



ORAN PARK

What's happening at the Park!

Winter 2024

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Community BBQ

*A great way to get to know
your fellow Oran Park neighbours.*

Community BBQ

On Saturday 18 May Greenfields Development Company hosted the second Community BBQ for 2024.

Although the weather was quite fresh on the day, the event still attracted around 200 residents to Titan Park in Ewing Loop. An enjoyable morning was had by those who attended.

Thank you to The Refuge Baptist Church for running a delicious BBQ lunch for our community. The BBQ feast of beef, chicken and vegetarian sausages was enjoyed by all - and warmed everyone up in attendance.

The Mini Golf stations with the added interest of theming was very popular with the whole family and the pony rides were a hit with the younger members of our community.

Thank you to the crew at Oran Park Fire Station for coming along and making us more fire aware.

We would also like to thank Camden Council's Waste Services and Animal Rangers for attending the event. We even got a visit from Paws for some cool photo opportunities!



Greenfields Development Company facilitates four free community BBQs a year to continue to build on our amazing community spirit.

If you haven't yet attended one of our events, we would love for you to join us at our next one. Keep an eye out on our Facebook page for updates facebook.com/OPTCommunity

Our next BBQ will be held at 11am on 14 September at Volunteers Park, Cnr Civic Way and Neville Street, Oran Park.

Hope to see you there!

benevolent SOCIETY

Winter Warmth

Perich Park

Oran Park

Monday 24th June

2:30pm-4:30pm



- Warm up with **FREE** hot drinks
- **FREE** activities
- **FREE** donuts and light refreshments
- Lucky door prizes
- Local support services and advice for families



Plaster painting, Games, Bracelet making, Balloon Twisting, face painting and more



Community Update Meeting

Residents are invited to attend our next Community Update Meeting for a presentation and update on exciting building projects in Oran Park.

Also joining the meeting will be representatives from Opticomm.

If you're unable to attend in person, the meeting will be livestreamed.



When: Tuesday 25 June 2024 at 7pm

Where: Julia Reserve Community Centre (next to the skate park)



Development Updates

Open Space

New Baseball Facility (near Barramurra Public School)

TRN Group, the appointed civil contractors, are continuing with car park civil works with kerb planned to commence soon. Sheeth have been appointed builders on this project and have poured the slab to the amenities building and put up the frame, as well as completing work on the bleachers seating.

We have appointed Glascotts as the landscape contractor after going out to tender earlier this year. They are about to commence on site mid this year. It is expected the facility will be ready to use January 2025.



Leisure Centre under construction



Leisure Pool under construction



Indoor Multi-Purpose Courts under construction

Development Update Post Office is coming to Oran Park!

We are thrilled that Australia Post have announced they will be opening a Post Office in Oran Park.

Our team has been working tirelessly in the background over the years to help make this a reality as we know there is a need for this service in our community, not only for our residents but for the many businesses located in and around our growing area. We would especially like to acknowledge and thank Dr Mike Freeland MP, our Federal Member, for his help in advocating for this service in our community. The Post Office is expected to open later this year.

Atura Hotel

We have gone out to tender for the construction of the 184 room Hotel. We expect construction to commence in the second half of 2024.

Oran Park Leisure Centre

Our team was invited by Camden Council to inspect the progress of this very impressive facility which is being co-funded by Greenfields Development Company and Camden Council.

Work is nearing the end with ADCO now finalising the tiling in the pools, completing the timber floors in the multi-purpose courts and fitting out the gym and café areas, with exterior landscape works to follow.

This striking facility sits adjacent to the impressive Oran Park Library and Camden Council administration buildings, completing the civic precinct. Council recently announced the operators of Oran Park Leisure Centre will be BlueFit, a family owned company with 17 years' experience in the management and operation of aquatic and leisure centres, currently operating 62 facilities across the country.

Development Updates (cont.)



LPC House

Employment Zone

Construction works have progressed on the KFC and EG sites. Building slab and steel framing works for KFC have been completed with services reticulation and external lining works underway. EG is also progressing well with the building slab poured. Subject to weather, we are hopeful that KFC, EG and GYG would be operational by end of this year. Design and DA lodgement are being progressed for Hungry Jacks which is proposed next to KFC.

Registration

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

Metro Central apartments

We are reaching the final stages of completion on the 66 apartment residential building. Internal works are almost complete and the façade and external works are largely complete.

We anticipate to have the Occupation Certificate issued shortly with residents expected to be moving in soon after.

With construction now mostly complete, the temporary road closure in Fordham Way has been removed.

Residential 3

We are about to go out to tender for the construction of the 177 apartment building complex. Construction is expected to commence late 2024.

In the meantime, early service works have commenced on site which include relocating a water main with civil works to follow.

LPC House

Since our last update more businesses have opened their doors, including:

- Good Feeling Thai Restaurant
- Kumon Oran Park Education Centre
- Vibrant Chiropractic
- PC Soft
- Betta Care Disability Services
- Espino Law
- Backam Group
- Empire Fire Protection & Safety
- P & N Rogers
- Beveridge Williams
- It's Simple Finance

More businesses will continue to open over the coming months as fitouts are completed.



KFC under construction

Trails Early Learning | Oran Park Podium Early Learning for Life

Oran Park Podium is preparing to welcome Trails Early Learning to its new and expanded shopping precinct.

Trails will take possession of the Level 1 Podium site in July to start the fit-out of its state-of-the-art early education facility. With sustainable bush gardens and modern education facilities, the Trails environment will be the perfect setting for children to adventure, grow, and learn.

The new facility will include a dedicated atelier room to inspire creativity and wonder, a gourmet commercial kitchen and

chef – bringing an all-encompassing approach to food to nourish the mind, body and soul – plus oversized classrooms with the best learning resources available. These elements, combined with a world class outdoor space including water play, bike tracks, cubby houses, scramble nets, monkey bars, slacklines and a yarning circle will provide a unique and enriching environment for children.

Trails is perfectly situated in Oran Park Podium shopping mall offering easy access to parking, shopping, buses and is conveniently close to

Oran Park Public School, Barramurra Public School and Oran Park Anglican College.

Trails is scheduled to open in early 2025 and is currently taking waitlist enquiries.

For more information, go to trailslearning.com.au or call 1800 Trail5 (1800 872 455)



OPHS Update

Provided by Oran Park High School

Oran Park High School would like to take the opportunity to publicly farewell our foundation Deputy Principal Mr Chris Hollis and thank him for all he has done for our students and staff and beyond to the wider school community. Chris has been appointed as the new principal of Bossley Park High School, which is a school he knows well, having previously been their Deputy Principal and relieving Principal prior to coming to Oran Park.

Bossley Park's gain is certainly our loss as Chris was such a central figure in the establishment of our school and it is safe to say that Oran Park High School would not have been the same place without him.

He brought his wide experience to setting up so many of our systems, processes and procedures where none existed. But beyond that, he brought a love and passion for our new school and all we were trying to create which was absolutely infectious. His dedication to our TRAK values, our school branding and of course our uniform is famous across our school community. Right throughout his four and a half years at the school, Chris has been steadfastly committed to keeping our standards high because he knew that in the end, it is our students who will benefit from being educated in a school where second best is not acceptable.



His rapport with our students and staff was second to none, and it was clear at his farewell assembly that he will be sadly missed by so many.

Chris Hollis has made a massive difference in the lives of so many in our school community and to honour him in a lasting way we have decided to do two things. Firstly, at the suggestion of Year 12, the prize for our teacher versus student

sporting events will now be known as 'The Hollis Cup' and the school has decided to rename one of its awards at Presentation Night as 'The Chris Hollis Award for School Spirit'. It's hard to think of anyone who would deserve such an honour more, and we thank him for everything he has done for our school and the people in it.

Brad Mitchell
Principal

New Supporting Recovery from Family, Domestic and Sexual Violence service now operating

If you or someone you know has experienced family, domestic or sexual violence, a new SWSPHN-funded program is available in South Western Sydney to help you access services to support your long-term recovery.

The Supporting Recovery from Family, Domestic and Sexual Violence Program is delivered by CatholicCare Sydney and Anglicare Sydney and aims to provide access to longer-term

mental health recovery services for victim-survivors of family, domestic and sexual violence. It will also work with existing services to provide short-term and crisis support.

The Supporting Recovery program includes access to:

- a Local Care Team to help you plan and manage your recovery journey, including connecting you with a range of other services

such as legal, financial and housing supports

- trained psychologists, social workers and counsellors who specialise in providing trauma-informed and person-centred mental healthcare
- holistic, culturally appropriate mental health services, available for free for up to two years

No doctor's referral is needed. You can access the service by calling 1300 316 554 or completing a self-referral form at supportingrecovery.org.au/client-referral-form

To find out more about the Supporting Recovery program visit supportingrecovery.org.au



Key facts everyone should know about men's heart health.

#1
Heart disease is the leading killer of men in Australia

30
men a day are killed by heart disease

4 in 5
heart deaths under 65 are men

Take Action

- Stay Strong**
Doing 40 push-ups can reduce your risk
- Reduce Waist**
A healthy weight = a healthy heart
- Mind Your Heart**
Staying mentally healthy protects against heart disease
- Get Checked**
Heart health checks are free for men over 45

Be Heart Aware

Check These 4 Numbers

- Body Mass Index
- Blood Pressure
- Cholesterol
- Blood Sugar

Signs of Heart Attack in Men

- Chest/Arm Pain
- Shortness of Breath
- Cold Sweat
- Shoulder, Neck or Jaw Pain

Cardiac Arrest?
Save a mate's life in 3 steps:

- 1. CALL**
Triple Zero 000
- 2. PUSH**
on the chest to the tempo of Staying Alive
- 3. SHOCK**
use an AED machine if available

KYMF | AMHF

Men's Health Week 10 – 16 June

International Men's Health Week celebrates its 30th anniversary this year, with the focus this year being on Men's Health Checks.

Health checks aim to pick up health problems early in people who don't have symptoms of disease.

Even if you feel healthy, you should see a doctor for regular checkups. Many conditions or diseases can develop over a long period and may not cause any symptoms initially. Screening tests can pick up early signs of disease. For many diseases, early management is more effective than later treatment.

Here are some common health issues for men:

- Heart health
- Diabetes
- Hearing and Eyesight
- Prostate Cancer
- Bowel Cancer
- Skin Cancer
- Depression

For more information on screening tests available healthdirect.gov.au/essential-screening-tests-for-men

Free, 24-hour support available to parents in South Western Sydney

Live chat or call with a nurse at any time

Popular help topics

Start a live chat, call or discover helpful resources across these common topics:

- Baby health
- Your mental health
- Support for new parents
- Sleep and settling
- Pregnancy support
- Family and relationships and much more.

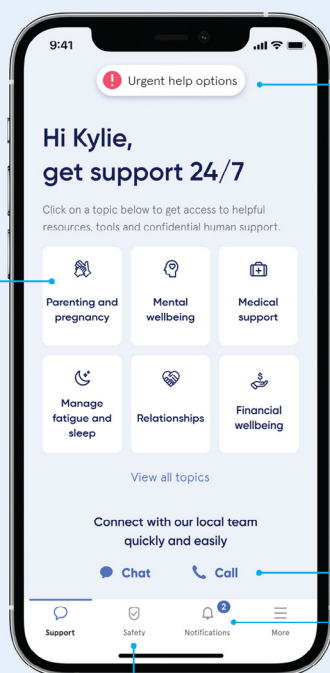
Wellbeing assessments

Our quick and easy questionnaires will allow you to reflect on your wellbeing and overall health.

Track my journey

Feel safe and secure on your way from A to B, walking in the dark, meeting someone new or in an unfamiliar area.

Sonder is available for parents aged 25 and under who are pregnant and/or have a child living in South Western Sydney.



24/7 help alert

Instantly connect with Sonder safety specialists or emergency services if you're in an unsafe situation.

Live chat or call 24/7

Connect with nurses, midwives, psychologists and wellbeing experts directly about anything on your mind.

Notifications hub

Sonder always scans your local environment for events that might impact your safety, such as traffic accidents, severe weather or criminal incidents.

Check on me

Use Sonder's Check on me feature and Sonder's safety specialists will check on your safety at the time you schedule and be available to support if/when you need it.

Scan here to register for your free Sonder account



BG6F-12/23

Village Connect is a unique child and family hub designed by Karitane in partnership with Sonder and Uniting to support parents living in South Western Sydney who are pregnant and / or have a child.

The hub brings together child and family health services, key workers and a wide range of resources to ensure parents get the help they need, when they need it.

It aims to improve the confidence and skills of parents in connecting with and raising their child through a range of support services including playgroups, parenting workshops and care navigation services.

Nurses, wellbeing experts, and psychologists also offer parents access to 24/7 confidential medical, safety and mental healthcare support via the Sonder app. To download the app sonder.io/community-support

Village Connect also offers multilingual support, including:

In-app chat: more than 240 languages

Phone or video: more than 300 languages via translation service

Full app translations: available in Mandarin, Bengali, Cantonese and Thai

Find out more karitane.com.au/village-connect

Sonder. Right care, right time.
sonder.io/community-support

VILLAGE CONNECT | 

Star on the rise!



In the world of Artistic Roller Skating, where grace meets skill and determination, one name is quickly rising to prominence: **Silvana Vashisht**. At just 7 years old, Silvana from Oran Park, has captured the hearts of spectators and judges alike with her mesmerising performances on the rink.

Recently, she soared to victory in the highly competitive L1 Rising Star Artistic Roller Skating competition U10 years, marking the beginning of what promises to be a remarkable journey in the sport.

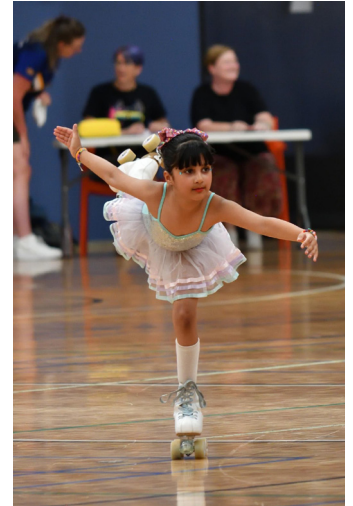
The event, held at the prestigious Hawkesbury Indoor Stadium, on 10 March 2024, showcased the talents of young artistic roller and inline skaters from across NSW. Amidst fierce competition, Silvana's elegant moves and flawless execution, wowed the audience and judges alike, leaving an indelible impression on all who witnessed her performance. Silvana's routine was a testament to her dedication and hard work.

Despite her young age, she roller skated with the poise and confidence of a seasoned professional, captivating the crowd with every move.

Silvana's journey to success is as inspiring as it is impressive. Introduced to roller skating by her parents at the tender age of four, she quickly fell in love with the sport, spending countless hours honing her skills in the rink. Under the guidance of her dedicated coaches and the unwavering support of her family, Silvana's passion for roller skating blossomed into a true talent.

Her coach, David Robertson, speaks glowingly of Silvana's dedication and determination, saying she is an extraordinary talent.

He said "her commitment to perfecting her skills is truly remarkable. She's a joy to coach, and I have no doubt that she has a bright future ahead of her in roller skating."



Disability support service, Flagstaff, recently hosted Youth Week in April and created a vibrant mural for the walls of their Smeaton Grange premises representing all the fun things people do. Volunteers from the government agency, iCare, supported the youth in drawing, painting, and cooking up the delicious BBQ lunch.

Flagstaff CEO, Rod Von Clark, said, "The mural painting project presented

an invaluable opportunity for youths with disability to work together to create a dynamic mural representing empowerment, employment, while being a reflection of themselves. The result is so vibrant and colourful and reflects the personalities of our youth artists."

The mural painting is just one of the programs offered at Flagstaff's Macarthur branch. As a registered NDIS provider, Flagstaff supports people

Wall mural fun activity for people with disability



with disability through school to work pathways, individual support, capacity building programs such as cooking, tradie training and barista courses, as well as organising social activities including Foodies dinner outings.

If you know someone with a disability who would like to learn new skills, gain assistance with finding employment, or just meet new people and have a good time in a safe and supported

setting, contact Renae at Flagstaff for a tour or chat on 4272 0222.

Located at 3/48 Dunn Street Smeaton Grange, Flagstaff's supports are practical, hands on and not classroom style, ensuring people get involved and feel comfortable in reaching their goals in a welcoming and inclusive environment.

Find out more at flagstaffgroup.com.au

Empowering Through Engagement: Big Yellow Umbrella's Ongoing Commitment

Provided by Big Yellow Umbrella, Narellan



Big Yellow Umbrella continues to serve as a pillar of support and empowerment in our community. Through our diverse range of free programs, including food relief initiatives, parenting support, playgroups, and enriching activities for children, we aim to uplift every member of our community.

Two vital programs we proudly run at Julia Reserve in Oran Park are RAYN and Drop-in Sessions.

RAYN: Rainbow Advocacy Youth Network - designed for LGBTQIA+ youth aged 12-20, fosters connections, skill-building, and mental health support. It provides a safe space where youth can thrive, forge friendships, and explore their identities with pride. With a variety of activities and ongoing support, RAYN is making a difference in the lives of our youth.

Drop-in Sessions: A Haven for Youth - Catering to youth aged 12-24, our Drop-in Sessions offer a relaxed environment for friendship and

creativity. From canvas art to video games, there's something for everyone to enjoy and express themselves.

Drop-in runs on Thursdays from 3-5pm. Come along - we'd love to see you there!

Join us as we continue our mission of fostering inclusivity, empowerment, and support for all members of our community.

For more information, please call 4647 1283, email support@yellowumbrella.org.au or visit our website: yellowumbrella.org.au

Connect with us on **Facebook:** Big Yellow Umbrella **Instagram:** [bigyellowumbrella_](https://www.instagram.com/bigyellowumbrella_)



Scan the QR Code to cast your vote!
www.thebusinessawards.com.au

Calling on Volunteers!

Provided by Myrtle Cottage

Myrtle Cottage is a not for profit organisation, which offers day activities for people who are frail aged, younger people with disability and people with dementia.

We are looking for volunteers who enjoy helping and spending time with others.

Everyone has something to offer and volunteering can be very rewarding - emotionally and mentally - and giving back to the community brings joy and contentment.

We are looking for people that can assist with the following:

- bus drivers and bus assistants for transportation
- program assistants to help members with art, craft & games
- kitchen assistants (baking delicious treats), serving morning tea and lunch, and much more!

Training will be provided for any role you are interested in.

We are located at Ingleburn & opening Eucalyptus Cottage at Spring Farm later this year.

Please visit our website myrtlecottage.org.au and call us on 02 9426 3100 if you would like to join or have any questions.



Right Place for your Problem Waste

The Community Recycling Centre (CRC) provides residents with a free and convenient way to drop off their household problem waste for recycling.

At the Centre you can return paint, gas bottles, fire extinguishers, fluoro

globes, smoke detectors, aerosols, motor oil, other oils, household batteries and car batteries.

Location: Council's Depot, 5 Millwood Avenue, Narellan

Opening Hours: Saturday and Sunday 9am-2pm (excluding public holidays)

Plan your visit to the Community Recycling Centre:

Sort waste items into different types and place safely in the boot of your car;

Ensure items are secure and won't move around while you are driving; and

Quantities of materials to be dropped off must be domestic quantities only (up to 20L or 20kg of any one item will be accepted).

For more information camden.nsw.gov.au/waste/community-recycling-centre-crc

Fire Safety

Lithium-Ion Battery Safety:
A Vital Guide for Your Home
Lithium-ion batteries are the fastest growing fire risk in New South Wales. Fire and Rescue NSW wants members of the NSW community to understand the risks and be prepared if things go wrong.

Preparation is Key:
Ensure functioning smoke alarms where batteries are charged or stored.
Charge batteries on non-flammable surfaces like concrete floors, avoiding beds or sofas.

Large batteries should only be charged in well-ventilated areas like garages or sheds.

Charging Caution:
Never charge batteries unattended or when sleeping.
Disconnect devices once fully charged.

Avoid using and charging devices on flammable surfaces or if damaged.

Charging Essentials:
Use only approved chargers with the Australian Regulatory Compliance Mark.
Beware of compatibility issues with chargers.

Safe Disposal:
Never dispose of damaged batteries in regular waste bins.
Use designated battery recycling drop-off points.

Warning Signs:
Dispose of damaged batteries promptly to mitigate fire risks.
By following these guidelines, you can safeguard your home and community from lithium-ion battery-related fires.



Stay informed, stay safe.
For more info visit: fire.nsw.gov.au/befiresafe

A stylish soirée for a cause close to home

Youth Solutions Annual Charity Event calls on community support for local youth

All young people deserve to have the capacity to live healthy, safe and well-connected lives – so believes the team at Youth Solutions and their supporters.

The community will come together for the charity’s annual dinner this July, to help the charity do just that – raise critical funds for Youth Solutions’ Macarthur and Wingecarribee youth drug and alcohol prevention and health promotion programs. The best part? They’d like to extend the invitation to you.

The Youth Solutions Annual Charity Event has long cemented itself in the region’s social calendar as the perfect combination of style and sophistication, fun and fundraising.

It’s a night to dress up, step out and have a great time – while supporting your local community.



The 2024 event is set down for Saturday, 27 July from 6.30-11.30pm at The Cube, Campbelltown Catholic Club and Youth Solutions is looking for community members and businesses alike to get behind the cause and join the fun.

Tickets, bookings and details:
Contact Amanda Dillon: 02 4628 2319, email amanda@youthsolutions.com.au or visit the website youthsolutions.com.au for details and booking form
Theme: Black & White Ball
Dress code: Black, white & formal
Special thanks to Major Event Sponsor: Rotary Club of Narellan and our Quartz and Crystal Sponsors

ARE YOU READY?

WINTER FIRE SAFETY CHECKLIST

Did you know that you will not smell smoke while asleep? Only working smoke alarms save lives

SMOKE ALARMS

☐ Test that your smoke alarm/s are working. If not, change the batteries or replace the alarm.

☐ Check the smoke alarm is in date. Smoke alarms have a lifespan of ten years.

☐ Give the smoke alarm a vacuum, if you haven't done so in the last six months, to remove dust and any insects.

To meet legislation you must have at least one working smoke alarm on each level of the home placed between bedrooms and living areas, it's the law. FRNSW also recommends having one in each bedroom. Hardwired and interconnected is best. For more information visit fire.nsw.gov.au/smokealarms

ESCAPE PLANS

Having a home escape plan in conjunction with a working smoke alarm will greatly increase your chances of getting out safely. Every second counts.

If there is a fire in your home, do not wait, **EVERY SECOND COUNTS**, GET OUT and STAY OUT and then call Triple Zero (000). Never go back inside a burning building.

☐ Draw your escape plan, and discuss it with your whole family. Download your grid here fire.nsw.gov.au/escapeplan

Remember to consider the special needs of children, the elderly or the disabled when developing your escape plan.

☐ Know and record two safe ways out of every room. Make sure that your windows and doors are not obstructed and can be unlocked and opened quickly if necessary.

☐ Practise your escape plan regularly with the whole household including pets. Your letter box is a great place to wait for firefighters arrival.

☐ As you escape make sure you close internal doors behind you. This can reduce fire spread and minimise damage.

VISIT [FIRE.NSW.GOV.AU](https://fire.nsw.gov.au) FOR MORE INFORMATION

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