



29th August 2025

Orana E-News



We are nearly at the end of winter.

September is the time to renewal, the sunshine is on its way.

seeking support or connection, Orana NSW Inc offers support connections and wonderful inclusive programs and services. Whether you're looking to learn, relax, or connect, Orana's calendar is full of opportunities to get involved.

Next edition will be emailed Friday 26th September.

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.

*As winter loosens its grip,
the air softens,
the light lingers longer, and nature begins to hum with promise—spring is quietly stepping in.*

IN YOUR EDITION 87

- 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
- My Mental Health Matters



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



Whats on at Orana



DEMENTIA ALLIANCE
St George & Sutherland Shire

Dementia Action Week
Services Expo

'No one can do it alone'

Thursday 18th September

10am - 1pm

3a Stapleton Ave Sutherland

Come along and Discover

- Carer support services
- Respite options
- Community connections
- How to work toward diagnosis
- Connect with services supporting those living with dementia.



More information please call 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.








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

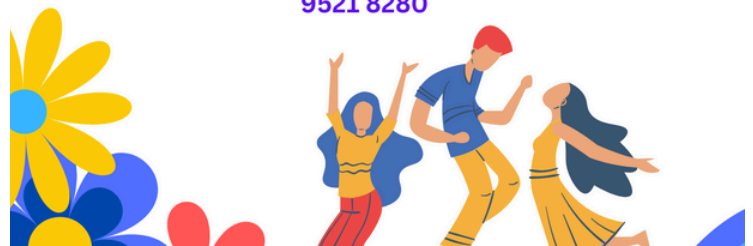
Orana's LIVE WELL Group

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

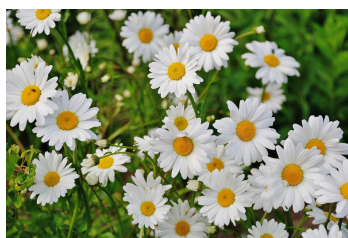
Safety & Healing Program
Women's Health Centre
39 Gymea Bay Rd Gymea



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.

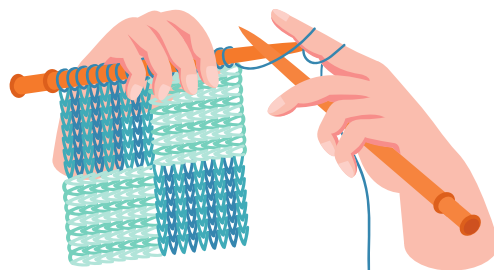
Orana Women's Health
39 Gymea Bay Rd



Foodi Group!

Monday 8th 1pm

Bring along some Spring
Fair to Share for lunch



Wrap With Love Knitting group
Tuesday 10am-12 noon

No Rules Book Club for Women

**Summer Island by Kristen
Hannah**

Wednesday 24th September.
1pm



Qi Gong

Start your week with calm,
clarity, and connection. Join
us on Monday at 8am - 9am
for a gentle Qi Gong class.



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

<https://oranansw.org.au>





Dementia Action Week


15-21 SEPTEMBER 2025

Nobody can do it alone

An initiative of
Dementia Australia

FIND OUT MORE

Held from 15–21 September 2025, plays a vital role in challenging stigma and fostering understanding around dementia. With over 433,000 Australians living with the condition and 1.7 million involved in their care, the week encourages communities to reconnect with those impacted and build more inclusive, dementia-friendly environments. Led by Dementia Australia, this initiative empowers individuals to learn, advocate, and support meaningful change—reminding us that no one should face dementia alone.



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.



Dementia Action Week Services Expo


'No one can do it alone'

Thursday 18th September
10am - 1pm
3a Stapleton Ave Sutherland

Come along and Discover

- Carer support services
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- How to work toward diagnosis
- Connect with services supporting those living with dementia.

More information please call 9521 8280

CONNECTION CAFÉ

LIVING WITH DEMENTIA

We invite those living with dementia and their carers to Connection Café. This is an inclusive, tailored event for people with memory concerns. Light refreshments will be provided.

First Monday of each month | 10.30am to 12pm
Sutherland Library | For bookings, phone 9710 0263
This event is a collaboration with Anglicare.



Person Living with Dementia: Come along and join the choir, engage in a social activity and form friendships.
Thursday 11th September 10.30-11.30am
Jannali Jingers Choir
(Contact Aimee 0499 997 014)
Anglicare Mildred Symons Social & Wellness Centre, 15 Lenna Place, Jannali

P 02 9710 0351
sutherlandshire.nsw.gov.au/library



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



Dementia Action Week

Services Expo

*'No one can do
it alone'*



Thursday 18th
September



10am
1pm



3a Stapleton Ave
Sutherland

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GovHub Pop Up

Bridging Government & Community

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

12/9/2025 10/10/2025
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
BREST 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



South Eastern Sydney
Recovery & Wellbeing College

Getting into Volunteer Work Blended Face to Face / Online

Date: Wednesday 10 September 2025
Time: 1:00pm – 4:00pm
Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah, NSW 2217

The benefits of volunteering include contributing to your community, meeting new people and developing skills for employment. In this course you will learn:

- Information about different volunteering roles and opportunities
- Skills in how to find and apply for volunteer work that is fun and fulfilling
- How volunteering can impact on your social connections and wellbeing
- All you need to know to get started as a volunteer

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



For more information
please contact the
Recovery & Wellbeing
College Team

9113 2981

SESLHD-
RecoveryCollege
@health.nsw.gov.au

Course Information Sheet

- ✓ Health Workshops
- ✓ Information on Accessing Healthcare in Australia
- ✓ Nutrition session and advice
- ✓ Cancer Screening Information
- ✓ Exercise Activities
- ✓ Healthy lunch
- ✓ Lucky door prizes



***FREE event**
***Lunch provided**

Registrations essential
Use the QR code below



Proudly supported by:
Cancer Institute NSW
TAFE NSW
South Eastern Sydney Local Health District



LIVING WELL HEALTH FORUM

A fun-filled day for people from multicultural communities to learn about improving their health

For people 18+
No childcare available

Wednesday
3rd September 2025
Loftus TAFE
Rawson Ave, Loftus
Canteen Area & Building C
from 9 am to 2.30 pm



BEACHSIDE DASH AND FAMILY FUN RUN

Sunday 14 September

Depena Reserve, Dolls Point



REGISTER NOW!

Cash prizes! Run, jog or walk. Register at dash.org.au

10km
5 km and
2km races

Register now at beachsidedash.org.au

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





CARINGBAH PUBLIC SCHOOL



CENTENARY FAIR

CELEBRATING 100 YEARS

SUNDAY, SEPT 21
9AM - 4PM

GOLD
COIN
ENTRY

JOIN US FOR A FULL DAY OF FUN

WALK THROUGH 100 YEARS OF CPS

CARNIVAL RIDES, MARKET STALLS, FOOD TRUCKS

RAFFLE, ENTERTAINMENT

FREE FACE PAINTING & PETTING ZOO

SCAN THE QR CODE TO PRE-PURCHASE YOUR WRISTBAND FOR UNLIMITED RIDES



PROUDLY SPONSORED BY

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PROPERTY**

JOIN
CONSTRUCTIONS



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 Sessions

-  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 suit 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.



Apple Cider Chicken Skillet



Ingredients

- 1x2x3x 4 teaspoons extra-virgin olive oil divided
- 1 ½ pounds boneless skinless chicken thighs (about 8, depending on size)
- 1 teaspoon kosher salt divided
- ½ teaspoon freshly ground black pepper divided
- ½ cup fresh apple cider
- 2 teaspoons Dijon mustard
- 3 medium firm sweet apples, cored and cut into 1/2-inch slices (I used Gala)
- 2 teaspoons chopped fresh rosemary plus additional for serving

Instructions

Heat 2 teaspoons of oil in a large skillet over medium high. Sprinkle the top of the chicken evenly with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Once the oil is hot and shimmering, add the chicken to the pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm.



In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and rosemary. Cook for 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to the pan and pour the cider mixture over the top. Let cook for 4 to 5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired

SEPTEMBER

SEASONAL PRODUCE GUIDE

YUMMYADDICTION.COM



My Mental Health Matters



Art can be a powerful tool for improving mental health by providing a means of self-expression, stress relief, and emotional processing. Creative activities like painting, drawing, sculpting, and even doodling can help individuals explore their feelings, build self-esteem, and develop coping mechanisms

Taking Time for Yourself

Think of something creative that you enjoy doing. Perhaps it's dance, painting, or creating music. How do you feel when you are doing something creative? Some would say calm, happy, relaxed, or inspired. Art has an incredible way of connecting the world and allowing us to express ourselves. Because of these feel-good effects, art is a powerful tool for self-care and mental health.

Mindset Shifts That Help

Consider trying art to help reduce stress and improve your mental health. Art can be many things and tapping into your creative mind, try;

- Doodling or scribbling
- Coloring
- Writing
- singing
- Photography
- Sculpting
- Playing an instrument
- Dancing
- Fashion
- Needlework crafts
- Jewelry making





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/>

