



**ORAN PARK**

# What's happening at the Park!

Spring 2022

**Events**  
Page 2

**Oran Park News**  
Page 3-6

**A Healthy OPT**  
Page 7

**News from Camden**  
Page 8-10



## It's time for... **Picnic in the Park**

*Join in the free community event  
featuring live music, family-friendly  
activities, garden games, pot planting,  
food and drink stalls and much more!*



# Picnic in the Park

Camden Council will be presenting the much loved Picnic in the Park event this spring.

The event will be held on Sunday 9 October in Perich Park from 10am to 3pm.

This is a free community event featuring live music, family-friendly activities, garden games, pot planting, food and drink stalls and more!

For event updates:  
[camden.nsw.gov.au/whats-on/event-calendar/picnic-in-the-park](https://camden.nsw.gov.au/whats-on/event-calendar/picnic-in-the-park)



# Grandparents Day

Celebrate Grandparents Day with a sensory play group for all abilities. There will also be story time, reader's theatre, and some exciting and fun giveaways for the kids.

Café Connect will provide great food, refreshments and services providing the latest information about what is on offer in Camden.

Wednesday 26 October at Oran Park Library from 10.30am to 1pm.

To book [trybooking.com/BYPSD](https://trybooking.com/BYPSD)

# Development Updates

**Open Space**  
**Baseball Facility**  
DA assessment continues for the new baseball facility near Barramurra Public School with Stage 1 of the facility including a full-size competition baseball field, amenities building and car park.

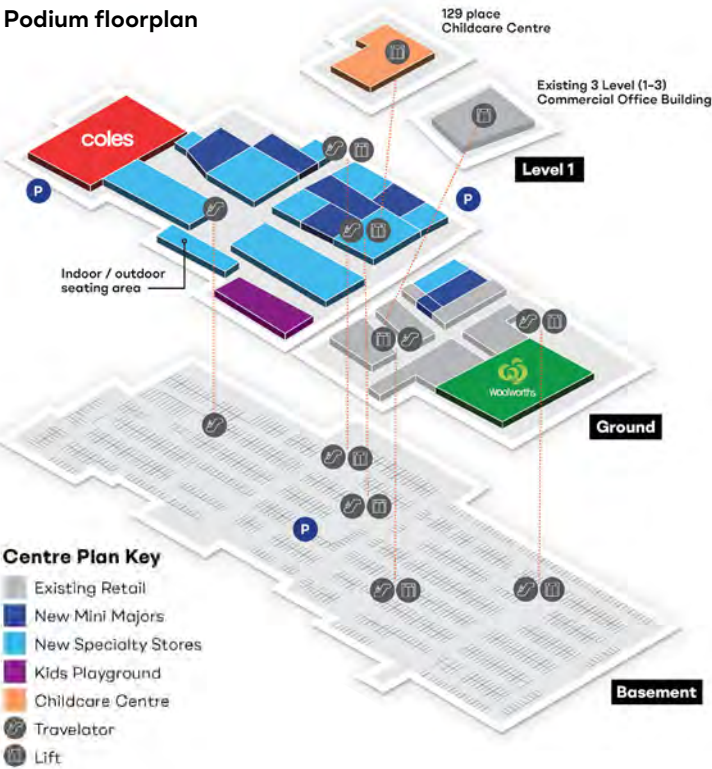
Bulk earthworks are underway. Approvals have taken longer than expected and we now expect completion late 2023.

**Oran Park Podium**  
Mainbrace have commenced building works with piling works almost complete and basement slabs poured under Coles and the car park.

The next stage of the Podium is located directly to the north of the existing shopping centre and will include some exciting new retail spaces including a Coles supermarket, a large childcare centre and significant upgrades to Podium Way, making way for an improved outdoor dining precinct.

Completion of work is expected by the end of 2023.

For retail leasing enquiries please visit [oranparkpodium.com.au/contact/retail-commercial-enquiry](https://oranparkpodium.com.au/contact/retail-commercial-enquiry)



**Metro North apartments**  
Building and landscaping works are now complete. Registration took place in early July and the first residents moved in shortly after.

**Metro Central apartments**  
Ground works are progressing well with piling now complete and the site fully excavated to the lowest level and retaining wall construction continuing.

**3 Fordham Way**  
The site is fully excavated to the lowest level and work is underway on forming up the ground level slab. Completion is expected in about 12 months' time.

New office suites are now available for sale or lease. For more information, visit our website [commercial.oranpark.com.au/3-fordham-way](https://commercial.oranpark.com.au/3-fordham-way) or contact the Sales Office on 9043 7500.

**Oran Park Leisure Centre**  
Camden Council have appointed ADCO as the principal contractor and are expected to soon commence work on site.

This project includes a 50m indoor swimming pool, leisure and learn to swim pool, spa and sauna, four indoor multipurpose courts, gym and 2 program rooms, crèche, cafe and underground carparking. The project is co-funded by Greenfields Development Company and Camden Council.

The Leisure Centre building is expected to be completed late 2024.

**Oran Park Hotel (opposite Dawson Damer Park)**  
Work continues to slowly progress following delays due to the significant wet weather.

The hotel owners, Memento have now appointed a builder to start building works following the completion of excavation and shoring works.

**Employment Zone**  
Construction is underway on the Rent A Space site adjacent to McDonalds and work is progressing well on the new fire station located on the corner of Dick Johnson Drive and Southwell Road.

Development applications are still being assessed for a service station, KFC, Bulky Goods Centre and industrial complex.

The DA for Stage 2 of the employment zone has been approved and CC documentation has been submitted. Bulk earthworks are still continuing on site.





# Development Updates (cont.)



**Now Open**

**ORAN PARK HOUSE**  
**Discover Excellence in Aged Care**

Offering contemporary, interior designed, premium accommodation with high care, permanent and respite places with 24 hour Registered Nursing Care.

**THOMPSON HEALTH CARE**

- Ensuited Rooms
- Cinema
- Arts and Crafts
- Special Care Unit
- Nutritious Meals
- Hair / Beauty Salon
- Cafe
- Private Dining Room
- Recreational Programs
- Gardens & Courtyards
- Library
- Bus Outings

**Concessional Beds Available**

**BOOK A TOUR NOW**  
[www.thompsonhealthcare.com.au](http://www.thompsonhealthcare.com.au)

**OR CONTACT**  
Director of Nursing  
**Oran Park House**  
1 Thompson Road (Cnr Dick Johnson Dr)  
Oran Park NSW 2570  
P: 02 4705 2100  
E: [oranpark@thc.net.au](mailto:oranpark@thc.net.au)



**Thompson Health Care**  
The new aged care facility next to Jack Brabham Reserve is now open. This facility is operated by Thompson Health Care, a highly reputable aged care service provider.

This is an exceptional facility and well worth a visit. Book in a tour by calling 02 4705 2100 or email [oranpark@thc.net.au](mailto:oranpark@thc.net.au)

To book a tour or to find out more [thompsonhealthcare.com.au/our-homes/oran-park-house/](http://thompsonhealthcare.com.au/our-homes/oran-park-house/)

# Tranche Updates

**Tranche 26**  
Bulk earthworks have commenced on site and 4 major development applications are under assessment for prestige terrace homes.

**Tranche 27, Stage 3**  
Landscape and servicing works are almost complete

on the 51 lot subdivision with registration expected in October 2022.

**Tranche 28**  
Work continues on Stage 1



with the second half of civil works and drainage complete as well as kerb preparation. A DA for Stage 2 (106 lots) has been lodged with Council.

**Tranche 29, Stage 5**  
Civil works have commenced on the 55 lot subdivision with work commencing on drainage and sewer reticulation installation.

**Tranche 41**  
Bulk earthworks continue on site. This site will include a future Homeworld Display Village.

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

# Snake Awareness

As the weather warms up, many of us will be spending more time outdoors enjoying the many open spaces. But the warmer weather can also bring out snakes in search of food, water and warmth.

Snakes are a natural part of living in Australia and it's important to be snake aware and take relevant precautions so that we can enjoy the outdoors safely.

If you see a snake:

- Remain calm, walk away slowly and do not approach it
- Safely remove any people or pets from the area where the snake was sighted
- Keep a safe distance so the snake does not feel threatened

To discourage snakes from straying onto your property:

- Keep your lawns mowed and gardens free of overgrowth
- Keep your property free of rubbish
- Control rats and mice on your property

If you are bitten by a snake, apply first aid immediately and call '000' for ambulance assistance.

If pets are bitten by a snake, take them to a vet immediately.

All native snakes in NSW are protected and it is illegal to harm them. Never try to kill or capture a snake as most bites occur while attempting to do this.

To contact a licensed snake collector, call the National Parks and Wildlife Service office on 02 4632 4500.

For more information see Camden Council's Snake Awareness Fact Sheet [tinyurl.com/snake-facts](http://tinyurl.com/snake-facts)



# PlayTime

Provided by Stuart Starr, Newlife Anglican

If you've got small children the day can seem a bit like a marathon. From early morning waking or interrupted nights, each new day seems to start full of demands and plans. I'm personally a long way from that season of parenting, but I was struck at the time by a saying that seems to do the rounds, "the days are long, but the years are short."

And the days can seem long - parenting small kids can be tough. There can be depression, isolation, distance from relatives who may be overseas - and that's before we fold in the ongoing costs of the pandemic. At NewLife we see that it's carers as much as kids who can benefit from getting out of the house. That's why we run PlayTime. Sure, PlayTime is great for kids from 0-5 years old, but it's also great for mums, dads, and grandparent carers to get out and have a chat as the kids do craft, listen to a story, or play under the parachute.

If this sounds like something both of you can benefit from then on one of those long days, make some time to pop into our church on Central Avenue on a Thursday at 10am. You'll be very welcome to find a little care for the carers.

For more information [newlifeanglican.org.au/playtime](http://newlifeanglican.org.au/playtime)





# Retirement Living

Anglicare is continuing to build on the success in Oran Park over the past ten years with confirmation that development of the next stage of Anglicare Oran Park retirement living village will commence soon.

With the current stages completely occupied, there's continuing strong demand from prospective residents keen to experience the convenience and comfort of this purpose-built retirement community. Along with the benefits of security and freedom from home maintenance concerns, it provides the opportunity to retire close to family in the burgeoning Macarthur region.

The new stage will provide a range of 2 and 3 bedroom villas, thoughtfully designed to take advantage of natural light, with open-plan layouts providing a sense of space.

Each villa comes complete with air conditioning, parking and quality finishes throughout.

In addition to convenient access to Oran Park Podium, Narellan Town Centre, public transport and local medical facilities, residents are able to enjoy a range of indoor and outdoor facilities within the village itself – including swimming pool, bowling green, gym and community centre.

With completion of the new stage due in 2024, enquiries are now being taken and early registration of interest is encouraged.

More information is available at [anglicare.org.au/oranpark](http://anglicare.org.au/oranpark)



## OPHS Update

Provided by Oran Park High School

At the beginning of Term 3, the OPHS Aboriginal Education, led by Ms Rachel Berry and Mrs Antonella Verter, celebrated NAIDOC week with a variety of events and activities.

NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. Each year, the NAIDOC Week theme is chosen to highlight matters of importance, create awareness and to recognise the achievements of Aboriginal and Torres Strait Islander peoples.

The NAIDOC Week theme for 2022 was Get Up! Stand Up! Show Up! It was chosen to encourage all of us to champion and drive institutional, structural, and collaborative change

while also acknowledging and celebrating those who for generations have driven positive change for Aboriginal and Torres Strait Islander Peoples and communities.

On Thursday, 21 July, we hosted a NAIDOC celebration day. This was a whole day, whole school event. There were 5 different workshops run throughout the day and students were actively involved in learning about Aboriginal and Torres Strait Islander culture. Students learnt some dances, participated in boomerang throwing, contributed to a whole school canvas and learnt about artefacts and history. The day was a success with students being engaged in the workshops and the performers speaking highly of all OPHS and the respect they displayed on the day.



# Need medical care after hours?

Access GP services and keep emergency departments for emergencies

Do you know what to do if you get sick after hours?

If your regular GP is closed or unavailable, you can find a free or low cost after hours GP service using the South Western Sydney Primary Health Network (SWSPHN) website.

Just visit [swsphn.com.au](http://swsphn.com.au) and search 'After Hours' using the search bar, then choose the service that's right for you.

Or, you can call the HealthDirect after hours GP helpline on 1800 022 222

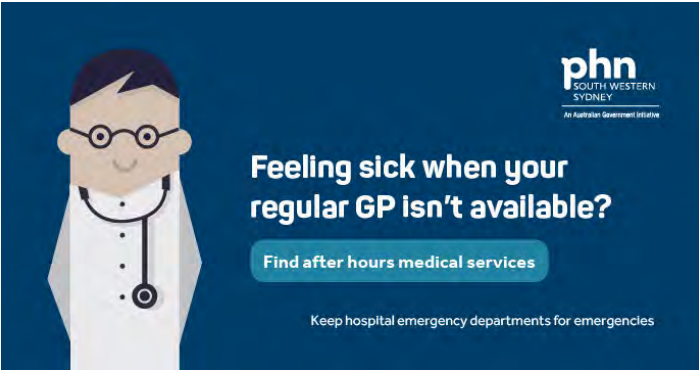
After hours care can be provided via face-to-face consultation or at home, in a clinic or via telehealth or video call, depending on the provider.

The after hours period is:

**Monday to Friday**  
6pm to 8am

**Saturday**  
Before 8am and after 12pm

**Sunday & public holidays**  
All day



# Tune in this Mental Health Month

Mental Health Month is celebrated each year in the month of October in NSW. This month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.

What does it mean to Tune in? It means being aware of what is happening within you and in the world around you.

Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry and build positive connections.

During Mental Health Month this October we all have a chance to Tune In to things we can do as individuals for our own and others' mental health.

Download the Tune In Calendar to help you Tune In to yourself and self-care [tinyurl.com/Tune-In-Calendar](http://tinyurl.com/Tune-In-Calendar)

Do you need support? 24 hour support lines below

For all emergencies call 000	1800 656 463 – Domestic Violence line
13 11 14 – Lifeline, available 24/7	1800 737 732 (1800Respect) – National Sexual Assault, Domestic & Family Violence counselling service
1300 659 467 – Suicide Call Back Service	1800 250 015 – Alcohol & Drug Info Services (ADIS)
1300 789 978 – MensLine Australia	1800 55 1800 – Kids Help Line

For more information [mentalhealthmonth.wayahead.org.au](http://mentalhealthmonth.wayahead.org.au)







# Crisis Supporters Urgently Needed

Lifeline Macarthur and Western Sydney are putting an urgent callout to the community asking people interested in volunteering as Crisis Supporters to make contact. Lifeline receives over a million calls to 13 11 14 from help seekers annually and volunteers are urgently needed to help answer those calls.

This unique volunteering opportunity includes an initial training and accreditation process, supporting interested individuals to develop a new skillset that can be used to help others and save lives.

Lifeline’s Crisis Supporters are the heart of the organisation, every time they answer a 13 11 14 call from a help seeker, they could be saving a life. More people are reaching out for support than ever before, and it is so important they have enough people available to answer the calls.

Crisis Support Worker Training courses run throughout the year. Anyone who is interested in finding out more can call 02 4645 7200 or visit the website [lifelinemws.org.au/crisis-support-training](http://lifelinemws.org.au/crisis-support-training)

# Go4Fun Returns!

Families can make a splash in the pool, spring into healthy eating and stay active when Go4Fun returns for Term Four from Monday, 10 October.

The free healthy lifestyle program runs for 10 weeks and caters for children from ages 7 to 13 who are above a healthy weight, and their families.

A pool-based program runs at Mount Annan YMCA on Saturdays from 1pm–3pm and at Eagle Vale Leisure Centre on Mondays from 4.30pm–6.30pm.

Aboriginal Go4Fun is held at Tharawal Aboriginal Corporation, in Airds, on Tuesdays from 4pm–6pm.

Families receive healthy eating tools and tips about topics including portion control and how to find healthy alternatives when shopping.

Children also enjoy fun games and learn new ways to stay active. Every member of the family benefits from Go4Fun and can continue these healthy skills for life.

More than 13,000 families across NSW have joined Go4Fun since the program started 11 years ago.

For Go4Fun locations or to register, phone 1800 780 900 or visit [go4fun.com.au](http://go4fun.com.au)



# Free Workshops for Parents

The popular program developed by Dr Steve Walker of Brief Therapy Solutions, is being offered to parents and carers of children diagnosed with ADHD, Oppositional Defiant

Disorder (ODD), Conduct Disorder (CD) or challenging behaviours.

Learn strategies to reduce outbursts and discover how to make a difference in your child’s challenging behaviour.

The workshops will be held every Thursday from 13 October to 1 December 2022 from 10am to 12noon at The Oaks.

Workshops are free and all sessions must be attended.

Please note no child care is available.

For more details or to book call 02 4683 2776 or email [cherrie@communitylinks.org.au](mailto:cherrie@communitylinks.org.au)



# Thanks for your donations Oran Park

Provided by Mother Hubbard’s Cupboard, Camden

Mother Hubbard’s Cupboard in Camden is a charity that has become very much involved in supporting flood affected families in our area. This process will take time as some people wait for repairs, or look for other housing. Mother Hubbard’s Cupboard are committed to helping people recover well and they would like to thank everyone who has played a part in this, particularly Oran Park

Anglican School who raised many items of clothing to help provide for other needy families. It is a thrill to see young people sharing what they have with others in need.

If you know anyone who hasn’t come forward for assistance, please encourage them to do so. Call 02 9191 4999 or visit [mhccamden.com.au](http://mhccamden.com.au)

# Campbelltown Quilt Show

The Campbelltown Patchwork and Quilters Guild are proud to present their annual Quilt Show featuring a large display of members quilts as well as several stalls selling quilt and sewing supplies.

The Quilt Show will be held on Saturday 11 and Sunday 13 November at the Campbelltown Civic Centre from 10am to 4pm.

Browse the sales table where you will find a variety of hand sewn items made

by some very talented members. It’s a great place to stock up on Christmas presents! Their café is also a must, offering a great atmosphere and delicious treats.

Raffle tickets are available to purchase for your chance to win one of the great prizes on offer, including a beautifully made quilt. Tickets are \$2 each and will be drawn on Sunday at 3.30pm. All monies raised go to local charities.







## Creative Writing Volunteers Needed

Provided by Story Factory

Story Factory is a not-for-profit creative writing centre for young people in under-resourced communities across Sydney and NSW.

### What we do?

Our mission is to enrich the lives of students experiencing high barriers to their learning through creative writing and storytelling. We devise workshops that excite, inspire and engage young people of all ages, to help them find their voice and write their future.

### What our volunteers do?

Our volunteers come week to week and engage with our students about their lives, their world views and then aim to channel this through creative writing.

Under the guidance of expert Storytellers, volunteers help our students to feel safe, encourage them to be creative and feel excited about the writing process.

### Where do we operate?

We run workshops in schools in the Campbelltown and Liverpool area where we're looking for volunteers who are available for anywhere between 2 - 4 hours, Monday - Fridays between 8:30am - 3:30pm for between 8 - 10 weeks during school term.

To learn more, visit our website [storyfactory.org.au/volunteer](https://storyfactory.org.au/volunteer) or contact Thuy Giang, Volunteer Manager on 0477 802 552 or [volunteer@storyfactory.org.au](mailto:volunteer@storyfactory.org.au)

## Scam Awareness Workshop

Internet and phone-based scams are on the rise.

As part of Camden Council's Tech Savvy Seniors, a free workshop will be held on Thursday 1 December at Narellan Library where you can learn about current scams that are going around and how to best protect your privacy and financial details.

Following the workshop, Café Connect will provide refreshments and service information for seniors.

To book [trybooking.com/BYPTB](https://trybooking.com/BYPTB) or call 02 4645 5009.



## Camden Police on Facebook

Did you know that Camden Police have their own Facebook page providing useful tips on how to keep you and your family safe. The page also raises awareness of support services and safety campaigns including information on the latest online scams.

Please don't report crime through the Facebook page. In an emergency, always call Triple Zero (000).

For non-urgent matters please contact the Police Assistance Line on 131 444.

[facebook.com/CamdenPAC](https://facebook.com/CamdenPAC)

