

Orana

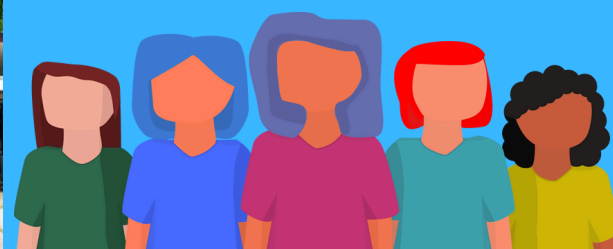
Community Matters



EDITION 81

**28th February
2025**

Orana E-News



Happy 2025 Subscribers!

As we enter this exciting new year, we want to wish you all a very Happy New Year! (Even if it is nearly March!)

We hope you've had a chance to relax and recharge, and we're excited to welcome you back to our services, which are now fully up and running. We have some exciting things on the horizon this year and we can't wait to share them with you.

Stay tuned as we continue to bring you services, programs and opportunities to connect, and as always, thank you for your continued support.

The next edition of our newsletter will be released on March 28th 2025



"Cheers to a new year and another chance for us to get it right." - Oprah Winfrey

Over the next month...

International Women's Day is March 8th 2025

International Day of Happiness is March 20th

IN YOUR EDITION 81

- WHATS ON AT ORANA
- DONATIONS DESPERATELY NEEDED
- GOVHUB
- FUNDRAISER
- ORANA VOLUNTEER OPPORTUNITIES 2025
- COMMUNITY NEWS
- COOKING
- MY MENTAL HEALTH MATTERS



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

Whats on at Orana

Health Fund Rebate available (exc Bupa). Cash only.
Book Via Orana Women's Health Centre
Ph 95252058
39 Gymea Bay Rd, Gymea

Beautiful Massage

ONLY \$80 FOR ONE HOUR
AVAILABLE FRIDAYS



Orana
Welcoming You
www.oranansw.org.au

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



Orana
Welcoming You
9521 8280 admin@oranansw.org.au

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.



Orana
Welcoming You

NSW Health South Eastern Sydney Local Health District

Cronulla Lions
"Serving the Community"

Orana
Welcoming You

Grandparents GROUP

Are you a Grandparent looking after your grandchild full time or more often than not?

Come along to Orana's Grandparents Support Group! Join us over a cuppa, a relaxed chat with others in a similar situation and occasionally guest speakers!



DETAILS

WHEN: Last Thursday of the month
TIME: 10am - 12pm
WHERE: 3a Stapleton Ave Sutherland
CONTACT: admin@oranansw.org.au
9521 8280

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 26th March, 1pm

The Ruin by Dervla McTiernan

Galway 1993, young Garda Cormac Reilly is called to a scene he will never forget. Two silent, neglected children are waiting for him at a crumbling country house. Maude 15 and 5yr old Jack. Upstairs, their mother lies dead.

What really happened in that house where he first met Maude and Jack? The Ruin draws us deep into the dark heart of Ireland and asks who will protect you when the authorities can't or won't.



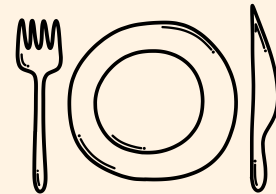
Foodi Group!

Monday 10th March, 1pm

Theme – Autumn

Orana Women's Health

39 Gynea Bay Rd



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!



GovHub

Pop Up

Bridging Government & Community

YOU ARE INVITED TO MEET WITH
GOVERNMENT SERVICES AND AGENCIES FOR
ADVICE AND INFORMATION.

DATES FOR 2025

14/3/2025

8/8/2025

11/4/2025

12/9/2025

9/5/2025

10/10/2025

13/6/2025

14/11/2025

11/7/2025

11AM - 1PM

3A STAPLETON AVENUE SUTHERLAND

**CALL 9521 8280 FOR FURTHER
INFORMATION**

SOME SERVICES

ATTENDING:

- SERVICES AUSTRALIA (CENTRELINK)
- SERVICES NSW
- HOMES NSW
- SUTHERLAND SHIRE COUNCIL
- GAMBLEAWARE
- CATHOLICCARE
- BIRTHS, DEATH & MARRIAGES
- SESLHD HEALTH CHECKS
- ALCOHOLICS ANONYMOUS
- HEARING AUSTRALIA
- EWON

SERVICES SUBJECT TO CHANGE



SUTHERLANDSHIRE



**MONTHLY
EVENT**



Fundraiser!

SAVE THE DATE

BUBBLES & BRUNCH
FRIDAY 7 MARCH 2025

With appreciation to our Event Sponsors for
their generous support.



Time & Location

07 Mar 2025, 8:30 am – 11:30 am

The Founders Room, Wanda Surf Club, 2 Marine Esplanade, Cronulla NSW 2230, Australia

About the Event

Join us in 2025 and be inspired by **Amanda Johnstone**, a prominent Australian technologist, inventor, and investor, recognised for her significant contributions to artificial intelligence (AI) and mental health technology. Amanda will help us understand how to use AI tools in our everyday life to enhance our productivity and improve our daily operations. Learn how to adapt to these changes in technology and gain valuable knowledge on how to stay ahead in this changing environment.

All funds raised on the morning will go to one of our favourite charities **Orana Womens Health Centre**, a not-for-profit, non-government organisation providing information & referral on women's health, ageing, social groups and domestic violence support.

Thank you to our sponsors:

[The Marketing Bungalow](#)

[Endeavour Wellness](#)

[Austbrokers SPT](#)

TICKETS HERE!



[https://www.sullivandewing.com.au/event-
details/bubbles-brunch-2025](https://www.sullivandewing.com.au/event-details/bubbles-brunch-2025)

VOLUNTEERS NEEDED

- Looking to volunteer a few hours a week?
- Love kids?
- See yourself supporting a new parent?

Did you know that Orana is here to support families in the Sutherland Shire? We're on the lookout for passionate volunteers to help make a real difference in the lives of local families through our Early Support Service.

Could you lend a hand?

We're urgently seeking volunteers to provide in-home support and show our community the support they deserve.

We run training every month for new volunteers, before matching them with a family!



Contact us for more
information!

For more info or to apply, reach out to
Leah or Caroline at
earlysupport@oranansw.org.au

Community News



FREE

BFCC Botany Family & Children's Centre

Tuning in to Kids Parenting Program

This program empowers parents of children aged 3-12 to strengthen their communication, understand their child's emotions and deepen their connection with their kids

Online

When: Wednesdays (6 weeks)
5th, 12th, 19th, 26th March & 2nd, 9th April

Time: 10.00 am - 12.00 pm

Email: germaine.a@bfcc.org.au
9666 5047

Bookings essential

This program is run by qualified & experienced parenting/family support facilitators

ENROL NOW

Pride Space

A safe place for LGBTIQ+ young people aged 17-24 of any sexuality or gender to come by, meet up and make new friends.

Pride Space
LGBTIQ+ Social Group

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

Where? headspace Miranda

Got a question? call Amy on 0431 658 457 or (02) 9575 1500 or email Amy.Lloyd1@stride.com.au

Want to join? To register:

SCAN ME!

Run by headspace Miranda & 2Connect Youth & Community



For Harmony Week, join three artists from our Chinese-Australian community who will share their stories of migration, connection, and acceptance in Australia's creative industries.

Join artist Guan Wei, singer Jing Lei, and poet Shaun Xiaochun Liang in a panel discussion with Rosie Rong Zhao from St George Toastmasters Club to hear their unique stories and celebrate the importance of art in their lives.

This special presentation will include a projection of artworks, live opera singing, and spoken poetry.

This event is suitable for ages 16 years and over.

About Harmony Week:
Harmony Week brings communities together by celebrating the cultural diversity of Australians. Join us on the International Day for the Elimination of Racial Discrimination on 21 March to recognise how our differences and similarities make Australia a great place to live where everyone belongs!

About StoryShare:
StoryShare offers engaging talks sharing the skills, journeys, and interests of inspiring creators and personalities from the local community. Inspire your world and share their story.

Friday 21 March 2025, 6.00pm - 7.30pm.

Hurstville Library (Corner of Queens Road and Dora Street, Hurstville)

Cost: Free

More information and bookings via [Whats On](#)

scope Social Connections

Cronulla

At Scope Social Connections – Cronulla, we offer a great range of activities to provide you with the perfect place to have fun, learn new skills and create strong friendships.

Some of the programs and facilities that our location provides include:

- Sailability
- Surfing
- Travel training
- City Site's
- Social BBQ's
- Volunteering
- Sensory Room
- Cooking

At Cronulla, we aim to build capacity and independence through learning daily living skills such as grocery shopping, and public transport training. We also provide a Saturday Social program which offers group outings such as Jet boating, NRL games and concerts.

Why not contact us to organise a visit and see for yourself? Our team at Cronulla look forward to welcoming you and supporting you to achieve your goals and be who you want to be.

Address: 2/112 Cronulla Street, Cronulla, NSW 2230

Local contact: 0490 305 390

Find out about our services



Contact us

- 1300 472 673
- scopeaust.org.au
- contact@scopeaust.org.au

There are many talents and skills within our team which are utilised and it makes for a great environment. We have a Yoga instructor and musicians, as well as vibrant artists.

Meridie, Cronulla Staff Member

As Australia's leading disability service provider, we're here to work with you, your family and your support network, so you can be whoever you want to be.





Cooking: Last Day of Summer

Epic summer salad



Ingredients

- 400g black beans
- drained
- 2 large handfuls baby spinach leaves
- roughly chopped
- 500g heritage tomatoes
- chopped into large chunks
- ½ cucumber
- halved lengthways, seeds scooped out and
- sliced on an angle
- 1 mango
- peeled and chopped into chunks
- 1 large red onion
- halved and finely sliced
- 6-8 radishes
- sliced
- 2 avocados
- peeled and sliced
- 100g feta
- crumbled
- handful of herbs
- (reserved from the dressing)
- For the dressing
- large bunch mint
- small bunch coriander
- small bunch basil
- 1 fat green chilli
- deseeded and chopped
- 1 small garlic clove
- 100ml extra virgin olive oil
- or rapeseed oil
- 2 limes
- zested and juiced
- 2 tbsp white wine vinegar
- 2 tsp honey

Method

Step 1

- Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

Step 2

- Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.



<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



Social Media and Your Mental Health

Wanting some ways to support your mental health while using social media?
Beyond Blue have some tips.

Set time limits



It's easy to lose track of time when you're on social media. If you'd like to cut back, check out features that are built into each platform to monitor your usage. You could also explore apps and tools that help limit your social media time.

Curate your feed



Follow accounts that inspire you. Ignore, unfollow, or mute those that don't. By zeroing in on what uplifts and entertains you, you're less likely to come across content that may negatively impact your self-esteem.

Unplug occasionally



A short digital detox can give your mind a much-needed break. Stepping away from social media for a few hours – or even a whole day – is a simple form of self-care that can help you reset and feel more connected to what's around you.

Control your notifications



Constant notifications can be distracting and stressful. All those pings and alerts can make everything feel urgent, pulling you away from what really matters. Turning them off can help you focus and feel more in control of your time.

Go offline and get outside



Spending time outdoors can help you recharge and feel more grounded. Whether it's going for a walk or catching up with friends in the park, switching Facebook for fresh air can ease digital stress and boost your overall wellbeing.

Beat the infinite scroll



Social media platforms are built to keep you browsing. Algorithms prioritise content that grabs your attention, and this can lead to endless scrolling without you even realising. Being aware is a great step towards healthier social media use.

Remember it's a business



The ads you see online are designed to trap you into impulsive buying. A Harvard School of Public Health study found that ads on social media aimed at children and young people generated almost US\$11 billion in sales in one year.

Learn about cyberbullying



No one should have to deal with online harassment. It's important to recognise cyberbullying and know how to respond. This can help keep you – and the people you care about – safe. Learn more about cyberbullying.



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/>

