



Health
South Eastern Sydney
Local Health District

TERM **1** TIMETABLE

29 January – 12 April 2024

Learning & Growth
for Mental Health

Our Values

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

South Eastern Sydney
Recovery & Wellbeing College

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://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>

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

For CURRENT students

Option 1: Complete online enrolment form

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>

Option 2: Email SESLHD-RecoveryCollege@health.nsw.gov.au or phone 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 Anxiety: 3 Hours (p4)		
Monday 5 February	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Navigating Mental Health & Other Services: 5 Hours (p7)		
Thursday 8 February	10:00am – 3:00pm	Recovery & Wellbeing College, Kogarah
Exploring Grief & Loss: 4 Hours (p5)		
Friday 9 February	10:00am – 2:00pm	SGSCC, Jannali
An Introduction to Recovery & Strengths Approach: 1 Day (p3)		
Monday 12 February	9:00am – 4:30pm	City East Community College, Bondi Junction
Suicide: Recovery & Hope: 4.5 Hours (p8)		
Thursday 15 February	10:00am-2:30pm	City East Community College, Bondi Junction
LGBTIQ+ Mental Health: 3 Hours (p6)		
Friday 16 February	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Exploring Trauma for Women: 3 Hours (p6)		
Friday 1 March	10:00am – 1:00pm	SGSCC, Jannali
Exploring Psychosis: 3 Hours (p5)		
Monday 4 March	10:00am – 1:00pm	City East Community College, Bondi Junction
Men's Wellbeing: 3 Hours (p7)		
Tuesday 12 March	1:00pm – 4:00pm	Recovery & Wellbeing College, Kogarah
Explanatory Frameworks for Mental Distress: 4 Hours (p3)		
Friday 15 March	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah

Stream 2: Rebuilding Your Life – Developing Knowledge & Skills

FACE-TO-FACE COURSES

Resilience: 2 Hours x 4 Weeks (p12)

Wednesday 7 February	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Wednesday 14 February		
Wednesday 21 February		
Wednesday 28 February		

Life Beyond Anxiety: 3 Hours (p11)

Monday 12 February	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
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Physical Health & Wellbeing: 2 Hours x 4 Weeks (p17)

Friday 16 February	2:00pm – 4:00pm	Recovery & Wellbeing College, Kogarah
Friday 23 February		
Friday 1 March		
Friday 8 March		

Making & Keeping Connections: 2 Hours x 4 Weeks (p12)

Tuesday 20 February	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Tuesday 27 February		
Tuesday 5 March		
Tuesday 12 March		

Introduction to Mindfulness in Greek: 2 Hours x 5 Weeks (p16)

Wednesday 6 March	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Wednesday 13 March		
Wednesday 20 March		
Wednesday 27 March		
Wednesday 3 April		

Life Beyond Psychosis: 2 Hours x 4 Weeks (p11)

Monday 11 March	10:00am – 12:00pm	City East Community College, Bondi Junction
Monday 18 March		
Monday 25 March		
Monday 8 April		

Taking Control of Your Life: 2 Hours x 4 Weeks (p13)

Monday 11 March	1:00pm – 3:00pm	City East Community College, Bondi Junction
Monday 18 March		
Monday 25 March		
Monday 8 April		

Creativity for Recovery: 2 Hours x 5 Weeks (p9)

Thursday 14 March	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Thursday 21 March		
Thursday 28 March		
Thursday 4 April		
Thursday 11 April		

Coping with Strong Emotions: 3 Hours x 2 Weeks (p9)

Friday 15 March	10:00am – 1:00pm	SGSCC, Jannali
Friday 22 March		

Getting into Volunteer Work: 3 Hours (p10)

Tuesday 26 March	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
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Complementary Approaches to Healing: 5 Hours (9)

Friday 5 April	10:00am – 3:00pm	SGSCC, Jannali
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BLENDED – FACE TO FACE / ONLINE COURSES

Yoga for Recovery: 1.5 Hours x 4 Weeks (p14)

Wednesday 28 February	2:30pm – 4:00pm	Recovery & Wellbeing College, Kogarah and Online
Wednesday 6 March		
Wednesday 13 March		
Wednesday 20 March		

Mindfulness Workshop: 1 Hour (p15)

Thursday 7 March	3:00pm – 4:00pm	Recovery & Wellbeing College, Kogarah and Online
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Introduction to Mindfulness: 2 Hours x 5 Weeks (p15)

Thursday 14 March	1:00pm – 3:00pm	Recovery & Wellbeing College, Kogarah and Online
Thursday 21 March		
Thursday 28 March		
Thursday 4 April		
Thursday 11 April		

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

Racism & the Impact on Mental Health: 5 Hours (p19)

Tuesday 13 February	10:00am – 3:00pm	Recovery & Wellbeing College, Kogarah
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Challenging Stigma & Discrimination: 4 Hours (p11)

Monday 26 February	10:00am – 2:00pm	City East Community College, Bondi Junction
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Purposeful Storytelling: 1 Day (p23)

Thursday 29 February	9:00am – 4:30pm	Recovery & Wellbeing College, Kogarah
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Skills for Co-Facilitation: 1 Day (p22)

Tuesday 19 March	9:00am – 4:30pm	Recovery & Wellbeing College, Kogarah
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BLENDED – FACE TO FACE / ONLINE COURSES

Educating for Recovery: Foundations: (p23)

Thursday 7 March	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah and Online
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Committee Work: (p18)

Tuesday 9 April	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

2024 Term 1 Calendars

February 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 (Cont.)	Term 1 Commences			1	2	3	4
Week 2	5 Exploring Anxiety 10:00am-1:00pm	6	7 Resilience 1 of 4 10:00am-12:00pm	8 Navigating Mental Health & Other Services 10:00am-3:00pm	9 Exploring Grief & Loss 10:00am-2:00pm	10	11
Week 3	12 Life Beyond Anxiety 10:00am-1:00pm An Introduction to Recovery & Strengths Approach 9:00am-4:30pm	13 Racism & the Impact on Mental Health 10:00am-3:00pm	14 Resilience 2 of 4 10:00am-12:00pm	15 Suicide: Recovery & Hope 10:00am-2:30pm	16 LGBTIQ+ Mental Health 10:00am-1:00pm Physical Health & Wellbeing 1 of 4 2:00pm-4:00pm	17	18
Week 4	19	20 Making & Keeping Connections 1 of 4 10:00am-12:00pm	21 Resilience 3 of 4 10:00am-12:00pm	22	23 Physical Health & Wellbeing 2 of 4 2:00pm-4:00pm	24	25
Week 5	26 Challenging Stigma & Discrimination 10:00am-2:00pm	27 Making & Keeping Connections 2 of 4 10:00am-12:00pm	28 Resilience 4 of 4 10:00am-12:00pm Yoga for Recovery 1 of 4 2:30pm-4:00pm	29 Purposeful Storytelling 9:00am-4:30pm			

Course area locations key

Kogarah
 Jannali
 Bondi Junction
 Kogarah and Online
 Maroubra

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5 (Cont.)					1 Exploring Trauma for Women 10:00am-1:00pm Physical Health & Wellbeing 3 of 4 2:00pm-4:00pm	2	3
Week 6	4 Exploring Psychosis 10:00am-1:00pm	5 Making & Keeping Connections 3 of 4 10:00am-12:00pm	6 Introduction to Mindfulness in Greek 1 of 5 10:00am-12:00pm Yoga for Recovery 2 of 4 2:30pm-4:00pm	7 Educating For Recovery – Foundations 10:00am-2:00pm Mindfulness Workshop 3:00pm-4:00pm	8 Physical Health & Wellbeing 4 of 4 2:00pm-4:00pm	9	10
Week 7	11 Life Beyond Psychosis 1 of 4 10:00am-12:00pm Taking Control of your Life 1 of 4 1:00pm-3:00pm	12 Making & Keeping Connections 4 of 4 10:00am-12:00pm Men's Wellbeing 1:00pm-4:00pm	13 Introduction to Mindfulness in Greek 2 of 5 10:00am-12:00pm Yoga for Recovery 3 of 4 2:30pm-4:00pm	14 Creativity to Recovery 1 of 5 10:00am-12:00pm Introduction to Mindfulness 1 of 5 1:00pm-3:00pm	15 Coping with Strong Emotions 1 of 2 10:00am-1:00pm Explanatory Frameworks for Mental Distress 10:00am-2:00pm	16	17
Week 8	18 Life Beyond Psychosis 2 of 4 10:00am-12:00pm Taking Control of your Life 2 of 4 1:00pm-3:00pm	19 Skills for Co-Facilitation 9:00am-4:30pm	20 Introduction to Mindfulness in Greek 3 of 5 10:00am-12:00pm Yoga for Recovery 4 of 4 2:30pm-4:00pm	21 Creativity to Recovery 2 of 5 10:00am-12:00pm Introduction to Mindfulness 2 of 5 1:00pm-3:00pm	22 Coping with Strong Emotions 2 of 2 10:00am-1:00pm	23	24
Week 9	25 Life Beyond Psychosis 3 of 4 10:00am-12:00pm Taking Control of your Life 3 of 4 1:00pm-3:00pm	26 Getting into Volunteer Work 10:00-1:00pm	27 Introduction to Mindfulness in Greek 4 of 5 10:00am-12:00pm	28 Creativity to Recovery 3 of 5 10:00am-12:00pm Introduction to Mindfulness 3 of 5 1:00pm-3:00pm	29 Public Holiday Good Friday	30 Public Holiday Easter	31 Public Holiday Easter

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

April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10	1 Public Holiday Easter Monday	2	3 Introduction to Mindfulness in Greek 5 of 5 10:00am-12:00pm	4 Creativity to Recovery 4 of 5 10:00am-12:00pm Introduction to Mindfulness 4 of 5 1:00pm-3:00pm	5 Complementary Approaches to Healing 10:00am-3:00pm	6	7
Week 11	8 Life Beyond Psychosis 4 of 4 10:00am-12:00pm Taking Control of your Life 4 of 4 1:00pm-3:00pm	9 Committee Work 10:00am-2:00pm	10	11 Creativity to Recovery 5 of 5 10:00am-12:00pm Introduction to Mindfulness 5 of 5 1:00pm-3:00pm	12 Term 1 Concludes	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	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 एंड इन्टरप्रेटिग 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 .

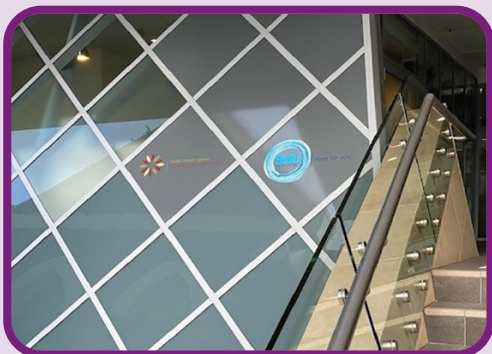
¿Necesita un intérprete? Spanish

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

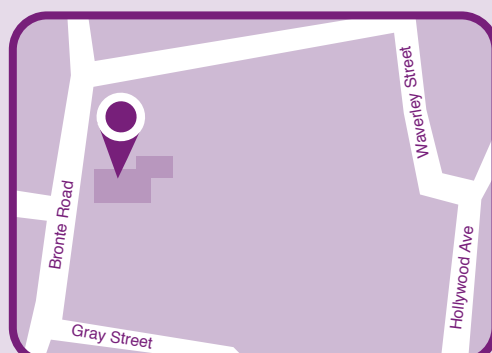
Venue maps will be sent with your confirmation of enrolment email. The following list of venues may change and additional venues may be added. Please refer to the timetable published each term for information on venues.

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



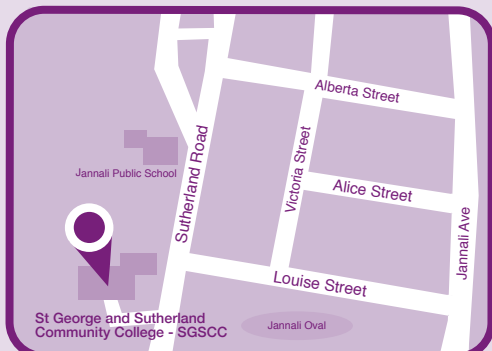
Recovery & Wellbeing College & Keeping the Body in Mind Gym - (02) 9113 2981
Unit 2, Ground Floor, Kirk Place, 15 Kensington Street, Kogarah NSW 2217. *Wheelchair accessible*

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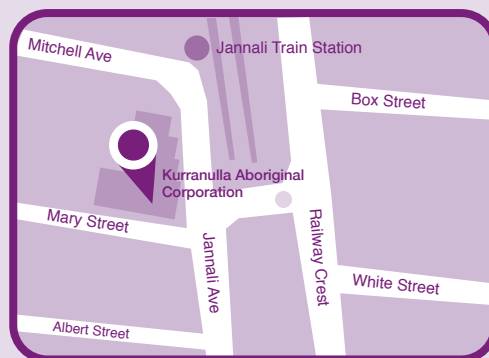
headspace, Bondi Junction - (02) 9366 8800
20 Bronte Road, Bondi Junction NSW 2022. *Wheelchair accessible*

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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 & 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/SESLHRecoveryCollege

Principal Supporters



Supporters

