleep requirements, limit your time in bed to no more than 8.5 hours. If you often take hours to fall asleep, go to bed later. Remember that children need more sleep than adults.

3. Bed is for sleeping, not entertainment

Hand-held electronic devices (e.g., smartphones) and other distractions can interfere with your sleep. It is better not to sleep with your TV or other devices on. Your mind needs to be in the habit of knowing that if you are in bed, you are there to sleep. Don't stay in bed if you are wide awake.

4. Winddown and relax before going to bed

Have a buffer zone before bedtime. Sort out any problems well before going to bed. This may mean setting aside a 'worry time' during the day. Use this time to go over the day's activities and work out a plan of action for the next day. Try to avoid using your computer or other electronic screens within one hour of bedtime. Exercise is fine, but not too late in the evening. Find a relaxation technique that works for you and practice it regularly, during your wind down period.

5. Make sure your bedroom is comfortable

You should have a quiet, dark room with comfortable bedding and good temperature control.

6. Alcohol, caffeine and cigarettes – to be avoided

Alcohol may help you to get off to sleep, but will disrupt your sleep during the night. Caffeine (tea, coffee, cola drinks) and the nicotine in cigarettes are stimulants that can keep you awake.

7. Avoid daytime naps

Sleeping during the day will make it much more difficult to sleep well at night. If a nap is absolutely necessary, for example because of a late night, then limit this to about twenty minutes. Make sure that you are awake for at least 4 hours before going back to bed. Don't allow yourself to fall asleep in front of the TV – not even for a minute.

8. Don't lie awake watching the clock

Watching the time on a clock just makes you anxious about not being asleep. If possible, take the clock out of your bedroom. If you need the clock for the alarm, turn it around so that you cannot see the time. Resist the temptation to look at the time on your various electronic devices. These should ideally be charged outside of the bedroom overnight.

9. Avoid sleeping pills except in exceptional circumstances

They do not fix the cause of your sleeping problem.

10. You may need professional help

If you are still having trouble sleeping, if you have persistent problems with mood, if you have excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed despite what should be adequate length sleep, make sure that you go and see your doctor.

More info



<https://www.sleephealthfoundation.org.au/sleep-topics/ten-tips-for-a-good-nights-sleep>



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/>

