



EDITION 79

**28th October
2024**

Orana E-News



Happy end of October, Subscribers!

The end of the year is fast approaching. Where has 2024 gone!

We have numerous programs to support your mental health and wellbeing as we enter the busy time of year. Call us for more information.

Enjoy your subscription and come say hello!

**Next edition will be Friday
29th November.**

“

“My daughter and I absolutely love our mornings with the volunteer. She is wonderful and my daughter has the best time playing with her while I mil around the house cooking or tidying. The volunteer is wonderful at validating any small struggles I’m having. Thank you so much for all your support with the counselling and matching us with the volunteer!”

Orana Client

New fundraiser!
Our Women’s Health Service is running another fantastic fundraising fashion show event! More information inside.

IN YOUR EDITION 79:

- **WHATS ON AT ORANA**
- **NEW! ORANA WOMENS HEALTH FUNDRAISER**
- **ORANA VOLUNTEER OPPORTUNITIES**
- **DONATIONS DESPERATELY NEEDED**
- **COMMUNITY NEWS**
- **GOVHUB EVENTS**
- **COOKING Halloween**
- **MY MENTAL HEALTH MATTERS**



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

Whats on at Orana



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



LIVE WELL GET TO KNOW SHOW AND TELL!

Time to learn more about our group!

Live Well November is an adult version of Show and Tell! Bring along a hobby to teach the group, something sentimental you would like to share, a talent... anything you like! We will spend the morning getting to know each other and perhaps learn something new!

WHEN: Friday 1st November
WHERE: 3a Stapleton Avenue Sutherland
TIME: 10am - 11:30
RSVP: admin@oranansw.org.au / 9521 8280

Morning tea included!



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.



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



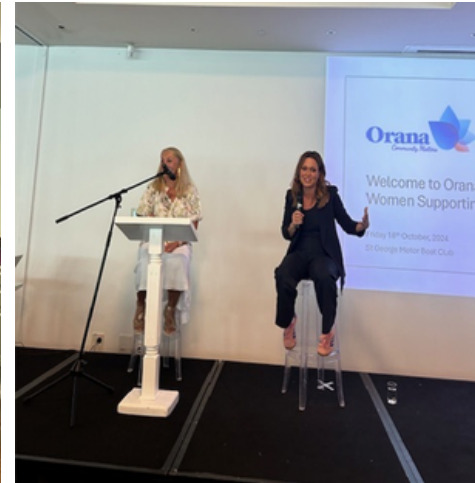
Head to our website for more information on our services and calendar of events:

<https://oranansw.org.au>

Whats on at Orana cont.

ORANA WOMENS HEALTH FUNDRAISER OUTCOME

Our Supporting Women Brunch for 2024 is now over and done. 113 women had a beautiful morning at St George Motor Boat Club with Angela Cox from Chanel 7, our very funny guest speaker. The food and atmosphere were wonderful with a lot of love in the room. \$7288.72 was raised for our Safety & Healing program on the day with raffles, ticket sales and donations.



Orana Women's Health Book Club

Call Bernadette to RSVP: 9525 2025

Wednesday 27th November 2024

Beach Read by Emily Henry

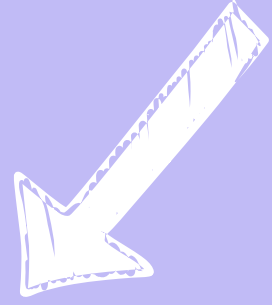
A romance writer who no longer believes in love and a literary writer stuck in a rut engage in a summer-long challenge that may just upend everything they believe about happily ever afters.



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 our...

FASHION PARADE

SUPPORTING WOMEN



FRIDAY 15 NOVEMBER : 1PM-3PM

**UPDATE YOUR SPRING +
SUMMER FASHIONS!**

- WHERE:** Gymea Community Hall
39 Gymea Bay Road, Gymea
- ENTRY:** Gold Coin Donation
- WHAT:** Modeling New + Preloved Fashion
- PRICES:** Start at \$5
- PAYMENT:** Cash + Card Available

Get your friends together to support a great cause!

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

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



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 SUPPORT FAMILIES WITH
CHILDREN AGED 0-3 IN THE SUTHERLAND SHIRE.**

JOIN OUR NEXT TRAINING DAY

FRIDAY 29TH NOV
9:30AM - 2:30PM
AT ORANA SUTHERLAND OFFICE

**Contact Caroline or Leah on 9521 8280 or
earlysupport@oranansw.org.au**

Community News



Positive Thinking Course

The Mind is our most valuable asset. This popular course will provide insights into the power of thought and the power to choose our attitudes and perspectives to empower the self and improve any situation in life.

This course starts on the first Monday of November. The course has a total of four lessons and runs once per week (on Mondays) for four weeks.

MONDAY 6pm - 7pm

4 NOV

11 NOV

18 NOV

25 NOV



Miles Franklin Room, Hurstville Library,
Corner of Queens Road and Dora Street.
Hurstville, NSW 2220.

Please note there is street parking available on Dora Street and Patrick street.

FREE EVENT

Please register at: <https://tinyurl.com/positive4>



facebook.com/bkaustralia

brahmakumaris.org.au



HEALTHY AGEING SEMINAR

LET'S CHAT ABOUT... STAYING STRONG

Discover the difference between an exercise physiologist and a physiotherapist and how they can assist you with staying strong as you age.

Monday 18 November | 10.30am to midday
Sutherland Library | Bookings essential



libraries.sutherlandshire.nsw.gov.au



Careers & Employment Expo

Wednesday 20 November 2024

FREE EVENT

9:30 am to 1:30 pm

TAFE NSW, Loftus Campus

Rawson Street, Loftus, Building C

Information Stalls:

- Job seekers services
- Training providers
- Employers
- Specialist support services
- Government agencies
- Volunteering
- Community and settlement services

Help Desk / Qualification Hub

- Qualification assessment
- Resume & cover letter (bring your own)

Job Skills Workshops:

- Do's & Don'ts in a Resume
- Interview Skills and Cold Calling
- How Do You Pitch
- Ignite Small Business Start Ups
- Recognition of Overseas Skills and Qualifications

Jobs Board

- Job vacancies from various organisations

Free morning tea and lunch

[Scan QR code to Register](#)

Contact details:

Jenny Gynea Community Aid & Information Service
jgrey@gcais.org.au
Ph: 9524 9559

Shyama Advance Diversity Services
shyamas@advancediversity.org.au
Ph: 9597 5455



CAREERS & EMPLOYMENT EXPO



This event is funded by Sutherland Shire Council Community Grants Program

YOUTH MENTAL HEALTH FIRST AID

Project Youth have received funding to deliver 2 x accredited Mental Health First Aid for Youth training sessions. This training is being offered to young people who are 18-24 years old, who want to be Mental Health First Aiders. This is a great opportunity to improve your capacity, knowledge and skills in mental health.

Are you aged between 18 - 24 years?

Would you like to get more knowledge and understanding around Youth Mental Health?

Would you like to become an accredited Youth Mental Health First Aider?

The Youth Mental Health First Aid Course Teaches participants how to provide initial support to a young person who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.



Project Youth are offering 2 training sessions

First Session: Monday 11th & Tuesday 12th November 2024 at Menai
Second Session: Monday 20th & Tuesday 21st January 2025 at Miranda

Please note: Participants must attend 2 full days from the same session to complete the training. Cancellations within a 7 day period will be charged a non-attendance fee. Sessions will run from 8.30am-5pm each day.

Spaces are limited in each session so register your interest to secure your place

To register your interest or for more information, please email peerworker@projectyouth.org.au

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 8th November 2024
.....



Connect with local &
government services for:

- Centrelink
 - Government support
 - Housing support
 - Physical & Mental Health
 - ID support
- Morning tea... and more!



+ FREE VACCINES
(Shingrix & Pneumococcal
Vaccines)
*Please bring Medicare
Card.

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



Cooking: Halloween

Halloween layer cake

Ingredients (6)

- 100g white chocolate melts, melted
- 2 x 540g Coles Make at Home Chocolate Mud Cakes
- 400g tub chocolate frosting
- Dark chocolate writing icing, to decorate
- Mints, to decorate
- 20g pkt Coles Funny Face Icing Figurines, eyes only



Method

Step 1

Line a baking tray with baking paper. Spoon melted chocolate onto the lined tray and use the back of the spoon to spread to make teardrop shapes. Set aside until set. Decorate with chocolate writing icing to make ghosts.

Step 2

Trim the tops of the cakes. Place 1 cake on a serving plate. Spread top and side with half of the icing. Repeat with remaining cake and icing. Smooth the top and side.

Step 3

Arrange the chocolate ghosts on the cake. Decorate mints with chocolate writing icing to make eyes. Arrange on the cake with the icing eyes. Cut into wedges to serve.

RECIPE LINK:

<https://www.taste.com.au/recipes/halloween-layer-cake-recipe/pg8ygyik?r=recipes/halloweenrecipes&c=7adde6d8-1ed4-4d4c-a2da-e88d307cdeea/Halloween%20recipes>



My Mental Health Matters

Emotional Self-Care



Emotional self-care means nurturing your whole self, including your inner life and emotions. Bubble baths, manicures, and massages might be the first things that come to mind when you think about self care, and there is an entire industry devoted to selling us products for this reason. However, emotional self-care does not necessarily involve tangible items. In many cases, emotional self-care includes mental practices, like mindfulness, meditation, and self-awareness

1. Turn Your Attention Towards Your Body

Before you can really tend to your emotions, you need to be aware of them! A great way to do this is by tuning in to your body. Notice the physical sensations that emotions bring up. Does this emotion have a temperature? A texture? A shape? Is it closed or open? Does it feel energizing or draining?

2. Ask for Help Before You Need It

This is known as the “Pre-Ask.”¹ Whether you are close to needing space, support, or a place to vent, asking for help before you need it allows those who you’re asking the time to get ready and be more present when they assist you.

3. Practice Mindfulness

Mindfulness is simply the act of noticing the present moment, without judgment. Try sitting with your emotions and simply breathing. Your emotions aren’t good or bad, right or wrong, they just are. Part of emotional self care is simply allowing your emotions to exist.

4. Consciously Choose How to Respond

While we cannot choose what happens to us, we can choose how we respond. Whether you’re dealing with cancer, a pandemic, or a screaming toddler, you have the choice to take a deep breath, respond with kindness to yourself and others, and find ways to maintain hope and peace.² You can also actively take steps to not take things too personally if you have a tendency to do so.

5. Limit Exposure to News

The CDC recommends limiting the amount of news media we watch, read, or listen to, especially during difficult times. Take regular breaks from the news to enjoy healthy, fun activities.

6. Stay Connected to Others

Strong, supportive relationships help us stay resilient and emotionally healthy. During isolating times like these, it’s more important than ever to reach out and to stay connected.



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



Emotional Self-Care Continued.

7. Practice Gratitude

Shifting our focus from what is going wrong to what is going well is a great way to practice emotional self care. You can do this by focusing on a list of things to be grateful for or learning how to practice gratitude. Expressing gratitude as part of a daily routine can improve your mood and decrease stress.

8. Try a Meditation App

There are many great meditation apps on the market today that offer timers with nice sounds, guided meditations, and other courses. This can be a great way to start your day, take a stress break, or fall asleep. Insight Timer and Headspace are two great ones to try.

9. Move Your Body

It's a well known fact that exercise not only benefits your body, but your mind as well. For many, exercise is a great supplement to therapy and/or medications for boosting your mood.⁶ Find a type of movement that you like to do and have fun with it; you'll be a lot more likely to stick to it that way.

10. Laugh!

Spend time with friends who make you laugh or go ahead and binge that funny show. Laughter is shown to decrease stress and improve your mood. It even has positive effects on the immune system.⁷ Emotional self care is important, but that doesn't mean it has to be serious!

11. Take Up a Relaxing Hobby

Are you a knitter, crocheter, or guitarist? Do you love photography or bird watching? What about that hobby you used to love that you've let go of? Focusing your attention on a relaxing, fun hobby is a great way to de-stress and quiet your mind. If there is anything you have always wanted to learn to do, now is a great time to try it!

Final Thoughts

Your emotional self care deserves just as much attention as your physical health. Try to add at least one emotional self-care activity to your routine every day and notice the difference. You deserve to take great care of yourself.

*More
info*



<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

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/>

