

27th June 2025

Orana E-News



Happy end of June Subscribers!

As we welcome July, we hope this message finds you well and enjoying the heart of winter. Whether you're warming up with a cuppa or venturing out to explore, there's no shortage of exciting events happening across our community this month.

One of the highlights is NAIDOC Week, running from 7–14 July, a time to celebrate and honour the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples.

There are plenty of other local highlights in the Sutherland Shire to keep your calendar full and your spirits bright—think winter markets, creative workshops, and cozy community gatherings.

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 next edition of our newsletter will be released July 25th, 2025.

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.” – Princess Diana

NAIDOC Week 2025,

6–13 July
Marks a powerful milestone 50 years of celebrating Aboriginal and Torres Strait Islander culture, history, and achievements.
This year's theme, The Next Generation



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- MY MENTAL HEALTH MATTERS



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

Whats on at Orana



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



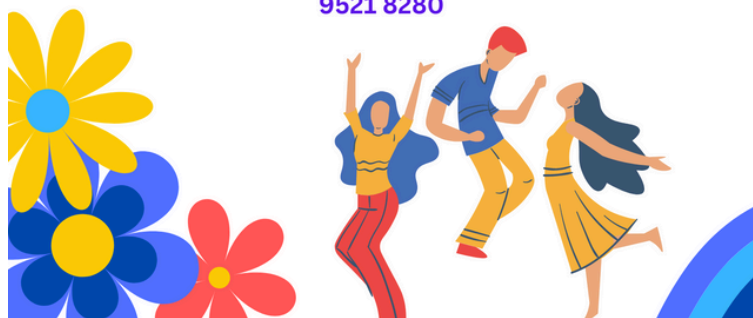
Orana's LIVE WELL Group

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



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.



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>



Whats on at Orana cont.

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.

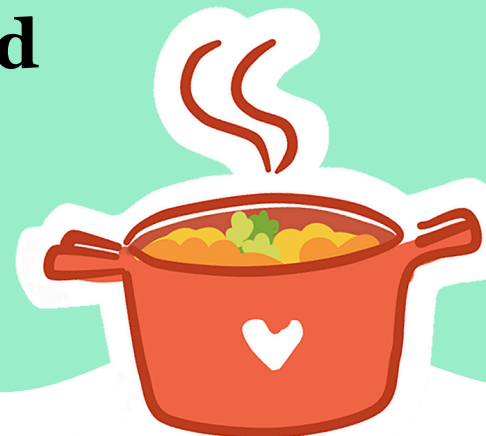
Orana is a trauma informed, strengths based, client focused service provider. Women can come in and talk, have a coffee, relax in a safe space. The Orana staff will walk alongside women and help to build on existing skills and resources, in a culturally respectful way to empower women to move forward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

Foodi Group!

14th July 2025

Soups!

**Orana Women's Health
39 GyMEA Bay Rd**



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

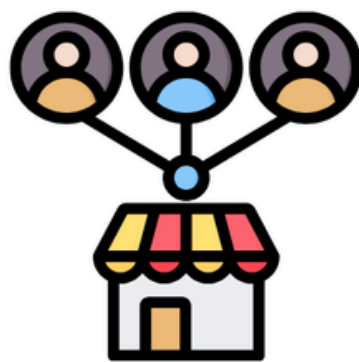
<https://oranansw.org.au>



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.

DATES FOR 2025

11/7/2025	
8/8/2025	10/10/2025
12/9/2025	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



VOLUNTEERS

NEEDED



NEEDED

THE HELP WE NEED:

- Meal preparation
- Serving of food
- Pack up and clean up

TUESDAYS and/or FRIDAYS

3A STAPLETON AVENUE
SUTHERLAND

TUESDAY 9am - 12pm

FRIDAY: 10am - 2pm

interested? Email:
admin@oranansw.org.au

Community News





Messy Playgroup

Join a playgroup with tactile and taste safe materials for exploration and creative play

First Thursday of the month
10-11am
\$15 per family (up to two children 0-5 years)



Visit ecs.org.au/book-online or scan the QR code to register



1034-1036 Old Princes Hwy
T: 9520 7022



RAT MATES

PROJECT YOUTH

T.H.R.I.V.E

TOGETHER HARNESSING RESILIENCE, INSPIRATION, VALIDATION & EMPOWERMENT

THRIVE is a young mum's program meeting weekly in Menai to support mother's to build parenting capacity, provide support, increase confidence and develop social connections. The groups focus is;

- ✓ Peer Support
- ✓ Creating Memories
- ✓ Education & Support
- ✓ Referral Support

JOIN US

**When**
Starting July 2nd 2025

**Time**
Wednesdays
10.00 AM - 12.00 PM

**Where**
Menai Youth Centre
34 Allison Cres



PROJECT YOUTH



For referrals visit projectyouth.org.au
Email katec@projectyouth.org.au or gracet@projectyouth.org.au for more info



HEALTHY AGEING SEMINAR

**LET'S CHAT ABOUT...
WHAT HEALTHY AGEING
MEANS TO YOU**

Karen Buckley from Gynea Community Aid and Lisa Maunsell from Liveup discuss what healthy ageing means to different people.

**Monday 21 July | 10.30am to midday
Kirrawee Library+ | Bookings essential**



libraries.sutherlandshire.nsw.gov.au



**Ceramics for Beginners -
Statement in Education &
Employment Pathways:
Wednesdays from 30 July,
9.30am-1.30pm
[CLICK HERE FOR MORE INFO |
Flyer](#)**



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

NAIDOC Week



NAIDOC
Community Festival

Thursday 10 July | 10am-2pm | Gunnamatta Park, Cronulla

10am

- Welcome to Country
- Official Proceeding

11am – 2pm

- Live Music
- Cultural Workshops
- Traditional Art
- Youth & Children Games
- Face Painting
- 20+ Market Stalls
- Sausage Sizzle
- Coffee Van
- Sharks NRL Mascot
- Emergency Services Display
- Inflatable Obstacle course

FREE FESTIVAL, ALL WELCOME

Find out more:
sutherlandshire.nsw.gov.au/naidoc2025



Presented by:



THE NEXT GENERATION:
STRENGTH, VISION & LEGACY
6-13 JULY 2025



SUTHERLANDSHIRE



KURRUMBIGEE
ABORIGINAL CORPORATION



NAIDOC Week 2025, held from 6–13 July

Marks a powerful milestone 50 years of celebrating Aboriginal and Torres Strait Islander culture, history, and achievements.

This year's theme, The Next Generation:

Strength, Vision & Legacy, honours the resilience of past leaders while spotlighting the emerging voices shaping the future.

It's a time for all Australians to reflect, learn, and walk together in recognition of the world's oldest continuing cultures



Cooking: Winter Warmers

Sweet Potato Soup

Perfect for cozying up on a winter night

Ingredients

2 tbsp extra virgin olive oil
30g / 2 tbsp unsalted butter – or more oil
2 onions, *diced*
2 leeks, *white and pale green part only, quartered, cut into 1cm / 1 1/2" slices.*
2 garlic cloves, *chopped*
1 kg/ 2 lb sweet potato, *peeled, quartered lengthwise, cut into 2cm / 0.8" chunks*
1 tbsp cumin powder
1.25 liter / 1.25 quarts chicken or vegetable stock.
1.5 tsp cooking salt
1 tsp black pepper
1/3 cup cream or an extra knob of butter

- *Something to drizzle / dollop – extra virgin olive oil, cream, yogurt, sour cream*
- *Something crunchy – flatbread strips*



Sauté aromatics – Heat the oil and melt the butter in a large heavy based pot over medium heat. Cook the onion, leek and garlic for 5 minutes until softened.

Add the sweet potato and cumin, cook for another 3 minutes, stirring regularly.

Simmer 20 minutes – Add the stock, salt and pepper. Bring to a simmer, then cook for 20 minutes at a gentle simmer until the sweet potato is very tender (no lid).

Blitz – Remove the pot from the stove. Blitz with a hand-held stick until smooth with a blender. Stir in cream.

Garnish – Ladle into bowls. Drizzle with yogurt, cream or olive oil with a sprinkle of something crunchy – pictured with pistachios and crispy flatbread strips .





My Mental Health Matters

Winter Wellness



Winter wellness for mental health is all about nurturing your body and mind through the colder, darker months—when energy dips and moods can follow. Here's a deeper dive into how to stay mentally well this winter:

☀️ Embrace the Light

Shorter days can disrupt your circadian rhythm and lower serotonin levels, which affects mood.

Try to:

Get outside during daylight hours, especially in the morning.

Open blinds and sit near windows when indoors.

Consider a light therapy lamp if you're prone to seasonal affective disorder (SAD).

🛌 Prioritise Restorative Sleep

Winter can tempt us to hibernate, but quality sleep is key:

Stick to a consistent sleep schedule.

Avoid screens an hour before bed.

Create a cozy, dark, and quiet sleep environment.

🥗 Nourish Your Body

Comfort food is great—but balance is better:

Eat seasonal fruits and vegetables rich in vitamins C and D.

Stay hydrated with warm herbal teas and soups.

Limit alcohol and caffeine, which can affect mood and sleep.

🧘 Move Your Body, Calm Your Mind

Even gentle movement can lift your spirits:

Try indoor yoga, stretching, or dance workouts.

Bundle up for a brisk walk—nature is a natural mood booster.

Explore guided meditation or breathing exercises to reduce stress.

👥 Stay Connected

Social withdrawal is common in winter, but connection is vital:

Schedule regular catch-ups with friends or family, even virtually.

Join a local class or community group.

If socialising feels hard, consider volunteering or joining an online community.

🕯️ Create a Comfort Ritual

Build a self-care routine that feels like a warm hug:

Light a candle, play calming music, or enjoy a hot bath.

Keep a gratitude journal or try creative outlets like drawing or writing.

Surround yourself with textures and scents that soothe you.

🧠 Know When to Seek Support

If low mood lingers for more than two weeks, it's okay to ask for help. Reach out to:

Your GP or mental health professional

Helplines like Lifeline (13 11 14) or Beyond Blue (1300 22 4636)

This list was compiled from ChatGPT

More
info





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/>

