

EDITION 86

25th July 2025

Orana E-News



We are nearly at the end of winter.

As winter winds down, the Sutherland Shire is brimming with ways to keep the little ones entertained—and the grown-ups inspired. Whether you're planning weekend adventures or seeking school holiday magic, August is shaping up to be full of family fun.

🍷 Make memories together at the Shire Family Picnic Day at Gunnamatta Park (August 11th)—with free kids' entertainment, live music, and a pop-up fairy floss stand that'll make you nostalgic in the best way.

👐 Warm up your winter with crafty workshops at Hazelhurst Arts Centre, from pottery play to family-friendly painting sessions.

🐨 Explore the outdoors with a bushwalk in the Royal National Park, or book a family wildlife encounter at Symbio Wildlife Park—because koala cuddles never go out of season.

The next edition of our newsletter will be released August 29th, 2025.



*Inside this edition, you'll
find all the details on
what's happening near
you.*

*As always, thank you
for being such a valued
part of our community.*

***"The mind is
everything.
What you think
you become."
(Buddha)***

IN YOUR EDITION 86

- What's on at Orana
- Safe & Supportive Outreach in Bundeena
- Volunteering Opportunities
- GovHub pop in for Info
- Youngster.co Bridging Generations
- Community News
- Cooking for Comfort



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

Whats on at Orana

Need a hand lodging your tax return?

Free help is now available in your community. Book your appointment today. You'll need to bring two pieces of ID to your appointment.

To book an appointment:

Please call Orana on (02) 9521 8280. Appointments available Wednesdays



For more information, visit ato.gov.au/taxhelp



Australian Government
Australian Taxation Office

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.



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

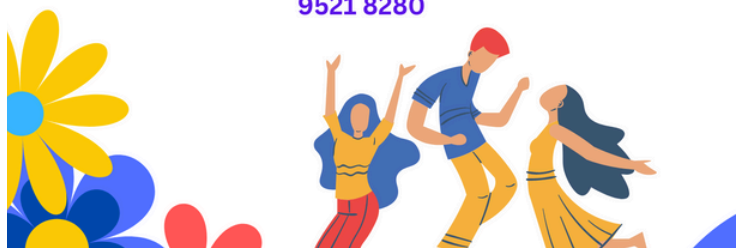
Orana's LIVE WELL Group

Come along join us and learn some ways to lift your mood!

Including fun activities, laughter to keep you motivated .

1st Friday of each month 10am-12pm.
Morning tea provided.

3A Stapleton Avenue Sutherland.
9521 8280



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

<https://oranansw.org.au>



Whats on at Orana Gymea

Safety & Healing Program
Women's Health Centre
39 Gymea Bay Rd Gymea



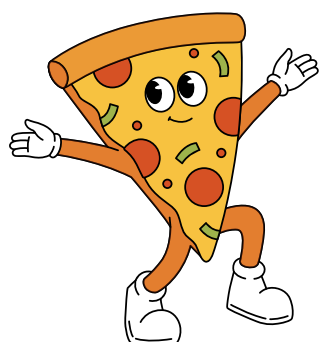
Our Safety and Healing Program supports women through their domestic and family violence journey.

Orana is a trauma informed, strengths based, client focused service provider. Women can come in and talk, have a coffee, relax in a safe space. The Orana staff will walk alongside women and help to build on existing skills and resources, in a culturally respectful way to empower women to move forward in their lives.

Foodi Group!

12th August
2025

Orana Women's Health
39 Gymea Bay Rd

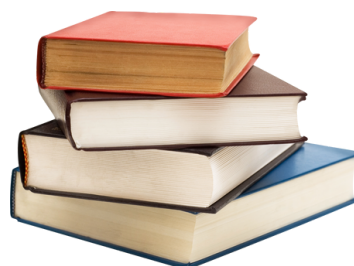


Orana at Gymea can provide warm clothes for women in need. Drop in and have a chat with the staff at Gymea. They have a range of warm coats and jumpers or work wear for those women attending court, interviews or returning to work.

Margaret can assist with styling advice on Thursdays.



Book Club for Women
Wednesday 27th August. 1pm
Orana Women's Health
39 Gymea Bay Rd



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

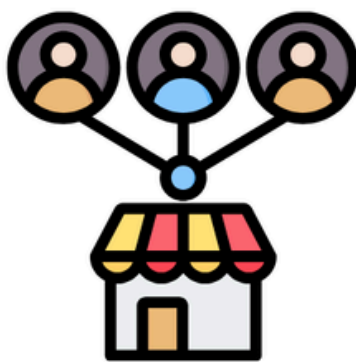
<https://oranansw.org.au>



OUTREACH SERVICE

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

Orana is offering an outreach service to the Bundeena community.
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*)

Services NSW Outreach: (*3rd Friday of the month only*)

Counselling Services: Confidential counselling for healing

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

Drop-In Hours:

Every Tuesday

11:30 AM - 1:30 PM

Location:

Bundeena Family Practice

5/22-30 Brighton St,

Bundeena

GovHub Pop Up

Bridging Government & Community

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

8/8/2025

10/10/2025

12/9/2025

14/11/2025

3a Stapleton Ave Sutherland

11am - 1pm

Orana hosts a free lunch on Fridays

@12pm

Call 9521 8280 for more information

SOME SERVICES ATTENDING:

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

SERVICES SUBJECT TO CHANGE

**MONTHLY
EVENT**



SUTHERLANDSHIRE



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



Queer YA BOOK CLUB

A welcoming and inclusive space open to LGBTQ+ youth and their allies.

If you're interested in chatting about LGBTQ+ books, movies and podcasts and want to connect with like-minded people, join us for a fun afternoon at Sutherland Library!

We'll meet every **2nd Saturday of the month** from February to November. Don't be shy!

Next meeting | Saturday 9 August 2025
1pm to 3pm | Sutherland Library

We'll be discussing:

LOVELESS

by Alice Oseman (She/They)



Trigger Warnings
Themes of self-harm, alcohol, sexual content, toxic relationship, homophobia, emotional abuse and vomit.

SUTHERLANDSHIRE
LIBRARIES

libraries.sutherlandshire.nsw.gov.au

Free Online Event

Foundations for a good life

Disability support beyond the NDIS

RSVP Today!

Wednesday 30th July

1.00pm-2.30pm AEST

Online

THE DISABILITY DIALOGUE

GONE FISHING

Rock Fishing Safety & Skills Day

FREE HOBBIE LIFEJACKET

- Safety & Skills
- Family Fun
- Free Lunch

Saturday 9 August 2025

Kurnell
Commemoration Flat Picnic Area
9.00am to 3.00pm

Learn More & Register Now

<https://beachsafetyhub.org.au/coastal-safety-workshop/>

South Eastern Sydney
Recovery & Wellbeing College

Life Beyond Anxiety

Date: Friday 8 August 2025
Time: 10:00am – 1:00pm
Venue: St George & Sutherland Community College
127-129 Sutherland Road, Jannali NSW 2226

Many people experience anxiety and live a meaningful and purposeful life. In this course students will learn about a number of strategies and resources to support living life to the full beyond the experience of anxiety, including relaxation practices.

This course extends learning from Exploring Anxiety course.

To enrol please visit our website:
<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



Recovery & Wellbeing College | South Eastern Sydney Local Health District
Recovery describes a personal journey people experiencing mental distress undertake to rebuild...

SES - Health



For more information please contact the Recovery & Wellbeing College Team

9113 2981

SESLHD-RecoveryCollege
recovery@health.nsw.gov.au

Course Information Sheet

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



Youngster.co - Bridging Generations

our story

Tony and Finn, a father-son duo, saw a growing problem, the addictive nature of social media and smart devices resulting in loneliness among young people and the isolation of seniors challenged by tech. An ever widening intergenerational gap.

To bridge this gap they set out on the mission to use Tech for Good and bring generations together to help each other. By empowering young people to engage socially while helping seniors stay connected with their loved ones through technology they also learn essential life and employability skills.

We believe that meaningful connections can help overcome these challenges, creating a sense of purpose, companionship, and empowerment for both seniors and young people.



Get tech savvy and help Youngsters learn life skills by booking a 1 on 1 session and we can host more free tech sessions for those that need it but can't afford it.

Youngster.co's sessions have really been super rewarding in many aspects !! Not only do i get to feel like i'm making a positive impact in my community by helping seniors with their troubles, but i'm also able to enrich myself through connecting with people outside of my age bracket



- Josh a Youngster from Sylvania NSW



Join Our Free Group Tech Session

-  Find a session near you www.youngster.co
-  Reserve your 30min spot

Book a 1-on-1 Tech Session

-  At a time and place that suits you.
-  Call 1300 774 711.

Spread the Word

Know someone who could benefit?
Refer a friend!

Free technology & smartphone support

FREE one-on-one
support for all your
tech and smartphone
questions. Connect
with youngsters and
learn new skills!

Every Wednesday from
10.00am to 12.00pm.

To book, scan the
QR code above or call
1300 774 711. Walk-ins
are also welcome.





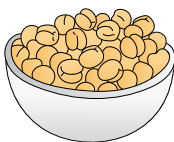
Cooking: Healthy Comfort Food

Lamb, chickpea and pumpkin bake



Ingredients

- 1.2kg butternut pumpkin, peeled, deseeded, thinly sliced
- 3 tsp ground cumin
- 1 tsp olive oil
- 1 large red onion, finely chopped
- 4 celery sticks, trimmed, finely chopped
- 2 garlic cloves, crushed
- 1 tsp ground cinnamon
- 500g lean lamb mince
- 400g can diced tomatoes
- 400g can no-added-salt chickpeas, rinsed and drained
- 1 zucchini, finely chopped
- 240g (1 cup) fresh ricotta
- 1 egg
- 130g (1/2 cup) natural yoghurt
- 1/4 cup chopped fresh continental parsley
- 260g sweet berry truss tomatoes



Step 1

Preheat oven to 200C/180C fan forced. Line 2 baking trays with baking paper. Place pumpkin on the prepared trays, spray lightly with oil and sprinkle with half the cumin. Bake, swapping trays halfway, for 25-30 minutes or until golden and tender.

Step 2

Meanwhile, heat the oil in a large saucepan over medium heat. Cook the onion and celery, stirring occasionally, for 7-8 minutes or until softened. Add the garlic, cinnamon and remaining cumin and cook, stirring, for 1 minute or until aromatic

Step 3

Add the mince and cook, breaking up any lumps with a wooden spoon, for 5 minutes or until browned. Add the diced tomato, chickpeas, zucchini and 185ml (3/4 cup) water, and bring to the boil. Reduce the heat to low and simmer, stirring occasionally, for 20 minutes or until thick.

Step 4

Lightly spray a 2L (8 cup) baking dish with oil. Spread half the mince mixture over the base of the prepared dish. Top with half the pumpkin. Repeat with another layer of mince mixture and pumpkin, then carefully spread the ricotta, egg, yogurt and parsley sauce over the top. Bake for 15 minutes.

Step 5

Place the truss tomatoes on a lined baking tray and add to the oven. Bake for 15 minutes or until the bake is golden and bubbling, and the tomatoes are just softened. Set the bake aside for 10 minutes to cool slightly.





My Mental Health Matters

Saying 'No' and Taking Time for Yourself

● **Saying "No" with Confidence**

- Practice polite assertiveness: Try phrases like "I appreciate the offer, but I'm not able to commit right now."
- Use "I" statements: Focus on your needs—e.g. "I need time to recharge this weekend."
- Avoid over-explaining: A simple, respectful "no" is enough.
- Reframe your mindset: Saying "no" to others is often saying "yes" to yourself.
- Start small: Practice in low-pressure situations to build confidence.

🧑‍🚶♀️ **Taking Time for Yourself**

- Schedule it like an appointment: Treat personal time as non-negotiable.
- Set boundaries: Let others know when you're unavailable and stick to it.
- Create a calming space: Whether it's a quiet corner, playlist, or journal—make it yours.
- Try mini-breaks: Even 5 minutes of deep breathing, stretching, or silence can reset your mind.
- Explore what brings you joy: Reading, walking, painting—whatever fills your cup.

💬 **Mindset Shifts That Help**

- Self-care isn't selfish—it's essential for mental, emotional, and physical health.
- You can't pour from an empty cup: Rest and recharge so you can show up fully.
- Boundaries build better relationships: Saying "no" respectfully fosters mutual respect.
- Guilt is normal—but not a reason to overextend: Acknowledge it, then let it go.





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 Gympsea Bay Road Gympsea
9525 2058
womenshealth@oranansw.org.au

Website:

<https://oranansw.org.au>



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



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

