



# TERM **1** TIMETABLE

27 January - 1 April 2021

Learning & Growth  
for Mental Health

### Our Values

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

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

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

Principal Supporters



Health  
South Eastern Sydney  
Local Health District

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

## 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          |

## What is the Recovery & Wellbeing College?

Recovery describes a personal journey that people with a lived experience of mental distress or suicidal crisis undertake to rebuild and live a purposeful and meaningful life. The Recovery & Wellbeing College provides education that promotes wellbeing and recovery. We aim for people to become experts in their healing, emotional wellbeing and achieve their goals and aspirations.

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

Whether you have a lived experience of mental distress, or suicidal crisis, support someone who does or work within the South Eastern Sydney Local Health District, we offer you the opportunity to learn about recovery, wellbeing and inspire people to lead hopeful and meaningful lives. All the courses are friendly and welcoming.

## 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/>

**Option 2:** complete and return the enrolment form on page 15 of the course guide.

Students who attend the Recovery and Wellbeing College agree to the Student Guidelines and Rights & Responsibilities set out by the College on pages 14.

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)

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

## FACE-TO-FACE COURSES

### Exploring Intellectual Disability MH: Discovery & Recovery: 4 hours (p.5)

Wednesday 27 January 9:00am – 1:00pm Conference Room @ Sydney Children's Hospital, Randwick

### Medical & Physical Treatments for Mental Distress: 4 hours (p.8)

Thursday 28 January 9.30am – 1.30pm Recovery & Wellbeing College, Kogarah

### Exploring Trauma for Women: 3 hours (p.7)

Friday 29 January 9:00am – 12:00pm Conference Room @ Sydney Children's Hospital, Randwick

### Opioid Medications & Recovery: 4 hours (p.9)

Friday 29 January 9.30am – 1.30pm Recovery & Wellbeing College, Kogarah

### Suicide: Recovery & Hope: 4.5 hours (p.10)

Thursday 4 February 9.30am – 2.00pm Recovery & Wellbeing College, Kogarah

### Exploring Psychosis: 3 hours (p.6)

Friday 12 February 12.00pm – 3.00pm SGSCC, Jannali

### Exploring Mental Health Conditions: 6 hours (p.6)

Friday 19 February 9.00am – 3.00pm Recovery & Wellbeing College, Kogarah

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

Tuesday 9 March 8.30am – 4.30pm Conference Room @ Sydney Children's Hospital, Randwick

## ONLINE COURSES

### Exploring Anxiety: 1.5 hours x 2 weeks (p.3)

Wednesday 10 February 10.00am – 11.30am  
Wednesday 17 February

### LGBTIQ + Mental Health & Social Justice: 1.5 hours x 2 weeks (p.7)

Wednesday 3 February 10.00am – 11.30am  
Wednesday 10 February

### Exploring Grief & Loss: 2 hours x 2 weeks (p.5)

Friday 5 February 10.00am – 12.00pm  
Friday 12 February

### Linking to a GP: 1.5 hours x 2 weeks (p.8)

Thursday 18 February 10.00am – 11.30am  
Thursday 25 February

### Navigating the Mental Health System: 1.5 hours x 3 weeks (p.9)

Wednesday 3 March 10.00am – 11.30am  
Wednesday 10 March  
Wednesday 17 March

### Exploring Eating Distress & Recovery: 2 hours x 2 weeks (p.4)

Thursday 11 March 10.00am – 12.00pm  
Thursday 18 March



# Stream 2: Rebuilding Your Life – Developing Knowledge and Skills

## FACE-TO-FACE COURSES

### Mindfulness Workshop: 1 hour (p.20)

Wednesday 27 January 10.00am – 11.00am Recovery & Wellbeing College, Kogarah

### Introduction to Mindfulness in Arabic: 2 hours x 5 weeks (p.21)

Monday 1 February 10.00am – 12.00pm Recovery & Wellbeing College, Kogarah  
 Monday 8 February  
 Monday 15 February  
 Monday 22 February  
 Monday 1 March

### Introduction to Mindfulness in Greek: 2 hours x 5 weeks (p.21)

Wednesday 3 February 10.00am – 12.00pm Recovery & Wellbeing College, Kogarah  
 Wednesday 10 February  
 Wednesday 17 February  
 Wednesday 24 February  
 Wednesday 3 March

### Creativity for Recovery: 2 hours x 5 weeks (p.13)

Friday 5 February 10.00am – 12.00pm Conference Room @  
 Sydney Children's Hospital, Randwick  
 Friday 12 February  
 Friday 19 February  
 Friday 26 February  
 Friday 5 March

### Yoga for Recovery: 1.5 hours x 4 weeks (p.19)

Friday 5 February 10.00am – 11.30am SGSCC, Jannali  
 Friday 12 February  
 Friday 19 February  
 Friday 26 February

### Getting Into Volunteer Work: 3 hours (p.14)

Thursday 11 February 9.30am – 12.30pm Recovery & Wellbeing College, Kogarah

### Perspectives on Healing: 5 hours (p.16)

Thursday 18 February 9.30am – 2.30pm Recovery & Wellbeing College, Kogarah

### Making & Keeping Connections: 2 hours x 4 weeks (p.16)

Thursday 4 March 10.00am – 12.00pm Recovery & Wellbeing College, Kogarah  
 Thursday 11 March  
 Thursday 18 March  
 Thursday 25 March

### Life Beyond Psychosis: 2 hours x 4 weeks (p.15)

Friday 5 March 10.00am – 12.00am SGSCC, Jannali  
 Friday 12 March  
 Friday 19 March  
 Friday 26 March

### Physical Health & Wellbeing: 2 hours x 4 weeks (p.22)

Friday 12 March 1.00pm – 3.00pm Conference Room @  
 Sydney Children's Hospital, Randwick  
 Friday 19 March  
 Friday 26 March  
 Friday 2 April

## ONLINE COURSES

### Resilience: 2 hours x 4 weeks (p.17)

Tuesday 2 February 10.00am – 12.00pm  
Tuesday 9 February  
Tuesday 16 February  
Tuesday 23 February

### Introduction to Mindfulness in English: 2 hours x 5 weeks (p.20)

Thursday 4 February 10.00am – 12.00pm  
Thursday 11 February  
Thursday 18 February  
Thursday 25 February  
Thursday 4 March

### Life Beyond Anxiety: 1.5 hours x 2 weeks (p.15)

Wednesday 24 February 10.00am – 11.30am  
Wednesday 3 March

### Taking Control of Your Life: 2 hours x 4 weeks (p.18)

Tuesday 2 March 10.00am – 12.00pm  
Tuesday 9 March  
Tuesday 16 March  
Tuesday 23 March

### Coping with Strong Emotions: 2 hours x 3 weeks (p.12)

Wednesday 17 March 10.00am – 12.00pm  
Wednesday 24 March  
Wednesday 31 March

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

### FACE-TO-FACE COURSES

#### How to Co-Write a Course: 4 hours (p.28)

Thursday 25 February 9.30am – 1.30pm Recovery & Wellbeing College, Kogarah

#### Challenging Stigma: 4 hours (p.23)

Monday 8 March 9.30am – 1.30pm Recovery & Wellbeing College, Kogarah

#### Skills for Co-Facilitators: 1 full day (p.27)

Thursday 25 March 8.30am – 4.30pm Conference Room @ Sydney Children's Hospital, Randwick

#### Educating for Recovery: Foundations: 4 hours (p.27)

Tuesday 30 March 9.30am – 1.30pm Recovery & Wellbeing College, Kogarah

#### Purposeful Storytelling: 1 full day (p.29)

Tuesday 30 March 8.30am – 4.30pm Conference Room @ Sydney Children's Hospital, Randwick

## ONLINE COURSES

### Committee Work: 2 hours x 2 weeks (p.23)

Wednesday 10 March 10.00am – 12.00pm  
Wednesday 17 March

# 2021 Term 1 Calendars

# January 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
	25	26	27	28	29	30	31
	Public Holiday	<b>Term 1 Commences</b> <div style="background-color: #00AEEF; padding: 2px;">Exploring Intellectual Disability &amp; Mental Health: Discovery &amp; Recovery (Face-to-Face) 9:00am – 1:00pm</div> <div style="background-color: #808080; padding: 2px;">Mindfulness Workshop (Face-to-Face) 10:00am – 11:00am</div>	<div style="background-color: #808080; padding: 2px;">Medical &amp; Physical Treatments for Mental Distress (Face-to-Face) 9:30am – 1:30pm</div>	<div style="background-color: #808080; padding: 2px;">Opioid Medications &amp; Recovery (Face-to-Face) 9:30am – 1:30pm</div> <div style="background-color: #00AEEF; padding: 2px;">Exploring Trauma for Women (Face-to-Face) 9:00am – 12:00pm</div>			

Course area locations key |  St George  Online Courses  Sutherland  Eastern Suburbs



# February 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	1 Introduction to Mindfulness in Arabic (Face-to-Face) 1 of 5 10:00am – 12:00pm	2 Resilience (Online) Course 1 of 4 10:00am – 12:00pm	3 Introduction to Mindfulness in Greek (Face-to-Face) 1 of 5 10:00am – 12:00pm  LGBTIQ + Mental Health & Social Justice (Online) 1 of 2 10:00am – 11:30am	4 Introduction to Mindfulness in English (Online) 1 of 5 10:00am – 12:00pm  Suicide: Recovery & Hope (Face-to-Face Course) 9:30am – 2:00pm	5 Yoga for Recovery (Face-to-Face) 1 of 4 10:00am – 11:30am  Creativity for Recovery (Face-to-Face) 1 of 5 10:00am – 12:00pm  Exploring Grief & Loss (Online) 1 of 2 10:00am – 12:00pm	6	7
	8 Introduction to Mindfulness in Arabic (Face-to-Face) 2 of 5 10:00am – 12:00pm	9 Resilience (Online) 2 of 4 10:00am – 12:00pm	10 Introduction to Mindfulness in Greek (Face-to-Face) 2 of 5 10:00am – 12:00pm  Exploring Anxiety (Online) 1 of 2 10:00am – 11:30am  LGBTIQ + Mental Health & Social Justice ONLINE 2 of 2 10:00am – 11:30am	11 Introduction to Mindfulness in English (Online) 2 of 5 10:00am – 12:00pm  Getting into Volunteer Work (Face-to-Face) 9:30am – 12:30pm	12 Yoga for Recovery (Face-to-Face) 2 of 4 10:00am – 11:30am  Creativity for Recovery (Face-to-Face) 2 of 5 10:00am – 12:00pm  Exploring Psychosis (Face-to-Face) 12:00pm – 3:00pm  Exploring Grief & Loss (Online) 2 of 2 10:00am – 12:00pm	13	14
Week 3	15 Introduction to Mindfulness in Arabic (Face-to-Face) 3 of 5 10:00am – 12:00pm	16 Resilience (Online) 3 of 4 10:00am – 12:00pm	17 Introduction to Mindfulness in Greek (Face-to-Face Course) 3 of 5 10:00am – 12:00pm  Exploring Anxiety (Online) 2 of 2 10:00am – 11:30am	18 Introduction to Mindfulness in English (Online) 3 of 5 10:00am – 12:00pm  Linking to a GP (Online) 1 of 2 10:00am – 11:30am  Perspectives on Healing (Face-to-Face) 9:30am – 2:30pm	19 Yoga for Recovery (Face-to-Face) 3 of 4 10:00am – 11:30am  Creativity for Recovery (Face-to-Face) 3 of 5 10:00am – 12:00pm  Exploring Mental Health Conditions (Face-to-Face) 9:00am – 3:00pm	20	21
	22 Introduction to Mindfulness in Arabic (Face-to-Face) 4 of 5 10:00am – 12:00pm	23 Resilience (Online) 4 of 4 10:00am – 12:00pm	24 Introduction to Mindfulness in Greek (Face-to-Face) 4 of 5 10:00am – 12:00pm  Life Beyond Anxiety (Online) 1 of 2 10:00am – 11:30am	25 Introduction to Mindfulness in English (Online) 4 of 5 10:00am – 12:00pm  Linking to a GP (Online) 2 of 2 10:00am – 11:30am  How to Co-Write a Course (Face-to-Face) 9:30am – 1:30pm	26 Yoga for Recovery (Face-to-Face) 4 of 4 10:00am – 11:30am  Creativity for Recovery (Face-to-Face) 4 of 5 10:00am – 12:00pm	27	28
Week 4							
Week 5							

Course area locations key |  St George  Online Courses  Sutherland  Eastern Suburbs

# March 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	1 Introduction to Mindfulness in Arabic (Face-to-Face) 5 of 5 10:00am – 12:00pm	2 Taking Control of Your Life (Online) 1 of 4 10:00am – 12:00pm	3 Introduction to Mindfulness in Greek (Face-to-Face) 5 of 5 10:00am – 12:00pm Navigating the Mental Health System (Online) 1 of 3 10:00am – 11:30am Life Beyond Anxiety (Online) 2 of 2 10:00am – 11:30am	4 Introduction to Mindfulness in English (Online) 5 of 5 10:00am – 12:00pm Making & Keeping Connections (Face-to-Face) 1 of 4 10:00am – 12:00pm	5 Life Beyond Psychosis (Face-to-Face) 1 of 4 10:00am – 12:00pm Creativity for Recovery (Face-to-Face) 5 of 5 10:00am – 12:00pm	6	7
	8 Challenging Stigma (Face-to-Face) 9:30am – 1:30pm	9 Taking Control of Your Life (Online) 2 of 4 10:00am – 12:00pm Introduction to Recovery & the Strengths Approach (Face-to-Face) 9:00am – 4:30pm	10 Committee Work (Online) 1 of 2 10:00am – 12:00pm Navigating the Mental Health System (Online) 2 of 3 10:00am – 11:30am	11 Making & Keeping Connections (Face-to-Face) 2 of 4 10:00am – 12:00pm Exploring Eating Distress & Recovery (Online) 1 of 2 10:00am – 12:00pm	12 Life Beyond Psychosis (Face-to-Face) 2 of 4 10:00am – 12:00pm Physical Health & Wellbeing (Face-to-Face) 1 of 4 1pm – 3:00pm	13	14
Week 7	15 How to Co-Write a Course (Face-to-Face) 9:30am – 1:30pm	16 Taking Control of Your Life (Online) 3 of 4 10:00am – 12:00pm	17 Committee Work (Online) 2 of 2 10:00am – 12:00pm Coping with Strong Emotions (Online) 1 of 3 10:00am – 12:00pm Navigating the Mental Health System (Online) 3 of 3 10:00am – 11:30am	18 Making & Keeping Connections (Face-to-Face) 3 of 4 10:00am – 12:00pm Exploring Eating Distress & Recovery (Online) 10:00am – 12:00pm	19 Life Beyond Psychosis (Face-to-Face) 3 of 4 10:00am – 12:00pm Physical Health & Wellbeing (Face-to-Face) 2 of 4 1pm – 3:00pm	20	21
	22	23 Taking Control of Your Life (Online) 4 of 4 10:00am – 12:00pm	24 Coping with Strong Emotions (Online) 2 of 3 10:00am – 12:00pm	25 Making & Keeping Connections (Face-to-Face) 4 of 4 10:00am – 12:00pm Skills for Facilitators (Face-to-Face) 09:00am – 4:30pm	26 Life Beyond Psychosis (Face-to-Face) 4 of 4 10:00am – 12:00pm Physical Health & Wellbeing (Face-to-Face) 3 of 4 1pm – 3:00pm	27	28
Week 8	29	30 Purposeful Storytelling (Face-to-Face) 9:00am – 5:00pm Educating for Recovery: Foundations (Face-to-Face) 9:30am – 1:30pm	31 Coping with Strong Emotions (Online) 3 of 3 10:00am – 11:30am	1	2 Physical Health & Wellbeing (Face-to-Face) 4 of 4 1pm – 3:00pm	3	4
	Week 9	Week 10					

Course area locations key |  St George  Online Courses  Sutherland  Eastern Suburbs



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

## 您需要一位口译员吗？ Simplified Chinese

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

## 您需要一位傳譯員嗎？ Traditional Chinese

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

## Χρειάζεστε διερμηνέα; Greek

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

## Ви треба преведувач? Macedonian

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

## Вам нужен переводчик? Russian

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

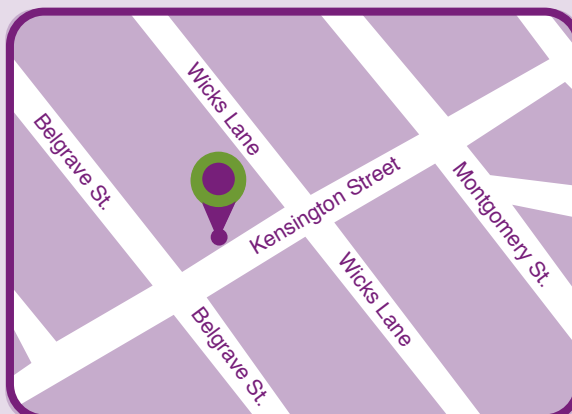
## के तपाईंलाई दोभासे अनुवादक चाहन्छ ? Nepali

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

## ¿Necesita un intérprete? Spanish

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

# Our Locations



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

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

**Recovery & Wellbeing College  
& Keeping the Body in Mind Gym**

*Wheelchair accessible*  
20/24 Belgrave Street, Kogarah 2217  
(Entrance via Kensington Street)

**City East College**

*Wheelchair accessible*  
98 Bondi Road, Bondi Junction 2022

**Community Health Caringbah**

*Wheelchair accessible*  
430 Kingsway, Caringbah 2229

**headspace, Bondi Junction**

*Wheelchair accessible*  
20 Bronte Road, Bondi Junction 2022

**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 groups

## Why Telehealth & what does this mean?

Telehealth is video conferencing software. We will be offering this virtual online learning method instead of students coming into the Recovery & Wellbeing College due to COVID-19 recommendations and social distancing restrictions. This means you can attend our groups from the comfort of your own home, in a private quiet space in your workplace or another suitable location.

## Accessing your Group

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

### 1. Video & Sound

- Desktop PC or Laptop
- Smartphone or iPad

### 2. Sound Only

- A standard landline telephone or non-smart ph.

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

- 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.
- Google Chrome Browser installed on your computer. If you do not have Google Chrome installed you can download via: <https://www.google.com/chrome/>
- Ideally, your device will have a camera, a microphone and speakers also.

We recommend you test logging into your group 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 listed on the last page.

## 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.

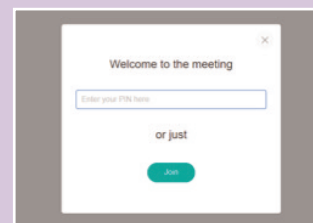
## Accessing your group via Desktop Computer OR Laptop

Cut and paste this link into Google Chrome:

[https://conference.meet.health.nsw.gov.au/we-bapp/#/?conference=INSERT\\_VMR\\_NUMBER\\_HERE\\*](https://conference.meet.health.nsw.gov.au/we-bapp/#/?conference=INSERT_VMR_NUMBER_HERE*)

\*For example, if you are attending the Coping with Big Feelings Group B, look at the 'Virtual Meeting Room' (or VMR) number ie: 4604526 and enter that onto the END of the link address. We will send you your specific VMR numbers for the courses you have chosen to attend with this email.

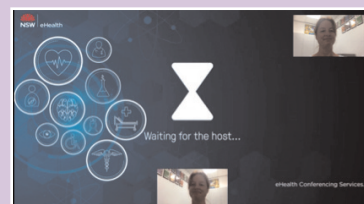
You will be asked to enter your name if you haven't used Pexip before, this is so the course educator can identify you and once you have entered your name the landing page should look like this:



\*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 the 'Join' button and you will be directed to your group's virtual meeting room.

Once you are in your 'virtual meeting room' it will look similar to this;



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

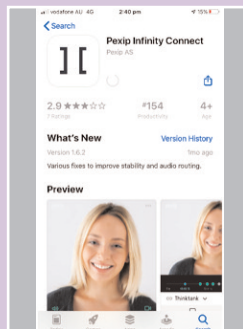


## Accessing your group via smartphone, iPad or tablet

You will need:

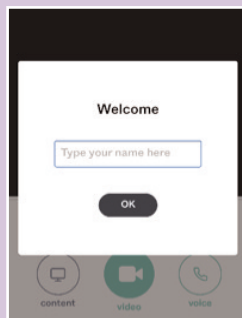
1. The 'PEXIP Infinity Connect' App installed on your device. You can download the app via the 'Google Play' or the 'App Store' The version labelled Pexip Infinity Connect with the icon is the latest version and the one you should download.

This is how the App will look;

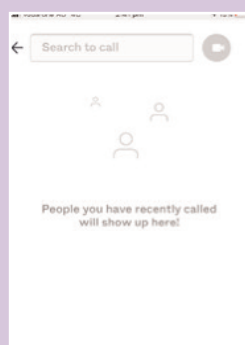


Once downloaded open the App and you will be asked to enter in your name, this is so the educator can see who is waiting to enter the virtual meeting room – then press 'ok'.

\*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.



You will then need to enter the meeting address in the 'search to call' box, then type in the meeting address;



\*INSERT VMR NUMBER HERE@  
conference.meet.health.nsw.gov.au

\*For example, if you are attending the Coping with Big Feelings Group B, look at the 'Virtual Meeting Room' (or VMR) number that is with that group ie: 4604526 and enter that at the START of the address. We will send you your specific VMR numbers for the courses you have chosen to attend with this email.

Once you have entered the address click on the green video icon and you will be directed to the virtual meeting room. You are waiting for your '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 group via telephone

Telehealth Groups can be accessed via any Australian standard landline or mobile.

Call #31# 9842 2500 then enter in the specific VMR 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:    /    /





# Enrolment form

TO BE COMPLETED BY CONSUMER, FAMILY & CARERS



South Eastern Sydney  
Recovery & Wellbeing College

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

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

## 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		<i>We are now sending attendance reminders via SMS. Please advise the College if you do not wish to receive these.</i>	

## INFORMATION TO HELP US SUPPORT YOU

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

Preference # 1.....

Preference # 2.....

Preference # 3.....

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

**Enrolment with the Recovery & Wellbeing College does not guarantee you a place as all courses are subject to availability. For popular courses a waiting list 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 you need to meet one of the following criteria (please tick)*

<input type="checkbox"/> <i>Current</i> consumer of South Eastern Sydney Local Health District Service User – <i>please indicate:</i> <input type="checkbox"/> Eastern Suburbs <input type="checkbox"/> St George <input type="checkbox"/> Sutherland	<input type="checkbox"/> Supporter (Family/Carer/Friend) of <i>Current</i> Service User <input type="checkbox"/> Supporter (Family/Carer/Friend) of <i>person living in South Eastern Sydney (not current service user)</i>	<input type="checkbox"/> Person experiencing mental distress or suicidal crisis 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.....
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## QUESTIONNAIRE

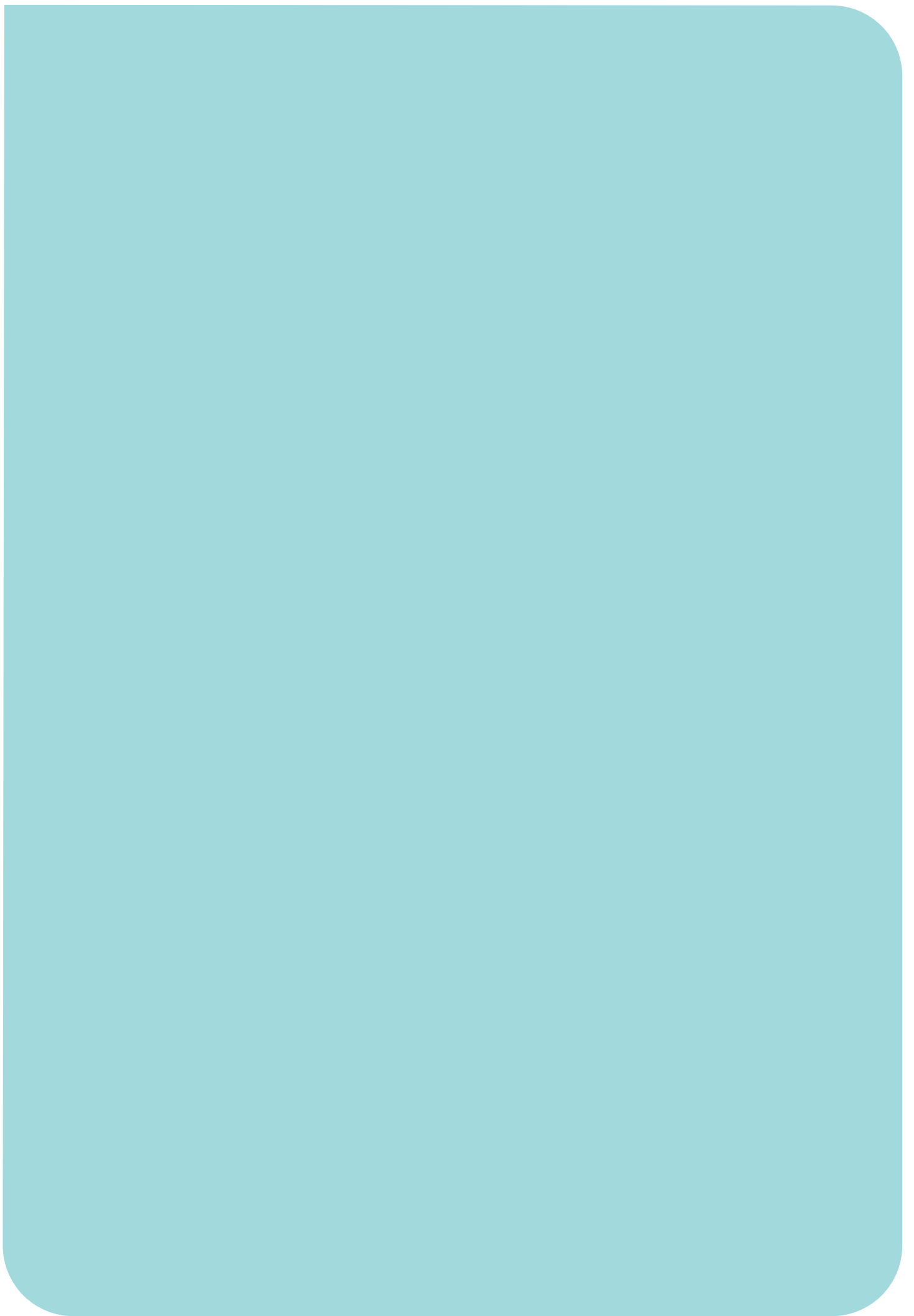
This demographic questionnaire will assist us in evaluation and further funding for the Recovery & Wellbeing College. If you wish not to participate please tick this box

Do you identify as <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"/> Supported 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			
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			
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	
Gender identity <input type="checkbox"/> Man <input type="checkbox"/> Woman <input type="checkbox"/> Different identity (please state) .....		Were you born with a variation of sex characteristics (this is sometimes called 'intersex')? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer	
Do you consider yourself to be: <input type="checkbox"/> Straight or heterosexual <input type="checkbox"/> Lesbian, Gay or Homosexual <input type="checkbox"/> Bisexual <input type="checkbox"/> Queer <input type="checkbox"/> Different identity (please state) .....			





South Eastern Sydney  
Recovery & Wellbeing College



## 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/SESLHRecoveryCollege](http://www.facebook.com/SESLHRecoveryCollege)

## Supported by

