



EDITION 97

26th June 2026

Orana E-News



Hello, July!

Merry Christmas in July, Subscribers! The crisp air has arrived, the nights are longer, and it's time to pull on the fluffy socks and enjoy all that winter has to offer.

This July, Orana is bringing the community together with plenty of opportunities to connect and stay well. Join us at our GovHub Pop-Up, where eligible community members can access free vaccinations, and everyone is welcome to enjoy a free morning tea while connecting with local services and friendly faces.

Don't forget our Friday Community Lunch, held every Friday, where everyone is welcome to share a delicious meal, meet new people and enjoy great company in a warm and welcoming environment.

IN THIS EDITION

- Volunteer Profile
- Acknowledgment to Country
- NAIDOC Week Events and News
- Orana groups 2026
- Meet Our Volunteers
- NEW Service alert!
- Fundraiser!
- Orana Women's Health News
- Volunteers Needed
- Community News & Activities for July
- Orana's July Winter Warmer cook up
- Mental Health Matters – Natural Sun

Need to speak with us? Please call

Sutherland: 9521 8280 or GyMEA: 9525 2058



Orana Community Hub 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.



NAIDOC Week at Orana

5–12 July 2026

Theme: 50 Years of Deadly

NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. It's a chance for everyone to learn, connect with local communities, and honour Elders past and present.

Sutherland Shire NAIDOC Community Festival 2026

Thu 9 July 2026

10:00am–2:00pm

Gunnamatta Park, Cronulla

Free community festival with live music, art displays, cultural workshops (basket weaving, traditional games, artefacts), kids' activities, reptile display, inflatables, free coffee and BBQ

Host/Partners: Sutherland Shire Council with Kurranulla Aboriginal Corporation.

Aboriginal Bushfood Walk

Learn about traditional bushfoods and local Aboriginal heritage on a guided walk with Aboriginal Heritage Officer Graham Avery.

Tuesday 30 June 2026

9:00am – 12:00pm

Joseph Banks Native Plant Reserve, Kareela

Free (bookings required)



Native Plant Identification Course
Discover the native plants found throughout the Shire and learn practical identification skills from local experts.

Saturday 27 June 2026

9:00am – 3:00pm

Gymea

Free (bookings required)

Want to attend?

If you need assistance finding information about any of these events, speak to an Orana staff member and we'll help point you in the right direction.



NAIDOC WEEK
50 YEARS DEADLY
5–12 JULY 2026

SUTHERLANDSHIRE



TAFE NSW



Southern Sydney Koori Career Expo

1st July, 2026

Location: TAFE NSW Loftus, Rawson
Avenue, Loftus NSW 2232

Time: 9:00am – 3:00pm

Free Lunch and Drinks

**Enter your EOI and attend for
your chance to WIN:**

For more information contact:

Rhiannon@kurranulla.org.au

- A BRAND NEW LAPTOP
- \$200 Westfield Gift Card
- PLUS MORE giveaways on the day!



For more Information contact:
Rhiannon@kurranulla.org.au

ABORIGINAL BUILDING CONNECTIONS

Aboriginal Building Connections is a parenting program developed to support separated Aboriginal parents practice positive ways of co-parenting. The program aims to foster awareness of the importance of giving up entrenched conflict and facilitate parenting arrangements in the best interests of their children.

Improving the ability of parents to reach a workable parenting agreement by re-focusing on the best interests of their children and supporting their ability to co-parent.

Throughout this program, participants will:

- Learn the effects of family separation on children
- Understand the impact of parental conflict on children
- Recognise the importance of self-care
- Develop ways to manage and improve communication with the other parent
- Understand ways of connecting with their children



**Please contact the Connect Team
for further information**

**Bookings essential
call 1300 473 528**

Whats on at Orana Sutherland



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.

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



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

Second Time Mother's Group



Are you welcoming your second baby and becoming a mum again?

Join Orana's Second Time Mums Group to connect with others who understand the juggle, share experiences and find support in a relaxed, welcoming space

Runs for 4 weeks – Tuesdays (start date TBC)

11:00am – 12:30pm

FREE

Morning tea included

3a Stapleton Avenue, Sutherland

Babies, toddlers and the beautiful chaos of parenting two are all welcome.

For more information:



Please ring: 9521 8280

or email

earlysupport@oranansw.org.au



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

<https://oranansw.org.au>



Welcome

MEET OUR VOLUNTEER!

SAY HELLO TO ANITA!



Anita has been volunteering at Orana every Wednesday for the past three months, helping to pack fruit and vegetables and greeting everyone with her warm smile. She is also a familiar face at Tuesday Morning Tea and our Friday Community Lunch, enjoying the chance to connect with others in the community.

The best part of volunteering for Anita is chatting with clients and working alongside the other volunteers and staff. With strong people skills, administration experience and plenty of initiative, she is always happy to lend a hand wherever she is needed.



Welcome

MEET OUR VOLUNTEER!

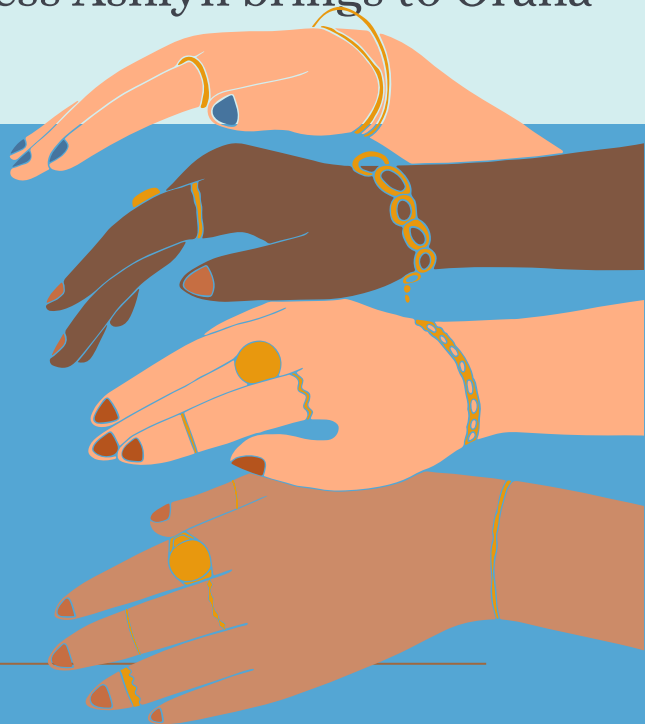
SAY HELLO TO ASHYLYN



Ashlyn has been volunteering with Orana for the past year and is our youngest volunteer. Having grown up in the Sutherland Shire, she wanted to give back to her local community while gaining valuable experience along the way.

Her favourite part of volunteering is working with the community and getting to know the people who come through Orana's doors. Friendly and enthusiastic, Ashlyn enjoys making connections and being part of a team that supports others.

We're grateful for the energy and kindness Ashlyn brings to Orana each week.



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.

6TH, 13TH AND 20TH AUGUST 2026

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

**For more information
contact Caroline on
0493 440 774 or email
caroline@oranansw.org.au**



ORANA WOMEN'S HEALTH CENTRE IS PROUD TO
PRESENT



RALPH SCRIVENS BUSH POET

the
POINT

FOR AN AFTERNOON OF FUN, LAUGHTER AND
POSSIBLY, THE OCCASIONAL TEAR.

WHERE: TAREN POINT BOWLING CLUB

WHEN: MONDAY 27TH JULY 3-5PM

TICKETS: \$25.00 PER PERSON

(THIS INCLUDES YOUR LUCKY DOOR PRIZE)

THE BAR AND CAFE WILL BE OPEN ON THE AFTERNOON FOR
YOU TO PURCHASE REFRESHMENTS. THE BISTRO IS OPEN AT
5.30PM IF YOU WOULD LIKE TO BOOK AHEAD FOR DINNER.

THIS IS A FUNDRAISER
SUPPORTING THE
WORK THAT WE DO
WITH WOMEN
EXPERIENCING
DOMESTIC VIOLENCE.
IF YOU ARE UNABLE
TO ATTEND ON THE
DAY, BUT WOULD LIKE
TO CONTRIBUTE, YOU
CAN DO SO WITH THE
DETAILS BELOW.

Orana NSW Inc
BSB: 112 879
ACC: 039 730 115

**TO RSVP AND TO PURCHASE TICKETS, PLEASE CALL 9525 2058
OR VISIT OUR OFFICE AT 39 GYMEA BAY RD, GYMEA.**



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 July

Want to know what the Recovery & Wellbeing College is all about?

Join us
for our...

2026 JULY OPEN DAY



Thursday 9 July 2026
1pm-3pm

Unit 2, Ground Floor,
Kirk Place
15 Kensington Street
Kogarah

FREE, BUT RSVP ESSENTIAL
FOR CATERING
MONDAY 6 JULY 2026

REGISTRATION



WHAT'S ON

YOUTH GROUP LEGO LAB!

Join headspace, Miranda tackle Lego!
Work in teams to plan and build cityscapes
to film and storyboard.

Thursday 25 June at 4.30pm to 6pm

Kirrawee Library+

Bookings essential



SUTHERLANDSHIRE
LIBRARIES



GEORGES
RIVER
COUNCIL



FIRST
NATIONS
ECONOMICS

Running an event this NAIDOC Week?

First Nations Economics and Georges River Council are
partnering to offer First Nations people and organisations a

FREE EVENT MANAGEMENT WORKSHOP

When: Tuesday 30 June 2026

Time: 09.30am - 12.30pm, followed by free lunch

Where: Carss Park Life Saving Hall, 103 Carwar Ave, Carss Park

Cost: Free for Aboriginal and Torres Strait Islander peoples

Topic: Event management, marketing, evaluation & finances

Led by

A/Professor Rick Macourt

Managing Director, Gumbaynggir



Rockdale Free Childhood Immunisation Clinic

Rockdale Community Health Centre
16-18 King Street, Rockdale

Friday 19 June from 9:20 AM - 1:40 PM

Call 1300 244 288 to book an appointment

Need a free interpreter to help you book?
Call 131 450

Bookings are
recommended



Medicare
not
required



Can't make it? 03.07.2026
Next clinic date: 17.07.2026





ARNCLIFFE SPANISH PLAYGROUP

SPANISH PLAYGROUP FOR KIDS AGED 0-5

¡Ven y únete a nuestro grupo de juego en español para divertirte y practicar el idioma juntos!

Join us for a relaxed and fun Spanish playgroup at Coronation Hall! We meet at the back of the hall (not in the main room) – enter via the carpark on Barden St.

This space is specially designed for Spanish-speaking parents who want to connect, share, and play while their little ones enjoy and practice the language in a natural and playful way. We'll have songs, games, and simple activities in Spanish to keep the little ones engaged and happy.

Bring a snack, good vibes, and your best energy!

We'd love to see you there!

<https://www.playgroupnsw.org.au/playgroup/arncliffe/>

For all enquiries please email: exploradores.playgroup@outlook.com
Please note:

- Free parking is available but limited.
- Just a 5-minute walk from Arncliffe train station.

Play & Learn

*Connect with
other parents*

*Sing, Read,
Rhyme*

*Share
Experiences*

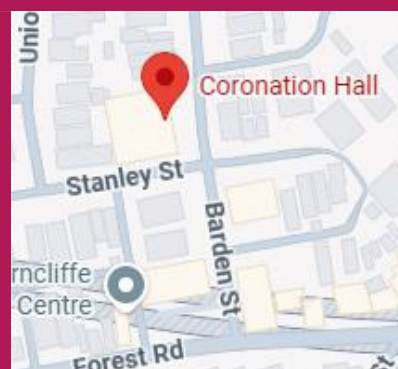
Have some fun!

CORONATION HALL

23 Barden St
Arncliffe NSW 2205

Wednesday 10:30am-12:30pm

Thursday 10:30am-12:30pm





Lets Cook!



Winter Warmer....

Chicken and Sweet Corn Soup with Noodles

Ingredients

- 2 tbsp olive oil or butter
- 350 – 400g/ 12 – 14oz chicken breast , cut in half horizontally to form 2 thin steaks (Note 1)
- 1/2 tsp cooking salt
- Pinch of black pepper
- 1/2 onion , finely diced
- 3 garlic cloves , finely minced or minced using garlic crusher
- 400g/14oz can sweet corn , drained (or 2 cups frozen or fresh corn)
- 400g/14oz can creamed corn
- 3 cups chicken stock/broth , low sodium
- 3 cups milk , full or low fat, dairy or non-dairy
- 1/2 tsp cooking salt / kosher salt
- 1/4 tsp black pepper
- 1 1/2 cups broken angel hair pasta , or other small pasta like risoni/ditalini, or break long strand pasta
- 1 cup shredded cheddar cheese , or tasty cheese, Colby, Monterey jack, or any other flavourful melting cheese
- 3 tightly packed cups kale leaves (torn into bite size pieces) or baby spinach
- Something green – sliced green onion, chopped parsley
- Shredded cheese



Method

- Season chicken – Sprinkle each side of the chicken with the salt and pepper.
- Sear chicken – Heat the oil in a large pot over high heat. Put the chicken in and sear each side for 1 1/2 minutes or until light golden, then remove (it doesn't matter if it's not cooked through).
- Make soup broth – Into the same pot, add the onion and garlic. Cook for 2 to 3 minutes or until translucent. Add the creamed corn, corn, stock, milk, salt and pepper. Bring to a simmer.
- Chop chicken – Meanwhile, cut the chicken into 1cm / 0.4" cubes.
- Add pasta – Add the pasta and chicken (and any juices on the cutting board). Cook for 3 minutes (or whatever the pasta cook time is).
- Stir ins – Add cheese and stir to melt. Add the kale and stir until it wilts.
- Serve immediately, with a little sprinkle of green onion and extra cheese if you want!



My Mental Health Matters

Natural Light in Winter

The Power of Natural Light in Winter: What You Need to Know

As winter sets in and daylight hours shrink, many people notice changes in their mood, energy, and overall wellbeing. Natural light plays a much bigger role in our mental health than most of us realise. Here are some key facts about why sunlight matters — and how to make the most of it during the colder months.

Natural Light Helps Regulate Your Mood

Sunlight triggers the release of serotonin, a neurotransmitter that supports mood, focus, and a sense of calm. Lower light levels in winter can reduce serotonin production, which is why some people feel more flat, irritable, or low during the season.

It Keeps Your Body Clock on Track

Your circadian rhythm — the internal clock that regulates sleep, appetite, and energy — relies heavily on light cues. Shorter days and long periods indoors can confuse this rhythm, leading to fatigue, disrupted sleep, or difficulty waking up. Even brief exposure to morning light can help reset your internal clock.

Sunlight Supports Vitamin D Levels

Vitamin D plays a role in immune function, bone health, and mood regulation. In winter, many people experience a natural drop in vitamin D due to reduced sun exposure. While supplements may help, safe sunlight exposure remains one of the most effective natural sources.

Light Exposure Boosts Energy and Motivation

Bright natural light signals the brain to be alert and active. When light levels drop, the body produces more melatonin — the hormone that makes you feel sleepy. This is why winter often brings a sense of sluggishness or “hibernation mode.” Getting outside, even briefly, can help counteract this.

It Can Reduce Symptoms of Seasonal Mood Changes

For people who experience Seasonal Affective Disorder (SAD) or milder “winter blues,” natural light is one of the most effective non-medical supports. Regular exposure to daylight — especially in the morning — can significantly improve mood and energy.



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>



[@oranacharity](https://www.instagram.com/oranacharity)



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