



EDITION 100

October 2026

Orana E-News

100



Hello, October!

100 editions! As always, thank you for your support of our work and this newsletter.

This October, Orana is fostering community wellbeing and connection. Join us at either centre, where you can access vital support services, chat with staff, and find a welcoming space.

We have two fundraising opportunities inside as well as two new programs we are running!

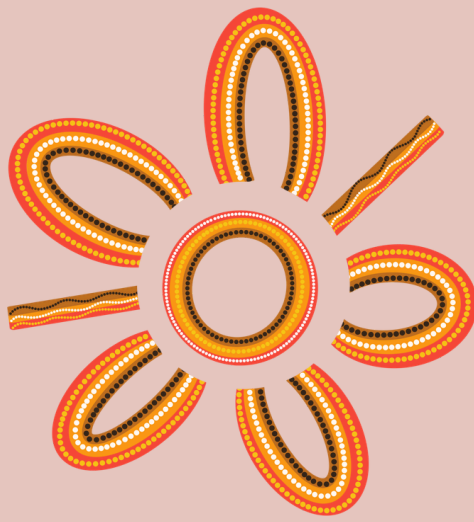
We also have information on Mental Health Month activities.

Happy reading.

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

IN THIS EDITION

- Acknowledgment to Country
- Orana groups 2026
- GovHub October
- NEW Services alert!
- Fundraisers!
- Orana Women's Health News
- Volunteers Needed
- Community News & Activities for October
- Orana's October cook up
- Mental Health Matters



Orana NSW Inc proudly acknowledges the
Dharawal people, the Traditional
Custodians of the land on which we live,
work and connect.

We pay our respects to Elders past and
present and recognise the strength,
resilience, and rich cultural heritage of
Aboriginal and Torres Strait Islander
peoples.

We honour their ongoing connection to
Country, community, and culture.



Whats on at Orana Sutherland

Orana Men's Group



Orana Sutherland Men's Social Group

Focusing on wellbeing.

Come along bring your ideas to the first

Men's Social Group

Every Second Thursday

12pm - 2pm

3a Stapleton Ave Sutherland

Community Centre

Free Sausage Sizzle lunch

For more information call Ph - 9521 8280

www.oranansw.org.au



Orana
Following You

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

SUTHERLANDSHIRE



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.



Challenges of Parenting Adult Children Support Group

COPAC



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

SUTHERLANDSHIRE

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

<https://oranansw.org.au>





GovHub Pop Up

BRIDGING GOVERNMENT AND COMMUNITY

Come and meet with Government Services and Agencies for advice and information.



9TH OCTOBER 2026 11AM - 1PM

3a Stapleton Avenue Sutherland

FREE LUNCH INCLUDED AT 12PM

2026 DATES

- 9th October 2026
- 13th November 2026



SERVICES PROVIDING OUTREACH BELOW

- SERVICES AUSTRALIA (CENTRELINK)
- SERVICES NSW
- GAMBLE AWARE
- BENEVOLENT SOCIETY CARER GATEWAY
- ALCOHOLIC ANONYMOUS
- GOOD SHEPARD FINANCIAL INDEPENDENCE HUB
- OSTARA EMPLOYMENT SERVICES
- LEGAL AID
- STANDBY SUPPORT SERVICE
- ST VINCENT DE PAUL EMERGENCY RELIEF
- HEALTH CARE COMPLAINTS COMMISSION



Services subject to change and have not been confirmed.

Parenthood Prep Financial Support Session



Expecting a baby or navigating life as a new parent? Join our financial support session to learn about available payments, services, and practical tips to help your family make the most of its budget.



Join our free three-week program, **facilitated by Good Shepherd in partnership with Orana NSW Inc.** Learn about financial wellbeing, budgeting, building confidence and motivation, and your options for returning to work or extending parental leave.

- 3a Stapleton Avenue Sutherland
- October 9th 16th and 23rd
- 1:00pm - 2:30pm
- RSVP's Close Monday 5th October

Three Week Program

FREE

*Afternoon tea
included*



**RSVP NOW! Spots
Limited!**

admin@oranansw.org.au
9521 8280



Single Mums Connect program

**3 WEEK
PROGRAM**

WOMEN SUPPORTING WOMEN

Orana's free 3-week program gives single mums a supportive space to connect, share experiences, and build confidence. Through peer discussions, practical guidance, and skills-building sessions, participants gain emotional support, access to helpful services, and a community that understands the unique challenges of parenting solo. It's a space that strengthens resilience and empowers mums to thrive.

Child minding available.

8TH, 15TH AND 22ND OCTOBER 2026

10AM – 12PM @ ORANA,
3A STAPLETON AVENUE,
SUTHERLAND

**For more information
and to sign up – contact
Caroline on 0493 440 774 or
caroline@oranansw.org.au**



FUNDRAISER!

Can you help Orana raise \$20,000?

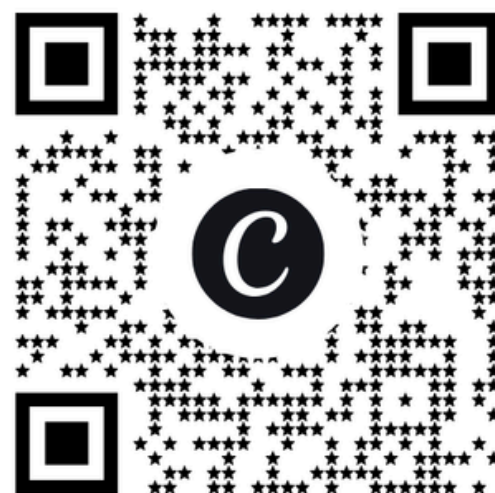


Orana NSW is partnering with People First Bank and is selling lottery tickets through the People's First Bank Community Lottery, and we'd love your support!

Here's the best part: every single ticket sold under the Orana name comes directly back to us to keep our free local services running right here in Sutherland Shire!

It is our unfunded services that your support today will provide.

- ✓ Allow out Domestic and family violence service to continue operating
- ✓ Support our generalist case work position



<https://www.communitylottery.com.au/collections/community-services/products/orana-nsw-inc>



PeopleFirst
Community Lottery

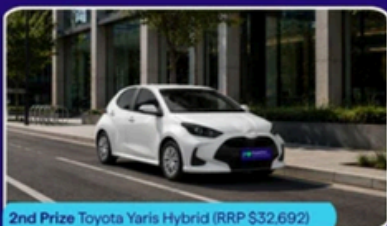
Buy a \$2 ticket.
Support our community.

100% of funds raised from our ticket sales come back to us. Plus, you'll go in the draw for a chance to win one of 41 prizes worth over \$300,000.



1st Prize Toyota Kluger Hybrid (RRP \$67,451)

Early Bird Toyota Corolla Hybrid



2nd Prize Toyota Yaris Hybrid (RRP \$32,692)



3rd Prize Northern Lights Cruise (RRP \$31,980)

700,000 tickets available. Total prize pool \$309,008. Full T&Cs at [communitylottery.com.au](https://www.communitylottery.com.au). SA Lottery Licence No M15015, Vic Permit No MG-826345188, Declared Organisation No. 58545, ACT Permit No. ACT R 26/00092, NSW Art Union Authority No GOCAL/2634, QLD Category 3 Gaming Licence No. 268724 and NT Foreign Lottery Permit Number FNL1013

Our page
here!





Rockstar Mum
Guest Speaker!



SAVE THE DATE!

**ORANA NSW INC 2026
SUPPORTING WOMEN
FUNDRAISER!**

**MORE
DETAILS TO
COME!**

WHEN: Friday 13th November

TIME: 9:30am-12.30pm.

**WHERE: St George Motor Boat Club 2
Wellington Street, Sans Souci**

**Please come and support Orana's unfunded
Domestic Violence Service**

Corporate tables available!

**CONTACT US FOR
MORE INFO: 9525 2058**

Orana
Community Matters





WHAT TO WEAR?

Step into reloved fashion.

**ALL PROCEEDS GO TO
SUPPORTING OUR
DOMESTIC AND
FAMILY VIOLENCE
PROGRAM**



**OPEN MON-THUR
9.30AM-3PM**



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

What's on in our Community in October

For the School Holidays

MIRANDA SKATE JAM

FREE!

FREE BBQ

COMMUNITY SKATE WORKSHOPS & JAM

DEMO AND MEET & GREET (AGES 12 TO 18YRS)

WED 30TH SEPT - 12NOON TO 5PM

SEYMOUR SHAW SKATE PARK

244 THE BOULEVARDE, MIRANDA NSW 2228

GO TO TOTEMSKATEBOARDING.COM OR SCAN QR

SPOTS EXTREMELY LIMITED ~ BOOKINGS ESSENTIAL

SCAN ME!

TOTEM
SKATEBOARDING AUSTRALIA

SUTHERLAND SHIRE

Happy Monster

FREE

Kids Art Morning
at Orana!

Create your own
happy monster
character!

Tuesday
September 29th,
2026

3a Stapleton Avenue Sutherland
11am - 1pm

For any school aged child wanting
some fun during school holidays!

Parents encouraged to stay.

Led by local artist
Philip Aspden

Join The Fun!

Book Your spot by Thursday 24th September
9521 8280

Orana
Community Matters

Did you know that October is
Mental Health Month

A little
Connection
goes a long way



Wayahead®

Proudly funded by



Learn more here



wayahead.org.au/mentalhealthmonth/events/



Free NDIS community webinar series

Supporting people with disability, their families, and carers.

Latrobe Community Health Service (LCHS) delivers Local Area Coordination (LAC) in South East Sydney in partnership with the National Disability Insurance Scheme (NDIS). As part of our role, we support people with disability to access the NDIS and connect with services and supports in their local community.

To help build understanding and confidence navigating the disability sector, we are offering a series of free monthly webinars throughout the remainder of the year. These sessions are designed for people with disability, families, carers and support networks, but anyone interested is welcome to attend.

Webinars will be held for one hour at 10.30am and 5.30pm on the following dates:



28 October – Using your NDIS plan

Learn how to make the most of your NDIS funding, including understanding service agreements, budgeting your funds, negotiating service costs, and addressing concerns with providers.

25 November – Understanding roles in the disability sector

Explore the range of support roles available across the disability sector and build your understanding of mainstream, community, and NDIS-funded supports..

16 December – Understanding NDIS eligibility

Learn about NDIS eligibility criteria, who can provide supporting evidence, and what strong supporting evidence looks like when applying for the NDIS.

Registrations are essential. Please register your interest via the [LCHS website](https://www.lchs.org.au) or scan the QR code



Sticky Hoisin Beef & Noodles

Ingredients

1 tbs vegetable oil
500g beef mince
2 large carrots, grated
1/2 cup hoisin sauce
400g hokkien noodles
3 spring onions, sliced

This sweet, savoury favourite brings restaurant-quality flavour to your table in 15 minutes.

Method

Step 1 of 4

Heat oil in a large wok over high heat. Stir-fry beef, in 2 batches, stirring to break up any lumps, for 3 minutes or until browned.

Step 2 of 4

Return all beef to pan with carrot and sauce. Stir-fry over medium-high heat for 1 minute or until carrot is tender.

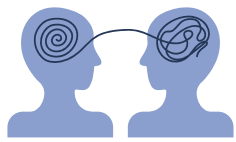
Step 3 of 4

Add noodles to wok, and stir-fry for 2 minutes or until heated.

Step 4 of 4

Spoon into serving bowls. Serve topped with onion.





My Mental Health Matters!

MENTAL HEALTH MONTH



October is Mental Health Month 2026!

This year's Mental Health Month theme, A Little Connection Goes a Long Way, highlights how everyday moments of connection can support mental wellbeing. Connection can take many forms and can be done in ways that feel safe and comfortable for each person. It might be an interaction with the world – like waving hello to a neighbour, talking to the cashier or a support service, spending time with loved ones, playing with a pet, or volunteering in the community. It might also look like moments of self-connection, such as spending some time alone to reflect, engaging in a hobby you enjoy, or doing something that helps you feel grounded. Whether it's connecting with others or reconnecting with yourself – small, simple acts can make a big difference to our mental health.

Research shows that feeling connected can support mental wellbeing by reducing stress, improving emotional balance, and making it easier to cope with challenges. Across our communities, people build connection in ways that feel meaningful and supportive to them, shaped by their identity, values, and circumstances.

Below is a calendar of mental health tips for the month of October!

General Connection Calendar

Connection doesn't have to be big or time-consuming – small moments can make a meaningful difference to our mental health and wellbeing, one day at a time.

Mental Health Month October 2026

Mon	Tues	Wed	Thur	Fri	Sat	Sun
This calendar includes a range of prompts and activities designed to encourage connection with others, ourselves, community, culture, and the world around us.			Name it. 1 Write down how you're feeling today – open that notes app, get a pen and paper and write it down.	Micro thank-you. 2 Thank someone for something small, something you might usually overlook.	Voice instead of text. 3 Send a voice message about your day, something that reminded you about the person, or a fun fact.	Capture it. 4 Take a photo of something from your day and send it to a friend.
Connect to Culture. 5 Cook, listen to music, or learn something from your own or another culture.	Make an effort to compliment 6 or thank the people you interact with.	Reflection piece. 7 Write a list of things you were able to connect with this week.	Share a meal with someone. 8	Ask a different question. 9 Swap "How was your day?" to "What did you enjoy most about your day?"	World Mental Health Day 10 Learn a fact about mental health and share it with someone.	Be a regular. 11 Visit the same local café, park or place to build familiarity.
Give back. 12 Do something to give back to the community – donate clothes, money, food, etc.	Connect to calm. 13 Take a moment to take some deep breaths in the middle of the day or in between tasks.	2-Minute check in. 14 Ask someone how they really are and listen to understand – not just reply.	Reconnect quietly. 15 Send a message to someone you haven't connected with in a while "How have you been? / I was thinking of you"	Volunteer 16 Find something you love and donate your time e.g. community garden, food truck, etc.	Put your thoughts on paper. 17 Journal, draw, or colour as a way to slow down and connect with yourself.	Connect to a song you used to listen to. 18 Dance, sing, or simply listen.
Compliment someone you don't know. 19	Phone a friend. 20 Opt for a phone call over a text today.	Take a photo with someone. 21 Capture a moment with a friend or pet.	Connect to Country. 22 Learn about a local plant or animal and try to spot it when you're outside.	Random Act of Kindness. 23 Go out of your way to brighten someone's day, a small gesture or something more meaningful.	Get Crafty. 24 Put together things you feel most connected to, e.g., nature, hobbies, people.	Wellbeing Day. 25 Treat yourself to something you enjoy!
Ask someone for a recommendation – book, show, café, anything. 26	Get social. 27 Check out Wayahead's social media or LinkedIn to learn more about mental health.	Ask someone, 28 "If today had a theme song, what would it be?"	Share a laugh. 29 Ask someone if they have a favourite joke. If not, share one with them.	Share your current favourite song with someone and explain why you like it. 30	Share a skill or fact. 31 Teach someone something that you know.	For more tips & information about how A Little Connection Goes a Long Way, scan the QR code.



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Wayahead®



A little
Connection
goes a long way

Orana
Community Matters





Contact Us



Orana Sutherland office

Monday - Friday 9:30am - 4pm

3a Stapleton Avenue Sutherland

Phone: 9521 8280

Email: admin@oranansw.org.au

Orana Women's Health office

Monday - Thursday 9:30am - 3pm

39 Gymea Bay Road Gymea

Phone: 9521 8280

Email: womenshealth@oranansw.org.au



<https://oranansw.org.au>



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

