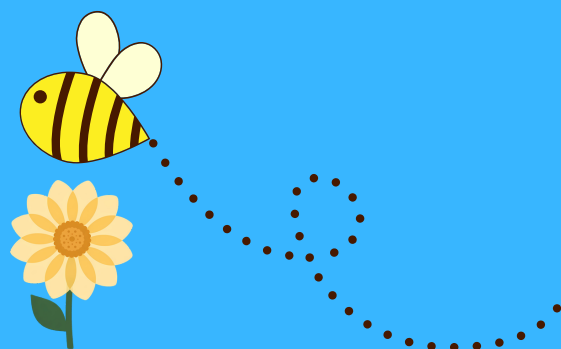




EDITION 99

September 2026

Orana E-News



Hello, September!

Spring is here, bringing longer days and milder weather across the Sutherland Shire.

It's a great time to get outdoors, enjoy the local parks and beaches, and take in the seasonal colour as gardens and native plants come into bloom.

This September, 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.

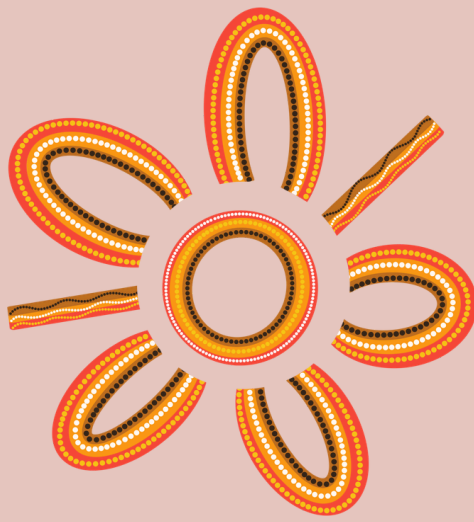
And please don't forget our Tea on Tuesday, held every Tuesday at 10:30am, where everyone is welcome to enjoy a cuppa, meet new people, and spend time with others in a friendly and supportive environment.

IN THIS EDITION

- Acknowledgment to Country
- Orana groups 2026
- Meet Our Volunteers
- NEW Service alert!
- Fundraisers!
- Orana Women's Health News
- Volunteers Needed
- Community News & Activities for September
- Orana's Special Spring cook up
- Mental Health Matters

Need to speak with us? Please call

Sutherland: 9521 8280 or Gymea: 9525 2058



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>



Welcome

MEET OUR VOLUNTEER!

SAY HELLO TO ROBYN

Robyn has been a valued volunteer at Orana for the past five years. Robyn decided to volunteer in our Early Support Program as she loves children and is yet to have any grandchildren of her own. She loves being able to help others in the community, and develop a connection with the mums and bubs. She loves being part of the Orana community and has found the experience to be very rewarding.

Robyn is known for her kindness, patience, and willingness to help wherever needed. Her warm and caring nature makes her a much-loved member of the Orana family, and we are grateful for the positive difference she makes in the community.



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



Orana NSW Inc

Orana NSW Inc. is a local, ACNC-registered charity running free services for the people who need them most. From our generalist neighbourhood centre in Sutherland to our women's-specific space in Gympie, we meet people where they...

Community Lottery / 2.0 AUD



PeopleFirst
Community Lottery

Buy a \$2 ticket.
Support our community.

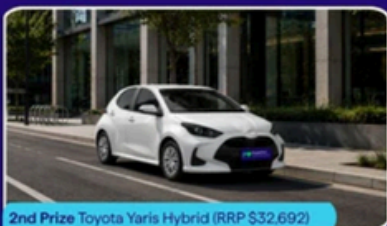
100% of funds raised from our ticket sales come back to us. Plus, you'll go in the draw for a chance to win one of 41 prizes worth over \$300,000.



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. SA Lottery Licence No M15015, Vic Permit No MG-R26345188, 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



GovHub Pop Up

BRIDGING GOVERNMENT AND COMMUNITY

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



11TH SEPTEMBER 2026 11AM - 1PM

3a Stapleton Avenue Sutherland

FREE LUNCH INCLUDED AT 12PM

2026 DATES

- 11th September 2026
- 9th October 2026
- 13th November 2026



SERVICES PROVIDING OUTREACH BELOW

- SERVICES AUSTRALIA (CENTRELINK)
- SUTHERLAND SHIRE COUNCIL
- SERVICES NSW
- GAMBLE AWARE
- BENEVOLENT SOCIETY CARER GATEWAY
- ALCOHOLIC ANONYMOUS
- GOOD SHEPARD FINANCIAL INDEPENDENCE HUB
- BREASTSCREEN
- ABS CENSUS

Services subject to change

RUOK?

A conversation could change a life.

Our September GovHub will be R U OK Day Themed!

What's on in our Community in September

**YOUTH ZONE
MIRANDA**

EACH TUESDAY
IN SCHOOL TERM
STARTS TERM 3 2026

2pm - 5pm
MIRANDA YOUTH CENTRE
2 CENTRAL ROAD MIRANDA



MUSIC

TABLE
TENNIS

BASKETBALL

GAMES

FREE
FOOD

HANGOUT SPACE

FREE FOR YOUNG PEOPLE
12 - 18 YEARS OLD

3BRIDGES_YOUTH

YOUTH@3BRIDGES.ORG.AU

3BRIDGES



Tues 8th Sept
10am-11:30

**@Joseph Banks Native Plant
Reserve, Kareela**



Join Council's Native Areas
Aboriginal Heritage Officer, Graham
Avery for a guided walk around
Joseph Banks Native Garden where
you will learn about Australian
native bushfood.

<https://www.eventbrite.com.au/e/aboriginal-bushfood-walk-8-september-tickets-1991880505211?aff=oddttdtcreator>



**Tues 8 Sept
10am-11:30am
@Kirrawee
Library**

Stay healthier at home for longer and discover how good nutrition and exercise can boost your energy, independence, and wellbeing.

This seminar encourages positive food habits that anyone can enjoy—supporting a healthier, happier lifestyle.

What to Expect:

A 30-minute StediStrong taster session from Strive Motion, a falls prevention session designed to help improve your strength, balance, and confidence. The session includes gentle, evidence-based strength and balance exercises that can be completed standing or seated, making it suitable for a range of abilities.

What to wear:

Comfortable clothing that allows you to move freely, supportive, enclosed shoes.

If you do not wish to actively participate, you are welcome to come along and see what the program is about.

This will be followed by a Nutrition Talk: Eat Well, Live Well

Join chef Sylvia from Sutherland Food Services for an interactive and engaging workshop where you'll learn:

Practical nutrition tips for everyday life

Affordable and healthy eating habits

Simple meal ideas that support independence

Diabetes awareness and prevention

Bonus:

Healthy light refreshments will be provided, along with a take-away resources bag

Register online: <https://www.sutherlandshire.nsw.gov.au/play-and-explore/whats-on/eat-well-live-well-nutrition-for-healthy-ageing>



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:



22 July – 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.

26 August – Exploring post-school options

Discover the pathways available to young people transitioning from school, including community, education, employment and support options. Ideal for young people aged 15–18 and their families.

23 September – Understanding your NDIS plan

Gain practical tips to help you understand your plan, maximise your funding, and learn about key changes introduced by the NDIA in the past two years, including funding components and support lists.

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



What is Help aHead?

We know it is not always easy to know where to go for help.

Help aHead is a place where you can talk to someone, feel heard, and get connected to the right support. We work with you to understand what is going on in your life and help you find a way forward.

Who is it for?

Help aHead is for adults who may be experiencing:

Mental health concerns like stress, anxiety, or low mood

Feeling overwhelmed, confused, or distressed

Challenges with alcohol or other drug use

Life challenges such as housing, relationships, work, or money worries

You do not need a diagnosis or a referral to get support.

We also welcome:

- Family members and carers
- People looking for advice on how to support someone else

How does Help aHead work?

Everyone's situation is different, so we do not take a one-size-fits-all approach. When you come to Help aHead, you will meet with a team member who will listen and take the time to understand your situation.

Together, we will:

- Focus on what matters most to you
- Find the right supports for your needs
- Stay connected as your needs change

Support may include:

- One-on-one support
- Group programs and activities
- Peer support from people who have their own lived experience
- Support for families and carers
- Help connecting with other services

What is the cost?

Help aHead is a free service funded by Central and Eastern Sydney Primary Health Network (CESPHN).

Grand Pacific Health is a for-purpose, primary health care organisation, whose services focus on physical health, mental health, youth health, Aboriginal health & chronic disease management.

Grand Pacific Health's vision is for equitable health care - where access to affordable, quality and culturally appropriate health services does not depend on where you live, or your background.

Other useful GPH Resources:

- Privacy Statement
- Your Rights & Your Role
- Complaints: how to give your feedback.

Contact Us

02 8512 5800

helpahead@gph.org.au



This service is funded by



This service is delivered by



Help aHead
CARINGBAH

Supporting your mental health and wellbeing

How can you access Help aHead?

You can access Help aHead in a way that works for you:

- Walk in to the hub during opening hours
- Call the Medicare Mental Health Phone Line on 1800 595 212 (Monday to Friday, 8:30 am to 5:00 pm, excluding public holidays). Let them know you would like to connect with Help aHead.
- Ask your GP or another health professional to refer you

Where is Help aHead located?

The Help aHead hub is in Caringbah:
383 Port Hacking Road
Caringbah, NSW

We also support people across the Sutherland Shire. We can meet you in a location that suits you, or offer support by phone or video if it is hard to leave home.



What is a Peer Worker?

A peer worker is someone who has experienced mental health challenges and/or suicidal distress themselves and used support services. They use their own experience to understand and support you.

What is a Clinician?

A clinician is a trained health professional, such as a psychologist, mental health nurse, or social worker. They provide professional support for your mental health and wellbeing.

What will we do together?

When you connect with Help aHead, we will:

- Understand what's happening in your life
- Focus on what matters most to you
- Build on your strengths and supports
- Connect you with the right services
- Provide holistic supports

We go at your pace, in a way that feels safe, respectful, and supportive.

Lets Cook!



Scrumptious Spring Veggie Frittata - easy for lunch or dinner

Spring Veggie Frittata

A light, easy and colourful frittata packed with fresh spring vegetables.

SERVES: 4 | **PREP:** 10 mins | **COOK:** 20 mins

INGREDIENTS

- 8 large eggs
- 2 tbsp milk (or water)
- Salt and black pepper
- 1 tbsp olive oil
- 1 small potato, thinly sliced
- 1 small zucchini, sliced
- 1 cup frozen peas
- 1 cup baby spinach
- 1/2 red onion, thinly sliced
- 1/2 cup feta or grated cheese
- Fresh herbs (parsley or chives), optional

METHOD

1. Preheat oven to 180°C (350°F).
2. In a bowl, whisk eggs, milk, salt and pepper. Set aside.
3. Heat olive oil in an ovenproof skillet over medium heat. Add potato slices and cook for 5–6 minutes until starting to soften.
4. Add onion and zucchini. Cook for another 4–5 minutes until veggies are tender.
5. Stir in peas and spinach, cooking just until spinach wilts.
6. Pour egg mixture over the vegetables. Sprinkle cheese and herbs on top.
7. Cook on the stovetop for 2–3 minutes until the edges start to set, then transfer to the oven.
8. Bake for 12–15 minutes, or until the frittata is set and golden on top.
9. Let cool slightly before slicing. Serve warm or at room temperature.





As spring begins, it's a lovely time to check in with yourself. Take advantage of the warmer days by getting outside, moving your body, reconnecting with others and making time for the things that help you feel refreshed.

Remember, looking after yourself doesn't have to be complicated. Small moments of rest, fresh air and connection can make a big difference to your wellbeing. Self-care can be as simple as enjoying a quiet cup of tea, spending time in the garden, reading a book, or taking a few moments each day just for yourself.

 Sleep better

Practising slow breathing before bed can help your body relax and prepare for a more restful sleep.

Try This Simple Exercise - Box Breathing

1. Breathe in through your nose for 4 seconds.
2. Hold your breath for 4 seconds.
3. Breathe out slowly through your mouth for 4 seconds.
4. Hold for 4 seconds.
5. Repeat 4 to 5 times.



There's no special equipment needed, and you can do it almost anywhere.

Remember

You don't need to wait until you're stressed to practise breathing exercises. Taking just a few mindful breaths throughout the day can help you feel calmer, more focused, and better able to handle whatever comes your way.

Sometimes the best thing you can do is simply pause... and breathe.





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 Gympsea Bay Road Gympsea

Phone: 9521 8280

Email: womenshealth@oranansw.org.au



<https://oranansw.org.au>



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



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

