



Celebrating Unity and Harmony in October

October is a month rich with global observances that reflect values close to our hearts here at Orana NSW – peace, social inclusion, diversity, and wellbeing. The dates below provide us opportunities to celebrate the shared humanity that connects us all.

International Music Day – 1 October

A tribute to the universal language of music and its power to foster connection across cultures.

International Day of Non-Violence – 2 October

Honouring Mahatma Gandhi's birthday and his enduring legacy of peaceful resistance and social justice.

World Animal Day – 4 October

A day to raise awareness for animal welfare and celebrate the creatures that enrich our lives and ecosystems.

World Teachers' Day – 5 October

Recognising the vital role educators play in shaping minds and building inclusive societies.

World Mental Health Day – 10 October

A reminder to prioritise mental wellbeing and support open conversations around mental health.

International Day of the Girl Child – 11 October

Empowering girls worldwide and advocating for their rights, education, and leadership.

Children's Week – 23 to 31 October

Celebrating the talents, rights, and voices of children, and promoting their wellbeing in every community.

these international days are a powerful reminders of our shared responsibility to create a more compassionate and inclusive world. Let's take this month to reflect, celebrate, and get together.

IN YOUR EDITION 88

- What's on at Orana
- Safe & Supportive Outreach in Bundeena
- GovHub pop in for Info
- Volunteering Opportunities
- Mental Health Matters
- Computer Help
- Your Recipe for October
- Your Feedback



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

Whats on at Orana Sutherland

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.



Dementia Carers Friendship Group

A free community group run by Orana for current and former Carers of a loved one living with Dementia

WHEN: Second 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 there are others we can talk to can make all the difference. We share the common experience of caring for a family member with dementia, whether that is a partner, parent or sibling.



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

JOIN US
LIVING WELL SOCIALLY

Free for everyone! Join us for a fun games morning once a month, on the 1st Friday of the month!

INCLUDES MORNING TEA

NEXT GROUP: 3RD OCTOBER 2025
10am - 12pm
Orana Sutherland 3a Stapleton Avenue Sutherland
For more information 9521 8280



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

<https://oranansw.org.au>



What's on at Orana Womens Health Gymea

Orana Women's Health, is run by women for women. The staff and volunteers have a wealth of experience in supporting women in the community. Whether you need legal advice, would like to join in on a group activity, get support and information about health services, domestic and family violence support, or just need a chat we are here and happy to help.

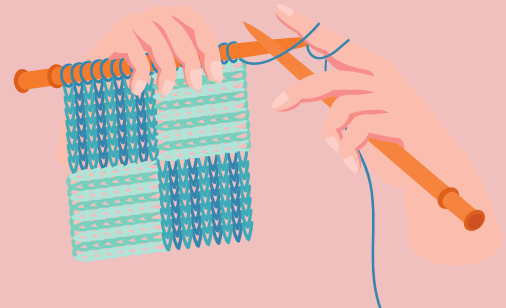
Qi Gong

A beautiful, gentle exercise group under the experienced eye of practitioner Van
Monday mornings 8am - 9am meet in the hall behind our Gymea Centre. not on in the school holidays



Wrap With Love Knitting Group

Come along and enjoy knitting with others have a coffee and a chat .
every Tuesday 10am at the Gymea Centre



No Rules Book Club
for Women
Wednesday 22nd
October 1pm

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.

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

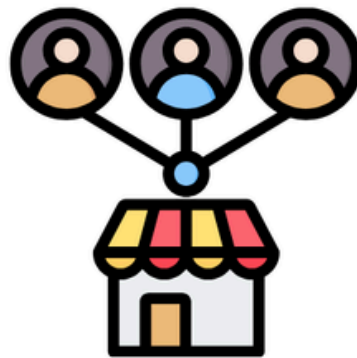
<https://oranansw.org.au>



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.

DATE & TIME:

Friday 10th October 2025

11am - 1pm

3a Stapleton Avenue, Sutherland

Light refreshments provided.
PLUS Orana hosts a free weekly lunch @ 12pm every friday!

SERVICES ATTENDING 10 OCTOBER INCLUDE:

- SERVICES AUSTRALIA (CENTRELINK)
- SERVICE NSW
- ALCOHOLICS ANONYMOUS
- BENEVOLENT SOCIETY
- CATHOLIC CARE
- HOMES NSW (HOUSING SUPPORT)
- KOORANA CHILD & FAMILY SERVICES
- ORANA NSW
- FREE ORAL HEALTH CHECKS FOR KIDS!
- SENIORS RIGHTS SERVICE
- SUTHERLAND SHIRE COUNCIL + FOGO (FOOD ORGANICS & GARDEN ORGANICS)
- 3BRIDGES



SCHOOL HOLIDAY
EDITION



FREE ORAL
HEALTH
CHECKS FOR
KIDS!




COMING SOON
TO SUTHERLAND SHIRE

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

World Mental Health Day – 10 October

A reminder to prioritise mental wellbeing and support, open conversations around mental health. We invite you to come along and join us at the Shire's Mental Health and Wellbeing Expo.

2025 Shire Mental Health and Wellbeing Expo

Join us for a powerful day of connection, education, and support as we bring together guest speakers, mental health experts and service providers.

This expo aims to help break down barriers to seeking support for mental health concerns in our community.

Free Event
No booking required!

For more information visit:
Sutherland Shire Council's
What's On Page

or scan the QR Code



**Thursday 16
October 2025**

10am to 3pm

**The Pavilion
Performing
Arts Centre,
Sutherland**

**Free
BBQ!**



South Eastern Sydney
Local Health District



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



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.



Your Recipe for October

Eton Messy Strawberries



Ingredients

750 gm strawberries, quartered, plus extra to serve
110 gm (½ cup) caster sugar
200 ml thickened cream, lightly whisked
125 gm crème fraîche
55 gm (½ cup) pure icing sugar, sieved
Scraped seeds of ½ vanilla bean
125 gm raspberries

Meringues

100 gm eggwhite (about 3 eggs)
100 gm caster sugar
100 gm pure icing sugar, sieved
15 gm cornflour



Method

For meringues

Preheat oven to 120C. Whisk eggwhite and a pinch of salt in an electric mixer until firm peaks form (3-4 minutes). With motor running, gradually add caster sugar and whisk until thick and glossy (2-3 minutes). Sieve icing sugar and cornflour over, fold to combine, then spoon 8cm-diameter mounds onto oven trays lined with baking paper. Bake until meringues lift easily from trays and are crisp but not coloured (45-50 minutes), then turn off oven and cool completely in oven.

Meanwhile, toss strawberries and caster sugar in a large bowl to combine, then set aside until juices begin to seep (20 minutes).

Whisk cream, crème fraîche, icing sugar and vanilla seeds together in a separate large bowl until soft peaks form. Scatter a quarter of the strawberries in the base of a 3-litre serving bowl, spread with a quarter of the cream mixture, and coarsely crumble a quarter of the meringue over the top. Repeat layering with remaining ingredients.

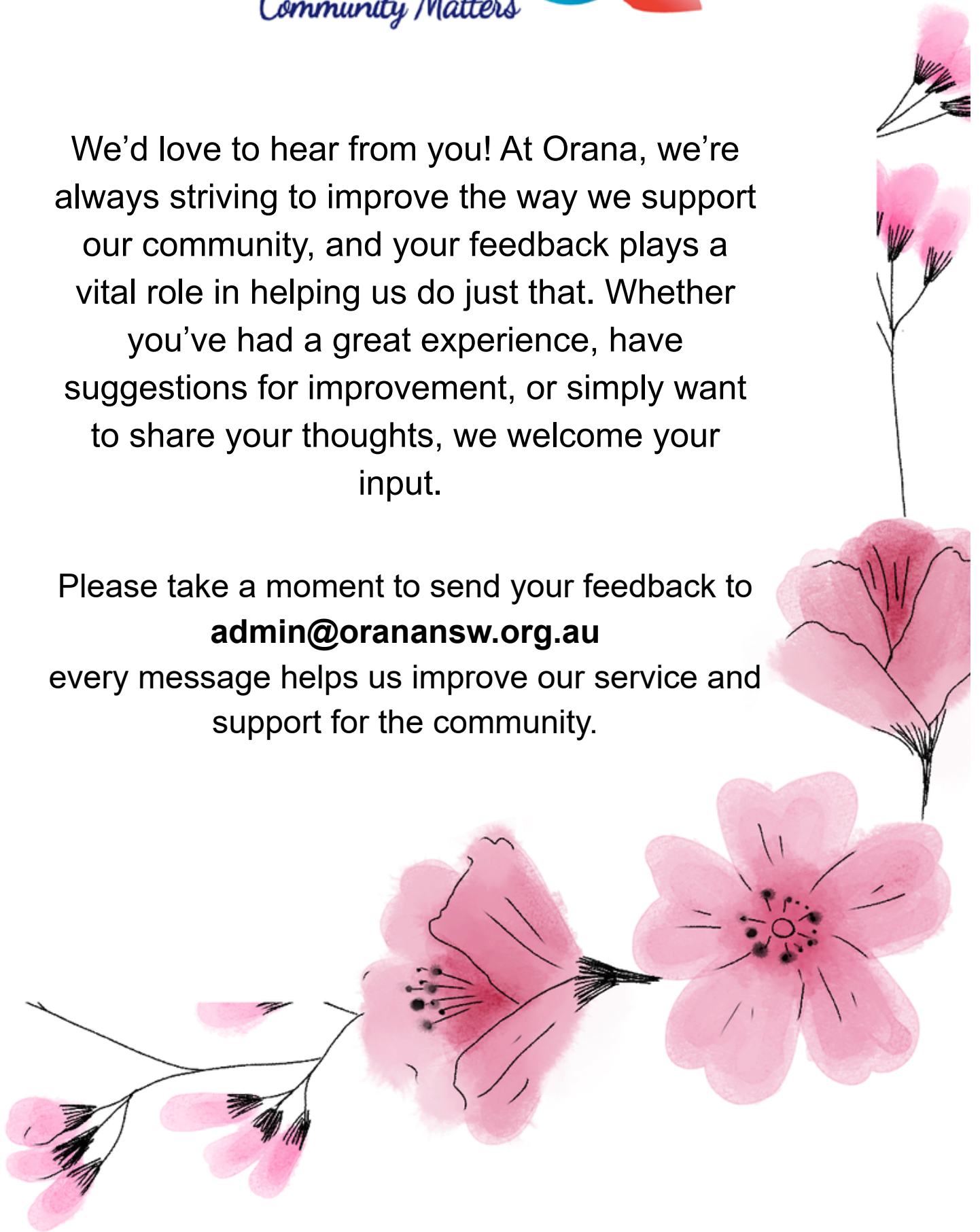
Scatter Eton mess with extra strawberries and serve.





We'd love to hear from you! At Orana, we're always striving to improve the way we support our community, and your feedback plays a vital role in helping us do just that. Whether you've had a great experience, have suggestions for improvement, or simply want to share your thoughts, we welcome your input.

Please take a moment to send your feedback to **admin@oranansw.org.au** every message helps us improve our service and support for the community.



Some Ideas to share on ways to feel happier in tough times

Here are some ways to help you disconnect from toxic media:

Avoid engaging in conversations on tense topics

Set yourself a news-free day each week

Set timers or use apps to reduce doom-scrolling (toxic news addiction)

Put devices in another room when not in use

Limit your news consumption to 30 min per day



For a happiness boost, try these random acts of kindness today:

Give a compliment to a friend

Call a friend or family member you haven't seen for a while

Make a handmade card

Smile at everyone

Help an elder

Do a chore for someone who needs help

Say "I love you" to everyone you love

Donate

Volunteer

Listen to a friend





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/>

