



South Eastern Sydney
Recovery & Wellbeing College

TERM **1** TIMETABLE

31 January – 8 April 2022

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 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 |

A message from the Recovery & Wellbeing College Manager, Arna Rathgen...

Welcome to Term 1 2022. On behalf of the team welcome to new students, we look forward to meeting you and catching up in person with our regular students. We are facilitating the majority of courses face to face while still offering a number of online courses for those who find this convenient. Please contact the college if you would like student support from one of our Peer Learning Advisors.

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 with a lived experience of mental distress or suicidal crisis and live in the South Eastern Sydney Local Health District catchment.

- ❖ Their families, carers and support people.
- ❖ Staff, students and volunteers of the South Eastern Sydney Local Health District.
- ❖ Staff of the Recovery & Wellbeing College partner organisations.
- ❖ Students of the University of NSW and Randwick TAFE who meet the above criteria (student identification 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/>

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 91132981 us with your course preference

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

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

FACE-TO-FACE COURSES

An Introduction to Recovery & the Strengths Approach: 1 day (p.3)		
Wednesday 2 February	9:00am-4:30pm	Recovery & Wellbeing College, Kogarah
Exploring Grief & Loss: 4 hours (p.4)		
Thursday 10 February	10:00am-2:00pm	headspace, Bondi Junction
Exploring Psychosis: 3 hours (p.5)		
Friday 18 February	1:00pm-4:00pm	SGSCC, Jannali
Navigating the Mental Health System: 4 hours (p.7)		
Friday 25 February	10:00am-2:00pm	SGSCC, Jannali
Exploring Trauma for Women: 3 hours (p.6)		
Monday 14 March	10:00am-1:00pm	Recovery & Wellbeing College, Kogarah
Exploring Mental Health Conditions: 6 hours (p.5)		
Thursday 17 March	10:00am-4:00pm	Recovery & Wellbeing College, Kogarah
Suicide: Recovery & Hope: 4.5 hours (p.8)		
Friday 25 March	10:00am-2:30pm	Recovery & Wellbeing College, Kogarah
Medical Treatments for Mental Health: 4 hours (p.7)		
Friday 8 April	10:00am-2:00pm	SGSCC, Jannali

ONLINE COURSES

Exploring Anxiety: 3 hours (p.3)		
Friday 18 March	10:00am-1:00pm	Telehealth Pexip Online
Getting Help from Your GP: 3 hours (p.6)		
Thursday 7 April	10:00am-1:00pm	Telehealth Pexip Online



Stream 2: Rebuilding Your Life – Developing Knowledge and Skills

FACE-TO-FACE COURSES

Making & Keeping Connections: 2 hours x 4 weeks (p.12)

Monday 7 February	2:00pm-4:00pm	headspace, Bondi Junction
Monday 14 February		
Monday 21 February		
Monday 28 February		

Creativity for Recovery: 2 hours x 5 weeks (p. 9)

Thursday 10 February	10:00am-12:00pm	Recovery & Wellbeing College, Kogarah
Thursday 17 February		
Thursday 24 February		
Thursday 3 March		
Thursday 10 March		

Getting into Volunteer Work: 3 hours (p.10)

Friday 11 February	10:00am-1:00pm	The Maroubra Centre
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Introduction to Mindfulness in Arabic: 2 hours x 5 weeks (p.16)

Friday 11 February	1:00pm-3:00pm	Recovery & Wellbeing College, Kogarah
Friday 18 February		
Friday 25 February		
Friday 4 March		
Friday 11 March		

Physical Health & Wellbeing: 2 hours x 4 weeks (p.17)

Thursday 17 February	2:00pm-4:00pm	Recovery & Wellbeing College, Kogarah
Thursday 24 February		
Thursday 3 March		
Thursday 10 March		

Life Beyond Psychosis: 2 hours x 4 weeks (p.11)

Friday 4 March	2:00pm-4:00pm	SGSCC, Jannali
Friday 11 March		
Friday 18 March		
Friday 25 March		

Complementary Approaches to Healing: 5 hours (p.12)

Monday 21 March	10:00am-3:00pm	Recovery & Wellbeing College, Kogarah
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Coping with Strong Emotions: 6 hours (p.9)

Monday 21 March	10:00am-4:00pm	headspace, Bondi Junction
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ONLINE COURSES

Mindfulness Workshop: 1 hour (p.15)

Friday 4 February	10.00am-11.00am	Telehealth Pexip Online
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Resilience: 2 hours x 4 weeks (p.12)

Monday 7 February	10.00am-12.00am	Telehealth Pexip Online
Monday 14 February		
Monday 21 February		
Monday 28 February		

Yoga for Recovery: 1.5 hours x 4 weeks (p.14)

Wednesday 9 February	10:00am-11:30am	Telehealth Pexip Online
Wednesday 16 February		
Wednesday 23 February		
Wednesday 2 March		

Introduction to Mindfulness in English: 2 hours x 5 weeks (p.15)

Wednesday 9 February	2:00pm-4:00pm	Telehealth Pexip Online
Wednesday 16 February		
Wednesday 23 February		
Wednesday 2 March		
Wednesday 9 March		

Taking Control of Your Life: 2 hours x 4 weeks (p.13)

Wednesday 16 March	10:00am-12:00pm	Telehealth Pexip Online
Wednesday 23 March		
Wednesday 30 March		
Wednesday 6 April		

Life Beyond Anxiety: 3 hours (p.11)

Friday 1 April	1:00pm-4:00pm	Telehealth Pexip Online
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Stream 3: Recovery Supporting Practice & Getting Involved in Mental Health Services

FACE-TO-FACE COURSES

Telling Your Story in a Public Forum: 4 hours (p.20)		
Monday 21 February	10:00am-2:00pm	Recovery & Wellbeing College, Kogarah
Educating for Recovery: Foundations: 4 hours (p.21)		
Monday 7 March	10:00am-2:00pm	Recovery & Wellbeing College, Kogarah
Committee Work: 2 hours x 2 weeks (p.18)		
Monday 28 March Monday 4 April	10:00am-12:00pm	Recovery & Wellbeing College, Kogarah
How to Co-Write a Course: 4 hours (p.22)		
Thursday 24 March	10:00am-2:00pm	Recovery & Wellbeing College, Kogarah
Purposeful Storytelling: 1 day (p.23)		
Thursday 31 March	9:00am-4:30pm	Recovery & Wellbeing College, Kogarah
Challenging Stigma: 4 hours (p.18)		
Friday 1 April	10:00am-2:00pm	SGSCC, Jannali
Skills for Co-Facilitators: 1 day (p.22)		
Thursday 7 April	9:00am-4:30pm	Recovery & Wellbeing College, Kogarah

February 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	31 TERM 1 Commences	1	2 An Introduction to Recovery & the Strengths Approach, (9am-4:30pm)	3	4 Mindfulness Workshop, (10am-11am)	5	6
Week 2	7 Resilience, 1 of 4, (10am-12pm) Making & Keeping Connections, 1 of 4, (2pm-4pm)	8	9 Yoga for Recovery, 1 of 4, (10am-11:30am) Introduction to Mindfulness in English, 1 of 5, (2pm-4pm)	10 Creativity for Recovery, 1 of 5, (10am-12pm) Exploring Grief & Loss, (10am-2pm)	11 Volunteer Work, (10am-1pm) Introduction to Mindfulness in Arabic, 1 of 5, (1pm-3pm)	12	13
Week 3	14 Resilience, 2 of 4, (10am-12pm) Making & Keeping Connections, 2 of 4, (2pm-4pm)	15	16 Yoga for Recovery, 2 of 4, (10am-11:30am) Introduction to Mindfulness in English, 2 of 5, (2pm-4pm)	17 Creativity for Recovery, 2 of 5, (10am-12pm) Physical Health & Wellbeing, 1 of 4, (2pm-4pm)	18 Introduction to Mindfulness in Arabic, 2 of 5, (1pm-3pm) Exploring Psychosis, (1pm-4pm)	19	20
Week 4	21 Resilience, 3 of 4, (10am-12pm) Telling Your Story in a Public Forum, (10am-2pm) Making & Keeping Connections, 3 of 4, (2pm-4pm)	22	23 Yoga for Recovery, 3 of 4, (10am-11:30am) Introduction to Mindfulness in English, 3 of 5, (2pm-4pm)	24 Creativity for Recovery, 3 of 5, (10am-12pm) Physical Health & Wellbeing, 2 of 4, (2pm-4pm)	25 Navigating the Mental Health System, (10am-2pm) Introduction to Mindfulness in Arabic, 3 of 5, (1pm-3pm)	26	27
Week 5	28 Resilience, 4 of 4, (10am-12pm) Making & Keeping Connections, 4 of 4, (2pm-4pm)						

Course area locations key

St George

Online Courses

Sutherland

Eastern Suburbs



March 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5 (Cont.)		1	2 Yoga for Recovery, 4 of 4, (10am-11:30am) Introduction to Mindfulness in English, 4 of 5, (2pm-4pm)	3 Creativity for Recovery, 4 of 5, (10am-12pm) Physical Health & Wellbeing, 3 of 4, (2pm-4pm)	4 Introduction to Mindfulness in Arabic, 4 of 5, (1pm-3pm) Life Beyond Psychosis, 1 of 4, (2pm-4pm)	5	6
Week 6	7 Educating for Recovery: Foundations, (10am-2pm)	8	9 Introduction to Mindfulness in English, 5 of 5, (2pm-4pm)	10 Creativity for Recovery, 5 of 5, (10am-12pm) Physical Health & Wellbeing, 4 of 4, (2pm-4pm)	11 Introduction to Mindfulness in Arabic, 5 of 5, (1pm-3pm) Life Beyond Psychosis, 2 of 4, (2pm-4pm)	12	13
Week 7	14 Exploring Trauma for Women, (10am-1pm)	15	16 Taking Control of Your Life, 1 of 4, (10am-12pm)	17 Exploring Mental Health Conditions, (10am-4pm)	18 Exploring Anxiety, (10am-1pm) Life Beyond Psychosis, 3 of 4, (2pm-4pm)	19	20
Week 8	21 Coping with Strong Emotions, (10am-4pm) Complementary Approaches to Healing, (10am-3pm)	22	23 Taking Control of Your Life, 2 of 4, (10am-12pm)	24 How to Co-Write a Course, (10am-2pm)	25 Suicide: Recovery & Hope, 10am-2:30pm Life Beyond Psychosis, 4 of 4, (2pm-4pm)	26	27
Week 9	28 Committee Work, 1 of 2, (10am-12pm)	29	30 Taking Control of Your Life, 3 of 4, (10am-12pm)	31 Purposeful Storytelling, (9am-4:30pm)			

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

April 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10					1 Challenging Stigma, (10am-2pm)	2	3
					Exploring Anxiety, (1pm-4pm)		
Week 10 (Cont.)	4 Committee Work, 2 of 2, (10am-12pm)	5	6 Taking Control of Your Life, 4 of 4, (10am-12pm)	7 Skills for Co-facilitation, (9am-4:30pm)	8 Medical Treatments for Mental Health, (10am-2pm)	9	10
				Getting Help From Your GP, (10am-1pm)	Last day of TERM 1		
Week 1	11	12	13	14	15 Public Holiday	16	17 Public Holiday
	18 Public Holiday	19	20	21	22	23	24
	25 Public Holiday	26 TERM 2 Commences	27	28	29	30	

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؟

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

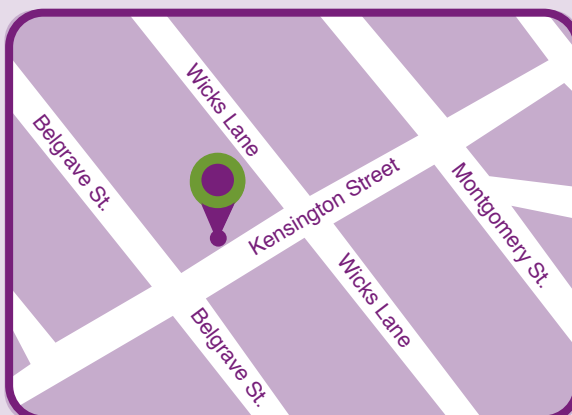
यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिग एण्ड इन्टरपरेटिग सर्विस (टिआइ एस) को १३१ ४५० मा फोन गर्नुहोस् . ओपरेटर लाई तपाईं कुन भाषा बोलनुहुन्छ भन्नुहोस्, अनि दोभासे तपाईं र तल उल्लेखित स्वस्थ सेवा बीच सम्पर्क मिलाउन लगाउनुस् .

¿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

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 College on Ph. 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: 9113 2981 E: seslhd-recoverycollege@health.nsw.gov.au

A: 20/24 Belgrave Street, Kogarah NSW 2217

Visit our website: www.seslhd.health.nsw.gov.au/recovery-wellbeing-college

Visit our Facebook Page: www.facebook.com/SESLHDRecoveryCollege

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