

# Oran Park Town Newsletter December 2020 - January 2021



## EVENTS

### Community Carols

*Provided by NewLife Anglican Church*

Hey Oran Park, for the last 8 years NewLife Anglican Church has proudly presented the Oran Park Community Carols as our gift to you. Two years ago we were rained out. Last year there were fire bans and 45 degree heat, this year.... well it's COVID! So what will we do? Given that there's limits on the size of outdoor gatherings and our recent track record with the weather, we thought we'd run Carols a little differently. This year we're planning to stream the Carols to you. You'll be able to join us online on Saturday 19 December from 7:30pm for our great night of Carols and fun.

So grab your family, the neighbours, and your friends and let's see if we can do socially distanced community carols a little differently this year. Find us at [www.youtube.com/newlifeoranparklive](https://www.youtube.com/newlifeoranparklive) - and we'll come and fill your house with Christmas cheer. Our regular Christmas services will be running up at the church - Christmas Eve 5pm for the kids, 7pm for older kids and adults, and then 9am on Christmas day. We'll be streaming those services too so look to the same link for 7pm and 9am. May God bless you all and keep you safe this Christmas.

*Stuart Starr*

## ORAN PARK TOWN NEWS

### Development Update

**Doohan Reserve** - Building works to both clubhouses have now been completed, turf has been placed on both fields and both cricket pitches have been installed. Cricket nets are also complete, including fencing,



*Dawson-Damer Park (Splash Park)*

shelter and retaining walls along with the multi-purpose courts with the final layer of asphalt recently laid.

All light poles have been installed and are operational. Soft landscaping and planting is well underway to the entire reserve.

Works are in progress to the substructure and drainage of the tennis courts and the all abilities playground and the focus for the coming months will be completion of these works and concrete works to the playground.

**Dawson Park / Splash Park** - Great news! The park will be opening to the public on 4 December. Unfortunately due to current restrictions, we are unable to hold a community event as previously planned, however residents will soon be able to enjoy these fantastic facilities. Please note that Camden Council have advised that the opening of the water play spaces is on a trial basis and they ask that everyone signs-in at the venue using the QR code provided at the entrance. Additionally, park users are asked to please follow the latest social distancing guidelines.

The splash park area of the park has 30 water features that form part of

this amazing water play space. In addition the park offers a junior and youth play space, including a half basketball court and Ninja Warrior course. Exercise equipment, amenities block, BBQ's and shelters are also provided.

Dawson-Damer Park is a wonderful addition to our open space and we're excited to finally be able to share this space with our residents.

**Did you know?** Dawson-Damer Park is named after prominent motor racing identity John Dawson-Damer, or 'DD' as he liked to be known. Born in the UK in 1941, he moved to Australia in 1964 where he soon joined his family's Austral Engineering Supplies business. He was a fine engineer, but having raced historic cars for around 15 years, he was also a respected authority on historic racing and was Chairman of the Australian ruling body, CAM's Historic Commission, for 20 years. He and his wife Ashley purchased Oran Park House (now known as Catherine Park House), where they undertook major restorations to the homestead as well as adding a sizeable garage to house his internationally renowned Lotus car collection.

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Tragically John Dawson-Damer was killed in 2000 when he lost control of his Lotus 63 as he crossed the finishing line at the Goodwood Festival in the UK.

**Oran Park Tavern** - all approvals have now been received and construction works are expected to commence in December.

**Service station** - EG, the service station operator, lodged a DA with Camden Council in August and they are awaiting approval. The service station will be located on the corner of Oran Park and Peter Brock Drives.

**Employment Zone** - Bulk earthworks are underway on Stage 1 of the Employment Zone on the corner of Dick Johnson Drive and The Northern Road.

### Roads

**Connection to Springfield Road** - Greenfields Development Company have completed works on the road connection from Peter Brock Drive to Springfield Road.

This road will provide another connection for Oran Park Town and will benefit residents travelling via Camden Valley Way.

With Oran Park Drive getting busier, GDC recognised the importance of providing another connection to Camden Valley Way, in advance of the future Catherine Fields precinct being redeveloped. With this in mind, GDC purchased the adjoining land bordering Oran Park Town to enable a private road to be constructed, connecting Peter Brock Drive to Springfield Road.

To complete this connection, Camden Council have programmed upgrade works to be undertaken in Springfield Road from 23 November to 28 November 2020, with linemarking to be completed by 4 December, subject to weather conditions. The new road is



*Doohan Reserve (Multi-purpose Courts)*

expected to be opened on Saturday 5 December.

In addition, Hollows Drive which connects Oran Park Town with the Catherine Park development is now open. This will provide residents with an alternate access to St Justin's Primary School and St Benedict's Catholic College.

### Registrations

Updates on all land registration dates can be found on our website [www.oranparktown.com.au](http://www.oranparktown.com.au)

### Re-launching Careers

Oran Park residents looking to rejoin or enter the workforce are benefitting from a fee-free TAFE NSW computer course to equip them with job ready skills.

The TAFE NSW eight-week Statement of Attainment in Professional Computing Course is being delivered at the Oran Park Smart Work Hub for residents who have been unemployed for the last 3 to 5 years and are looking to re-launch their careers.

The community interest in the TAFE NSW course has been great and what makes the course even better

is that it's delivered flexibly and right here in the centre of Oran Park, which means that hands-on skills can be learnt in the comfort of our own community.

The Smart Work Hub offers south west Sydney residents the opportunity to work in a professional co-working space without the commute to their office in the city, so it seemed fitting that the TAFE NSW course be delivered there.

The Western Sydney Airport is expected to support almost 28,000 direct and indirect jobs in western Sydney by 2031 and nearly 120,000 in the long term, fostering a need to skill up local residents with job-ready skills through courses like the ones offered at TAFE NSW.

The Statement of Attainment in Professional Computing is perfect for someone entering the workforce for the first time, after a break, or wanting to improve their employability and gain confidence with office software, which are skills required in many workplaces.

To explore the Business and Finance courses in Semester 1, 2021, visit [www.tafensw.edu.au](http://www.tafensw.edu.au) or call 131 601.



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## Thinking of a career in the Health Care Industry?

Oran Park Town has again partnered with TAFE NSW to run another skillset with core units in areas such as allied health, nursing, health administration and pathology.

The course will start on 18 February 2021 and will be delivered one day per week from 9.30am to 2.30pm for six weeks. The course will again run from the Smart Work Hub in the Podium.

Register at <https://bit.ly/32XiOr6>  
For information call 9208 9160.

## OPHS Update

Provided by Oran Park High School

At Oran Park High School, we take pride in our land's history and acknowledge that the land is and always will be Dharawal land. Our Aboriginal and leadership students created their own Acknowledgement of Country with the assistance of our Community Liaison Officer, Aunty Carol Brown, which recognises the land of which we meet and learn.

During the week of 9 - 13 November, Oran Park High School celebrated NAIDOC week. During this week, students were offered many Aboriginal cultural activities to immerse themselves in. Activities included, NAIDOC week poster colouring in competition, Emu in the

Sky Astronomy, Ochre Dot Painting, Feathers of a Lyrebird messages, a dance flash mob and Indigenous Games. Our Aboriginal students were engaged in some cooking with Indigenous herbs with Aunty Carol Brown, as well as taking part in the Burra Bamal Dance workshop.

## Oran Park Library Hours

Oran Park Library is now back to regular opening hours. Library visits are still restricted to 2 hours and sign-in is required.

### OPENING HOURS

Mon, Wed, Fri	9:30am - 5:00pm
Tue, Thu	9:30am - 8:00pm
Sat	9:00am - 3:00pm
Sun	Closed

For more information, contact Oran Park Library on 4645 5645 or email [oranparklibrary@camden.nsw.gov.au](mailto:oranparklibrary@camden.nsw.gov.au)

## A HEALTHY OPT

### New Health Service

Provided by MyHealth Oran Park

Have you been thinking about getting 'the snip'? It's the ultimate Christmas present!

A vasectomy is an incredibly effective form of permanent contraception (over 99%) that usually takes less than 15 minutes. Marie Stopes Australia is the largest

national provider of vasectomy, and we are very excited to announce that they are now working with Myhealth Oran Park to provide non-scalpel open ended vasectomy. Marie Stopes together with Myhealth Oran Park, are committed to providing a specialised, non-judgmental, fully accredited vasectomy service for men wanting to 'take one for the team' and have control over their reproductive health.

Their specialist vasectomy doctors are trained to deliver the 'Gold standard' technique which is the most effective and safest form of vasectomy. Better yet, they also use the 'painless anaesthetic delivery technique' when administering the local anaesthetic, so chances are, you won't feel anything throughout the procedure.

Marie Stopes is determined to increase access to sexual and reproductive health services, which is why they are offering this service for just **\$480**. You will also have access to interpreters, counselling services (if desired) and a 24/7 nurse-led aftercare line. For more information call 1300 003 707 or visit [www.vasectomy.org.au](http://www.vasectomy.org.au)

## Healthy Eating Active Living

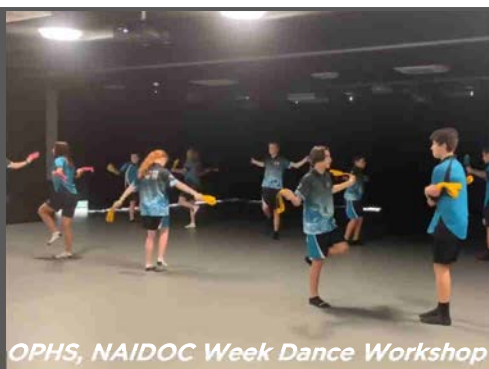
Food is an essential part of life and it impacts on our health and wellbeing.

A diet with lots of healthy foods, daily movement, good sleep and plenty of water supports good health and helps prevent some health problems like coronary heart disease, stroke, type 2 diabetes and some cancers.

By making some small and simple changes, you can make positive lasting impacts on your health.



OPHS, NAIDOC Week Cooking Classes



OPHS, NAIDOC Week Dance Workshop

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- ♥ Get off to a good start each day by eating breakfast to provide fuel to get you through the morning.
- ♥ Limit take-away and fast food meals - these are usually high in salt, saturated fat and sugar and don't have enough vegetables or fibre.
- ♥ Choose healthy foods to snack on, like fruit, reduced fat yoghurt, unsalted nuts, popcorn or vegetables and limit the times you snack throughout the day.
- ♥ Water is best and has zero kilojoules! Drinks such as soft drinks, juices and sports drinks are high in sugar.
- ♥ Reduce your intake of alcohol by limiting yourself to one or two standard drinks per day and avoid drinking every day.
- ♥ Get active! This doesn't mean you have to run a marathon. Taking regular short walks can make a big impact to your overall health.
- ♥ Get a good night's sleep. Amazing things happen in the brain and body while we're asleep. Sleep boosts our immune system and it allows our bodies to repair.

For more information on tips, tools and free programs that support healthy eating and active living for you and your family, visit [www.makehealthynormal.nsw.gov.au/](http://www.makehealthynormal.nsw.gov.au/)

## NEWS FROM CAMDEN

### Family Care and Support Program

Do you have concerns around childhood development? Feeling isolated? Needing support with routines at home?



Disability Macarthur are providing a Family Care and Support program to assist and support families with children aged 0 to 12 years of age living in Campbelltown, Camden and Wollondilly.

The Program is a free service, offering support to families in the local community, who are in need of the additional assistance and support during times that are difficult for them to navigate through. The program has experienced staff who are empathic, compassionate and understanding to life's challenges and will treat you with dignity and respect.

Current Programs Available are supported playgroup in Minto, MyTime Parent support group for

parents/carers of children with a disability, advice and referral team, home visiting support and parent workshops.

To speak to a Family Care Staff member call 9603 7011 or email [care@disabilitymacarthur.org.au](mailto:care@disabilitymacarthur.org.au)

### International Day of People with Disability 2020

Join EACH as they celebrate International Day of People with Disability (IDPwD).

IDPwD is celebrated internationally on 3 December each year and it aims to increase public awareness, understanding and acceptance of people with disability and celebrate their achievements and contributions.

## myhealth MEDICAL CENTRE

### CHRISTMAS TRADING HOURS

THURSDAY	24/12/2020	8am – 2pm
FRIDAY	25/12/2020	CLOSED
SATURDAY	26/12/2020	CLOSED
SUNDAY	27/12/2020	9am – 4pm
MONDAY	28/12/2020	9am – 4pm
TUESDAY	29/12/2020	8am – 6pm
WEDNESDAY	30/12/2020	8am – 6pm
THURSDAY	31/12/2020	8am – 2pm
FRIDAY	01/01/2021	CLOSED
SATURDAY	02/01/2021	9am – 4pm

**In case of emergency please call 000**  
For further assistance over the Christmas break,  
please download the Medinet app.





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This year celebrations will be Covid-safe and they're asking for support from the local community, preschools, schools, services and businesses to help raise awareness by creating paper chains and hanging them in your school, business, on your fence, letterbox or wherever you can!

Download and print your paper chain and instructions at [www.idpwd.com.au/resources/for-kids/](http://www.idpwd.com.au/resources/for-kids/) or alternatively pick up copies from The Grid Café located in the Oran Park Sales Office. Post photos of your paper chain to social media using the hashtags #EACHSWS #idpwd #includeme and don't forget to tag [www.facebook.com/eachsch](https://www.facebook.com/eachsch)

For more information call 1300 003 224 or email [info@each.com.au](mailto:info@each.com.au)

## Read the Signs

Lifeline Macarthur and Western Sydney are proud to offer a free 'Read the Signs' course to raise men's awareness on stress and depression, suicide prevention, help

seeking and self-care.

In Australia, 3 out of every 4 suicides are by men. Not only is there a need for greater understanding of factors influencing male suicide but, if it is to be adequately addressed, all of us must become part of the solution – watchful and preventative 'eyes and ears' in our communities.

Sessions are delivered virtually, check for availability and register through Eventbrite: [www.eventbrite.com.au/o/lifeline-macarthur-15983111049](http://www.eventbrite.com.au/o/lifeline-macarthur-15983111049)

Alternatively, if you would like to book a separate session for your workplace outside of hours and dates offered, please email [trainingadmin@lifelinemacarthur.org.au](mailto:trainingadmin@lifelinemacarthur.org.au) or call 4645 7201.

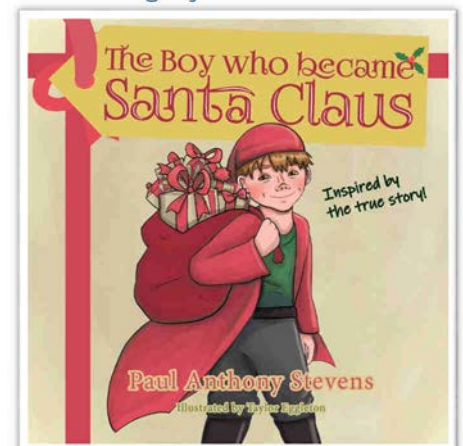
This training is for males, 15 years and over.

## Lifeline Christmas Provided by Lifeline Church

As Pastor of Lifeline, Christmas is my favourite time of year. It's a special time where family and friends

get together to have fun and show their appreciation for each other. It's also the birthday of Christ and I love to celebrate birthdays...especially His!

Every Sunday in December we'll be running festive services with carols, special messages, and fun things for kids. At Lifeline you'll be warmly welcomed, feel uplifted and encouraged during these challenging times and be right at home with genuine people who care. We'd love you to join us at a service (or watch us online), feel free to contact us via our website [www.yourlifelinechurch.com.au](http://www.yourlifelinechurch.com.au) or Instagram/Facebook: Lifeline Church Gregory Hills.



Speaking of Christmas, recently I wrote a book called "The Boy Who Became Santa Claus". When I discovered his amazing true backstory ... yep, Santa is real... I just couldn't wait to share it! Have you ever wondered why Santa gives gifts at Christmas time? Why does he wear a bright red suit? Take a trip back in time to discover the inspired true story of our much-loved hero. For more visit [paulanthonystevens.com.au](http://paulanthonystevens.com.au) or order online at Amazon and more.

Merry Christmas!

Paul Stevens

## INTRODUCING OUR SPECIALIST TEAM

OPR  
ORAN PARK RADIOLOGY



### Dr. John Pereira - Paediatric & Interventional Radiologist

MBBS | BSC (MED) | FRANZCR

- Dr John Pereira is a Paediatric & Interventional Radiologist at Prince of Wales Hospital & Sydney Children's Hospital with over twenty years of medical imaging experience in both the public and private sector.
- John holds a fellowship Paediatric Radiology and as a result of his dedication to the field is highly skilled in paediatric imaging including MRI (adults & paediatrics) as well as Vascular and non-vascular intervention.
- John brings a tremendous depth of Knowledge and has held senior roles such as the Director of Prince of Wales Hospital & Sydney Children's Hospital.



### Dr. Behnam Moharami - Interventional & Diagnostic Radiologist

MBBS | BSC (MED) | FRANZCR

- Ben has experience and interest in Musculoskeletal and Body Imaging, non-vascular intervention including image guided biopsy as well as a great experience and interest in Spinal Imaging and Intervention.
- Graduated from Shahid Beheshti University Tehran, he arrived in Australia in and had the opportunity to work as resident medical officer and basic physician trainee in more than 10 public NSW hospitals including Concord hospital and Royal North Shore, where he completed his Physician training.
- Ben was appointed the Radiology Registrar at Sydney South East area health services and had the opportunity to work at Wollongong and Prince of Wales hospitals before completing his training at St George Hospital in Sydney. He continued at St George hospital as a VMO and completed a musculoskeletal fellowship in 2019 at I-med network.



### Dr. Glenn McNally - Specialist Obstetrician and Gynaecologist

MB | BS | FRCOG | FRANZCOG | DDU | COGU | FAICD

- Dr Glenn McNally is a specialist obstetrician & gynaecologist who practices solely in diagnostic ultrasound and is a RANZCOG certified subspecialist in ultrasound.
- He trained in Sydney, Glasgow and Vancouver and is currently Director of the Department of Medical Imaging at the Royal Hospital for Women in Sydney as well as being engaged in private ultrasound practice.
- He has served on many boards and committees including time spent as President of the Australian Society for Ultrasound in Medicine. He has a long standing interest in education and improving general standards of practice in diagnostic imaging.

[oranparktown.com.au](http://oranparktown.com.au) 9043 7500



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### *Special feature*



The new medical imaging clinic has officially opened at Oran Park.

Oran Park Radiology (OPR) is a comprehensive, independent radiology clinic, owned and operated by a group of specialised doctors. The team of highly skilled and qualified staff, combined with the latest technology ensures patients receive the highest standard of care and imaging services in a modern, professional and comfortable environment.

OPR has three interventional Radiologists, one Paediatric Radiologist and four Obstetrician Gynaecologists offering an extensive range of general and sub-specialised medical imaging services. Patients can be referred by their GP or Specialist for a scan on the same day or following day. This will greatly speed up diagnosis, improve referring doctors clinical decision making, treatment and planning, therefore reducing wait times and the anxiety or frustration experienced by some patients who are concerned about symptoms or are experiencing pain.



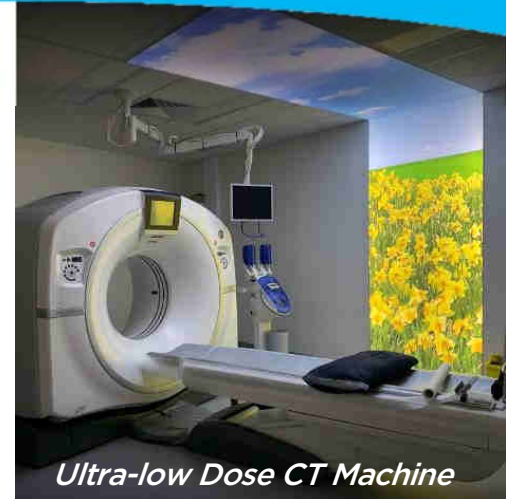
OPR offers diagnostic imaging equipment that is not currently found in other local hospitals or clinics. This includes the Macarthur region's first state of the art wide-bore 3T MRI system, where patient comfort and highly detailed images for accurate diagnosis is at the heart of its design. It is the quietest MRI on the market, with the widest bore tunnel for a more pleasant patient experience. Patients are able to select their own music and experience the ambient light display.

Their Ultra-low Dose CT machine provides a spectrum of diagnostic imaging tests for most clinical needs. Reducing radiation dose by up to 85%, while maintaining the highest resolution diagnostic images. Paediatric patients experience CT 4Kids protocolling with very low dose and shorter scan times.

OPR's team of interventional Radiologists are specialised in a broad spectrum of interventional radiology, such as biopsies, spinal and musculoskeletal injections. Additionally, they provide routine general diagnostic Ultrasound, X-Ray, Bone Density Scanning and Dental Imaging, in which their sonographers and radiographers are specialty trained.

Paediatric sessions are run under the supervision of our sub-specialty trained Paediatric Radiologist, who interpret and report all paediatric examinations. These sessions include diagnostic X-Ray and Ultrasound, MRI, CT and biopsy.

In addition, OPR runs a comprehensive Women's Imaging Department, with an onsite team of Obstetrician and Gynaecologists to consult with patients, oversee all obstetric scans, report, diagnose results and administer gynaecological procedures relating to obstetrics and fertility. This service is highly



regarded by referring practitioners as it not only provides patients with increased specialised treatment, but also enables the patient's referring practitioners to make clinical decisions based off comprehensive results.

When it comes to women's breast health, OPR are at the forefront in technology. 3D Tomosynthesis is available to patients; where the radiologist is able to detect abnormalities far earlier than previously possible, that are not detected by traditional mammography, often due to variations in the density of the breasts or due to the small size of the abnormalities. These improved outcomes lead to better treatment options.

The team at OPR pride themselves on their ability to deliver the highest standard of care to patients. Many referrers rely on their expertise and regularly engage them for a professional opinion and diagnosis.

OPR is open Monday to Friday 8.00am – 5:00pm. The non-clinical feel to the practice will help patients feel more comfortable and at ease. The clinic also provides easy and plentiful on-site parking.

To make an appointment, call 4604 5550.



# Oran Park Town Newsletter

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*Special feature*



### Camden Town Farm

Looking for somewhere local to visit? How about a trip to Camden Town Farm?

Located in historic Camden, Camden Town Farm was originally a 52 hectare dairy farm that was purchased by the Davies family in 1908. Llewella Davies was the youngest of two children and after her parents death, Llewella inherited the house and farm.

Llewella was an energetic member of the Camden community who worked at the Camden News office for many years. She also volunteered for a number of community organisations including the Red Cross and Camden Historical Society.

On her death in 2000, Llewella Davies left 55 acres of her family's dairy farm to Camden Council so that it could be used by the community. It was Llewella's wish that the land be used as a functional model farm for educational purposes and that the community have access to it for recreation.

To honour the legacy left to the community, a memorial walkway was opened in 2019, known as the "Miss Llewella Davies Pioneers Walkway". The walkway is approximately 2.4 km long and



*Camden Town Farm (heritage barn)*

covers riparian zones, pastoral, grazing and cropping paddocks and it offers fantastic views of St Johns Church, the Chinese Washing Wells, the Nepean River and Macquarie House.

There are three different walking tracks to choose from which allow visitors to experience historic and natural interests within the Town Farm.



**Nepean River Link.** A 250 metre track with a flat and even surface with no steps or steep sections. Suitable for wheelchair users who have someone to assist



**Matahill Creek Loop.** A 800 metre track, also with a flat and even surface with no steps or steep sections. Suitable for wheelchair users who have someone to assist



**Elizabeth Street Farm Link.** A 1.3 kilometre track with short steep hill sections and rough surfaces. This track is not wheelchair accessible.

The walkway is open daily during daylight hours. Visitors are asked to observe signage and follow directions. Note there is no drinking water on the pathway so take your own. Visitors are also asked to take all their rubbish with them.



*Stunning views from Camden Town Farm*



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*Special feature*



Please note that as this is an operational farm, dogs are not permitted. Parking is available at each end of Exeter St either near the Onslow Park entry or near Elizabeth St.

To download a map visit [www.camdentownfarm.com.au/community-access/walkway](http://www.camdentownfarm.com.au/community-access/walkway)

### Camden Community Gardens

Occupying the south eastern part of the farm are the Town Farm Community Gardens, the gardens are run and managed by a passionate group of volunteers. This is a place for gardeners to come together to exchange ideas and share their passion for gardening.

The gardens are open to the public with visitors able to walk through the grounds to admire the garden beds.

If you're interested in finding out more about the gardens or perhaps renting a garden bed, please contact Stephen Cooper on 0410 651 549 or [camdencommunitygarden@gmail.com](mailto:camdencommunitygarden@gmail.com)

### Camden Produce Markets

Camden Produce markets are "Genuine Farmers Market" where all products sold must be grown, produced, or made by the person selling them. No products are bought wholesale and then sold on to customers at the market. They have strict rules and measures in place to ensure the product for sale is direct from the farm or kitchen.

Markets are held every Saturday from 7am -12.00pm and consist of stalls including fruits and vegetables, jams, honeys, meats, flowers and other hot and cold foods.

For a list of stalls or for more information call 0477 224 881 or visit [www.camdenproducemarket.com.au](http://www.camdenproducemarket.com.au)



*Entrance to Camden Community Gardens*



*Garden beds in Camden Community Garden*



*Fresh local produce*