



South Eastern Sydney
Recovery & Wellbeing College

TERM *4* TIMETABLE

9 October – 15 December 2023

Learning & Growth
for Mental Health

Our Values

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

Principal Supporters



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.

Vision

Every person has access to the resources which supports their personal recovery and wellbeing. The South Eastern Sydney Recovery & Wellbeing College enables this by facilitating co-produced, recovery oriented adult education and learning support.

Values

The South Eastern Sydney Recovery & Wellbeing College values demonstrate our commitment to high ethical standards that drive our priorities, behaviours, judgements and decisions.

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|-----------------|----------------------|
| ❖ Integrity | ❖ Self-Determination |
| ❖ Respect | ❖ Opportunity |
| ❖ Hope | ❖ Inclusion |
| ❖ Collaboration | ❖ Enjoyment |

Who can attend the Recovery & Wellbeing College?

The South Eastern Sydney Recovery & Wellbeing College is currently **FREE** of charge as funded by NSW Health and is open to people 16 years of age and over:

- ❖ With a lived experience of mental distress, or suicidal crisis and live in the South Eastern Sydney Local Health District (SESLHD) catchment area.
- ❖ Their families, carers and support people.
- ❖ Other residents of South Eastern Sydney Local Health District catchment area.
- ❖ Staff, students and volunteers of the South Eastern Sydney Local Health District.
- ❖ Staff of the Recovery & Wellbeing College partner organisations.

Contact the Recovery & Wellbeing College if you require clarification.

How to enrol?

*For **NEW** students*

Option 1: Complete online enrolment form:

<https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>

Option 2: Email: SESLHD-RecoveryCollege@health.nsw.gov.au or phone (02) 9113 2981 with your course preference/s

*For **CURRENT** students*

Option 1: Complete online enrolment form:

<https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>

Option 2: Email: SESLHD-RecoveryCollege@health.nsw.gov.au or phone (02) 9113 2981 with your course preference/s.

Staff of SESLHD must gain approval from your manager prior to enrolling in any of the courses.

Students who attend the Recovery and Wellbeing College agree to the Student Guidelines and Rights & Responsibilities set out by the College on the *inside back cover*.

Courses are in date order and the page number listed corresponds with the course descriptions in the course guide.

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

FACE-TO-FACE COURSES

Exploring the Impact of Trauma: 4 Hours (p.6)		
Monday 16 October	10:00am – 2:00pm	headspace, Bondi Junction
Exploring Alcohol, Drug Use and Wellbeing: 3 Hours (p.3)		
Wednesday 18 October	10:00am – 1:00pm	City East Community College, Bondi Junction
Exploring Bipolar: 3 Hours (p.4)		
Friday 20 October	10:00am – 1:00pm	SGSCC, Jannali
Exploring Grief and Loss in GREEK: 2 Hours x 2 Weeks (p.5)		
Wednesday 25 October	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Wednesday 1 November		
Exploring the Experience of Personality Disorders: 4 Hours (p.4)		
Wednesday 8 November	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Exploring the Impact of Chronic Pain, Illness & Mental Distress: 4 Hours (p.5)		
Tuesday 14 November	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah

BLENDED – FACE TO FACE / ONLINE COURSES

Exploring Eating Distress & Recovery: 4 Hours (p.4)		
Tuesday 10 October	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah and Online
Supporting Recovery & Looking After Yourself as a Carer: 2 Hours x 2 Weeks (p.8)		
Tuesday 10 October	5:30pm – 7:30pm	Online Only
Tuesday 17 October		
Understanding the Mental Health Act: 4 Hours (p.8)		
Wednesday 18 October	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah and Online
Explanatory Frameworks for Mental Distress: 4 Hours (p.3)		
Friday 20 October	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah and Online
Exploring Depression: 3 Hours (p.4)		
Tuesday 21 November	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah and Online

Course area locations key |  Kogarah  Jannali  Bondi Junction  Kogarah and Online  Maroubra



Stream 2: Rebuilding Your Life – Developing Knowledge and Skills

FACE-TO-FACE COURSES

Trauma & Your Body: 5.5 Hours (p.13)		
Friday 13 October	10:00am – 3:30pm	SGSCC, Jannali
Getting in Exercise: 2 Hours (p.17)		
Tuesday 24 October	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Introduction to Mindfulness in ARABIC: 2 Hours x 5 Weeks (p.16)		
Monday 30 October	1:00pm – 3:00pm	Recovery & Wellbeing College, Kogarah
Monday 6 November		
Monday 13 November		
Monday 20 November		
Monday 27 November		
Communication – Finding Your Voice: 2 Hours x 4 Weeks (p.9)		
Tuesday 31 October	2:00pm – 4:00pm	Recovery & Wellbeing College, Kogarah
Tuesday 7 November		
Tuesday 14 November		
Tuesday 21 November		
Recovery Stories: 2 Hours x 4 Weeks (p.12)		
Monday 6 November	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Monday 13 November		
Monday 20 November		
Monday 27 November		
Nutrition for Good Health: 2 Hours x 2 Weeks (p.17)		
Thursday 9 November	2:30pm – 4:30pm	Recovery & Wellbeing College, Kogarah
Thursday 16 November		
Life Beyond Trauma: 2 Hours x 3 Weeks (p.11)		
Monday 20 November	10:00am – 12:00pm	headspace, Bondi Junction
Monday 27 November		
Monday 4 December		
Life Beyond Depression: 3 Hours (p.11)		
Tuesday 28 November	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Empowerment, Autonomy & Growth: 4 Hours (p.13)		
Thursday 30 November	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Spirituality & Wellbeing: 3 Hours x 2 Weeks (p.12)		
Wednesday 6 December	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Wednesday 13 December		
Understanding & Working with Voices: 4 Hours (p.14)		
Thursday 7 December	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Improving Self-Esteem & Challenging Stigma: 4 Hours (p.10)		
Friday 8 December	10:00am – 2:00pm	SGSCC, Jannali



BLENDED – FACE TO FACE / ONLINE COURSES

Making Mindfulness Your Own: 2 Hours x 5 Weeks (p.15)

Wednesday 8 November	2:00pm – 4:00pm	Recovery & Wellbeing College, Kogarah
Wednesday 15 November		and Online
Wednesday 22 November		
Wednesday 29 November		
Wednesday 6 December		

Course area locations key |  Kogarah  Jannali  Bondi Junction  Kogarah and Online  Maroubra

Stream 3: Recovery Supporting Practice & Getting Involved in Mental Health Services

FACE-TO-FACE COURSES

Suicide Prevention for Peer Workers: 2 Days (p.19)

Thursday 12 October	9:00am – 4.30pm	Recovery & Wellbeing College, Kogarah
Friday 13 October		

Systemic Advocacy: 4 Hours x 2 Weeks (p.20)

Monday 30 October	10:00am – 2:00pm	headspace, Bondi Junction
Monday 6 November		

Developing Your Story: 4 Hours (p.23)

Friday 1 December	10:00am – 2:00pm	SGSCC, Jannali
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Consumer & Peer Worker Roles within Mental Health: 1 Day (p.18)

Tuesday 5 December	9:00am – 4:30pm	Recovery & Wellbeing College, Kogarah
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Educating for Recovery: In Practice: 1 Day (p.21)

Friday 8 December	9:00am – 4:30pm	Recovery & Wellbeing College, Kogarah
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BLENDED – FACE TO FACE / ONLINE COURSES

Transformation Through Co-Production: 4 Hours (p.20)

Thursday 23 November	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah and Online
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Course area locations key |  Kogarah  Jannali  Bondi Junction  Kogarah and Online  Maroubra

2023 Term 4 Calendars

October 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							1
	2 Public Holiday Labour Day	3	4	5	6	7	8
	9 Term 4 Commences	10 Exploring Eating Distress & Recovery 10:00am-2:00pm Supporting Recovery & Looking After Yourself as a Carer 1 of 2 5:30pm-7:30pm	11	12 Suicide Prevention for Peer Workers 1 of 2 9:00am-4:30pm	13 Suicide Prevention for Peer Workers 2 of 2 9:00am-4:30pm Trauma & Your Body 10:00am-3:30pm	14	15
	16 Exploring the Impact of Trauma 10:00am-2:00pm	17 Supporting Recovery & Looking After Yourself as a Carer 2 of 2 5:30pm-7:30pm	18 Understanding the Mental Health Act 10:00am-2:00pm Exploring Alcohol, Drug Use & Wellbeing 10:00am-1:00pm	19	20 Exploring Bipolar 10:00am-1:00pm Explanatory Frameworks for Mental Distress 10:00am-2:00pm	21	22
Week 2							
Week 3	23	24 Getting Into Exercise 10:00am-12:00pm	25 Exploring Grief & Loss in GREEK 1 of 2 10:00am-12:00pm	26	27	28	29
	30 Systemic Advocacy 1 of 2 10:00am-2:00pm Introduction to Mindfulness in ARABIC 1 of 5 1:00pm-3:00pm	31 Communication – Finding Your Voice 1 of 4 2:00pm-4:00pm					
Week 4							

Course area locations key | Kogarah Jannali Bondi Junction Kogarah and Online Maroubra



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4 (cont.)			1 Exploring Grief & Loss in GREEK 2 of 2 10:00am-12:00pm	2	3	4	5
Week 5	6 Systemic Advocacy 2 of 2 10:00am-2:00pm Recovery Stories 1 of 4 10:00am-12:00pm Introduction to Mindfulness In ARABIC 2 of 5 1:00pm-3:00pm	7 Communication – Finding Your Voice 2 of 4 2:00pm-4:00pm	8 Exploring the Experience of Personality Disorders 10:00am-2:00pm Making Mindfulness Your Own 1 of 5 2:00pm-4:00pm	9 Nutrition for Good Health 1 of 2 2:30pm-4:30pm	10	11	12
Week 6	13 Recovery Stories 2 of 4 10:00am-12:00pm Introduction to Mindfulness In ARABIC 3 of 5 1:00pm-3:00pm	14 Exploring the Impact of Chronic Pain, Illness & Mental Distress 10:00am-2:00pm Communication – Finding Your Voice 3 of 4 2:00pm-4:00pm	15 Making Mindfulness Your Own 2 of 5 2:00pm-4:00pm	16 Nutrition for Good Health 2 of 2 2:30pm-4:30pm	17	18	19
Week 7	20 Life Beyond Trauma 1 of 3 10:00am-12:00pm Recovery Stories 3 of 4 10:00am-12:00pm Introduction to Mindfulness In ARABIC 4 of 5 1:00pm-3:00pm	21 Exploring Depression 10:00am-1:00pm Communication – Finding Your Voice 4 of 4 2:00pm-4:00pm	22 Making Mindfulness Your Own 3 of 5 2:00pm-4:00pm	23 Transformation Through Co-Production 10:00am-2:00pm	24	25	26
Week 8	27 Life Beyond Trauma 2 of 3 10:00am-12:00pm Recovery Stories 4 of 4 10:00am-12:00pm Introduction to Mindfulness In ARABIC 5 of 5 1:00pm-3:00pm	28 Life Beyond Depression 10:00am-1:00pm	29 Making Mindfulness Your Own 4 of 5 2:00pm-4:00pm	30 Empowerment, Autonomy & Growth 10:00am-2:00pm			

Course area locations key



Kogarah



Jannali



Bondi Junction



Kogarah and Online



Maroubra



December 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8 (cont.)					1 Developing Your Story 10:00am-2:00pm	2	3
Week 9	4 Life Beyond Trauma 3 of 3 10:00am-12:00pm	5 Consumer & Peer Worker Roles within Mental Health 9:00am-4:30pm	6 Spirituality & Wellbeing 1 of 2 10:00am-1:00pm Making Mindfulness Your Own 5 of 5 2:00pm-4:00pm	7 Understanding & Working with Voices 10:00am-2:00pm	8 Educating for Recovery – In Practice 9:00am-4:30pm Improving Self-Esteem & Challenging Stigma 10:00am-2:00pm	9	10
Week 10	11	12	13 Spirituality & Wellbeing 2 of 2 10:00am-1:00pm	14	15 Last day of Term 4	16	17
	18	19	20	21	22	23	24
	25 Public Holiday Christmas Day	26 Public Holiday Boxing Day	27	28	29	30	

Course area locations key | Kogarah Jannali Bondi Junction Kogarah and Online Maroubra



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؟

إن كنت ترغب بالإتصال بنا هاتفياً، إتصل بخدمة الترجمة الهاتفية على الرقم 131 450. إبّلع الموظف باللغة التي تتكلمها، ثم اطلب من المترجم إعداد مكالمة هاتفية تجمع بينك وبين المترجم ومقدم الرعاية الصحية المدرج 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 चाहन्छि ? Nepali

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिग एण्ड इन्टरपरेटिग सर्विस (टिआइ एस) को १३१ ४५० मा फोन गर्नुहोस् . ओपरेटर लाई तपाईं कुन भाषा बोलनुहुन्छ भन्नुहोस्, अनि दोभासे तपाईं र तल उल्लेखित स्वस्थ सेवा बीच सम्पर्क मिलाउन लगाउनुस् .

¿Necesita un intérprete? Spanish

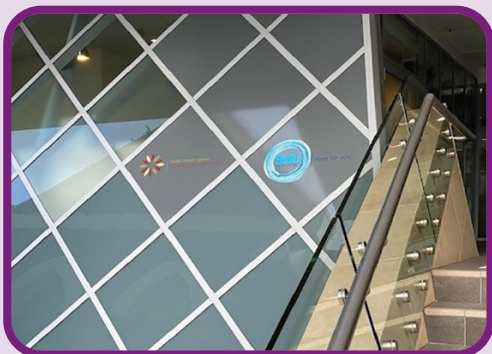
Si usted necesita usar un intérprete para comunicarse con su servicio de salud, por favor, utilice el Servicio de Traducción e Intérprete (TIS). Por favor llame al 131 450 y decirle al operador el idioma que usted habla y el nombre y número de teléfono del servicio que desea contactar. Este es un país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



Our Locations

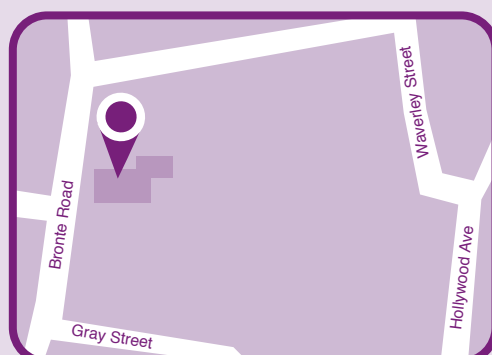
Venue maps will be sent with your confirmation of enrolment email. The following list of venues may change and additional venues may be added. Please refer to the timetable published each term for information on venues.

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



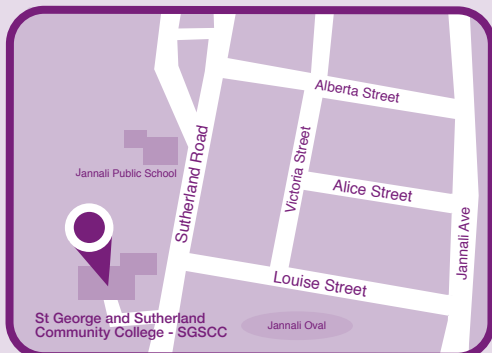
Recovery & Wellbeing College & Keeping the Body in Mind Gym - (02) 9113 2981
Unit 2, Ground Floor, Kirk Place, 15 Kensington Street, Kogarah NSW 2217. *Wheelchair accessible*

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headspace, Bondi Junction - (02) 9366 8800
20 Bronte Road, Bondi Junction NSW 2022. *Wheelchair accessible*

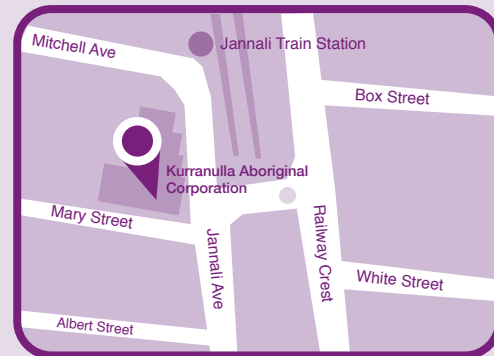
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St George and Sutherland Community College SGSCC - (02) 8543 7424
127-129 Sutherland Road, Jannali NSW 2226. *Wheelchair accessible*



Our Locations (continued)



Kurranulla Aboriginal Corporation - (02) 9528 0287
15 Jannali Avenue, Jannali NSW 2226. *Wheelchair accessible*

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The Maroubra Centre - (02) 9366 8711
130 Garden Street, Maroubra NSW 2035. *Wheelchair accessible*

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City East Community College - (02) 9387 7400
98 Bondi Road, Bondi Junction NSW 2022. *Wheelchair accessible*

Frequently Asked Questions

What happens after I complete the enrolment form?

A team member will contact you and arrange a time to meet for an orientation and discuss your individual learning needs. Prior to commencing any courses, we will work through a Student Learning Plan with you which will build on your strengths to identify a set of learning goals for recovery.

Do I need to be referred by the mental health team?

No. You do not need to be referred. As a student you simply complete the enrolment form and a staff member will talk to you about what courses you want to attend.

How many other students will be at the courses?

The class sizes are kept small so you can have the best environment for learning. The sizes will vary depending on the nature of the course, with the average around 8-15 students.

Who will teach the courses?

All our courses are co-written and co-facilitated by two Recovery & Wellbeing Educators. One is a person with a lived experience of mental distress concerns. The other a health care worker, clinician or professional with suitable training and experience.

What do courses cost?

All courses are currently free of charge as long as you meet the eligibility criteria on page 1.

Do you supply food and refreshments?

Where possible, we provide tea, coffee and biscuits. Please bring along your own lunch and other snacks.

Can I bring a support person?

You are welcome to bring a support person to the course. This person also needs to complete the enrolment form and participate as a student in the same course.

What if I wish to provide compliments, feedback or make a complaint?

If you have any suggestions for new courses or any other ways we can improve please contact the Recovery & Wellbeing College on Ph. (02) 9113 2981 or email: seslhd-recoverycollege@health.nsw.gov.au.

If you have any concerns or compliments we also encourage you to talk to a Recovery & Wellbeing College team member by phoning 9113 2981. You can also discuss these issues with the Manager so they can work with you to find a solution.

If you don't feel comfortable discussing your concerns with the Recovery & Wellbeing College team members or Manager, you can contact the District Executive Unit with your concern Ph. (02) 9540 7756, Fax. (02) 9540 8757 or email: seslhd-mail@health.nsw.gov.au Postal address: District Executive Unit, Lock Bag 21, Taren Point NSW 2229.

If you do not get any satisfaction from the above steps or don't wish to contact the Health Service directly you can contact the Health Care Complaints Commission

Health Care Complaints Commission (HCCC)
Ph.1800 043 159. For more information visit www.hccc.nsw.gov.au

What happens if I can't attend the course?

We understand that there may be genuine reasons why on occasion people find it difficult to attend a course. The team is available to talk to you about any barriers to attending you might have and can suggest strategies to support you. We expect you to contact the College if you are unable to attend.



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.

By enrolling in the College students agree to the above Student Guidelines and Rights and Responsibilities.

Our contact details



P: (02) 9113 2981 E: seslhd-recoverycollege@health.nsw.gov.au
A: Unit 2, Ground Floor, Kirk Place, 15 Kensington Street Kogarah NSW 2217
Visit our website: www.seslhd.health.nsw.gov.au/recovery-wellbeing-college
Visit our facebook page: www.facebook.com/SESLHDS RecoveryCollege

Supported by

