



**EDITION 80**

**29th November  
2024**

# Orana E-News



## Happy nearly Christmas subscribers!

Welcome to edition 80 of your Orana E-news. With less than a month until we close for the year and Christmas, this will be your last edition for 2024. We can't believe it!

It has been a really big year and we hope you have felt connected, supported and informed through this monthly newsletter.

Please stay safe over the summer and holiday season and have a very Merry Christmas!

**Next edition will be February  
2025.**

“

*“What if Christmas, he thought, doesn't come from a store. What if Christmas ... perhaps ... means a little bit more...”*

**The Grinch Who Stole  
Christmas**

### **Orana's Closing Dates 2024:**

Orana Sutherland will be  
closed from 12pm  
20/12/24

Orana Women's Health  
at Gympie will be closed  
from 19/12/24.

Both centres will reopen  
Monday 20th January  
2025.

### **IN YOUR EDITION 80:**

- **WHATS ON AT ORANA**
- **ORANA VOLUNTEER  
OPPORTUNITIES 2025**
- **DONATIONS  
DESPERATELY NEEDED**
- **COMMUNITY NEWS**
- **JOHN FRANKLIN XMAS  
LUNCH**
- **Chrissy Cooking!**
- **MY MENTAL HEALTH  
MATTERS**



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

# Whats on at Orana



Live Well & Artfully Social Groups

## Christmas Morning

DECEMBER | 6 | 10AM - 12PM

Come along for a chrissy arts and crafts morning, with chrissy themed games and chrissy morning tea!

3a Stapleton Avenue Sutherland  
RSVP Mandatory: [admin@oranansw.org.au](mailto:admin@oranansw.org.au)  
9521 8280



## Friday Lunch Christmas

Join us for our last Friday Lunch of 2024!

**Friday 13th December**  
**Chrissy Lunch**  
**12pm - 1pm**

First lunch back is  
Friday 7th February 2025



## Merry Christmas

**TEA ON TUESDAY!**  
**Tuesday 10th December.**  
Christmas style morning tea! 10 - 11am.

The first Tea on Tuesday for 2025 will be Tuesday 4th February.



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

<https://oranansw.org.au>



# Whats on at Orana cont.



## Orana Women's Health Book Club

Call Bernadette to RSVP: 9525 2025

Wednesday 11th December 2024  
The Surgeon by Leslie Wolfe

Trusted surgeon. Loving wife. Murderer.

As I call time of death, my voice is steady. My colleagues stand hushed around me, their eyes on me, confused, concerned. I had never lost a patient until today.

My hands tremble inside their gloves. I slide down the cold tiled walls, my hear racing in my chest. I had never hated a patient until today.

But what choice did I have, once I recognised him? And what will I do to protect myself, if someone learns the truth?



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

<https://oranansw.org.au>

# CAN YOU HELP US?

Due to cost of living, our free Community Pantry for those in need 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 pm

THANKYOU!





# Orana Volunteer Opportunities 2025



## OFFICE VOLUNTEERS NEEDED

ARE YOU INTERESTED IN VOLUNTEERING WITH  
ORANA SUTHERLAND?

WE ARE LOOKING FOR PEOPLE TO ASSIST ON A  
TUESDAY FROM 9AM - 4PM

CONTACT PIPPA : [ADMIN@ORANANSW.ORG.AU](mailto:ADMIN@ORANANSW.ORG.AU)

ADMIN SKILLS REQUIRED FOR THE POSITION

# Community News



## Wayahead® Anxiety Support Groups



2nd Monday of the month | 6.30pm to 8.30pm  
Soldiers Room 4, Cronulla RSL,  
38 Gerrale Street, Cronulla

Wayahead's support groups provide a safe and accepting space for individuals dealing with anxiety, as well as their loved ones, to come together, form relationships, and establish a sense of community.

### Support Groups are:

- FREE to attend
- monthly, running for 1 to 2 hours
- welcome to family members and friends
- complement treatment, though not a replacement
- for ages 18+

Anxiety disorders include: generalised anxiety disorder, panic attacks, obsessive compulsive disorder, agoraphobia, social anxiety and specific phobias.

supportgroups@wayahead.org.au  
1300 794 992

## THE STOREHOUSE COMMUNITY CONNECTION FESTIVAL CHRISTMAS MARKET

Friday, 6th & Saturday, 7th December  
10AM to 3PM

**The Kogarah Storehouse**  
Corner of Kensington and Gray Streets

**All Welcome**

**Bargains Galore!!**   **Performances**   **Light Refreshments**

Supported by Georges River Council's Community Grants Program



**NEW!**

### INTRODUCING PILATES

Discover the benefits of Pilates with our NEW low impact class promoting strength and mobility of muscles whilst focusing on improving the core, pelvic floor, balance and posture. Regular practice of Pilates has been shown to assist in the improvement of bone density, joint mobility, and back strength.

### JOIN OUR CLASS TODAY!

Start from: Tuesday 23rd July 2024  
(School terms only)  
Every Tuesday 10:30-11:30am  
Venue: Sutherland Senior Centre,  
749 Old Princess Hwy, Sutherland  
Cost: \$65/term (10 weeks)  
Program: Floor or Chair Pilates

### WHAT TO BRING

Please bring your own mat,  
a workout towel and a bottle of  
water.



REGISTER BY GIVING OUR FRIENDLY HEAD OFFICE A CALL ON 8580 0628  
OR SEND AN EMAIL TO [INFO@SHARE.ORG.AU](mailto:info@share.org.au)

## CONNECTION CAFÉ LIVING WITH DEMENTIA

We invite those living with dementia and their carers to Connection Café. This is an inclusive, tailored event for people with memory concerns. Light refreshments will be provided.

**First Monday of each month | 10.30am to 12pm**  
**Sutherland Library | For bookings, phone 9710 0263**  
This event is a collaboration with Anglicare.

P 02 9710 0351

[sutherlandshire.nsw.gov.au/library](https://sutherlandshire.nsw.gov.au/library)



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





# John Franklin Christmas Lunch

## John Franklin Christmas Lunch

The John Franklin Christmas Lunch aims to provide a free Christmas meal to those in need on Christmas Day.

**When:** 25th December

**Time:** 11:30 am - 2:30 pm

**Where:** Sutherland Arts Theatre  
25 East Parade, Sutherland (opposite railway station)

Volunteer

Donate



# DONATIONS

ALL DONATIONS TO SUPPORT THE JOHN FRANKLIN CHRISTMAS LUNCH ARE APPRECIATED AND NEEDED

## WAYS TO GIVE

- PANTRY ITEMS FOR FOOD HAMPERS
- CASH DONATIONS

**FOLLOW THE LINK FOR DETAILS OR EMAIL / MESSAGE US FOR MORE INFO**



# Cooking: Christmas

## Our favourite pavlova recipe

- 6 (59g) eggs, separated
- 1 1/4 cups (270g) caster sugar
- 2 tsp Coles Cornflour
- 1 tsp white vinegar
- 1/2 tsp vanilla extract
- 300ml thickened cream
- 2 tbsp pure icing sugar, sifted
- juice of 2 limes
- Finely shredded rind of 2 limes
- 2 Lady finger bananas, thinly sliced diagonally
- 3 golden kiwifruit, peeled, thinly sliced
- 2 starfruit, thinly sliced
- Pulp of 2-3 passionfruit



## Method

### Step 1

- Preheat oven to 120°C. Line an oven tray with foil. Brush with melted butter and dust with cornflour, shaking off excess. Mark a 24cm-diameter circle on foil.

### Step 2

- Use an electric mixer to whisk egg whites in a clean dry bowl until soft peaks form. One tablespoon at a time, gradually add the sugar, beating well after each addition, until meringue is thick and glossy and sugar dissolved. Rub a little meringue between fingers. If still "gritty" with sugar, continue to whisk until sugar dissolves. Add cornflour, vinegar and vanilla and whisk until just combined. Spoon meringue onto the foil, using the marked circle as a guide. Smooth sides and top of pavlova. Use a small spatula to form little peaks around edge of pavlova. Bake in oven for 1 1/2 hours or until pavlova is dry to the touch. Turn off oven. Leave pavlova in oven with the door ajar to cool completely. When completely cold, transfer to serving plate or store in an airtight container until required.

### Step 3

- Use an electric mixer to whisk the cream and icing sugar in a medium bowl until firm peaks form. Spoon cream onto the top of pavlova. Pour lime juice into a ceramic or glass bowl. Add banana slices and toss to coat with juice. Drain. Decorate pavlova with banana, kiwifruit, starfruit, passionfruit and lime rind.





# My Mental Health Matters

## Managing Holiday Stress



### Tips for tackling the festive season

#### 1. Have realistic expectations of yourself and others.

Holidays aren't a time to address long-term conflict. Try to let go of past negative feelings at least for that one day. It will help get through the holidays and enable everyone to enjoy the time together. Try to have an open mind and remain more relaxed during the celebrations.

#### 2. Pick who you spend time with and talk to.

Do things with people you feel most comfortable with. Going for a long walk with a favourite relative or friend will give you time to be away from any tension or stress that you may be feeling, and allow you to spend time with someone special.

#### 3. Avoid known triggers.

If politics or religion is a touchy subject, don't discuss it. If someone else brings up the topic, find a distraction and move onto another subject. If there's a particular person you are uncomfortable around, try to sit near someone else who will not cause you stress and worry.

#### 4. Plan fun things to do.

Family members are less likely to get into arguments if they are involved in activities such as board games or a cricket or soccer match in the backyard. Plan for something to do as a group and focus on things you enjoy doing together.

#### 5. Take time out to spend with friends.

Take time out to spend with friends during the holidays as well as family. Allow yourself a break from spending all your time in one place so that you don't feel overwhelmed or resentful.

#### 6. Set aside time for yourself.

This can be something as simple as going for a short walk, or having a nap. Having some 'me' time helps to refocus and relax.

#### 7. Look after your physical health.

Getting enough sleep, keeping up with your regular activity routine, using relaxation techniques, and eating and drinking with moderation will help give you the stamina to get through the demands of the season.

#### 8. Set limits.

Set limits for the amount of time you will spend with family and friends, depending if you are travelling, or they are visiting you. This makes your time together special and more enjoyable.

#### 9. Be grateful.

Be grateful that you have family and friends to share the holidays with. Appreciate the small things that other people do for you and reciprocate with gestures that show your appreciation for them. This takes away the negativity and replaces it with positive thoughts and actions.

#### 10. Do something positive

If you are alone for the holidays do something positive for yourself. Cook a nice meal that you will enjoy, have a good book or movie to watch, go for a walk and if possible ring someone that you're not able to be with and catch up by phone or video. Consider volunteering so that you spend time with others and have a welcoming place to go.

Merry Christmas



<https://www.choosingtherapy.com/emotional-self-care/>



# Contact Us



## **Orana Sutherland:**

Open Monday - Friday 9:30am - 4pm  
3a Stapleton Avenue Sutherland  
9521 8280  
[admin@oranansw.org.au](mailto: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](mailto:womenshealth@oranansw.org.au)

## **Website:**

<https://oranansw.org.au>



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



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

