

Oran Park Town Newsletter October - November 2020



ORAN PARK TOWN NEWS

Development Update

Doohan Reserve - Building works are progressing well to both clubhouses with blockwork, roofing, and internal lining completed. Works to the façade and internal fit-out are underway.

Irrigation has been completed to both fields and the growth medium placed. Turf laying and soft landscaping is underway with the fields to have turf placed in the coming days.

Work is finished on the cricket nets, tiered seating and ramps as well as service connections including power and water.

Works have now commenced on the tennis courts and the focus for the coming month will be completion of buildings and progress on tennis courts works and playground.

Dawson Park / Splash Park - As a result of the ongoing COVID-19 situation, the opening of Dawson Park has been delayed. Camden Council will continue to monitor the situation and reassess in mid-October.

Council is working with NSW Health in reviewing the opening of all water play spaces. We will continue to keep residents informed.

Oran Park Tavern - the town centre DA plans were approved by the Sydney Western City Planning Panel in August.

Service station - EG, the service station operator, lodged a development application with Camden Council in August. The service station will be located on the corner of Oran Park Drive and Peter Brock Drive and will include a convenience store.



Turf being laid at Doohan Reserve

Leisure Centre - Warren Mahoney Architects are nearing completion of the final design options for the leisure centre. Once these options have been finalised, they will be presented to Camden Council for approval.

Thompson Health Care - building works are coming up to the third level on the 240 bed aged care facility located adjacent to Jack Brabham Reserve.

Roads

Dick Johnson Drive (connection to The Northern Road) - good news, the much-anticipated road connection to The Northern Road is now complete and open for use.

Connection to Springfield Road - work is progressing well on the road connection from Peter Brock Drive to Springfield Road. Construction of this private road is on track for completion in November this year.

Registrations

Updates on all land registration dates can be found on our website www.oranparktown.com.au

Julia Reserve

Julia Reserve, which opened in March this year, has proved to be a hit with young people and families.

To continue to make this a family-friendly facility and deter anti-social behaviour, Camden Council have recently declared Julia Reserve an Alcohol Prohibited Area, which means it is prohibited to consume or possess alcohol in the park.

New signage has been installed in the park to advise of these changes.

A reminder to skate park users to wear a helmet when using the facility and to not use the equipment when wet.

In addition, we remind park users that no smoking is permitted in any of our parks within 10 metres of play spaces.

Julia Reserve is managed by Camden Council. For any enquiries, please contact Council on 4654 7777.

OPHS Update

Provided by Oran Park High School

For those of you who access our school Facebook page, Twitter feed or our website, you would have

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probably seen our fantastic 'fly-through' video in recent weeks. The video gives an unbelievable 'birds-eye' (or is it 'drones-eye') view of our amazing facilities and has allowed tens of thousands of people to engage with our school. The feedback from the wider community has been so positive and it is yet another reminder of how lucky our students and staff are to work in this wonderful school. Visit <http://www.360virtualschooltours.com.au/z8/> to see our amazing fly through!

This term, our Year 8 Geography students were lucky enough to go on their first excursion to our very own Kolombo Creek. Students are studying the effectiveness of stormwater management in the catchment area to determine changes to the processes in the water cycle.

We also saw our newly appointed Leadership teams be inducted this term. Our Sport and Physical Activity Leadership team kicked off our first initiative by celebrating National Health and Physical Education Day, the day aims to highlight the importance of Health and Physical Education and its impact on the learning potential and wellbeing of all children, the benefits to all schools, and the valuable contribution it has to the wider community. To celebrate this day, the Sports and Physical Activity Leadership team organised fruit to



be given out which was donated to us by Woolworths, Oran Park and at lunch they hosted some Just Dance in the hall.

OPAC Update

Provided by Oran Park Anglican College

Year 11 students from Oran Park Anglican College recently participated in the SPEAKING 4 THE PLANET competition. The aim of this competition is to create awareness around environmental issues and it gives students in Sydney the opportunity to enter art, drama, speaking and technology categories. Our talented Year 11 Drama class (Daniel Squire, Ivy Scotto,



OPAC, 'Trashisha' Performance

Phetmanee Vongpoothorn and Calvin Chohaili) won the Drama category with their performance titled 'Trashisha'. It explored the deadly impact of a metaphorical tidal wave of trash that leads to the demise of our planet. To view the performance visit <https://tiny.cc/Trashisha>

Drama is an important subject that builds confidence and resilience and provides the opportunity to creatively explore issues that impact our society. Our College is very proud of the Year 11 Drama class on rising to challenges, creating thought provoking theatre and performance material!

New Primary School

A project is underway to deliver a new primary school on O'Keefe Drive to support the growing community. The school will include:

- 44 new flexible learning spaces
- A library, hall, canteen and covered outdoor learning area (COLA)
- Administration and staff facilities



OPHS, Yr 8 Geography students



OPHS, National Health & Physical Education Day

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The new school is designed to accommodate up to 1000 students from years K-6.

Main construction works have begun and are progressing well with all Design for Manufacture Assembly (DfMA) school buildings now delivered and installed on site. This includes classrooms, library and canteen. The DfMA building methods were used, including constructing school buildings offsite. This reduces the impact to local residents and saves time when compared to traditional builds.

For more information please visit www.schoolinfrastructure.nsw.gov.au/ You can contact School Infrastructure NSW during business hours on 1300 482 651 or email schoolinfrastructure@det.nsw.edu.au

New Retirement Villas

Anglicare have just released a collection of brand new 2 and 3 bedroom retirement living villas at Oran Park Village. Residents enjoy a maintenance-free retirement lifestyle in a well-established and vibrant community of social retirees. Nestled in a tranquil yet convenient setting, Anglicare residents at this pet-friendly village are spoilt for choice



Thompson's Health Care – Construction of Aged Care Facility

with wonderful social and leisure pursuits including social activities, onsite pool, gym, workshop, bowling green and so much more.

Arrange a private viewing of their new thoughtfully designed and beautifully appointed display villas today and ask about their flexible pricing options. Plus, for a limited time only, receive up to \$1,000* towards decluttering services. Call 1300 111 278 to find out more on or visit www.anglicare.org.au/oranpark.

*terms and conditions apply.

Disability Macarthur

Disability Macarthur Family Support and Care have moved into the Wanneroo offices located in the Oran Park Library on Wednesdays and Fridays from 9am-5pm.

Over the years, Disability Macarthur has served more than 400 families and currently runs 12 programs across 5 centres. The service continues to focus on the needs of the community and in particular the needs of individuals.



New Villas at Anglicare



Oran Park Village



oranparktown.com.au 9043 7500



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Disability Macarthur is a registered NDIS provider and they look forward to working with Camden Council, Oran Park library and the greater community. Watch this space.

For enquiries contact 9603 7011.

A HEALTHY OPT

New Health Service

Provided by MyHealth Oran Park

MyHealth Oran Park is a bulk-billing medical centre located within the state-of-the-art facility at Oran Park Family Health.

We are open 7 days a week, with an increasing number of quality GPs and Allied Health professionals to service the local Oran Park community and nearby workplaces.

We have professional, friendly male and female GPs available to cater to all your health needs including general medicine, women and men's health, childhood immunisations, travel medicine, skin cancer checks and cosmetic procedures.

MyHealth Oran Park is pleased to announce the addition of Marie Stopes Vasectomy services as part of MyHealth Medical Centre in October. We have an energetic team of Allied Health professionals including physiotherapists, a podiatrist, dietitian and psychologist to cater for the needs of our community.

In accordance with Australian Public Health advice, we ask our patients who have travelled interstate in the last 14 days or have come into contact with someone diagnosed with Covid-19 or have flu like symptoms to contact our centre on 4634 2000 to organise a telehealth consultation with one of our doctors.

We have facility to perform onsite hearing tests, health assessments, chronic disease management care plans, home sleep studies and 24hr blood pressure monitoring.

We offer comprehensive occupational health services that include, but are not limited to worker's compensation management, fitness for work assessments, site specific pre-employment medicals including aviation and rail medicals. We are an

**START A HEALTHY
DISCUSSION THAT IS
ALL ABOUT YOU**

get healthy
Information & Coaching Service

Call 1300 806 258

Mon – Fri / 8am – 8pm

or visit

www.gethealthynsw.com.au

Free interpreter services available

NSW Get Healthy Service

accredited Q fever vaccination centre.

<http://myhealth.net.au/oran-park/>

'Tune In' to your mental health

October is Mental Health Month – an opportunity to think about our mental health and wellbeing, and to gain a better understanding of the importance of good mental health in our everyday lives.

This year's theme is 'Tune In' which focuses on the importance of being present, being aware of what's happening within you and in the world around you.

Tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry and build positive connections. Tuning into communities and the impact of mental health stigma can help ensure that people who need support have safe places to talk about their experiences and reach out.

To find out more about the mental health services funded by the South



oranparktown.com.au 9043 7500

GREENFIELDS

LANDCOM

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West Sydney Primary Health
Network (SWSPHN) visit
[www.swsphn.com.au/
mentalhealthcommunity](http://www.swsphn.com.au/mentalhealthcommunity)

Breast Cancer Awareness

The month of October is also Breast Cancer Awareness Month where the focus is on breast cancer and its impact on those affected by the disease in our community.

Breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer). Key risk factors for developing breast cancer are being female and getting older - 75% of women diagnosed with breast cancer are over 50.

Early detection remains the best chance of survival. It is important women of all ages self-check their breasts and women aged 50 to 74 years take up the invitation of a free screening.

BreastScreen NSW provides free screening to women 60 to 74 at fixed locations including at Liverpool and Campbelltown. To make an appointment call 13 20 50.

Follow the Pink Up Oran Park in October Facebook page in support of the McGrath Breast Care Nurses
[www.facebook.com/
pinkuporanparkinOctober/](https://www.facebook.com/pinkuporanparkinOctober/)

NEWS FROM CAMDEN

Garden Competition

Do you have a passion for gardening? Whether you're an amateur or a seasoned gardener, now is the time to showcase your talent in Camden Council's annual Garden Competition.

This year's competition will be judged by acclaimed florist and

horticulturalist, Cecil Rogers and Alex Ross. Entries will be judged on the overall garden layout, plant selection, hard landscaping and maintenance.

There are a range of categories to enter in, including small/large residential, senior citizen garden, veggie garden/plot, best lawn and most sustainable garden.

Entrants go into the running to win a share of \$450 in VISA gift cards for each category.

Entries close on 14 October so get in quick.

For more details or to enter
[www.camden.nsw.gov.au/whats-on/
major-events/camden-council-
garden-competition/](http://www.camden.nsw.gov.au/whats-on/major-events/camden-council-garden-competition/)

Early Childhood Intervention (ECEI)

Do you have concerns about your child's development?

EACH is the Early Childhood Early Intervention (ECEI) Partner in the Community in South West Sydney.

OCTOBER
**Breast
CANCER**
AWARENESS
MONTH

They work with children 0-6 years and are the first point of contact for families if you have concerns about your child's development. The team at EACH will get to know your family and assist you to access supports to achieve the best outcomes for your child.

EACH will link your family with an ECEI Coordinator. Coordinators have qualifications and experience in early education and allied health. Your Coordinator will work with you to understand what is going well, and where your child may need further support. From there, together you will decide what supports are going to be most appropriate for your child.

Supports may include one or more of the following:

Linking you to services in the community, such as playgroups, community health and pre-school.

Work with your family to develop strategies and resources to support your child's development and achieve their goals.

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Applying for access to the National Disability Insurance Scheme (NDIS), if your child needs longer term support.

Please call the EACH Family Engagement team on 1300 003 224 for more information.

Support Services

Provided by Turning Point Camden

Turning Point Camden is a Charitable not-for-profit community welfare and drop-in centre. It is a place where men, women and families are empowered to make the necessary changes that will allow them to move forward with their lives.

We provide services and programs that aim to alleviate stress by meeting an immediate need and give people options to choose a way forward. This is achieved through our programs - Men's Breakfast Group, Men's Mentoring Program, Women's Support Network and Basic Computer Training. These all develop self-confidence which impact choices people make. We serve a free light lunch and tea/coffee Wednesday and Thursdays. Friday mornings a hot community breakfast.

Due to COVID-19, our on-site services and group activities remain suspended. However, we have modified the way we operate

We provide pantry supplies, food, fuel and Opal Cards (cards subject to availability). Our case work continues and we are looking into initiating the delivery of educational workshops and group connections via Zoom.

If you have a need or know someone who needs support, contact us via Facebook, landline 4655 1567 or www.turningpointcamden.org.au/

**There's more to sun
protection than sunscreen.
Protect yourself in five ways:**



Slip

on sun protective clothing



Slop

on SPF 30 (or higher) sunscreen



Slap

on a broad-brimmed hat



Seek

shade



Slide

on wrap-around sunglasses

Wednesday is hamper collection and donation drop off days between 10am-2pm. Contact us for further information around support or donations.

Mission Australia

Mission Australia is a national Christian charity that has been helping vulnerable Australians. Every day they support people by combatting homelessness, assisting disadvantaged families and children, addressing mental health issues, fighting substance dependencies, and much more.

Mission Australia has services available in the South West Sydney region. If you would like further information on any of their services, please contact them on the numbers below.

Some of the services they provide are Family Adolescent Case

Managers and South West Peer Education Program

They aim to work with young people and their families within the Campbelltown and Liverpool local government areas by addressing barriers and risk factors that may lead to family breakdown. They are committed to assisting families through their 'Targeted Early Intervention Program' by offering services aimed at empowering stronger connections within families and greater social connections. The program is for young people aged 12 - 17 years and their families.

For more information contact:

Jess Bakermans 0490 077 806

Bakermansj@missionaustralia.com.au

Kelly Kennedy 0490 888 760

Kennedyk@missionaustralia.com.au

Richard Kahotea 0417 765 609

Kahotear@missionaustralia.com.au

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Special feature



Spring is here!

2020 has been a challenging year, with many of us having to change our regular routines and restrictions meaning we've spent less time doing the things we enjoy.

With the warmer weather upon us, now is the perfect time to get outdoors and boost your health and wellbeing.

Studies have shown that spending time outdoors, especially in green spaces, is one of the fastest ways to improve physical and mental health and happiness.

For those that are unfamiliar with the local area, we've put together information on some local walking tracks that are favourites amongst the locals.

Camden Heritage Tour - Have you lived in the area for some time and wondered about the history of the buildings in Argyle Street, Camden? Take the self-guided Camden Heritage Tour and learn more about the origins of some of Camden Towns historic properties many of which date back to the 1840's!

Download a brochure and plan your walk today! <http://tiny.cc/CamdenHeritageTour>



Madden Falls, Dharawal National Park

Bushwalking is a great way to get some exercise whilst getting back to nature and there are some great local tracks in the Dharawal National Park about an hour south of Oran Park.

Dharawal National Park is the traditional land of the Dharawal Aboriginal people. The park protects several ancient Aboriginal sites including drawings, axe grinding grooves and the ecologically important O'Hares Creek catchment. There are walking and bike tracks which will lead you to waterfalls, rock pools, wildlife and wildflowers in Spring.

Madden Falls in Dharawal National Park is a short 750m walking track from the car park suitable for families with children. At the end of the track you will find a lookout with a view of the waterfall dropping from Maddens Creek to the pools below.

O'Hares Creek lookout walking track in Dharawal National Park is a 2.8km return track which is pram and wheelchair friendly with scenic gorge views.

Jingga walking track, also in Dharawal National Park, is a 2.4km return steep challenging walk to a beautiful freshwater swimming hole.



Camden's Heritage Walking Tour



O'Hares Creek Lookout, Dharawal National Park

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Special feature



For the cycling enthusiasts, why not try the Dharawal 10B cycling trail. The track is a 15km one-way medium grade cycling trail. The track takes you on an unsealed road through the forest and woodlands along a sandstone ridge. There is a broad rock platform at the creek crossing where you can stop for a break.

To plan your visit to Dharawal National Park, visit <http://tiny.cc/DharawalNationalPark>

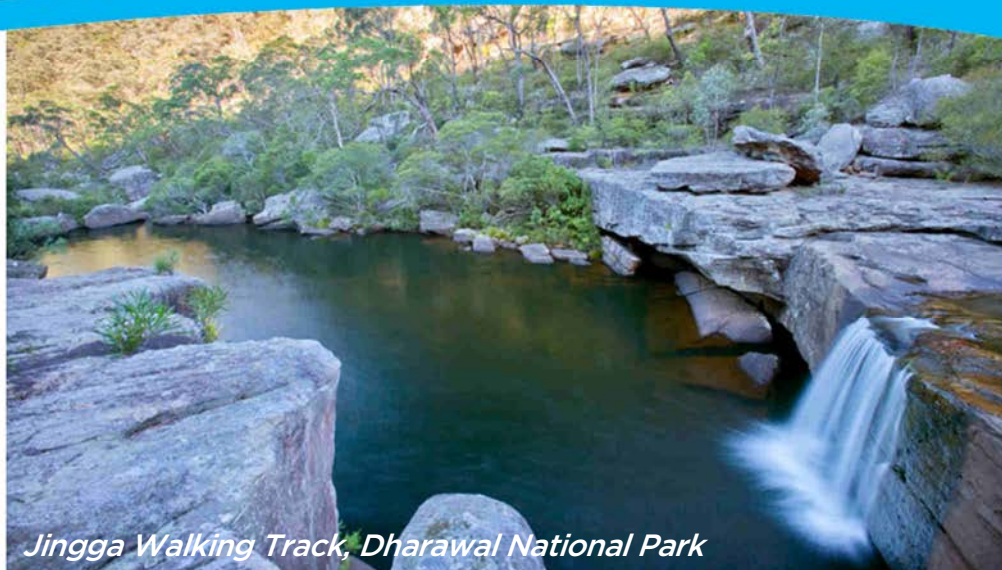
To keep the kids focused download this scavenger hunt list before you go <http://tiny.cc/NatureScavengerHunt>

Burratorang Lookout and picnic area located in the Burratorang State Conservation Area is another great day trip.

The park covers more than 17,500ha and is home to a number of threatened species of wildlife, including koalas and tiger quolls.

The best way to enjoy Burratorang is to pack a picnic and take your binoculars to the lookout, where you can enjoy the stunning views of the Blue Mountains and Warragamba Dam, which provides about 80% of Sydney's water supply.

Plan your trip ahead by visiting <http://tiny.cc/Burratorang>



Jingga Walking Track, Dharawal National Park



Beautiful plant life in the Burratorang State Conservation Area



Burratorang Lookout



10B Cycling Trail, Dharawal National Park