



Term **4** Timetable

14 October – 20 December 2019

Learning & Growth
for Mental Health

Our Values

- Collaboration • Integrity • Hope • Opportunity
- Inclusion • Respect • Enjoyment • Self-determination

Courses are listed in date order and page numbers align with the course guide.

For further information on courses and how to enrol refer to the course guide.
See contact details on the back page.

Principal Supporters



Health
South Eastern Sydney
Local Health District

We acknowledge the traditional owners of the land on which we meet: the Gadigal people of the Eora nation in the Eastern Suburbs, the Bidjegal people of the Eora nation in St George and the Gweagal people of the Dharawal nation in Sutherland. We pay respect to their elders past and present.

Stream 1 - Understanding Mental Health, Drug & Alcohol Experiences & Treatment Options

An Introduction to Recovery & the Strengths Approach | 1 day (p.3)

Thursday 17 October 9:00am-4:30pm Prince of Wales Hospital, Randwick

Exploring Depression | 3 hours (p.4)

Thursday 24 October 10:00am-1:00pm headspace, Bondi Junction

Exploring the Impact of Trauma | 4.5 hours (p.7)

Friday 25 October 10:00am-2:30pm SGSCC, Jannali

Exploring the Experience of Personality Disorders | 3 hours (p.5)

Monday 28 October 1:30pm-4:30pm headspace, Bondi Junction

Exploring Bipolar | 3 hours (p.4)

Monday 4 November 10:00am-1:00pm SGSCC, Jannali

Understanding the Mental Health Act | 4 hours (p.10)

Thursday 7 November 12:00pm-4:00pm SGSCC, Jannali

Exploring Alcohol, Drug Use & Wellbeing | 3 hours (p.3)

Monday 25 November 9:00am-12:00pm The Langton Centre, Surry Hills

Stream 2 - Rebuilding Your Life – Developing Knowledge and Skills

Introduction to Mindfulness in Mandarin | 2 hours x 5 weeks (p.20)

Friday 25 October	1:00pm-3:00pm	Recovery & Wellbeing College, Kogarah
Friday 1 November		
Friday 8 November		
Friday 15 November		
Friday 22 November		

Law for Everyday Life | 3 hours x 2 weeks (p.13)

Thursday 31 October	9:30am-12:30pm	Recovery & Wellbeing College, Kogarah
Thursday 7 November		

Understanding & Working with Voices | 4 hours (p.17)

Tuesday 12 November	10:00am-2:00pm	SGSCC, Jannali
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Life Beyond Anxiety | 3 hours (p.13)

Thursday 14 November	10:00am-1:00pm	headspace, Bondi Junction
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Getting into Exercise | 2 hours (p.21)

Friday 15 November	2:00pm-4:00pm	Keeping the Body in Mind Gym, Kogarah
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Making Mindfulness Your Own in Greek | 2 hours x 5 weeks (p.20)

Wednesday 20 November	9:30pm-11:30pm	Recovery & Wellbeing College, Kogarah
Wednesday 27 November		
Wednesday 4 December		
Wednesday 11 December		
Wednesday 18 December		

Introduction to Mindfulness in Arabic | 2 hours x 5 weeks (p.20)

Monday 18 November	9:00am-11:00am	Recovery & Wellbeing College, Kogarah
Monday 25 November		
Monday 2 December		
Monday 9 December		
Monday 16 December		

Making Mindfulness Your Own in English | 2 hours x 5 weeks (p.19)

Monday 18 November	12:00pm-2:00pm	Recovery & Wellbeing College, Kogarah
Monday 25 November		
Monday 2 December		
Monday 9 December		
Monday 16 December		

Communication – Finding Your Voice | 2 hours x 4 weeks (p.11)

Tuesday 19 November	10:00am-12:00pm	SGSCC, Jannali
Tuesday 26 November		
Tuesday 3 December		
Tuesday 10 December		

Improving Self-Esteem & Challenging Stigma | 4 hours (p.13)

Tuesday 19 November	9:00am-1:00pm	headspace, Bondi Junction
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Life Beyond Depression | 3 hours (p.14)

Thursday 21 November	10:00am-1:00pm	headspace, Bondi Junction
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Yoga for Recovery | 1.5 hours x 4 weeks (p.18)

Thursday 21 November	1:00pm-2:30pm	The Maroubra Centre
Thursday 28 November		
Thursday 5 December		
Thursday 12 December		

Life Beyond Trauma | 2 hours x 3 weeks (p.14)

Tuesday 26 November	2:00pm-4:00pm	Recovery & Wellbeing College, Kogarah
Tuesday 3 December		
Tuesday 10 December		

Squalor, Hoarding & Recovery | 4 hours (p.17)

Thursday 28 November	9:00pm-1:00pm	Recovery & Wellbeing College, Kogarah
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Nutrition for Good Health | 3 hours (p.21)

Friday 29 November	1:00pm-4:00pm	Recovery & Wellbeing College, Kogarah
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Men's Health | 3 hours (p.15)

Monday 9 December	9:00pm-12:00pm	The Langton Centre, Surry Hills
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Getting a Good Night's Sleep | 3 hours (p.12)

Tuesday 17 December	10:00am-1:00pm	Recovery & Wellbeing College, Kogarah
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Stream 3 - Recovery Supporting Practice & Getting Involved in Mental Health Services

Transformation through Co-Production | 4 hours (p.26)

Monday 28 October	9:00am-1:00pm	Recovery & Wellbeing College, Kogarah
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Committee Work: 4 hours (p.23)

Tuesday 29 October	10:00am-2:00pm	City East College, Bondi Junction
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Educating for Recovery: In Practice | 1 day (p.27)

Wednesday 6 November	9:00am-4:30pm	Recovery & Wellbeing College, Kogarah
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Public Speaking | 4 hours (p.24)

Monday 11 November	10:00am-2:00pm	City East College, Bondi Junction
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Systemic Advocacy | 4 hours x 2 weeks (p.25)

Wednesday 6 November	10:00am-2:00pm	headspace, Bondi Junction
Wednesday 13 November		

Explanatory Frameworks for Mental Distress | 4 hours (p.28)

Thursday 21 November	9:00am-1:00pm	Recovery & Wellbeing College, Kogarah
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Introduction to Consumer & Peer Worker Roles | 1 day (p.23)

Thursday 5 December	9:00am-4:30pm	Recovery & Wellbeing College, Kogarah
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Developing Your Story | 4 hours (p.29)

Thursday 12 December	10:00am-2:00pm	Recovery & Wellbeing College, Kogarah
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Supporting Personal Autonomy, Self-Management & Growth | 1 day (p.25)

Friday 13 December	9:00am-4:30pm	Recovery & Wellbeing College, Kogarah
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October 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5	6
	7	8	9	10	11	12	13
Week 1	Public Holiday						
	14	15	16	17	18	19	20
	Term 4 commences			An Introduction to Recovery & the Strengths Approach, (9am-4:30pm)			
Week 2	21	22	23	24	25	26	27
				Exploring Depression, (10am-1pm)	Introduction to Mindfulness in Mandarin, 1 of 5, (1pm-3pm) Exploring the Impact of Trauma, (10am-2:30pm)		
Week 3	28	29	30	31			
	Transformation through Co-Production, (9am-1pm) Exploring the Experience of Personality Disorders, (1:30pm-4:30pm)	Committee Work, (10am-2pm)		Law for Everyday Life, 1 of 2, (9:30am-12:30pm)			

Course area locations key

	St George		Sutherland
	Eastern Suburbs		Surry Hills (The Langton Centre)



November 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2 (Cont)					1 Introduction to Mindfulness in Mandarin, 2 of 5, (1pm-3pm)	2	3
	4 Exploring Bipolar, (10am-1pm)	5	6 Educating for Recovery: In Practice, (9am-4:30pm) Systemic Advocacy, 1 of 2, (10am-2pm)	7 Law for Everyday Life, 2 of 2, (9:30am-12:30pm) Understanding the Mental Health Act, (12pm-4pm)	8 Introduction to Mindfulness in Mandarin, 3 of 5, (1pm-3pm)	9	10
Week 4	11 Public Speaking, (10am-2pm)	12 Understanding & Working with Voices, (10am-2pm)	13 Systemic Advocacy, 2 of 2, (10am-2pm)	14 Life Beyond Anxiety, (10am-1pm)	15 Introduction to Mindfulness in Mandarin, 4 of 5, (1pm-3pm) Getting into Exercise, (2pm-4pm)	16	17
	18 Introduction to Mindfulness in Arabic, 1 of 5, (9am-11am) Making Mindfulness Your Own in English, 1 of 5, (12pm-2pm)	19 Improving Self-Esteem & Challenging Stigma, (9am-1pm) Communication – Finding Your Voice, 1 of 4, (10am-12pm)	20 Making Mindfulness Your Own in Greek, 1 of 5, (9.30am-11.30am)	21 Explanatory Frameworks for Mental Distress, (9am-1pm) Life Beyond Depression, (10am-1pm) Yoga for Recovery, 1 of 4, (1pm-2:30pm)	22 Introduction to Mindfulness in Mandarin, 5 of 5, (1pm-3pm)	23	24
Week 5	25 Introduction to Mindfulness in Arabic, 2 of 5, (9am-11am) Making Mindfulness Your Own in English, 2 of 5, (12pm-2pm) Exploring Alcohol, Drug Use & Wellbeing, (9am-12pm)	26 Life Beyond Trauma, 1 of 3, (2pm-4pm) Communication – Finding Your Voice, 2 of 4, (10am-12pm)	27 Making Mindfulness Your Own in Greek, 2 of 5, (9.30am-11.30am)	28 Squalor, Hoarding & Recovery, (9am-1pm) Yoga for Recovery, 2 of 4, (1pm-2:30pm)	29 Nutrition for Good Health, (1pm-4pm)	30	
Week 6							
Week 7							

Course area locations key

	St George		Sutherland
	Eastern Suburbs		Surry Hills (The Langton Centre)

December 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7 (Cont)							1
Week 8	2 Introduction to Mindfulness in Arabic, 3 of 5, (9am-11am) Making Mindfulness Your Own in English, 3 of 5, (12pm-2pm)	3 Life Beyond Trauma, 2 of 3, (2pm-4pm) Communication – Finding Your Voice, 3 of 4, (10am-12pm)	4 Making Mindfulness Your Own in Greek, 3 of 5, (9.30am-11.30am)	5 Introduction to Consumer & Peer Worker Roles, (9am-4.30pm) Yoga for Recovery, 3 of 4, (1pm-2:30pm)	6	7	8
	9 Introduction to Mindfulness in Arabic, 4 of 5, (9am-11am) Making Mindfulness Your Own in English, 4 of 5, (12pm-2pm) Men's Health, (9am-12pm)	10 Life Beyond Trauma, 3 of 3, (2pm-4pm) Communication – Finding Your Voice, 4 of 4, (10am-12pm)	11 Making Mindfulness Your Own in Greek, 4 of 5, (9.30am-11.30am)	12 Developing Your Story, (10am-2pm) Yoga for Recovery, 4 of 4, (1pm-2:30pm)	13 Supporting Personal Autonomy, Self-Management & Growth, (9am-4.30pm)	14	15
Week 10	16 Introduction to Mindfulness in Arabic, 5 of 5, (9am-11am) Making Mindfulness Your Own in English, 5 of 5, (12pm-2pm)	17 Getting a Good Night's Sleep, (10am-1pm)	18 Making Mindfulness Your Own in Greek, 5 of 5, (9.30am-11.30am)	19	20 Last day of Term 4	21	22
	23	24	25 Public Holiday	26 Public Holiday	27	28	29
	30	31					

Course area locations key

- St George
- Sutherland
- Eastern Suburbs
- Surry Hills (The Langton Centre)

Do you need an interpreter?

If you wish to contact us by telephone call the Translating and Interpreting Service (TIS) on 131 450. Tell the operator what language you speak, and then ask the interpreter to set up a telephone conversation between you, an interpreter and the health service contact listed below.

Arabic

هل انت بحاجة الى مترجم؟

. إبلغ الموظف باللغة 450 131 على الرقم بخدمة الترجمة الهاتفية إن كنت ترغب بالإنصال بنا هاتفياً، إتصل بالصحية المدرج التي تتكلمها، ثم اطلب من المترجم إعداد مكالمة هاتفية تجمع بينك وبين المترجم ومقدم الرعاية أدناه

您需要一位口译员吗？ Simplified Chinese

如果您想打电话联系我们，可以致电131450 笔译和口译服务处 (Translating and Interpreting Service, TIS)。告知接线员您所说的语言，然后请口译员建立一个在您、口译员和下列医疗服务处之间的对话。

您需要一位傳譯員嗎？ Traditional Chinese

如果您想打電話聯絡我們，可以致電131450筆譯和傳譯服務處 (Translating and Interpreting Service, TIS)。告知接線員您所說的語言，然後請傳譯員建立一個在您、傳譯員和下列醫療服務處之間的對話。

Χρειάζεστε διερμηνέα; Greek

Αν θέλετε να επικοινωνήσετε μαζί μας τηλεφωνικά, καλέστε την Υπηρεσία Διερμηνέων και Μεταφραστών (TIS) στο 131 450. Να πείτε στον τηλεφωνητή ποια γλώσσα μιλάτε και στη συνέχεια ζητήστε από τον διερμηνέα να δημιουργήσει μια τηλεφωνική συνομιλία ανάμεσα σε εσάς, τον διερμηνέα και τις υγειονομικές υπηρεσίες που αναφέρονται παρακάτω.

Ви треба преведувач? Macedonian

Ако сакате да ни се обратите преку телефон јавете се во Преведувачката служба (Translating and Interpreting Service (TIS) на 131 450. Кажете и/му на телефонистот на кој јазик зборувате, а потоа побарајте од преведувачот да се воспостави телефонски разговор меѓу вас, преведувачот и лицето од здравствената служба наведена подолу.

Вам нужен переводчик? Russian

Если вы хотите связаться с нами по телефону, позвоните в Службу Письменных и Устных Переводов (TIS) по телефону 131 450. Скажите оператору на каком языке вы говорите, а затем попросите переводчика организовать телефонный разговор между вами, переводчиком и представителем службы здравоохранения из перечисленного ниже списка.

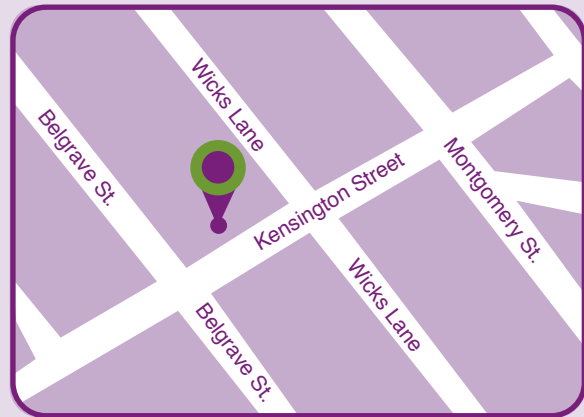
के तपाईंलाई दोभासे अनुवादक चाहन्छ ? Nepali

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिगि एंड इन्टरपरेटिगि सर्भिसि (टिआइ एस) को १३१ ४५० मा फोन गर्नुहोस . ओपरेटर लाई तपाईं कुन भाषा बोलनुहुन्छ भन्नुहोस, अनि दोभासे तपाईं र तल उल्लेखित स्वस्थ सेवा बीच सम्पर्क मिलाउन लगाउनुस .

¿Necesita un intérprete? Spanish

Si usted necesita usar un intérprete para comunicarse con su servicio de salud, por favor, utilice el Servicio de Traducción e Intérprete (TIS). Por favor llame al 131 450 y decirle al operador el idioma que usted habla y el nombre y número de teléfono del servicio que desea contactar. Este es un país libre, 24 horas al día, 7 días a la semana el servicio.

Our Locations



Venue maps will be sent with your confirmation of enrolment email. The following list of venues may change and additional venues may be added. Please refer to the timetable published each term for information on venues.

We deliver the courses at a variety of locations across South Eastern Sydney district including:

**Recovery & Wellbeing College
& Keeping the Body in Mind Gym**
Wheelchair accessible
20/24 Belgrave Street, Kogarah 2217
(Entrance via Kensington Street)

City East College
Wheelchair accessible
98 Bondi Road, Bondi Junction 2022

Community Health Caringbah
Wheelchair accessible
430 Kingsway, Caringbah 2229

headspace, Bondi Junction
Wheelchair accessible
20 Bronte Road, Bondi Junction 2022

Prince of Wales, Euroa Building
Wheelchair accessible
Centre for Healthy Brain Ageing,
Prince of Wales Hospital,
Barker St, Randwick 2031

The Langton Centre
Wheelchair accessible
591-623 South Dowling Street,
Surry Hills 2010

The Maroubra Centre
Wheelchair accessible
130 Garden Street, Maroubra 2035

**St George & Sutherland Community
College, Jannali Campus**
Wheelchair accessible
127-129 Sutherland Road,
Jannali 2226

Notes

Students Rights and Responsibilities

Students have the right to:

- * Be treated fairly and with respect by Recovery & Wellbeing College staff and students
- * Be treated in a warm and professional manner
- * Privacy, dignity and confidentiality
- * Quality provision of courses that provide hope, opportunity, personal control and appreciate individual needs and learning styles
- * Provide feedback, complaints or compliments through appropriate channels
- * Be protected from all forms of harassment and discrimination
- * Know about policies referring to them
- * A safe and clean learning environment
- * Have enquiries dealt with in an efficient manner
- * Information, guidance and advice on courses
- * Support for specific learning needs if you tell us about a disability or learning difficulty
- * Have your personal beliefs, religious and cultural practices respected
- * Express your views and be involved in developing the college

Students have the responsibility to:

- * Treat other students and staff with respect and fairness
- * Behave in an acceptable and appropriate manner towards other students and staff and to respect the property of the College and host community colleges
- * Refrain from swearing in classrooms and other learning areas
- * Not behave in any way that could offend, embarrass or threaten others
- * Be respectful of personal space and boundaries
- * Provide accurate information about themselves and advise of any changes
- * Follow normal safety practices (eg: following both written and verbal directions given by Recovery & Wellbeing College or host staff)
- * Ask for clarification about anything you are not sure about

Student Guidelines

Students should:

- * Act in a responsible manner and foster mutual respect and understanding between students
- * Respect the rights, beliefs and opinions of others
- * Not act in a way that may be considered threatening or disruptive, or likely to cause physical or emotional harm
- * Refrain from the use of alcohol or illegal drugs when using the college

The college considers the following examples to constitute misconduct and subject to disciplinary procedures:

- * Prevention or disruption of learning or other activities
- * Violent, indecent, threatening or offensive behaviour or language
- * Use of alcohol or illegal drugs on the premises
- * Theft, damage or misuse of college or host organisations property, or the property of staff, students or visitors
- * Action likely to cause injury or impair safety on college or host organisations premises
- * Any act which constitutes a criminal offence
- * Sexual, racial or other harassment of any staff member, student or visitor to the college
- * Unwarranted and inappropriate touching

Signed: _____

Date: / /



Enrolment form



South Eastern Sydney
Recovery & Wellbeing College

Enrolment Checklist – Please ensure all sections are complete before submitting this form. Should you require assistance, please contact the Recovery & Wellbeing College

1. Carefully read the South Eastern Sydney Recovery & Wellbeing College Course Guide

2. Select the Course/s you wish to attend and place them in order of preference

3. Complete enrolment form and submit in either of the following ways.
By Email: seslhd-recoverycollege@health.nsw.gov.au
By Mail: South Eastern Sydney Recovery & Wellbeing College, Shop 2, 20/24 Belgrave St Kogarah NSW 2217

STUDENT INFORMATION

First Name:		Surname:	
Address:			
Suburb:	Post Code:	Phone:	Mobile:
Email:		Date of Birth:	
How would you prefer to be contacted? <input type="checkbox"/> Phone <input type="checkbox"/> Email		We are now sending attendance reminders via SMS. Please advise the College if you do not wish to receive these.	

INFORMATION TO HELP US SUPPORT YOU

What courses are you interested in attending? (please including course name and code) **Enrolment with the Recovery & Wellbeing College does not guarantee you a place as all courses are subject to availability. For popular courses a waiting list will apply.**

Do you have any specific learning or support requirements of which you would like the College to be aware? Yes please specify below No

Emergency Contact Details e.g. family, friend etc.) – **compulsory**

Name: Relationship: Phone:

How did you hear about the Recovery & Wellbeing College? (please tick)

Family/Friend Mental Health Worker Brochure/Website Community College
 NGO Support Worker Drug & Alcohol Service Other (please specify)

What is your connection with the Recovery & Wellbeing College? *To be eligible to attend you need to meet one of the following criteria* (please tick)

Current consumer of South Eastern Sydney Local Health District Mental Health Service – please indicate:
 Eastern Suburbs St George Sutherland
 Person with mental health or Drug & Alcohol concern residing in South Eastern Sydney Local Health District catchment area (but not a current user of the South Eastern Sydney Mental Health Service)
 Supporter (Carer or Support Person)
 Current consumer of South Eastern Sydney Local Health District Drug & Alcohol Service – please indicate:
 Eastern Suburbs St George Sutherland Langton Centre, Surry Hills
Please tick: Mental Health Service Provider
 New Horizons Mission Australia
 Partners in Recovery Aftercare
 Private Psychiatrist
 Private Counsellor/Psychologist/Social Worker
 Other, please specify

QUESTIONNAIRE

This demographic questionnaire assist us in evaluation and further funding for the Recovery & Wellbeing College.

If you wish not to participate please tick this box

Do you identify as Aboriginal Torres Strait Islander Do you have a disability? Yes No

Country of Birth: Language Spoken at Home: Ethnicity:

Which of the following would best describe your **current** employment status? (please tick)

Full Time Employee Part Time Employee Casual Employee Volunteer Work Supported Employment Student
 Unemployed, Job Seeking Independently Unemployed, Job Seeking with Employment Agency Unwaged, Not Seeking Work

Have you **successfully** completed any of the following Qualifications? (please tick)

Bachelor or Higher Degree Advanced Diploma or Associated Degree Diploma or Associate Diploma Certificate IV Certificate III
 Certificate II Certificate I Misc. Education (please specify) None of the above

What is your highest completed school level? (tick one) Year 12 Year 11 Year 10 Year 9/lower

Are you currently Studying? Yes No If yes, are you studying (please tick) Full Time Part Time

Gender identity Man Woman Different identity (please state) Were you born with a variation of sex characteristics (this is sometimes called 'intersex')? Yes No Prefer not to answer

Do you consider yourself to be: Straight or heterosexual Lesbian, Gay or Homosexual Bisexual Queer Different identity (please state)



South Eastern Sydney
Recovery & Wellbeing College

Our contact details

P: 9113 2981 E: seslhd-recoverycollege@health.nsw.gov.au

A: 20/24 Belgrave Street, Kogarah NSW 2217

Visit our website: www.seslhd.health.nsw.gov.au/recovery-college

Visit our Facebook Page: www.facebook.com/SESLHDS RecoveryCollege

Supported by

