

Orana

Community Matters



EDITION 78

27th September
2024



Orana E-News



Happy September, Subscribers!

We've officially 'stepped into Spring'! We have many programs running for our community, so pop on in.

OCTOBER IS MENTAL HEALTH MONTH! We have numerous programs to support your mental health. Call us for more information.

Enjoy your subscription and come say hello!

Next edition will be Friday 25th October.

“

Just wanted to say thank you for everything you have done for me in the last two years and for supporting me through the most difficult time in my life.

Orana Client

Orana has **TAX help** appointments on **Mondays and Wednesdays until 31st October!**

Day Light Saving!
Sunday, 6 October 2024, 2:00 am clocks are turned forward 1 hour to Sunday, 6 October 2024, 3:00 am AEDT instead.
Sunday, 6 April 2025, 3:00 am clocks are turned backward 1 hour to Sunday, 6 April 2025, 2:00 am AEST instead.

IN YOUR EDITION 78:

- [WHATS ON AT ORANA](#)
- [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



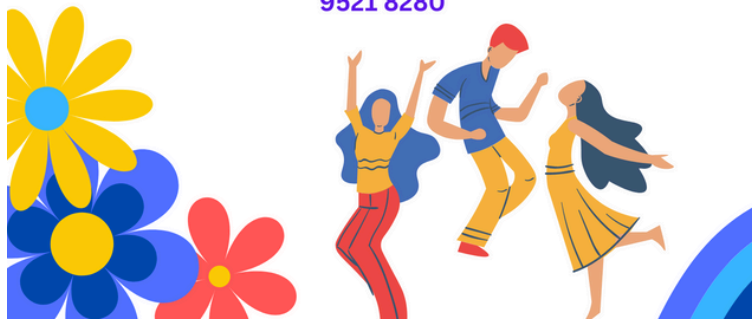
Orana's **LIVE WELL** Group

Come along join us and learn some ways to lift your mood!

Including fun activities, laughter to keep you motivated .

1st Friday of each month 10am-12pm.
Morning tea provided.

3A Stapleton Avenue Sutherland.
9521 8280



NEW SERVICE! **ADMINISTRATION SUPPORT VOLUNTEER SERVICES!**

SOME OF THE THINGS OUR QUALIFIED VOLUNTEER CAN HELP YOU WITH

- Filling out forms
- JP services
- Digital Mentoring

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

Book via phone or email contact details below.

BOOK IN NOW



9521 8280 admin@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



POPPY 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?


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



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

<https://oranansw.org.au>

Whats on at Orana cont.



**Get Tax Help
your way**

Free help with your tax return – online, in person or by phone. There have never been so many ways to talk to a Tax Help volunteer.

Find out if you're eligible.
ato.gov.au/taxhelp | 13 28 61

Australian Government
Australian Taxation Office

Tax Help Available at Sutherland! Please call 9521 8280 to see if you are eligible for an appointment.



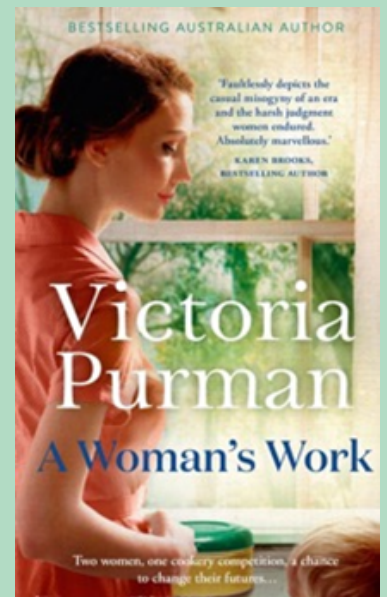
Orana Women's Health Book Club

Call Bernadette to RSVP: 9525 2025

Wednesday 30TH October 2024

A Woman's Work by Victoria Purman

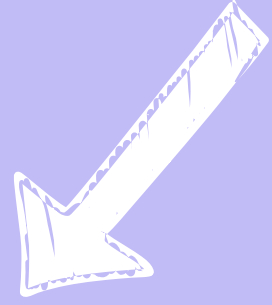
The astonishingly rich prize of the 1956 Australian Women's Weekly cookery competition offers two women the possibility of a new kind of future in this compassionate look at the extraordinary lives of ordinary women – our mothers and grandmothers – in a beautifully realised post-war Australia.



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!

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VOLUNTEER CAN HELP YOU WITH**

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**BOOK
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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:

Casual Meal Program volunteers - Tuesday & Friday
Must be willing to be put on a roster.



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

Community News



Children's Week 2024

Saturday 19 – Sunday 27 October

Children have the right to a clean and safe environment.



FREE FACE PAINTING & KIDS ACTIVITIES!



MEET WITH LOCAL SERVICES!

Celebrate Children's Week 2024 in the Shire
Friday 25th October, 10am - 12pm
Cronulla Central Hall, 38-60 Croydon St, Cronulla



Cronulla YOUTH SPACE

A SAFE SPACE TO HANG OUT WITH YOUR FRIENDS.

FOR 4 WEEKS ON THURSDAYS

19th Sep: 2:30pm to 4pm

26th Sep: 2:30pm to 4pm

3rd Oct: 2:30pm to 4pm

('Paint Our Boards' Workshops)

10th Oct: 2:30pm to 4pm

('Paint Our Boards' Workshops)



Scan this QR Code to learn more about 'Paint Our Boards' Workshops

ARE YOU 12-18 YEARS OF AGE?

JOIN US FOR FREE FOOD & ACTIVITIES!
FREE PIZZA, TABLE TENNIS, HAND BALL COMPETITION, LOLLY PONG & FUN GAMES!

LOCATED AT:

Cronulla Community Hall
38-60 Croydon St, Cronulla

CALL PAUL TO LEARN MORE:

02 9556 1769

OR EMAIL US:

project@2connect.org.au



YOUTH PANEL

LET'S CHAT ABOUT IT WITH BLAKEY JOHNSON

Young people 12 to 25 are invited to Cronulla Hall to discuss issues affecting youth, with a panel chaired by mental health advocate, Blakey Johnson. Enjoy free pizza, lucky door prizes and more!

Tuesday 1 October | 3pm to 4.30pm
Cronulla Central Hall | Bookings essential



libraries.sutherlandshire.nsw.gov.au




FREE CLOTHING AND GOODS EVENT
SOME NEW ITEMS ARE AVAILABLE BUT MOST ITEMS ARE PRE LOVED

IN SUPPORT OF GAMBLE AWARE WEEK

THURSDAY 10th OCTOBER
9AM – 12:30 PM

AT ROTARY COMMUNITY CENTRE
34 NORTH PARADE, CAMPSIE (1 block from Campsie train station)

ALL CLIENTS MUST REGISTER TO ATTEND AT

<https://prosperprojectaustralia.org/event/>

PLEASE PICK AN APPOINTMENT TIME (BETWEEN 9AM AND 12.30PM) AT THE TIME OF REGISTRATION

No nappies are available at this event





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



Community News Cont.



Understanding Changes in Behaviour

Sutherland, NSW
Wednesday 30 October 24

This session provides an introduction to dementia and changes to the brain, effects on behaviour and the impacts of changed behaviour. It will introduce problem solving models, including strategies to minimise and respond to changed behaviour.

This session is delivered interactively, you will be encouraged to share your experiences alongside other participants giving you an opportunity to develop new support networks.

Suitable for: Family carers and family members of people living with dementia. This session is not suitable for professionals employed in the health or aged care sectors.



When: Wednesday 30 October 24
10am - 1pm (3 hours)

Where: Sutherland Library Meeting Room
30 - 36 Belmont Street,
Sutherland NSW 2232

Cost: Free

Additional information:
Bookings are essential.
To register, please click this link:
<https://ucb-s.eventbrite.com.au>

Limited all day parking is available opposite the library on 6 - 8 Stapleton Avenue.

Find out more

For enquiry, please email: Gemma.Mitchell@dementia.org.au or call Gemma on (02) 8875 4671

This program and the National Dementia Helpline are funded by the Australian Government.

National Dementia Helpline **1800 100 500**

Find us online dementia.org.au



FREE ONLINE WEBINAR A PARENT'S GUIDE TO CHILDCARE IN SUTHERLAND SHIRE



SUTHERLAND SHIRE

1.30pm, Wednesday 9 October 2024

BOOKINGS ESSENTIAL
bit.ly/childcarewebinar2024

If you're starting your search for childcare or thinking about your future needs, join Sutherland Shire Council's FREE webinar.

Hear from their early childhood experts and find out all you need to know about childcare, including:

- Your childcare options
- Local demand and when to apply
- How to find a quality service - what to look for, questions to ask
- Preparing for childcare.



ENQUIRIES WELCOME
Ph 9710 0466

SUTHERLAND SHIRE
CHILDREN'S SERVICES



Generation Playtime School Holiday Workshops

Invite Nan and Pop and join us for Playgroup and Morning Tea these school holidays!

September 30th - October 4th

Every day 10am - 12pm

Where?
Gymea Bay Resource Centre
276B Gymea Bay Road
Gymea Bay

IT'S FREE!



Are you an older person who would like to make new friends? Come along to one of our Play workshops!

For more information, call our Member Services team on 1800 171 882.

Generation Playtime is funded by the Department of Communities and Justice and aims to connect senior citizens to their community.

'FREE FREE'*
JobSeekers with disability
Asylum seekers & Refugees
Youth & First Nations



Smart and Skilled sponsored

Office and Reception Skills course

Contact us:
0417 727 296
sgcdc@bigpond.net.au
www.sgcdc.com.au

(*contact us to check eligibility. NSW Government sponsored. Further fee free or small fee applies otherwise)

BSB30120 Certificate III in Business

Suite 1/ 2 Rose St
HURSTVILLE

Enrol now for immediate start

ST GEORGE CAREERS DEVELOPMENT CENTRE



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



GOVHUB POP UP: BRIDGING GOVERNMENT & COMMUNITY

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

@ Orana, 3a Stapleton Ave, Sutherland
11am - 1pm

Friday 12th October 2024

Services attending the Hub include:

*Services are subject to change

- 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

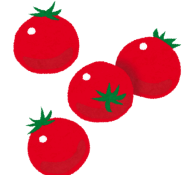
Light refreshments provided PLUS Orana hosts a FREE weekly lunch @ 12pm every Friday.



Cooking: *SPRING*

Spring Veges, yum! Enjoy one of Jamie Oliver's Spring Veg recipes

Spring Frittata



FRITTATA

2 firm medium green or yellow courgettes
1 bunch of fresh mint (30g)
olive oil
8 large free-range eggs
½ teaspoon truffle oil
1 pinch of cayenne pepper
4 sprigs of fresh thyme
40g pecorino cheese
1 fresh red chilli
20g feta cheese



TOASTS

4 slices of ciabatta (2cm thick)
1 clove of garlic
4 ripe cherry tomatoes
1 teaspoon dried oregano

SALAD

extra virgin olive oil
1 lemon
150g fresh podded peas
100g watercress
1 celery of heart

Method

1. Get your ingredients out and a food processor (fine grater and fine slicer). Turn the oven grill to high, and place a 26cm ovenproof frying pan and a griddle pan on high heats.
2. Grate 2 firm green or yellow courgettes in the processor, put into a bowl, season well with sea salt, tear in a few leaves from 1 bunch of fresh mint (30g), then toss and squeeze to get rid of the excess salty liquid.
3. Put 1 teaspoon of olive oil into the frying pan, sprinkle in the courgettes and fry for a few minutes, stirring often.
4. Beat 8 large eggs in a bowl with ½ a teaspoon of truffle oil, 1 pinch of cayenne pepper, the leaves from 4 sprigs of fresh thyme and 20g of finely grated pecorino, then pour the mixture over the courgettes.
5. Stir and mix for 1 minute, then finely grate over 20g of pecorino and put on the top shelf under the grill until cooked through, fluffy and golden (roughly 5 minutes).
6. Put 4 slices of ciabatta on the griddle, turning when golden. Pour 2 tablespoons of extra virgin olive oil on to a serving platter, squeeze over the juice of 1 lemon and season with a pinch of salt and black pepper.
7. Roughly chop the rest of the leafy top half of the mint and scatter over the platter with 150g fresh podded peas and 100g of watercress.
8. Swap to the fine slicer in the processor, then remove the outer celery sticks from 1 celery heart (save for another day), slice just the bottom half of the heart and add to the salad with the finely sliced leafy tops.
9. Remove the toasts to a nice serving board, rub each one with the cut side of 1 garlic clove and squash 1 ripe cherry tomato onto each, then sprinkle with a little oregano and 1 teaspoon of extra virgin olive oil.
10. Finely slice 1 fresh red chilli, then slide the frittata on to the board, scatter with the chilli, crumble over 20g of feta and serve with the salad, tossing gently at the last minute.

My Mental Health Matters

October is Mental Health Month



Below are some resources on Mental Health Month, as well as the link below:

Other Support



Wayahead Anxiety Support Groups
<https://understandinganxiety.wayahead.org.au/support-group-locations/>



One Door Mental Health Support Groups
<https://www.onedoor.org.au/support-groups>

Helplines

Wayahead 1300 794 991
 9am-5pm, Mon-Fri
 Help finding the right service for you in NSW

Lifeline 13 11 14
 24/7 Support for anyone having a personal crisis

Kids Helpline 1800 55 1800
 Phone and online counselling for people aged 5-25.

Beyond Blue 1300 22 46 36
 24/7 Mental health support

QLife 1800 184 527
 3pm to 12am, each day
 LGBTQI+ support

SANE Australia 1800 187 263
 Support for people or friends/family of someone with complex mental health

Griefline 1300 845 745
 8am to 8pm: 7 days AEST
 Support for people experiencing grief and loss

Suicide Call Back Service 1300 659 467
 24/7 Counselling for people feeling suicidal and their carers, as well as those who have lost someone

NSW Mental Health Line 1800 011 511
 24/7 Line for mental health information and intake to hospitals



Disclaimer - People are complex, and every situation is different, this is some general advice that may help you start a conversation with someone you care about.

2024 Mental Health Month


Let's Talk About How To Be A Mental Health Ally








01. Connect



Reach out and check-in with folks, if you notice a change in people's behaviour, take the time to check-in with your people. You could connect by meeting for a walk, or coffee/tea or to do a common interest you both share.


One way you can reach out is by sending them a text or giving them a call.

When you do connect, ask questions like:

- How are you doing?
- I've noticed you haven't been yourself, would you like to chat?
- Is there anything on your mind that you'd like to talk about?

If they decline your invite (don't take it personally - they might not be ready to chat) remember to continue to check-in on them and encourage connection with their family, friends and community.


02. Deep Listening




If someone is experiencing distress, communication might be difficult, taking time to listen and understand makes space for a range of experiences, and doesn't add pressure to the conversation.

Practice active listening, including being attentive to non-verbal communication—Don't start planning what you're going to say next and don't impose your opinions or solutions, just simply listen.

- Leave lots of time for replies (don't jump in) and allow people to write/text if they prefer
- Practice listening to understand, not to react, and ask questions to clarify if you need to
- It can help to repeat things back to people to make sure you understand what they're saying and validate their experience



03. Continued Support



If you're worried about someone, it's important to check back in with them regularly or if you're not the most appropriate person to do so then having someone who's closer to them check-in could be a better option. If you can, set another time to connect in person or do an activity together.

Professional Help

If you think they may need additional help, encourage them to see their GP to get a mental health care plan and referral to see a mental health professional.



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/>

