

EDITION 77

23rd August 2024

Orana
Community Matters



Orana E-News



Happy August, Subscribers!

Can you feel the warmer weather? Here's hoping it stays! Spring is around the corner. We have many programs running for our community, so pop on in.

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
27th September.

“

*I can't thank you
enough... you didn't
give up on me*

Orana Client

**Our Women's Health
Service is having a
fundraiser! More
information inside.**

Stay tuned for **Tax
Help at Orana...**
coming soon! Call
on 9521 8280
to join the wait
list...

IN YOUR EDITION 77:

- WHATS ON AT ORANA
- NEW! ORANA SERVICE
- WOMENS HEALTH FUNDRAISER!
- ORANA VOLUNTEER OPPORTUNITIES
- COMMUNITY NEWS
- 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



Dementia Carers Friendship Group

A free community group run by Orana

WHEN: 2nd Tuesday of the month

TIME: 10am - 12pm

WHERE: Orana Sutherland: 3a Stapleton Avenue Sutherland

ENQUIRIES: Please call 9521 8280 or email admin@oranansw.org.au

Talking with others over a cuppa can sometimes be a relief and give us the encouragement and confidence to keep going.

To know that we're not alone on this journey and that there are others we can talk to can make all the difference. We share the common experience of caring for a family member living with dementia, whether that is a partner or a parent or a sibling.

ALL WELCOME



POPPEY PLAYGROUP

At Orana NSW Inc

COME AND JOIN US!

THURSDAYS
10AM - 12PM
3A STAPLETON AVENUE
SUTHERLAND

FOR MORE INFO PLEASE EMAIL: EARLYSUPPORT@ORANAINC.ORG

WHY PLAY WITH US?

- POPPEY Playgroup is a playgroup run by Orana NSW Inc in partnership with South Eastern Sydney Local Health District and supported by Cronulla Lions Club.
- POPPEY 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.

Logos: Orana, NSW Health South Eastern Sydney Local Health District, Cronulla Lions



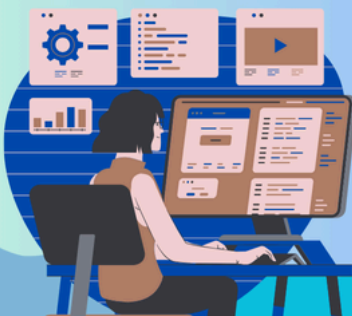
SIMPLY DIGITAL TECH SUPPORT SERVICE



FIRST WEDNESDAY OF THE MONTH
ONE ON ONE SUPPORT

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

BOOK IN:
9521 8280



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'?

We'll be back and open with new Three Pence Coffee!

Located in rear courtyard at Stapleton Avenue Sutherland

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.



Orana Women's Health Book Club

Call Bernadette to RSVP: 9525 2025

Wednesday 28th August – 1pm

LADY TAN'S CIRCLE OF WOMEN BY LISA SEE

In 15th century China two women are born under the same sign, the Metal Snake. But life will take the friends on very different paths.

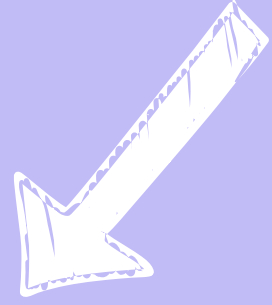
A captivating story of women helping other women.
It is also a triumphant reimagining of the life of a woman who was remarkable in the Ming dynasty and would be considered remarkable today.



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

<https://oranansw.org.au>

Orana Sutherland has a **NEW** service!



**NEW
SERVICE!**

ADMINISTRATION SUPPORT VOLUNTEER SERVICES!

**SOME OF THE THINGS OUR QUALIFIED
VOLUNTEER CAN HELP YOU WITH**

- Filling out forms
- JP services
- Digital Mentoring

**BOOK
IN
NOW**

Available Thursdays between 12pm - 3:30pm
Appointment ONLY
3a Stapleton Avenue Sutherland

Book via phone or email contact details below.



9521 8280

admin@oranansw.org.au





PLEASE JOIN US FOR ORANA'S

SUPPORTING WOMEN FUNDRAISING BRUNCH

FRIDAY OCTOBER 18 : 10AM TO 12.30PM



Please join us for a special morning with brunch + bubbles hosted by Channel 7 News personality, Angela Cox.



TICKETS \$65

Selling fast! Use the QR code to purchase:



VENUE:

St George Motor Boat Club
2 Wellington St, Sans Souci

FOR FURTHER INFORMATION:

Call 9525 2058 or email
bernadette@oranansw.org.au
<https://www.trybooking.com/CUOCW>

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



~ 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 with children aged 0-3 in the Sutherland Shire.

OUR NEXT TRAINING DAY WILL ON FRIDAY

30TH AUGUST

9:30AM - 2:30PM

AT ORANA SUTHERLAND OFFICE



CONTACT

Caroline or Leah on 9521 8280 or
email: earlysupport@oranansw.org.au



Community News



Rockdale Free Childhood Immunisation Clinic

Rockdale Hub (next to Rockdale Public School) Lord Street, Rockdale
Thursday 26th September from 9 AM - 3 PM

Bookings are recommended

Booking an appointment is easy!

Medicare not required

Call 1300 244 288 to book in a time

NEW DATES ADDED!!



Can't make it?
Next clinic date:
24/10/2024

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



Womens Health Week

Live Q & A Session
for young people 15-25 years old

4:30pm-6pm
5th of September 2024



Jocey

Register here now:



Join us for a fun, free and inclusive event with our South Eastern Sydney Local District Women's health nurse!

Whether you're a woman, non-binary, or trans, come learn, ask questions, and empower yourself with essential health knowledge.

We will be discussing all things female anatomy, periods, pain and sexual health to celebrate Women's Health Week.

We will have snacks, friendship bracelet making, activities and more!

headspace Miranda
5/522 Kingsway

Call 9575 1500 for more information

SESLHD Women's Health Phone Number: 0408 901 378



Free to attend

Parent/Carer workshops

Positive Partnerships Parent/Carer workshops provide the opportunity for participants to learn and share with and from other parents and carers of school-aged children on the autism spectrum.

The workshops are designed to help you understand your young person and foster productive school, family and community relationships.

Participants can access the following workshop types:

- 1 day (in person)
- 2 days (in person)
- Online sessions (covering a variety of topics)

Topics explored include:

Diversity of autism

- examines parent's knowledge of autism and how autism directly impacts their child at home and school
- investigates a range of practical strategies to use at home and school to improve learning outcomes

Working together

- examines ways for parents to strengthen partnerships between home, school and community
- increases awareness of support and services for families and how they can be accessed
- explores ways parents can advocate more effectively for their child's needs
- helps parents develop a plan for moving forward



Understanding sensory processing

- explores sensory processing and the different ways children on the autism spectrum can be impacted by sensory needs
- identifies strategies that can be used to help manage and support children experiencing sensory processing issues

Understanding behaviour

(only offered at our 2-day workshop)

- examines the function/purpose of behaviours
- recognising that understanding behaviour is the key to supporting children on the autism spectrum
- explore tools and strategies to understand and respond helpfully to our young people



Scan the QR code for more information about our workshops and resources.

“Such supportive and knowledgeable presenters - I feel much more engaged and informed about Autism and where I am better equipped to help my children! Thank you so much for the opportunity to attend this informative workshop.”
(Sandgate Qld - 2 day PC)

www.positivepartnerships.com.au

This initiative is funded by the Australian Government Department of Education through the Helping Children with Autism package. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.

Come join us!

BULBUWIL ART GROUP

AUGUST 21 & 28 (WED)

10:30AM-12:30PM

AT HEALTH ONE

- 🌸 Paint garden pots in preparation for our Bush Tucker Garden
- 🌸 Led by Joanne Cassidy Hamilton from Baggarra Designs
- 🌸 Light morning tea and painting materials provided

If you would like to get involved or have any questions, give the team a call on **0409 731 923!**

Community News Cont.



NSW COUNCIL OF SOCIAL SERVICE

ART COMPETITION

\$2500 PRIZE FOR THE WINNING DESIGN!

FOR YOUNG FIRST NATIONS ARTISTS

DESIGN THE FRONT COVER OF THE NCOSS ANNUAL REPORT ON THE THEME OF 'TOWARDS SELF DETERMINATION'.



ENTRY IS FREE! COMP CLOSURES ON FRIDAY SEPTEMBER 13, 2024.



SCAN THIS QR CODE FOR MORE INFO.



More information: at www.ncoss.org.au

Navigating the Health Care System in Australia



Join us for a free information session to learn how the health care system works in Australia and be guided on how to use the Health Interpreter Service.

St George Liver Clinic will uncover myths and facts around hepatitis. Morning tea provided.

Monday 9 September, 10am – 12pm

Registration from 9:45am

Rockdale Library, 444-446 Princes Highway

Secure your spot via the QR code or call 1300 581 299.



South Eastern Sydney Local Health District



Pride Space

A safe place for young people of any sexuality or gender to come by, meet up and make new friends.

FREE FOOD, GAMES, FUN & ACTIVITIES

New LGBTQA+ social group for young people 17-25 years old

Pride Space Dates:

Feb 27th	Jul 30th
Mar 26th	Aug 27th
Apr 30th	Sep 24th
May 21st	Oct 29th
Jun 18th	Nov 26th

When?
Once a month on Tuesdays 4pm-6pm

Where?
headspace Miranda

Open to all
To register, call Amy on 0431 658 457 or (02) 9575 1500

Email to
amy.lloyd1@stride.com.au

Run by headspace Miranda & 2Connect Youth & Community



10AM-1PM, 11 SEPTEMBER 2024
JANNALI COMMUNITY CENTRE
15 JANNALI AVE, JANNALI

Join now
MID-AUTUMN FESTIVAL CELEBRATION

- Free entry
- Cultural performance
- Free refreshment

RSVP and enquiry, please contact Ronnie:
95975455 ronnie@advancediversity.org.au



GOVHUB POP UP: BRIDGING GOVERNMENT & COMMUNITY

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

@ Orana, 3a Stapleton Ave, Sutherland
10am - 12pm

Friday 13th September 2024

Services attending the Hub include:

- Births, Deaths & Marriages
- CatholicCare
- Corrections
- GambleAware
- Gymea Community Aid
- Hearing Australia
- HOMES NSW (Housing Services)
- LegalAid
- Mission Australia
- Marrickville Legal Centre
- Mission Australia
- Orana NSW Inc
- Revenue NSW (Fines & Debts)
- Services Australia (Centrelink)
- Service NSW (Government Services)
- Sutherland Shire Council
- Sydney Water
- Vinnies

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



Cooking: *for Dad*



Fathers Day is around the corner. Here's a dish to make for any father figure in your life for breakfast on Fathers Day!

Breakfast Burgers

Dressing:

- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon drained prepared horseradish

Burger:

- 12 ounces ground beef (80-percent lean)
- 8 ounces bulk Italian sausage
- Kosher salt and freshly ground black pepper
- 1 tablespoon unsalted butter
- 1/2 cup shredded Cheddar (about 2 ounces)
- 4 English muffins, regular, sandwich-size or corn, split and toasted
- 1 vine-ripe tomato, thickly sliced into 4 pieces
- 1 cup peppery greens, such as baby arugula, mustard greens or watercress
- 4 large eggs

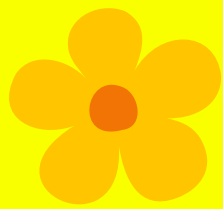


Method

1. For the dressing: Stir the mayonnaise, mustard and horseradish together in a small bowl and set aside.
2. For the burgers: Gently mix together the ground beef, sausage and 1/4 teaspoon each salt and pepper. Divide the meat into 4 pieces and form each into a 4-inch patty.
3. Melt the butter in a 12-inch nonstick skillet over medium-high heat and add the patties. Cook until well browned, about 3 minutes, and then flip. Top with some of the cheese and continue to cook until the cheese is melted and the burger is just cooked through, 2 to 3 minutes.
4. Spread the toasted muffins with some of the mustard dressing and top with a slice of tomato and a burger patty.
5. Crack the eggs into the skillet with the sausage drippings and cook to your preference.
6. Place an egg on each burger and finish with some baby arugula on the top of the English muffin.

My Mental Health Matters

R U OK Day is 12th September 2024



Below are some resources to help you check in with someone. Plenty more in the link below.

Ask RUOK? ANY DAY

Have a conversation using these 4 steps

- Ask R U OK?**

How are you travelling?
You don't seem yourself lately - want to talk about it?
- Listen**

I'm here to listen if you want to talk more.
Have you been feeling this way for a while?
- Encourage action**

What do you think is a first step that might help you?
Have you spoken to your doctor about this?
- Check in**

Just wanted to check in and see how you're doing?
Have things improved for you since our last chat?

Learn more at [ruok.org.au](https://www.ruok.org.au)

How to stay connected and ask R U OK? any day

Start by asking, 'are you OK?'

No, I'm not OK. **Yes, I'm fine.** **But your gut says they're not:**

Dig a bit deeper:

- "What's been happening?"
- "Have you been feeling this way for a while?"
- "I'm ready to listen if you want to talk."

Listen with an open mind

Encourage action and offer support

- "How can I help?"
- "Have you thought about seeing your doctor?"
- "What would help take the pressure off?"

Make time to check in

"Let's chat again next week."

[ruok.org.au](https://www.ruok.org.au)

Ask RUOK? ANY DAY

The 4 steps of an R U OK? Conversation

- Ask R U OK?**
- Listen**
- Encourage action**
- Check in**

Find tips at [ruok.org.au](https://www.ruok.org.au)

Useful contacts

If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).
You can also seek support from your doctor or one of these support services (24/7).

Lifeline 13 11 14 lifeline.org.au	Beyond Blue 1300 224 636 beyondblue.org.au	Suicide Call Back Service 1300 659 467 suicidecallbackservice.org.au
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Other useful contacts

More contacts: [ruok.org.au/findhelp](https://www.ruok.org.au/findhelp)

[ruok.org.au](https://www.ruok.org.au)

When you might need to ask, 'are you OK?'

The people in your world won't always tell you if something's troubling them, so it's important that you make asking, 'are you OK?' a part of your everyday relationships with friends, family, team mates and colleagues.

The earlier you provide an opportunity for someone to open up to you, the sooner they can find appropriate support or, if needed, seek professional help and the greater the chance that together, you can stop small problems from becoming bigger ones.

Moments you might need to ask include times when:

- They're experiencing relationship difficulties or breaking up with a partner.
- They're experiencing increased levels of stress or constant stress.
- They're experiencing financial difficulty.
- They're going through a period of major change at work, home or in life.
- They have experienced the loss of someone or something they care about.
- They're facing a major health issue.



You may also notice changes in what they're saying or doing



WHAT ARE THEY SAYING?

Look out for changes in what they're saying or expressing. They might:

- Sound confused or irrational.
- Express they can't cope or feel out of control.
- Be more critical of themselves or others.
- Sound like they're trapped or in pain.
- Share feelings of loneliness or being a burden to others.

WHAT ARE THEY DOING?

Look out for changes in how they're behaving or what they're doing. You might notice:

- They are lacking motivation or energy.
- They seem unable to 'switch off'.
- Changes in their sleeping, exercise or eating patterns.
- Them becoming more or less interested in their appearance.
- They've lost interest in something they used to enjoy.



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/>

