



South Eastern Sydney  
Recovery & Wellbeing College

# TERM *3* TIMETABLE

8 July – 13 August 2021

Learning & Growth  
for Mental Health

## Our Values

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

# Online Courses

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.

## 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 orientated 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.

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

## A message from the Recovery & Wellbeing College Team

As you are aware due to the increase in current COVID-19 restrictions the Recovery & Wellbeing College is unable to offer face-to-face learning at this time. We're mindful that this is a particularly stressful time and will be offering courses for consumers, carers and staff to access online as an alternative. Student learning plans will also be conducted online or over the phone.

Term 3 will be commencing early giving an 11 week Term to be able to provide students with earlier access to online learning. This timetable outlines the courses we have on offer in weeks 1 to 6. A second Timetable for courses in weeks 7 to 11 will be issued at a later date.

We hope that by bringing you these offerings we can continue to support you and your loved ones towards recovery and emotional wellbeing.

## Who can attend the Recovery & Wellbeing College?

The South Eastern Sydney Recovery & Wellbeing College is currently FREE of charge and open to people 16 years of age and over:

1. With a lived experience of mental distress, or suicidal crisis and live in the South Eastern Sydney Local Health District (SESLHD) catchment area.
2. Their families, carers and support people.
3. Staff, students and volunteers of the South Eastern Sydney Local Health District.
4. Staff of the Recovery & Wellbeing College partner organisations.
5. Students of the University of NSW and Randwick TAFE who meet either criteria 1, 2 or 3 (student ID to be provided on enrolment).

## How to enrol?

### For new students

**Option 1:** complete our online enrolment form: <https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>

Students who attend the Recovery and Wellbeing College agree to the Student Guidelines and Rights & Responsibilities set out by the College on pages 12.

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 course preferences. There is no need to complete another enrolment form.

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

For any queries, please Ph: 9113 2981  
Email: [seslhd-RecoveryCollege@health.nsw.gov.au](mailto:seslhd-RecoveryCollege@health.nsw.gov.au)

## Maintaining a Healthy Lifestyle during COVID-19

Across the challenges and constant changes of the current climate, how do we commit ourselves to maintaining a healthy lifestyle? During COVID-19 amid 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 course 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.

*Duration: 1.5 hour x 3 weeks*

Thursday 15 July  
Thursday 22 July  
Thursday 29 July

10:00am-11:30am

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## Using Social Media to Stay Connected

This workshop will be on offer twice and will invite students to reflect on what helps and hinders them in staying socially connected using social media. Students will explore the social media platforms they use, the limits they can set, how the use of social media can support their recovery and how it allows them to stay connected with loved ones during COVID-19.

*Duration: 1 hour workshop*

Friday 9 July  
Wednesday 14 July

11:00am-12:00pm  
10:00am-11:00am

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## Taking Control of Your Life

This course takes people on a journey to explore the themes of recovery and understand its meaning to their lives, to develop tools to recover and support recovery, understand the barriers and strategies to recover and create recovery orientated services.

*Duration: 2 hours x 4 weeks*

Monday 19 July  
Monday 26 July  
Monday 2 August  
Monday 9 August

1:00pm-3:00pm



## Yoga for Wellbeing

Yoga can be very beneficial for supporting wellbeing during difficult times. Drawing on the emerging evidence of the benefits of yoga for wellbeing. Students will explore a range of yoga postures as well as learning about the connection between your body and mind. These sessions are 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.

*Duration: 1 hour x 6 week*

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Friday 23 July	12:00pm-1:00pm
Friday 30 July	
Friday 6 August	
Friday 13 August	
Friday 20 August	
Friday 27 August	

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## Creativity for Recovery

Over five weeks, students will use varying approaches to get in touch with creativity, and learn how to integrate these approaches into their daily lives. Exploring different creative mediums such as creative writing, poetry, music and the visual arts will form the basis of a practical and engaging look at the role of creativity in mental health recovery and wellbeing.

*Duration: 2 hours x 5 weeks*

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Tuesday 27 July	10:00am-12:00pm
Tuesday 3 August	
Tuesday 10 August	
Tuesday 17 August	
Tuesday 24 August	

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## Coping with Strong Emotions

Many people who experience mental distress and those with drug and alcohol dependence, have had times of overwhelming emotions. This can impact us individually, our relationships with family, friends and the broader community. Topics include strategies to cope with strong emotions; the concept of 'emotion regulation' and treatment approaches such as Dialectical Behaviour Therapy (DBT).

*Duration: 3 hours x 2 weeks*

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Wednesday 4 August	10:00am-1:00pm
Wednesday 11 August	

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## Physical Health & Wellbeing

This popular course examines the relationship between mental health and physical health. It will be beneficial for anyone wanting to develop a healthy and balanced lifestyle to support good mental health and wellbeing.

Duration: 2 hours x 4 weeks

Thursday 5 August  
Thursday 12 August  
Thursday 19 August  
Thursday 26 August

1:00pm-3:00pm

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## Mindfulness Workshop

Have you heard about mindfulness and wondered what it is? In this short, friendly session you will hear about what mindfulness is and how it can be a part of your wellbeing. You will have a chance to take part in some brief mindfulness activities and learn about other mindfulness courses available at the Recovery & Wellbeing College and in the community.

Duration: 1 hour workshop

Wednesday 11 August

10:00am-11:00am



# July 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1				1	2	3	4
		6	7	8 Term 3 Commences	9 Using Social Media to Stay Connected – Course # 1, (11am-12pm)	10	11
		13	14 Using Social Media to Stay Connected – Course # 2, (10am-11am)	15 Maintaining a Healthy Lifestyle During COVID-19, 1 of 3, (10am-11:30am)	16	17	18
		20	21	22 Maintaining a Healthy Lifestyle During COVID-19, 2 of 3, (10am-11:30am)	23 Yoga for Wellbeing, 1 of 6, (12pm-1pm)	24	25
Week 2		27	28	29 Maintaining a Healthy Lifestyle During COVID-19, 3 of 3, (10am-11:30am)	30 Yoga for Wellbeing, 2 of 6, (12pm-1pm)	31	
Week 3							
Week 4							

Online Courses

# August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4 (Cont.)							1
Week 5	2 Taking Control of Your Life, 3 of 4, (1pm-3pm)	3 Creativity for Recovery, 2 of 5, (10am-12pm)	4 Coping with Strong Emotions, 1 of 2, (10am-1pm)	5 Physical Health & Wellbeing, 1 of 4, (1pm-3pm)	6 Yoga for Wellbeing, 3 of 6, (12pm-1pm)	7	8
Week 6	9 Taking Control of Your Life, 4 of 4, (1pm-3pm)	10 Creativity for Recovery, 3 of 5, (10am-12pm)	11 Mindfulness Workshop, (10am-11am)  Coping with Strong Emotions, 2 of 2, (10am-1pm)	12 Physical Health & Wellbeing, 2 of 4, (1pm-3pm)	13 Yoga for Wellbeing, 4 of 6, (12pm-1pm)	14	15
Week 7	16	17 Creativity for Recovery, 4 of 5, (10am-12pm)	18	19 Physical Health & Wellbeing, 3 of 4, (1pm-3pm)	20 Yoga for Wellbeing, 5 of 6, (12pm-1pm)	21	22
Week 8	23	24 Creativity for Recovery, 5 of 5, (10am-12pm)	25	26 Physical Health & Wellbeing, 4 of 4, (1pm-3pm)	27 Yoga for Wellbeing, 6 of 6, (12pm-1pm)	28	29
	30	31					

Online Courses





# 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 بالاتصال بنا هاتفياً، إتصل بخدمة الترجمة الهاتفية على الرقم 131 450. إبلاغ 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 चाहन्छ ? Nepali

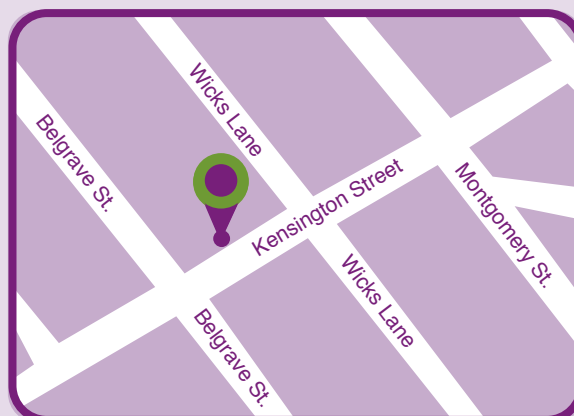
यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिग एंड इन्टरपरेटिग सर्भिस (टिआइ एस) को १३१ ४५० मा फोन गर्नुहोस . ओपरेटर लाई तपाईं कुन भाषा बोल्नुहुन्छ भन्नुहोस, अनि दोभासे तपाईं र तल उल्लेखित स्वस्थ सेवा बीच सम्पर्क मिलाउन लगाउनुस .

## ¿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

## **headspace, Miranda**

*Wheelchair accessible*

5/522 Kingsway, Miranda 2228

## **Prince of Wales, Euroa Building**

*Wheelchair accessible*

Centre for Healthy Brain Ageing,

Prince of Wales Hospital,

Barker St, Randwick 2031

## **Sydney Children's Hospital**

Conference Room

High St, Randwick 2031

## **St George Research & Education Centre**

4-10 South St, Kogarah 2217

## **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



# 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 health and/or drug and alcohol 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 on Ph. 9113 2981 or email: [seslhd-recoverycollege@health.nsw.gov.au](mailto:seslhd-recoverycollege@health.nsw.gov.au).

If you have any concerns or compliments we also encourage you to talk to a Recovery & Wellbeing 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 team members or Manager, you can contact the Complaints Officer. The Complaints Officer is independent of the Recovery & Wellbeing College and will look into your specific issues, attempt to provide a resolution and provide you with the result of this process.

**Complaints Officer, St George Hospital,  
Gray Street, Kogarah NSW 2217  
Ph. (02) 9113 1111**

*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](http://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.



# How to access your online Telehealth Courses

## Why Telehealth & what does this mean?

Telehealth is video conferencing software. We will be offering this virtual online learning method as an alternative to Face-to-Face Recovery & Wellbeing College courses. This means you can attend our courses which are offered in online format, from the comfort of your own home, in a private quiet space in your workplace or another suitable location.

## Accessing your Online Course

You can choose to access your online course in one of the following ways:

### 1. Video & Sound

- a. Desktop PC or Laptop
- b. Smartphone or iPad

### 2. Sound Only

- a. Any standard landline telephone or mobile phone

**For Desktop PC, Laptop, Smartphone or iPad you will need:**

- 1. A good internet connection (at least 0.4Mbps for download and upload). You can test your internet connection speed via: [www.speedtest.net](http://www.speedtest.net) If you do not have unlimited data please ensure you have adequate data to complete the group (approximately 520MB). If you are unsure how much data you have please check directly with your service provider.
- 2. Google Chrome Browser installed on your computer. If you do not have Google Chrome installed you can download via: <https://www.google.com/chrome/>
- 3. Ideally, your device will have a camera, a microphone and speakers also.

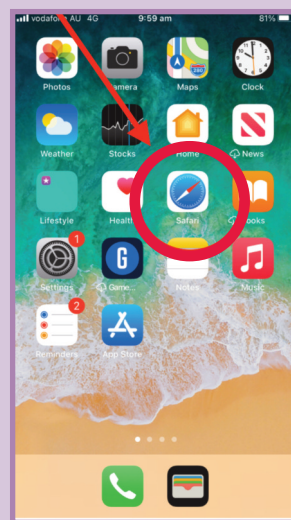
We recommend you test logging into your course prior to the day to ensure any technology issues are resolved beforehand. Don't forget if you do not have a compatible device with the program or are having difficulties you can always phone into your group following the 'By Phone' instructions

## Do I need anything on the day?

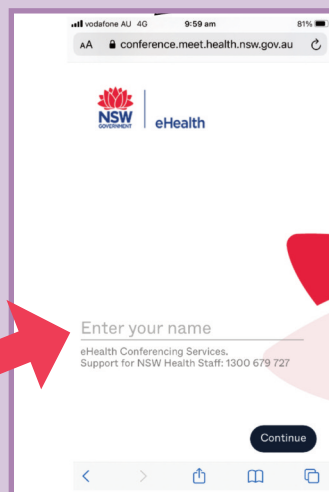
Some courses will have printed course materials or videos to watch prior to the day. If your group does require any resources we will send them to you via email approximately 2-3 days prior to your group commencing. Other than that there is nothing else that you need on the day except maybe a notepad and pen to take notes if you wish.

## Accessing your online course via iPhone, iPad or Mac

### A. Go to Safari on your phone



### B. Type in the header bar; Conference.meet.health.nsw.gov.au

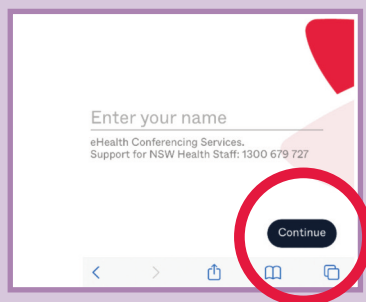


### C. Enter your name where prompted

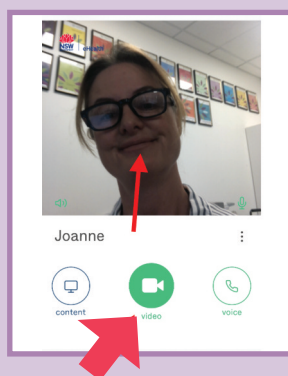
\*Please note, your name will be displayed on screen for the other participants to see, if you don't want them to see your full name then enter your first name only.



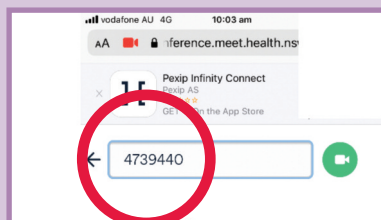
D. Click the 'continue' button and you will be directed to this screen



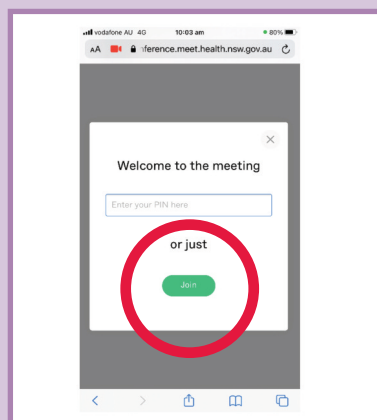
E. Click on the green video camera icon



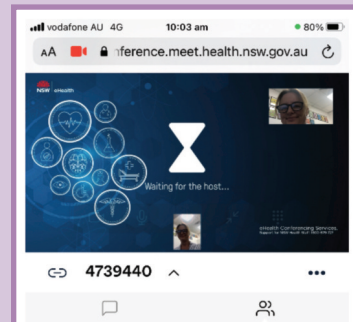
F. Enter in the number 4739440



G. Click on 'just join'

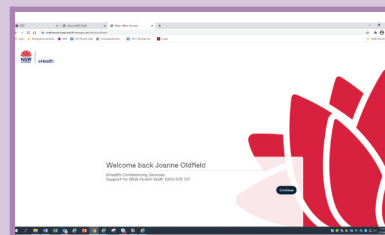


H. You will be directed to a 'virtual meeting room' where you are waiting for the 'host' (the course educator) to accept you into the virtual classroom – be patient! sometimes we have technical issues and are a few minutes late.



## Accessing your online course via Android Phone, Laptop or Computer

A. Using Google Chrome enter into the header bar [Conference.meet.health.nsw.gov.au](https://conference.meet.health.nsw.gov.au) and enter your name.



\*Please note, your name will be displayed on screen for the other participants to see, if you don't want them to see your full name then enter your first name only.

- Click on the green video camera icon
- Enter in the number 4739440
- You will be directed to a 'virtual meeting room' where you are waiting for the 'host' (the course educator) to accept you into the virtual classroom – be patient! Sometimes we have technical issues and are a few minutes late.

## Accessing your online course via telephone



Telehealth online courses can also be accessed via any Australian standard landline or mobile. Call #31# 9842 2500 then enter in the 4739440 number for your course when asked, this will put you on hold until an educator accepts you into the session.

# 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:     /     /





## Our contact details

P: 9113 2981 E: [seslhd-recoverycollege@health.nsw.gov.au](mailto: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](http://www.seslhd.health.nsw.gov.au/recovery-college)

Visit our Facebook Page: [www.facebook.com/SESLHDS RecoveryCollege](http://www.facebook.com/SESLHDS RecoveryCollege)

## Supported by

