



South Eastern Sydney  
Recovery & Wellbeing College

# TERM *3* TIMETABLE

20 July – 25 September 2020

Learning & Growth  
for Mental Health

#### Our Values

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

**Online Telehealth Groups & Face-to-Face  
Courses listed in Date Order**

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 Biddegel 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.



## A Message from Ben Chidester

We are back, and excited to be opening our doors again. I would like to take this opportunity to introduce myself as the acting Manager of the Recovery & Wellbeing College. I have an education background and a recovery oriented lens. I love spending time with family and friends or in the ocean.

The Recovery & Wellbeing College team members have been worked tirelessly over the past few months to adapt the college during the COVID-19 pandemic. As you know we are not back to normal just yet however we are now able to provide some face to face courses with lower class room numbers at limited venues. Due to the limited number of enrolments per course I would encourage all in attending once enrolled or make contact to unenrol if you're unable to make the session. This will allow for fellow students to attend these courses.

We at the Recovery & Wellbeing College understand many students' lives, both in terms of learning and the social connectedness has been affected and the college has put together an exciting blend of online and face to face courses for Term 3. We hope that by bringing you these offerings we can continue to support you and your loved ones towards recovery and emotional wellbeing.

I hope that you find the courses and online groups beneficial to you during this time. The team have missed running courses and seeing students in person. Physical distancing, COVID screening on entrance to the college will be introduced to ensure we all stay safe. We are looking forward to working with you in this new way during the coming months.

## Who can attend Recovery & Wellbeing College Online Telehealth Groups?

The South Eastern Sydney Recovery & Wellbeing College is currently **FREE** of charge and open to people 18 years of age and over:

1. With a mental health concern and live in the South Eastern Sydney Local Health District (SESLHD) catchment area.
2. Their families, carers and support people.

## How to Enrol

### For current students

- \* **Option 1:** complete online enrolment form <https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>
- \* **Option 2:** complete and return the enrolment form on page 11 of this timetable.
- \* Students who attend the Recovery and Wellbeing College agree to the Student Guidelines and Rights & Responsibilities set out by the College on page 10. Please include a signed copy of these forms when submitting your new enrolment to the College.

## For current students

Phone or email us with your group preferences. There is no need to complete another enrolment form.

# FACE-TO-FACE COURSES

## An Introduction to Recovery & the Strengths Approach **1 Full Day Course**

Staff enrolment for this course is via My Health Learning

There is a lot of talk about recovery and strengths, but what does it really mean? This course will introduce you to the concepts of recovery and strengths for individuals, families and mental health services. Topics include:

- ✿ The meaning of recovery in mental health and the changing understanding over time
- ✿ Factors that can help or hinder recovery including the role of language
- ✿ The strengths approach as a philosophy that can support recovery
- ✿ The Strengths Model and how it is used in the South Eastern Sydney Mental Health Services to help people take control and build meaningful lives.

Monday 3 August

8:30am-4:00pm

Recovery & Wellbeing College, Kogarah

## Exploring Depression **3 hour Course**

This course will explore the experience of depression and provide information and support options about depression. The educators will work with students to develop strategies for identifying positive coping strategies for recovery from depression.

Monday 10 August

10:00am-1:00pm

Recovery & Wellbeing College, Kogarah

## Exploring Anxiety **3 hour Course**

This course will explore the experience of anxiety from a range of perspectives. Topics include:

- ✿ Definitions of anxiety
- ✿ Different ways of understanding anxiety
- ✿ Treatment options, ways to deal with anxiety and supports available
- ✿ Information about how to support a person you care for with anxiety.

Thursday 13 August

10:00am-1:00pm

SGSCC, Jannali

## Life Beyond Depression **3 hour Course**

Students will have the opportunity to use a range of tools, skills and strategies to enhance resilience and improve wellbeing. You will be introduced to the idea of a wellness plan to assist with the recovery journey from depression. This course complements and builds upon the Exploring Depression course.

Monday 17 August

10:00am-1:00pm

Recovery & Wellbeing College, Kogarah

## Exploring Bipolar **3 hour Course**

Students will explore different ways of understanding bipolar, treatment options & supports available. The course will also outline strategies for carers to support a person who is experiencing distress associated with mood changes.

Friday 21 August

10:00am-1:00pm

SGSCC, Jannali

## Exploring the Impact of Trauma **3 hour Course**

This course explores the impact of trauma. Topics include:

- ✿ What are the different types of trauma?
- ✿ How trauma impacts on wellbeing, relationships and communities
- ✿ Drug and alcohol use as a response to trauma
- ✿ Finding hope after the experience of trauma.

Wednesday 19 August

10:00am-1:00pm

Recovery & Wellbeing College, Kogarah



## Life Beyond Trauma

2 Hour Course x 3 Weeks

The experience of trauma, including complex trauma, is challenging and impacts on how a person views themselves and the world around them. In this course, students will learn about strategies to establish safety, make meaning and connect with others after trauma. The course will explore how to not only 'survive' after trauma, but how to reclaim a life of hope and meaning.

Friday 11 September  
Friday 18 September  
Friday 25 September

10:00am-12:00pm

Recovery & Wellbeing College, Kogarah



## Educating for Recovery: In Practice

1 Full Day Course

This course facilitated by inside out and associates will focus on:

- ✿ Maintaining congruency between recovery concepts and educational delivery
- ✿ Competencies for recovery educators
- ✿ Co-production principles and approaches
- ✿ Addressing common challenges to delivering recovery education
- ✿ What recovery means for development and delivery of workshop

Friday 4 September

9:00am-4:30pm

Recovery & Wellbeing College, Kogarah

## Men's Health

3 hour Course

This course for men takes a holistic look at men's health including: identity, expression, healthy support networks, intimacy in relationships and coping with stressors in everyday life.

Friday 18 September

10:00am-1:00pm

SGSCC, Jannali



## Understanding & Working with Voices

4 hour Course

Facilitated by the Melissa Roberts Foundation and a person with lived experience, this course will provide students with information about the worldwide Hearing Voices movement and local self-help groups. Students will develop a better understanding of the voice hearing experience and ways of working with voice hearers.

Wednesday 23 September

12:00pm-4:00pm

Recovery & Wellbeing College, Kogarah

## Supporting Recovery & Looking after Yourself as a Carer 2 Hour Course x 2 Weeks

This course will explore how to support the person you care for in their Recovery as well as looking after your own emotional health and wellbeing. You will come away with information, skills and tips about caring for your own needs so that you can continue to support your loved one and maintain hope in their recovery. Topics include: benefits of mindfulness, where to get help, maintaining healthy relationships, coping during difficult times, communication tips and supporting recovery.

Dates and time to be advised

Recovery & Wellbeing College, Kogarah

# TELEHEALTH ONLINE GROUPS



## Storytelling & Connection

45 minute workshop

Sometimes it is hard to know what experiences we want to share with others. Being clear about the purpose of our sharing can make sharing more effective and meaningful. Learning about and exploring the principles of purposeful sharing is a useful way to think about our storytelling and sense of connection.

<b>GROUP A</b>	Monday 27 July	10:00am-10:45am
<b>GROUP B</b>	Monday 14 September	2:00pm-2:45pm

## Yoga for Wellbeing

1 hour 20 minutes x 1 week plus 1 hour x 5 weeks

Yoga can be very beneficial for supporting wellbeing during difficult times. This online group will draw on the emerging evidence of the benefits of yoga for wellbeing. During the group you will explore a range of yoga postures as well as learning about the connection between your body and mind. This group is accessible to anyone, you do not need previous experience with yoga, you do not need special equipment and you do not have to have a particular body type.

<b>GROUP A</b>	Thursday 30 July Thursday 6 August Thursday 13 August Thursday 20 August Thursday 27 August Thursday 3 September	12:00pm-1:20pm 12:00pm-1:00pm
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## ENRICH

1 hour x 7 weeks

**COVID-19 got you coming apart at the seams? Have sweeter dreams by applying recovery themes!**

In this group, participants will explore different recovery themes and how they can be applied to ENRICH their lives during COVID-19. ENRICH stands for Empowerment Now; Resilience; Identity; Connection; & Hope. This group will explore fun, creative and interactive ways to ENRICH mental health & wellbeing during the pandemic.

<b>GROUP A</b>	Tuesday 4 August Tuesday 11 August Tuesday 18 August Tuesday 25 August Tuesday 1 September Tuesday 8 September Tuesday 15 September	10:00am-11:00am
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## Mindfulness

1 hour x 6 weeks

During this uncertain time of COVID-19 living in self-isolation and physical distancing, let's get together virtually to explore mindfulness. Sometimes we can feel out of control and overwhelmed. Mindfulness meditation is an effective approach to support mental health recovery and improving overall wellbeing. During this group, students will be introduced to the principles of mindfulness and a range of exercises that will assist in reducing stress levels, improving concentration, accepting emotions and build self-compassion in our daily lives.

### GROUP A

Thursday 20 August  
Thursday 27 August  
Thursday 3 September  
Thursday 10 September  
Thursday 17 September  
Thursday 24 September

10:00am-11:00am

## Maintaining a Healthy Lifestyle During COVID-19

1 hour x 5 weeks

Across the challenges and constant changes of the current climate, how do we commit ourselves to maintaining a healthy lifestyle? During COVID-19 amid self-isolation and social distancing conditions, let's get together virtually to explore some self-care strategies that enhance our wellbeing and address our health as a whole. The group is broken down into four focus sessions; Nutrition; Exercise; Sleep; and Connection. Each session is designed so that participants can learn from one another and find some new and creative ways to achieve the essentials of a healthy lifestyle

### GROUP A

Monday 24 August  
Monday 31 August  
Monday 7 September  
Monday 14 September  
Monday 21 September

10:00am-11:00am

## Coping with Big Feelings

1 hour x 5 weeks

Many people who experience mental distress have had times of overwhelming emotions. This can impact us individually, our relationships with family, friends and the broader community. In this group, participants will learn ways of coping with big feelings in particular during the COVID-19 pandemic. The group will explore the concept of 'emotional regulation' and discuss therapy approaches such as Dialectical Behaviour Therapy (DBT).

### GROUP A

Thursday 27 August  
Thursday 3 September  
Thursday 10 September  
Thursday 17 September  
Thursday 24 September

3:00pm-4:00pm

## Legal Aid Tenancy & Social Security in the Time of COVID-19 1 hour workshop

The COVID-19 pandemic has brought many changes to our lives. In this online workshop with a Community Legal Educator from Legal Aid NSW, find out about the changes to tenancy law and social security law arising from COVID-19. If you're renting or on a Centrelink benefit, learn your rights here!

### GROUP A

Wednesday 23 September

10:00am-11:00am

# July 2020


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10 (cont.)			1	2	3 Last day Term 2	4	5
Week 1	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
Week 2	20 Term 3 Commences	21	22	23	24	25	26
Week 1	27 STORYTELLING & CONNECTION – GROUP A, (Telehealth Online Group), 10am-10:45am	28	29	30 YOGA FOR WELLBEING, (Telehealth Online Group), 1 of 6, 12pm-1:20pm	31		

Course area locations key

 St George

 Sutherland

 Eastern Suburbs

 Surry Hills (The Langton Centre)









# August 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2 (cont.)						1	2
Week 3	3 INTRODUCTION TO RECOVERY & STRENGTHS APPROACH, (Face-to-Face Course), 8:30am-4pm	4 ENRICH, (Telehealth Online Group), 1 of 7, 10am-11am	5	6 YOGA FOR WELLBEING, (Telehealth Online Group), 2 of 6, 12pm-1pm	7	8	9
Week 4	10 EXPLORING DEPRESSION (Face-to-Face Course), 10am-1pm	11 ENRICH, (Telehealth Online Group), 2 of 7, 10am-11am	12	13 EXPLORING ANXIETY (Face-to-Face Course), 10am-1pm YOGA FOR WELLBEING, (Telehealth Online Group), 3 of 6, 12pm-1pm	14	15	16
Week 5	17 LIFE BEYOND DEPRESSION (Face-to-Face Course), 10am-1pm	18 ENRICH, (Telehealth Online Group), 3 of 7, 10am-11am	19 EXPLORING THE IMPACT OF TRAUMA (Face-to-Face Course), 10am-1pm	20 MINDFULNESS, (Telehealth Online Group), 1 of 6, 10am-11am YOGA FOR WELLBEING, (Telehealth Online Group), 4 of 6, 12pm-1pm	21 EXPLORING BIPOLAR (Face-to-Face Course), 10am-1pm	22	23
Week 6	24 MAINTAINING A HEALTHY LIFESTYLE DURING COVID-19, (Telehealth Online Group), 1 of 5, 10am-11am	25 ENRICH, (Telehealth Online Group), 4 of 7, 10am-11am	26	27 MINDFULNESS, (Telehealth Online Group), 2 of 6, 10am-11am YOGA FOR WELLBEING, (Telehealth Online Group), 5 of 6, 12pm-1pm COPING WITH BIG FEELINGS, (Telehealth Online Group), 1 of 5, 3pm-4pm	28	29	30

Course area locations key



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



# September 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	<b>31 August</b> MAINTAINING A HEALTHY LIFESTYLE DURING COVID-19, (Telehealth Online Group), 2 of 5, 10am-11am	<b>1</b> ENRICH, (Telehealth Online Group), 5 of 7, 10am-11am	<b>2</b>	<b>3</b> MINDFULNESS, (Telehealth Online Group), 3 of 6, 10am-11am YOGA FOR WELLBEING, (Telehealth Online Group), 6 of 6, 12pm-1pm COPING WITH BIG FEELINGS, (Telehealth Online Group), 2 of 5, 3pm-4pm	<b>4</b> EDUCATING FOR RECOVERY: IN PRACTICE (Face-to-Face Course), 9am-4:30pm	<b>5</b>	<b>6</b>
	<b>7</b> MAINTAINING A HEALTHY LIFESTYLE DURING COVID-19, (Telehealth Online Group), 3 of 5, 10am-11am	<b>8</b> ENRICH, (Telehealth Online Group), 6 of 7, 10am-11am	<b>9</b>	<b>10</b> MINDFULNESS, (Telehealth Online Group), 4 of 6, 10am-11am COPING WITH BIG FEELINGS, (Telehealth Online Group), 3 of 5, 3pm-4pm	<b>11</b> LIFE BEYOND TRAUMA (Face-to-Face Course), 1 of 3, 10am-12pm	<b>12</b>	<b>13</b>
Week 8	<b>14</b> MAINTAINING A HEALTHY LIFESTYLE DURING COVID-19, (Telehealth Online Group), 4 of 5, 10am-11am STORYTELLING & CONNECTION – GROUP B, (Telehealth Online Group), 2pm-2:45pm	<b>15</b> ENRICH, (Telehealth Online Group), 7 of 7, 10am-11am	<b>16</b>	<b>17</b> MINDFULNESS, (Telehealth Online Group), 5 of 6, 10am-11am COPING WITH BIG FEELINGS, (Telehealth Online Group), 4 of 5, 3pm-4pm	<b>18</b> MEN'S HEALTH (Face-to-Face Course), 10am-1pm LIFE BEYOND TRAUMA (Face-to-Face Course), 2 of 3, 10am-12pm	<b>19</b>	<b>20</b>
	<b>21</b> MAINTAINING A HEALTHY LIFESTYLE DURING COVID-19, (Telehealth Online Group), 5 of 5, 10am-11am	<b>22</b>	<b>23</b> TENANCY & SOCIAL SECURITY IN THE TIME OF COVID-19, (Telehealth Online Group), 10am-11am UNDERSTANDING & WORKING WITH VOICES (Face-to-Face Course), 12pm-4pm	<b>24</b> MINDFULNESS, (Telehealth Online Group), 6 of 6, 10am-11am COPING WITH BIG FEELINGS, (Telehealth Online Group), 5 of 5, 3pm-4pm	<b>25</b> LIFE BEYOND TRAUMA (Face-to-Face Course), 3 of 3, 10am-12pm Last day Term 3	<b>26</b>	<b>27</b>
Week 9	<b>28</b>	<b>29</b>	<b>30</b>				

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  
الصحية 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 ट्रान्सलेटिग एंड इन्टरपरेटिग सर्भिस (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.

# 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

(TO BE COMPLETED BY CONSUMER, FAMILY & CARERS)



South Eastern Sydney  
Recovery & Wellbeing College

Student Number  
(Office Use Only)

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

- |   |   |  |
|---|---|--|
| <b>1</b> Carefully review Recovery & Wellbeing College promotional material | <b>2</b> Select the Groups/s you wish to attend and place them in order of preference | <b>3</b> Complete enrolment form and submit<br><b>By Email:</b> seslhd-recoverycollege@health.nsw.gov.au |
|---|---|--|

## PERSONAL 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 <input type="checkbox"/> Other (please specify) .....			

## INFORMATION TO HELP US SUPPORT YOU

What groups are you interested in attending? (please list in order of preference)

Preference # 1 .....

Preference # 2 .....

Preference # 3 .....

*Enrolment with the Recovery & Wellbeing College does not guarantee you a place as all groups are subject to availability. For popular groups a waiting list may apply.*

### 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  Other (please specify) .....

### What is your connection with the Recovery & Wellbeing College?

To be eligible to attend the Recovery & Wellbeing College you need to meet one of the following criteria (please tick)

- Current South Eastern Sydney Local Health District Service User – please indicate:  
 Eastern Suburbs  St George  Sutherland
- Supporter (Family/Carer/Friend) of Current Service User  
 Supporter (Family/Carer/Friend) of Person living in South Eastern Sydney (not current service user)
- Person with mental illness/disorder residing in South Eastern Sydney Local Health District catchment area (but not a current user of the South Eastern Sydney Mental Health Service)  
Please specify .....

## QUESTIONNAIRE – OPTIONAL & CONFIDENTIAL

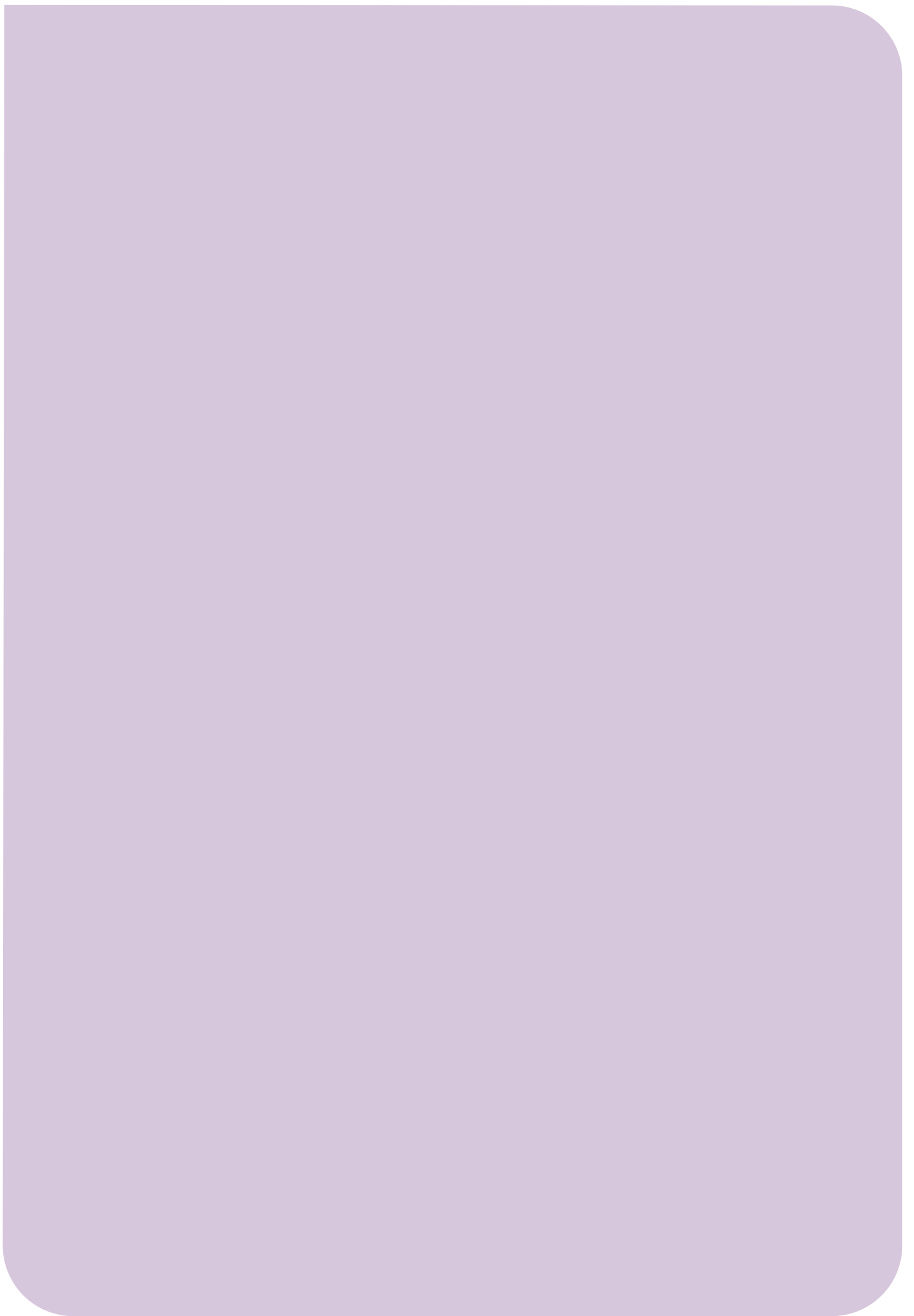
*The following questionnaire will assist us to ensure the Recovery & Wellbeing College is accessible to the diverse population groups in our community. The information related to employment and education will assist us with our service evaluation and in applying for future funding. The questionnaire is entirely optional and confidential and you DO NOT need to answer the questions if you do not wish to.*

Do you identify yourself as an <input type="checkbox"/> Aboriginal <input type="checkbox"/> Torres Strait Islander		Do you have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Country of Birth:	Language Spoken at Home:	Ethnicity:	
Which of the following would best describe your <b>current</b> employment status? (please tick)			
<input type="checkbox"/> Full Time Employee <input type="checkbox"/> Part Time Employee <input type="checkbox"/> Casual Employee <input type="checkbox"/> Volunteer Work <input type="checkbox"/> Support Employment <input type="checkbox"/> Student <input type="checkbox"/> Unemployed, Job Seeking Independently <input type="checkbox"/> Unemployed, Job Seeking with Employment Agency <input type="checkbox"/> Unwaged, Not Seeking Work			
Have you <b>successfully</b> completed any of the following Qualifications? (please tick)			
<input type="checkbox"/> Bachelor or Higher Degree <input type="checkbox"/> Advanced Diploma or Associated Degree <input type="checkbox"/> Diploma or Associate Diploma <input type="checkbox"/> Certificate IV <input type="checkbox"/> Certificate III <input type="checkbox"/> Certificate II <input type="checkbox"/> Certificate I <input type="checkbox"/> Misc. Education (please specify) ..... <input type="checkbox"/> None of the above <input type="checkbox"/> Prefer not to say			
What is your highest completed school level? (tick one) <input type="checkbox"/> Year 12 <input type="checkbox"/> Year 11 <input type="checkbox"/> Year 10 <input type="checkbox"/> Year 9/lower <input type="checkbox"/> Prefer not to say			
Are you currently Studying? <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, are you studying (please tick) <input type="checkbox"/> Full Time <input type="checkbox"/> Part Time	
I identify my gender as <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Trans <input type="checkbox"/> Prefer not to say		Are you intersex? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to say	
Do you consider yourself to be <input type="checkbox"/> Lesbian, Gay or Homosexual <input type="checkbox"/> Straight or Heterosexual <input type="checkbox"/> Bisexual <input type="checkbox"/> Other (please specify) ..... <input type="checkbox"/> Prefer not to say			

**STUDENT SIGNATURE:** ..... **DATE:** .....



South Eastern Sydney  
Recovery & Wellbeing College



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Or phone: 9113 2981 / email us to request a form: [SESLHD-RecoveryCollege@health.nsw.gov.au](mailto:SESLHD-RecoveryCollege@health.nsw.gov.au)

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