

30th May 2025

Orana E-News



Happy end of May Subscribers!

As we step into June, we hope this message finds you well and embracing the cooler days ahead. With winter settling in, it's the perfect time to cozy up and explore the vibrant events our community has to offer.

Vivid Sydney Festival is back this month, until the 14th June offering light installations and performances across the city.

More information on what is specifically being offered in the Sutherland Shire is inside!

As always, thank you for your continued support.

The next edition of our newsletter will be released June 27th, 2025.

“

“Volunteering is at the very core of being a human. No one has made it through life without someone else's help.” – Heather French Henry

Orana Sutherland and Orana Gynea will be **closed on Monday 9th June** for the long weekend.

Are you sleeping rough or know of someone who is? We have lots of blankets and beanies. Please come in.

IN YOUR EDITION 84

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- MY MENTAL HEALTH MATTERS



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

Whats on at Orana



Dementia Carers Friendship Group

A free community group run by Orana

WHEN: 2nd Tuesday of the month

TIME: 10am - 12pm

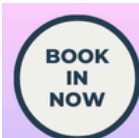
WHERE: Orana Sutherland: 3a Stapleton Avenue Sutherland

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



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.



9521 8280

admin@oranansw.org.au



ADULT LEARNING CLASSES ORANA SUTHERLAND!

☀️ Learn, Laugh & Connect!
Looking to try something new, meet friendly faces, and have fun?

🍪 Activities Include:

- ✓ Line Dancing
- ✓ Card Making
- ✓ History
- ✓ Ukulele
- ✓ Knitting
- ✓ Games
- ✓ ...and many, many more!

Wide variety of classes!

Mondays and Wednesdays

📍 Location:
Orana Sutherland 3a
Stapleton Avenue Sutherland



How To Reach Us?



952 18280



admin@oranansw.org.au



www.oranansw.org.au



💬 **All are welcome!**

Our classes are inclusive, relaxed, and led by experienced facilitators. Whether you're returning to learning or simply want to socialise and stay active – there's something here for you.

Enroll Now



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 25th June 2025

Before the Coffee Gets Cold by Toshikazu Kawaguchi

In a small back alley in Tokyo, there is a café which has been serving carefully brewed coffee for more than one hundred years. But this coffee shop offers its customers a unique experience: the chance to travel back in time.

Kawaguchi's beautiful, moving story explores the age-old question: what would you change if you could travel back in time? More importantly, who would you want to meet, maybe for one last time.

THE GLOBAL BESTSELLER



**Before
the
coffee
gets
cold**

TOSHIKAZU KAWAGUCHI

Foodi Group! 9th June 2025

Winter veggies!

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



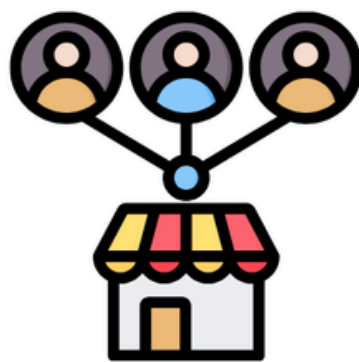
Head to our website for more information on our services and calendar of events:

<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

THANK YOU

Volunteer Week was 20th - 27th May 2025

Thankyou to our wonderful team of passionate, kind, dedicated and wonderful volunteers. We couldn't do this without you.



GovHub

Pop Up

Bridging Government & Community

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

DATES FOR 2025

13/6/2025

11/7/2025

8/8/2025

12/9/2025

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
- CATHOLICARE
- 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



Community Services Inc.

FREE SPEECH SCREENING & ORAL HEALTH CHECK

Thursday 19th of June, Time: From 09:00 (20 minutes session)
Address: Rockdale Hub, Lord Street, Rockdale, next too Rockdale Public School
Bookings are essential; please contact Maria by the 10th June for an appointment Ph: 0406448459



NSW Allied Health Speech pathologist will be performing short speech screenings for all children 1-5 years old in the Community. Child and Family Health Nurse will also be available to answer all your questions and book free developmental checks. Activities will be set up to entertain children while they wait.



PRIDE



MONTH



CONNECTING THROUGH ART
LGBTQIA+ EMERGING ARTISTS
PERFORMANCE NIGHT

**13 JUNE
2025**

HURSTVILLE LIBRARY



headspace
Hurstville & Miranda

Free Women's Health Checks



La Perouse Aboriginal Community Health Centre

HealthOne, Sutherland Hospital

Menai Community Health Centre

Rockdale Community Health Centre

For an appointment or to talk with a
Women's Health Nurse
please contact
0408 901 378 or 0457 881 350

A Women's Health Check can include:

- Cervical screening
- How to check your breasts
- Contraception advice
- Pregnancy planning
- 6 week post-natal check for Mum
- Menopause advice
- Pelvic floor advice

To know more about the service, yarn with the
Aboriginal Women's Health Coordinator Sharon
Brown 0447 097 395
(Monday, Wednesday & Friday)

This service is free and
confidential.
No referral is needed.

Produced by
South Eastern Sydney
Local Health District



Women's Business - Artist: Annette Webb

SUTHERLAND SHIRE BREAST CANCER SUPPORT GROUP

Anyone who has ever had a Breast Cancer diagnosis and who lives in the Shire, St George or nearby areas of Sydney is most welcome to attend. Free. No RSVP.

Wed 4th June at Tradies Gynea
6.30-8.30pm

Share. Support. Inform. Connect

Guest speaker part of the meeting is :-Wendy

Yoga teacher, holistic counsellor and meditation therapist with focus on stress management and mind body practises. Mum. Breast cancer Oct 22. Local businesswoman.

TOPIC : Staying Calm. Managing Stress



HOLISTICALLY ME
COUNSELLING | YOGA | WELLNESS

<https://holisticallyme.com.au/>



Cooking: Long Weekend

Chicken and Mushroom Baked Risotto

Perfect for cozying up on a winter long weekend!

Ingredients

- 1 tbsp olive oil
- 50g Western Star Butter
- 300g Chicken, diced
- 250g Button mushrooms, sliced
- 1 onion, sliced
- 1 clove garlic, crushed
- 250g Arborio rice
- 800ml Chicken stock
- 250g Perfect Italiano Perfect Melt cheese



Method:

- Pre heat oven to 180°C
- Heat oil and butter in a large oven proof pot over a high heat, then add chicken and brown quickly.
- Add mushroom, onion and garlic. Continue cooking then add rice and stock bring to the boil
- Add Perfect Italiano Perfect Melt cheese, then cover and place in the oven for 30 minutes

Allow risotto to rest before serving





My Mental Health Matters

Top Mental Health Podcasts

As podcasts are now so popular, here are some top pod recommendations around mental health

1. The Happiness Lab with Dr. Laurie Santos

Dr. Laurie Santos delves into the science of well-being, offering practical advice to help listeners lead happier lives. Her evidence-based strategies are grounded in research from Yale University.

2. Therapy Chat

This podcast explores topics like trauma, mindfulness, and somatic therapy, providing insights into healing and personal growth.

3. The Mental Illness Happy Hour

Hosted by Paul Gilmartin, this show offers candid conversations about mental illness, addiction, and negative thinking, aiming to reduce stigma and promote understanding.

4. The Psych Central Podcast

Gabe Howard hosts discussions on various mental health conditions, treatments, and the latest research, offering both education and empathy.

5. Not Another Anxiety Show

Kelli Walker provides practical tips and strategies for managing anxiety, focusing on simple and actionable advice.

6. The Calm Collective

Cassandra Eldridge offers meditative and reflective content, encouraging listeners to embrace stillness and find peace amidst chaos.

7. The Happiness Lab

Dr. Laurie Santos shares evidence-based strategies to boost happiness and manage stress, focusing on practical applications for daily life.

8. The OCD Stories

Stuart Ralph discusses obsessive-compulsive disorder, featuring interviews with experts and individuals with lived experience to provide insights and coping strategies.

9. The Anxiety Coaches Podcast

Gina Ryan and her co-hosts offer advice and support for individuals dealing with anxiety, providing tools and techniques for managing symptoms.

10. Let's Talk: Mental Health Podcast

Hosted by the Mental Health Foundation, this podcast covers a range of topics related to mental health, featuring expert guests and personal stories.

More
info



This list was compiled from ChatGPT



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/>

