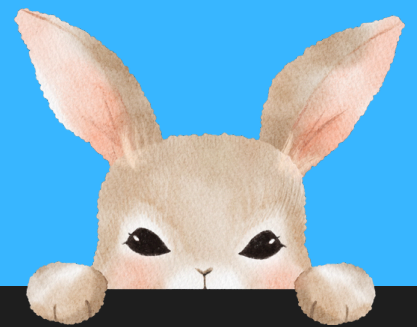


Orana E-News



Happy end of March Subscribers!

As we step into April, we want to take a moment to wish you all a wonderful start to the month!

With Easter around the corner, we'll be sharing more details about Easter events and activities soon, so keep reading!

Additionally, ANZAC Day is coming up on April 25th, a time to honor and remember the brave men and women who have served our country. We encourage you to join us in commemorating this important day, as we reflect on the sacrifices made by our ANZACs.

As always, thank you for your ongoing support.

The next edition of our newsletter will be released on April 30th, 2025.

“

“Chocolate is the answer. Who cares what the question is?” – Unknown

Over the next month...

Orana Sutherland and Orana Women's Health will be **closed**:

Good Friday – 18th April
Easter Monday – 21st April
ANZAC Day – 25th April

IN YOUR EDITION 82

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- NEW SERVICE
- DONATIONS DESPERATELY NEEDED
- GOVHUB
- ORANA VOLUNTEER OPPORTUNITIES 2025
- COMMUNITY NEWS
- COOKING- EASTER!
- MY MENTAL HEALTH MATTERS



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

Whats on at Orana

LIVE WELL GROUP APRIL SESSION COLOUR THEMED!

APRIL 4TH 2025

10AM - 12PM

3A STAPLETON AVENUE SUTHERLAND

COME ALONG FOR A MORNING FILLED WITH COLOUR THEMED ACTIVITIES TO CONNECT WITH OTHERS AND LIFT YOUR MOOD!



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



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



**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

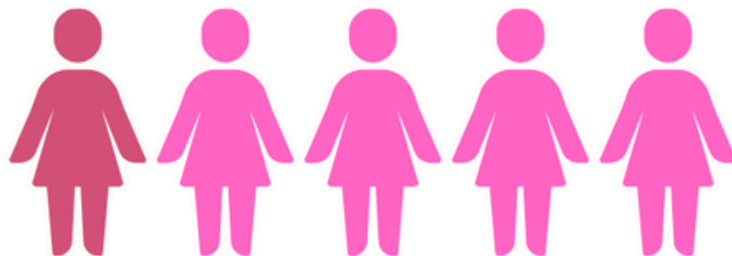


Head to our website for more information on our services and calendar of events:

<https://oranansw.org.au>



OUTREACH SERVICE



Safe, Supportive, and Confidential: We're Here to Help

If you or someone you know is experiencing **domestic & family violence**, we are here to offer support, information, and resources in a safe and confidential environment.

Support Provided:

Domestic & Family Violence Support: Guidance and safety planning.

Information & Referral: Connect to services and resources.

Family Law Guidance: Understand your legal rights and options.

Mental Health Support: Help with emotional and mental well-being.

Centrelink Outreach: Assistance with financial support (*3rd Friday of the month only*).

Counselling Services: Confidential counselling for healing.

**For more information and to book an appointment please call
Orana Women's Health on: 9525 2058**

Drop-In Hours:
Every Tuesday
11:30 AM - 1:30 PM

Location:
Bundeena Family Practice
5/22-30 Brighton St,
Bundeena

Whats on at Orana cont.

Orana Women's Health Book Club

Call Bernadette to RSVP: 9525 2025

Wednesday 30th April, 2025

The Venice Hotel by Tess Woods

Where secrets hide behind every door.....

Set over the twelve days of Christmas at a boutique Venice hotel, this deliciously twisty novel follows the lives of four very different women. Dark secrets unravel and not everyone who checked into the hotel will check out again.



Foodi Group!

Monday 14th April, 1pm

Theme – EASTER

Orana Women's Health

39 Gymea 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

11/4/2025

8/8/2025

9/5/2025

12/9/2025

13/6/2025

10/10/2025

11/7/2025

14/11/2025

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**



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



Real work experience and opportunities available.

Southern Sydney

Jobs and Skills Fair

Hosted by Business Chamber South
Thursday, April 3 2025
Marana Auditorium Hurstville

Business Chamber South | Workforce Australia |

FREE Aboriginal Childhood Immunisation Clinic for your bubs & kids

Menai Community Health Centre
32 Allison Crescent, Menai 2234

All bubs & kids from **6 weeks to 5 years** old are welcome to attend the clinic for their vaccinations, **even if they are overdue**

Bookings recommended (walk ins welcome)

Includes all childhood vaccinations!

Call **1300 244 288** to book in a time

Your Aboriginal Health Service can also help you book in!

Medicare not required

NEW DATES ADDED!!

Friday
21/03/2025
9 AM - 1 PM

Can't make it? Or want to book ahead?
Next clinic dates:
16/05/2025
13/06/2025

The Sutherland Shire & St George Vocation Expo

DISCOVER YOUR POST SCHOOL OPTIONS

28th May 2025 10AM-2PM

**Tradies Gynea - Elouera Room
57 Manchester Road, Gynea**

The Sutherland Shire & St George Vocation Expo is designed for Year 9-12 high school students with disability, their carers and families to explore and understand their post school options with local service providers. Come along and find out more about:

- NDIS & Local Area Coordinators (LACs)
- School Leaver Employment Supports (SLES)
- Disability Employment Services (DES)
- Customised Employment
- Australian Disability Enterprises (ADE)
- Services Australia (Centrelink)
- Community Participation

A free "Legal Rights and Responsibilities: Supported Decision Making" information session will be held at the expo 12pm-1pm.

If you would like more information please contact Eve Campbell yvette.campbell2@det.nsw.edu.au (02) 9521 6049 or Linda Hocking linda.oral2@det.nsw.edu.au (02) 9567 6196.



Sutherland Shire 2025

Anzac Day

Sutherland Shire Council invites the community to honour and acknowledge Australian servicemen and women and the Anzac spirit by attending services or joining broadcasts of services by local RSLs or the Australian National War Memorial.

Sunday, 13 April & Friday, 25 April,
various times and locations

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





Cooking: EASTER!

NO-BAKE CHOCOLATE EASTER EGG SLICE

Ingredients

BASE

- 200g (7oz) dark chocolate
- 200g (7oz) condensed milk
- 150g (5oz) butter
- 1 packet milk arrowroot biscuits, finely crushed (250g/9oz)
- 1 cup cornflakes (crushed a bit) or rice bubbles

TOPPING

- 250g (9oz) white chocolate
- 1 tsp vegetable oil
- 100g (3.5oz) mini caramello eggs/creme eggs
- 40g (1.5oz) mini eggs
- 50g (1.5oz) Smarties
- 2 Tbsp sprinkles



Method

1. Line a 19 X 29cm slice tin with baking paper and set aside.
2. Add chocolate, condensed milk and butter to a microwave-safe bowl. Heat in 30 second bursts until all the ingredients have melted together and stir well.
3. Add to the crushed biscuits and rice bubbles then mix until all combined. Press the mixture into the tray, spread to the edges and smooth the top with the back of a metal spoon.
4. Melt the white chocolate in the microwave, add oil and stir until it is smooth. Pour the white chocolate over the base and spread it evenly to the edges.
5. Cut the caramello eggs in half and arrange on top of the chocolate, add mini eggs and Smarties. Finally shake over the sprinkles.
6. Chill in the fridge until set 4+ hours. Take out of the fridge 20 minutes before cutting into slices (this makes it easier to cut).



My Mental Health Matters

Benefits of long weekends!



With a couple of long weekends coming up, take a look at some fun facts on how taking a break can benefit your mental health!

- 1. Improved Mental Well-Being:** A mental health day is an opportunity to hop off the gerbil wheel of work and focus on well-being. Mental health days allow workers to decompress emotionally and recharge psychologically. The goal is to reduce stress levels as well as gain new perspectives in approaching challenges at work.
- 2. Increased Productivity:** Ironically, taking time away from work can actually result in greater productivity. A mental health day provides essential restorative therapy that refocuses minds to maintain high levels of efficiency within a workplace, improving happiness. Research shows that when employees are happier, there is a direct correlation to productivity.
- 3. Improved Physical Health:** Mental and physical well-being are inextricably connected; chronic stress and anxiety can wreak havoc on both. By taking mental health days for relief and renewal, workers may more effectively maintain healthier lifestyles that support both mental and physical well-being.
- 4. Improved Work-Life Balance:** Just like computer operating systems, our brains become overloaded when we have too many screens open, and glitches occur. Taking a day to shut down and then restart yourself will reboot your mind, body, and spirit. Mental health days serve as a timely reminder to employers to strike a good work-life balance for employees.
- 5. Increased Emotional Resilience:** Recovering from setbacks and challenges quickly is important in both personal and professional settings. Taking mental health days allows us to reflect upon our emotional well-being and develop coping mechanisms to handle future obstacles.
- 6. Cultivation of Mental Health-Friendly Workplace Culture:** Companies that support taking mental health days off create cultures that prioritize employee well-being for happier, healthier employees who gain in productivity. Workers who feel supported and understood tend to experience overall higher job satisfaction.
article continues after advertisement
- 7. Reduction of Employee Burnout:** Burnout has become increasingly common in the workplace and can negatively impact an worker's mental, physical, emotional health as well as job performance. By scheduling mental health days proactively, employees can prevent burnout while striking a balance between work and personal obligations.

More
info →

<https://www.psychologytoday.com/au/blog/mental-wealth/202305/7-positive-effects-of-taking-time-off-for-mental-health>



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/>

