

Oran Park Town Newsletter February - March 2018



EVENTS

Oran Park Community Carols

Thank you to Stuart Starr and the team at NewLife Anglican Church for putting on another brilliant Oran Park Community Carols event.

Although the weather on Saturday 16 December was hot, with a thunderstorm threatening later in the day, a cool change thankfully swept through.

Each year Stuart and the team work tirelessly on this event bringing in loads of free activities, entertainment and spectacular fireworks display and we'd like to thank everyone involved for their community spirit.

In addition to the food and entertainment, a regular part of the Carols experience is the opportunity to take up a collection for the work of the local Cobbitty Rural Fire Brigade. This year through the generosity of the local community, \$1,300 was raised which will go towards new training rooms for the Brigade.

The date for this year's event has already been set for Saturday 15 December so be sure to mark your diaries!

The Cobbitty Rural Fire Brigade are looking for new members. If you're over the age of 18 and are interested in finding out more, contact Peter on 0407 078 075.

Community Spirit Awards

During the month of December, the Oran Park Town team once again had the pleasure of awarding the Oran Park Town Community Spirit Award to students from our local schools.



The award is sponsored by Oran Park Town and is awarded to students who display a strong sense of community and are positive role models to other students and members of the community.

Congratulations to the 2017 Award recipients:

Ezekiel Barnes - Oran Park Public School
Jacob Ling & Madison Poll - Oran Park Anglican College

Charley Langford - St Justin's Catholic Primary School

Caitlin Burke - St Benedict's Catholic College

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Development Update

Works to the Branch Library and Community Resource Centre continue to progress well with the majority of the works complete. Outstanding landscape works should be completed by early February 2018 which will allow Council to take possession of the

building for fit out in preparation of the opening.

We are currently planning an opening event which will take place in the coming months.

Parks

Construction of the second dog off leash area, located between Tranche 6 and Tranche 30, are ongoing and are scheduled for completion in March 2018. Once the turf has established, the area will be opened for the public to enjoy.

Roads

Road extension works from Steward Drive to Dick Johnson Drive which will provide access to the NSW Fire Brigade site are almost complete. Extension works on Dick Johnson Drive to Oran Park Drive are progressing well. Connection from Dick Johnson Drive to The Northern Road is expected late 2019 and is subject to extension works being undertaken to The Northern Road by the Roads and Maritime Services.

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Construction Update

Construction to the medium density site within Tranche 7, located adjacent to Oran Park Public School, are complete and the subdivision certificate lodged with Council. This land will register in the coming months allowing building activity to commence.

Bulk earthworks to the site located within Tranche 9, corner Peter Brock Drive and South Circuit, recently commenced with the installation of services and road construction to commence shortly. Every effort will be made to limit the impact of these works on the surrounding residents.

Works to Tranche 5 Stage 3 recently finished and the subdivision certificate has been lodged with Council for assessment. The neighbourhood park located within this stage is also complete and opened to the public. Come and have a look at the fantastic



Grandstand Park

Section of original start line

views to the Blue Mountains and enjoy some of the race tracked themed items included within the park.

Traffic Lights

Work is now complete and traffic lights operational at the intersection of Peter Brock Drive and Central Avenue.

Bus Stops and Shelters

The installation of bus stops and bus shelters is now complete with the exception of one shelter which will be installed in front of Anglicare in February.

Registration

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

Oran Park Auskick

Provided by Louise Stephenson, Oran Park Auskick Coordinator

The Oran Park AFL Auskick program makes learning to play AFL fun, safe and easy for boys and girls. Through weekly coaching sessions you will learn the skills of the game in an exciting, social and safe environment.

Children of Oran Park will learn the fundamental motor skills vital for future physical activity and sport participation as well as learning how to interact with other children as part of a team in small group activities.

The program also provides a great opportunity for parents to interact with their kids through the activities, a chance to make new friends, learn



New Bus Shelters

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about the game and spend quality time with their children.

Included in your registration for the 13 week program:

- Backpack with Auskick football, hat and player cards
- GWS GIANTS match day experience including playing at half time of a GIANTS game
- GWS GIANTS club night clinic with GIANTS players
- 2 x Auskick Gala Days

Venue: Gardner Reserve

Cost: First session is FREE to come and try, \$60 for season

Dates: Wednesdays – 16 May to 15 August

Times: 3.45pm - 4.45pm

To Register: visit play.afl.com.au/ and enter your Postcode, then click on "Oran Park Town AFL Auskick Centre" or register in person at the first session.

To find out more about the Oran Park Auskick program please contact Louise Stephenson, your local AFL Auskick Coordinator on 0425 611 640 or email Louise.Stephenson@afl.com.au

Hope to see you there!

Rugrats Rugby

Rugrats Rugby is passionate about getting children involved from a younger age to develop the required skills to play rugby league and to grow their love of the game.

The aim is to teach the fundamental skills of hand eye coordination, passing/catching of the ball and running, to allow the younger children to have a head start when joining club rugby league at the appropriate age.

They also focus on the importance of friendship and being a part of a team encouraging children to work together.

Sessions will be held at the Oran Park Community Room located in the Sales

Office and will run for 45 minutes each week with two time slots to choose from:

Ages 2 & 3 – Tuesdays 10am or Wednesday 1pm

Ages 4 & 5 – Tuesdays 11am or Wednesday 2pm

For more information or to book, email rugratsrugbyoranpark@gmail.com or call 0468 998 449. Alternatively visit www.facebook.com/RugratsRugby1.

New Business Networking Group

CRG Creative Networking is a family friendly professional business networking group launching in Oran Park February 2018.

The idea for the group came about after Renee Garcia, a local resident who helps run their family business, found there was a gap in the networking market for people juggling work and family and so came about CRG Creative Networking which offers child care during networking meetings.

The group will offer an opportunity for all business owners within the local community to come together, to promote their business and learn tips and tricks from others that will help them grow and succeed. Regular monthly guest speakers will offer further support and motivation.

Join the group for their first meeting which will be held at the Oran Park Smart Work Hub on Monday 12 February at 10am.

For more information contact Renee on 0427 885 711 or email creativenetworking@outlook.com



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BusinessConnect

Funded by the NSW Government

The Business Connect Program has a new home at the Oran Park Smart Work Hub.

What is Business Connect you may ask? The Business Connect program is a local, highly recognised program that puts you in touch with experienced and trusted advisors that can help you start a business, plan effectively, identify growth strategies and concentrate on the areas that your business needs.

They work with you, identifying actions you're comfortable and agree with. In all cases they assist you to achieve what you want from your business.

Advisory meetings are conducted face to face at a choice of either your office or ours at a time convenient to you. First 4 hours are free with subsidised rates following if you choose to continue.

All areas of business are covered. Where more specialised assistance is necessary, they can recommend local providers.

Simply contact the Business Connect team today to book an appointment and make 2018 count.

Contact Kerrie Elliott on 0490 293 269 or David Waudby on 0456 255 032.

For more information on the program www.industry.nsw.gov.au/business-and-industry-in-nsw/businessconnect

A HEALTHY OPT.....

Free Flu Shots for Children

From April 2018 all NSW children aged from six months to under five years will be offered free influenza shots. Parents can access the free flu shot from their usual immunisation provider e.g. GP or community health centre.

The flu shot will reduce your child's risk of influenza (flu), minimise the spread of flu and protect vulnerable groups including babies too young to receive the vaccine, those medically at risk and those with weakened immune systems.

To find out more about the program www.health.nsw.gov.au/immunisation/Pages/kids-flu-shot.aspx



Plan your trip

Visit transportnsw.info
Call 131 500 NRS 133 677

For train, bus, ferry and light rail trip planning, maps, ticketing, transport updates and accessible travel information.

ENRICHing Survivorship

Cancer Council NSW's ENRICHing Survivorship program is coming to Macarthur in February. It is a FREE healthy lifestyle program for cancer survivors and carers.

Cancer Council NSW research suggests that healthy eating and physical activity can protect cancer survivors against recurrence of their primary cancer. The weekly two hour sessions are co-facilitated by a dietitian and exercise specialist, yoga instructor and volunteers. They cover healthy eating, resistance training, relaxation techniques and how to adjust to the changes following a cancer diagnosis supporting physical and emotional wellbeing.

Registrations are essential.

To book call 1300 360 541 or email enrich@nswcc.org.au
www.cancercouncil.com.au/enrich/

Go4Fun

Looking for a way to get your family fitter and healthier but don't know how to get started? Get a taste for making easy and practical healthy changes with the free 10 week Go4Fun program.

NOW RECRUITING FOR FRANCHISEES



Join the franchise that changes lives

If having the flexibility of owning a business, working with children and being part of your community appeals to you, then a Kumon Franchise may be ideal for you.

For details call 02 9467 2200 or visit www.kumoninstructors.com.au/franchise



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Go4Fun is for children aged 7 to 13 years and their parents, providing practical education in nutrition and diet with different activities and fun games each week. This encourages children and their families to live a healthier and active life while having fun and making new friends.

The afterschool program run by NSW Health is excited to have partnered with Oran Park Anglican College to bring the program back to Oran Park each Tuesday at 3.45-5.45pm from 30 January. For more information or to enrol contact us on 1800 780 900 or visit www.go4fun.com.au.

NEWS FROM CAMDEN

Libraries - More Than Books!

Camden Council offers a diverse range of programs through its libraries in Camden and Narellan, including free technology training for seniors, free legal help, computer software courses, school holiday activities, author visits and lots more!

See Library website for a full program www.library.camden.nsw.gov.au/bookings

Can Your Fines

Do you have library fines?

Return your overdue items to either the Camden or Narellan Library by 15 February along with either 8-ply knitting wool or canned food and your library fines will be waived.

Donated items will be distributed to residents via local charities. Please ensure canned goods are within 6-months of expiry and are in good condition.

Child & Family Strategy - Community Conversations

Provided by Camden Council

Camden Council is developing a strategic plan for children (0-12 years) and families. We want to have a conversation with local residents and child and family sector workers about how we can make Camden the best place to raise children. You are in the best position to tell us how we can make a real difference. Come along to share your experiences and ideas with us.

When: Wednesday, 21 February 2018

Time: 1pm to 3.30pm (child and family sector workers) and 4pm to 5.30pm (primary school aged children, parents, carers and grandparents). Limited child

care spaces are available for younger children. Please let us know if you require child care when you RSVP.

Where: Iron Bark and Red Gum meeting rooms, Narellan Library (19 Queen Street).

RSVP: By Wednesday, 14 February 2018 to Camden Council's Community Project Officer – Children and Families on 4645 5050 or online at www.stickytickets.com.au (search Camden Children and Family Strategy)

Author Visit

Danielle Miller - "Raising Thankful Teens"

Camden Council will be hosting a visit by Danielle Miller, Author and media contributor on parenting and women's issues to present on her latest book "Gratitude – a positive new approach to raising thankful kids".

Instilling gratitude in our children is about so much more than politeness. Gratitude is linked to greater happiness, a more positive outlook on life, stronger social bonds and support networks and higher achievement.

The presentation shows how fostering gratitude in our children helps them develop the skills they need for fulfilling and successful futures – in their studies, personal lives and careers.

The presentation will be held on 12 March in the Red Gum Room at Narellan Library from 6pm to 7pm and is recommended for adults who live or work with 11-19 year olds.

Go to the Library website to book www.library.camden.nsw.gov.au/bookings or to find out more call Narellan Library on 4645 5039.

Lifeline Macarthur

YOUR COMMUNITY NEEDS YOUR HELP
Become a phone volunteer with Lifeline Macarthur
NEXT INTAKE 10TH FEBRUARY 2018.
13 11 14 crisis support line

ENQUIRE BY PHONE 4645 7200
or visit: lifelinemacarthur.org.au

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Positive Parenting Program

Camden Council and Uniting are offering a free, 7 part series workshop designed for parents of teenagers. The course includes information on positive parenting, managing behaviour and implementing parenting routines.

The workshops will be held at Narellan Library on Monday nights from 6pm to 7.30pm commencing 12 February.

To book or for more information contact Larissa Emslie on 4629 5164 or email lemslie@uniting.org

Crime Prevention Tips

Sourced from NSW Police website

Protect children online

The use of mobile telephones, tablets and person computers is common in most people's lives.

Children are encouraged to use these devices to assist with their studies and stay connected, but this technology can also be used by online predators to target children.

A lot of children use mobile devices to keep in contact with friends via social media. Whilst using these sites, there is a chance they could come into contact with online predators.

Here are some simple steps we can take to help protect our children when they are online.

Children - protect yourself online

- ◆ Never post personal information, including your name, home address, photograph, phone number or school anywhere on the internet.
- ◆ Always tell your parents or another adult you know of any contact online that makes you feel uncomfortable.
- ◆ Never arrange a face-to-face meeting with someone you have chatted to online without your parents' or carers' full knowledge. Have a parent/carer accompany you.
- ◆ Always think before sending. Pressing 'send' is definite and final - you can't get it back.
- ◆ Do not send a picture of yourself to anyone you don't know.

Parents - protect your children online

- ◆ Always educate your children about the dangers associated with online conversations.
- ◆ Ensure that you discuss age-appropriate sites with your children.

- ◆ Talk to your child about what they do online and their favourite sites to visit.
- ◆ Check with your child's school, public library and other places they frequent to find out what internet sites they're accessing.
- ◆ Always monitor the status of safety settings on devices used by your child.

Protect your home devices

- ◆ Deactivate settings like GPS from social media sites used by your child.
- ◆ Ensure you and your family use strong passwords to secure your devices.
- ◆ Always use secure web browsers and active parental control on your home computer and devices.
- ◆ Protect your passwords so your child cannot automatically purchase apps without your approval.
- ◆ Do not give your password to anyone - NO ONE!

Stay up to date with local news,
events and services



Oran Park Town Community Residents,
Friends & Families
Community
www.facebook.com/OPTCommunity/

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