

30th April 2025

Orana E-News



**Happy end of April
Subscribers!**

As we step into May, we'd like to wish you a wonderful start to the month! With the Easter season behind us, we hope you enjoyed the break—and we're excited to share more upcoming events and activities with you soon, so stay tuned!

Neighbourhood Centres Week is coming up in May! Time to celebrate our incredible community and neighbourhood centres like Orana. More information inside!

As always, thank you for your continued support.

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

“

*"Autumn is a second
spring when every leaf
is a flower."
Albert Camus*

Over the next month...

**FEDERAL ELECTION
DATE:**

**3rd May 2025
Where to vote:**

https://www.aec.gov.au/Voting/ways_to_vote/

**Mothers Day is Sunday
11th May.**

IN YOUR EDITION 83

- WHATS ON AT ORANA
- NEW SERVICE
- NEIGHBOURHOOD CENTRES WEEK
- GOVHUB
- ORANA VOLUNTEER OPPORTUNITIES 2025
- COMMUNITY NEWS
- COOKING- AUTUMN
- 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 LANGUAGE DAY



Friday 2nd May 2025

10am - 12pm

3a Stapleton Avenue Sutherland

Call 9521 8280 for more information



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



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

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.

Orana Women's Health Book Club

Call Bernadette to RSVP: 9525 2025

Wednesday 28th May 2025

The Lion Women of Tehran by Marjan Kamali

A heartfelt, epic novel of friendship, betrayal and redemption set against three transformative decades in Tehran, Iran.

The backdrop is fascinating, as the women navigate the difficult world of women's rights and expectations in Iran in the 50's and 60's.



Foodi Group!

Monday 12th May, 1pm

Theme – Mum's Favourites

Orana Women's Health

39 GyMEA Bay Rd

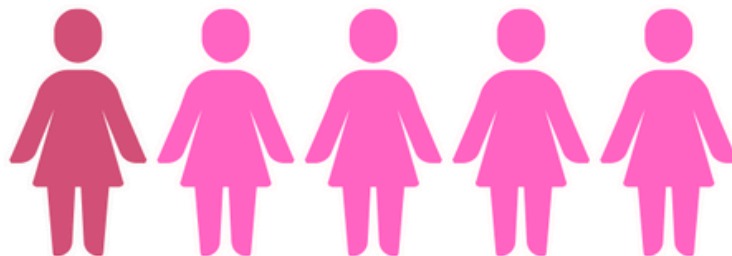


Head to our website for more information on our services and calendar of events:

<https://oranansw.org.au>



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



This year, from 12 to 18 May 2025, we're making waves with the theme
"Ripples of Change"!

Every action, no matter how small, has the power to create a ripple effect – spreading kindness, sparking ideas, and strengthening communities. At Neighbourhood and Community Houses and Centres (NCHCs) across Australia, we see it happen every day! A friendly smile, a shared story, a new skill – these small moments add up to something big, sending waves of meaningful change that extends far beyond our local neighbourhoods.

From community projects to everyday conversations, these ripples of change build momentum, shaping stronger, more connected communities. Whether it's volunteering, learning something new, or simply reaching out to someone in need, every action helps build a stronger, more connected community.

This Neighbourhood Centre Week, join us in celebrating the power of small actions that lead to big impacts. Get involved – have a chat, lend a hand, try a new class, or be part of a local event. Share your stories on the theme 'From small ripples grow big waves of change!'

Whether it's a moment of kindness, a new connection, or a community initiative, every story inspires others to take action.

Together, let's turn **little ripples into big waves of change!**



neighbourhood
CENTRE WEEK 12 - 18
MAY '25

GovHub

Pop Up

Bridging Government & Community

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

DATES FOR 2025

9/5/2025	8/8/2025
13/6/2025	12/9/2025
11/7/2025	10/10/2025
	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



FREE

**Botany Family & Children's Centre**

Tuning in to Kids Parenting Program

Tuning in to Kids helps parents learn how to use an emotion coaching way of interacting with their children. The program supports those in a parenting or teaching role to develop an emotional connection with their child and foster their ability to understand and regulate emotions.

Online

When: Wednesdays (6 weeks)
14th, 21st, 28th May & 04th, 11th, 18th June

Time: 10.00 am - 12.00 pm

Email: Daniela.h@bfcc.org.au
9666 5047

Bookings essential

ENROL NOW



SAFETY FOR SENIORS

Join us for a **FREE** and informative seminar on how to improve your safety at home and in the community so you can maintain your independence

Secure your FREE ticket by calling Engadine Community Services 9520 7022

Tuesday 6th May 2025 11.30 am - 1.00 pm

Engadine Community Centre Meeting Room
(access via Cafe Lorenzini)
1034 - 1036 Old Princes Highway Engadine

Guest Speakers include:

- Dr Michelle Julian – Geriatrician
- Senior Constable Anthony Cordina – Crime Prevention Officer, NSW Police (Sutherland PAC)
- Sandra Foley – Senior Social Worker (Southcare)



Cooperative Against Abuse of Older People in Suburban Areas



NEED HELP WITH YOUR ENERGY BILLS?

Better Connected Community Services (BCCS) is now offering EAPA (Energy Accounts Payment Assistance) to support individuals and families doing it tough.

Call us on 9024 5500 to book an appointment

Let us help you stay connected. Please spread the word to anyone who might need support! 💡

Bush Plant Identification with Smart Phones



Course Highlights

- Introduction to local bush plants, trees, shrubs, herbs, ferns.
- How to identify Australian bush plants.
- Introduction to the iNaturalist app, a citizen science website.
- 5-week course, combination of classwork with practical excursions to the local bush.



INFORMATION

WHEN
Wednesdays
7 & 21 May
4 & 18 June
2 July 2025

WHERE

Gymea Community Aid & Information Service
39 Gymea Bay Road

TIME

2.00 - 3:30 pm

COST

\$25 for course

FACILITATOR
Phillip Elwin

Open to everyone

Bookings essential

For more information & registration

Contact: Brenda Eggleton on 9524 9559.

Email: beggleson@gcais.org.au

Website: www.gymeacommunityaid.org.au

Address: 39 Gymea Bay Road, Gymea NSW 2227

Cooking: Autumn

Plum & almond crumble slice



Ingredients

- **250g pack butter**
- **(this must be very cold)**
- **225g caster sugar**
- **300g ground almond**
- **140g plain flour**
- **plus 25g/1oz**
- **2 eggs**
- **1 tsp cinnamon**
- **1 tsp baking powder**
- **approx 6 plums**
- **stoned and cut into sixths**
- **50g flaked almond**



Method

Step 1

Heat oven to 180C/fan 160C/gas 4. Butter and line a 20 x 30cm baking tin with baking paper. Put the butter, sugar and ground almonds into a food processor, then pulse until the mixture resembles very rough breadcrumbs. Spoon out half the mix into a bowl and set aside.

Step 2

Add 140g flour into the mix in the processor and whizz until it just forms a dough. Tip into the tin and press down with the back of a spoon. Bake for 15-20 mins until golden. Leave to cool for 10 mins.

Step 3

To make the filling, put the remaining butter and the sugar and almond mix back into the processor, saving a few tbsp for the topping. Add the eggs, the 25g flour, cinnamon and baking powder and whizz to a soft batter. Spread over the base.

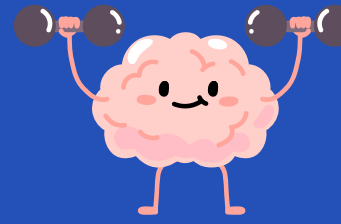
Step 4

Top with the plum pieces and a little extra caster sugar and cinnamon. Bake for 20 mins, then sprinkle with the remaining crumble mix and flaked almonds. Cook for another 20 mins or until golden. Leave to cool in the tin before slicing.



My Mental Health Matters

Brain Games!



Digital Brain Training Games

- Lumosity – Offers daily exercises targeting memory, attention, flexibility, speed of processing, and problem-solving.
- Peak – Features short, fun games designed by neuroscientists to improve mental agility.
- Elevate – Focuses on reading, writing, speaking, and math with personalized training programs.
- CogniFit – Scientifically-based games that target cognitive abilities like concentration, planning, and memory.
- NeuroNation – Offers personalized brain training with focus on reasoning, attention, and memory.

Classic Puzzle & Strategy Games

- Chess – Enhances strategic thinking, planning, and foresight.
- Sudoku – Trains logic and number pattern recognition.
- Crossword Puzzles – Improves vocabulary, memory, and verbal fluency.
- Scrabble (or Words With Friends) – Boosts language skills and mental flexibility.
- Jigsaw Puzzles – Enhances visual-spatial reasoning and problem-solving.

Memory & Attention Builders

- Simon (memory sequence game) – Strengthens short-term memory.
- Dual N-Back – Scientifically shown to improve working memory and fluid intelligence.
- Brain Yoga (matching patterns, sequences) – Combines logic and memory exercises.
- Concentration/Memory Card Games – Improve recall and attention span.





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/>

