

**Community  
Learning  
Growth**

Western Sydney Recovery College

# Term 3 2021

Course Guide

*Our mission is to educate and inspire the broader community about mental health, to facilitate recovery, and to empower students to learn and grow in a safe and respectful environment.*



Western Sydney  
Recovery College



# About Western Sydney Recovery College

Western Sydney Recovery College is an innovative approach to inclusive education and recovery within the community and mental health sector. It is a collaborative, community driven model of adult education that supports people in their mental health recovery journey.

The co-production model followed by recovery colleges promotes shared understanding, breaks down barriers, reduces stigma, and increases understanding and support in the community.

Western Sydney Recovery College is an adult education service run by the not-for-profit organisation One Door Mental Health and made possible by funding from the Western Sydney Primary Health Network. We deliver high-quality workshops **FREE** to the Western Sydney community.

## Resilience, Recovery & Change

I've learnt so much about the world, and myself in the last 18 months. My recovery journey changed and I learnt more about my capacity to grow and adapt. I strengthened my resilience through our courses and reflecting on the world and its impact on me.

You, our students, have shared the opportunities of learning via zoom and your gratitude at being able to engage deeply online. Others have shared that they are missing the interactions of our face-to-face courses. As we increase our face-to-face delivery, consider enrolling in a mix of these, they help us all in recovery in different ways. If you are not sure about using Zoom, we still offer one to one support to build this skill and your confidence using this technology.

Lastly, a reminder that our phone number has changed, you can contact us on 02 9199 6195 or email us if you've got questions on [wsydrecoverycollege@onedoor.org.au](mailto:wsydrecoverycollege@onedoor.org.au).

Jayke Burgess, Recovery College Manager.

## How can self-advocacy empower your mental health recovery?

Are you interested in learning about how to advocate for yourself? If confidence and communication are skills that you have been working on, the next step might be to attend our Self-Advocacy workshops.

Self-advocacy is about knowing yourself and what you need, your rights and responsibilities in certain situations, and speaking up to ensure you are able to make decisions and take actions in those situations. Self-advocacy skills empower your mental health recovery in relation to self-determination (having a say in what happens to you) and links with self-directed recovery (you make your own choices to enable your own mental health recovery).

If you would like to know more, why not consider enrolling in the **Introduction to Self-Advocacy** and **Self-Advocacy Skills** workshops?



Jayke Burgess, Recovery College Manager

## Frequently Asked Questions

**Who can attend?** People with lived experience of mental health concerns, carers, family and friends, volunteers, mental health and community service workers; people who live, work or study in the Western Sydney Local Health District area.

Students must be 18 years of age or older to attend.

### Where are workshops held?

- Auburn
- Blacktown
- Parramatta
- Online using Zoom

**How many students will there be?** This will depend on the venue and type of workshop.

Online workshops will have between 8-12 students, regular face-to-face workshops will have up to 8 and recognised programs may have up to 20 students.

**How much does it cost?** All workshops including recognised programs are free of charge.

### I haven't used Zoom before, how does it work?

WSRC staff are happy to do an orientation with you to ensure you're comfortable.

## What is Mental Health?

This stream will provide students with information about recovery, mental health conditions, and the mental health system in the Western Sydney area and across Australia.

### Finding the Needle in the Haystack

This workshop is for people experiencing difficulty in reorganising and decluttering their home and to help family or friends support this process with empathy and respect. Students will be inspired by stories from a peer educator with lived experience of hoarding and their journey to recovery.

### Introduction to Problem Gambling

This workshop will explore the various impacts of problem gambling on the individual and the family focusing on mental health and multicultural communities. The workshop will provide examples of warning signs and the types of support that are available for those experiencing problem gambling and their families.

This workshop will be delivered by Multicultural Problem Gambling Service for NSW.

### Understanding Anxiety

This workshop builds understanding of anxiety and how it impacts on individuals, their carers and families. The program also explores recovery, self-management strategies and other techniques that provide practical assistance to those living with anxiety.

**Arabic** This workshop will be conducted in Arabic by Bilingual Educators in Auburn this term.

### Understanding Bipolar

This workshop builds understanding of bipolar disorders and how they affect individuals, their families and carers. It also explores treatments, recovery, self-management strategies and techniques that provide practical assistance to those living with bipolar.

### What is Recovery?

This workshop will explore the concept and context of recovery with a particular focus on the personal process and what this means for people with lived experience, families, services and communities. The workshop will cover lived experience and recovery relating to mental health conditions, the evidence of recovery, and the characteristics of services and approaches that support recovery.

## Health and Wellbeing

This stream focuses on information as well as practical tools and techniques to improve your overall health and wellbeing, which can have a positive impact on your mental health recovery.

### Getting a Good Night's Sleep **NEW!**

Most of us know firsthand that sleep affects our mental state. Sleep is closely connected to mental and emotional health and wellbeing. This workshop explores how sleep (or lack of it) affects our mental wellbeing and some techniques to improve the quality of your sleep.

### Let's Get Moving

We all know that getting up and moving is good for both our physical and mental health, but we still put off doing it. This course takes you through some activities you can do in a restricted space if you might be physically isolating. No equipment needed.

### Self-Care (Arabic)

This workshop will promote using self-care techniques as part of mental health recovery. Students will learn practical skills to engage in self-care activities, develop a daily self-care routine and role model self-care to others.

This workshop will be conducted in Arabic by Bilingual Educators in Auburn this term.





This stream aims to help students build skills intended to assist in their everyday lives and in times of stress. There is also a focus on encouraging students to become contributing members of their community.

### Building Self-Confidence

This workshop focuses on theoretical and practical ways to build self-confidence and self-esteem. Self-confidence can help in the recovery process and empower individuals to take active ownership of their journey and help them engage fully in all aspects of their life.

### Introduction to Self-Advocacy

Self-advocacy is about being able to speak up, make decisions and take actions in various situations. This workshop is designed to develop students' understanding of self-advocacy, how self-advocacy relates to personal recovery and the key principles that guide self-advocacy decisions and actions.

### Self-Advocacy Skills

This workshop is designed to extend students' understanding of self-advocacy. This workshop draws on a framework for analysing self-advocacy situations and approaches to planning, finding supports and accessing resources.

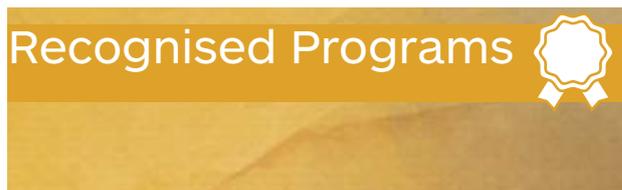
You might be thinking...  
but what exactly **is** self-advocacy?

Self-Advocacy is about speaking up for yourself, knowing yourself and what you need, knowing your rights and responsibilities and making decisions about your own life.

Self-advocacy can also help to prepare the way for advocating for others, through role modelling and if your self-advocacy leads to broader advocacy for your community.

*'The beauty of standing up for your rights is others see you standing and stand up as well.'*

*-Cassandra Duffy, advice columnist and author*



Certification may be obtained and CPD points claimed for attendance at these recognised programs.

### Mental Health First Aid

These specialist two day programs are accredited by Mental Health First Aid Australia. On completion of each two day program students may complete an online testing component in order to obtain accreditation.

### Aboriginal & Torres Strait Islander Mental Health First Aid

This is a specialist two day program which provides students with the knowledge and skills to assist Aboriginal and Torres Strait Islander individuals developing a mental health condition or experiencing a mental health crisis. This program is delivered by an Indigenous trainer.

Note: This course is open to Indigenous and non-Indigenous workers and community members.

### Older Person Mental Health First Aid

This is a specialist two day program that provides students with the knowledge and skills to assist people experiencing a mental health crisis. The aim of this program is to train the community to respond appropriately as early as possible to older people developing mental health problems, rather than wait for a mental health crisis before taking action.

**Key**

- What is Mental Health?
- Health and Wellbeing
- Skills for Life
- Recognised Programs
- The Student Voice

# Term 3 2021 Calendar

Updated 21/7/2021

## July 2021

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY  | FRIDAY | SAT |
|-----|--------|---------|-----------|---|--------|-----|
| 11  | 12     | 13      | 14        | 15<br>Online (Zoom):<br>Building Self-Confidence 1/2<br>10am-12pm | 16     | 17  |
| 18  | 19     | 20      | 21        | 22<br>Online (Zoom):<br>Building Self-Confidence 2/2<br>10am-12pm | 23     | 24  |
| 25  | 26     | 27      | 28        | 29  | 30     | 31  |

## August 2021

| SUN | MONDAY | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY | SAT |
|-----|--------|---|---|--|--------|-----|
| 1   | 2      | 3<br>Online (Zoom):<br>Finding the Needle... 1 & 2/3<br>10-12 & 1-3pm                                 | 4<br>Online (Zoom):<br>Finding the Needle... 3/3<br>10am-12noon | 5  | 6      | 7   |
| 8   | 9      | 10  | 11  | 12<br>Online (Zoom):<br>Understanding Anxiety 1/2<br>10am-12noon | 13     | 14  |
| 15  | 16     | 17<br><b>Note this course may be postponed</b><br>Auburn:<br>Older Person MHFA, Day 1/2<br>9am-3.30pm | 18<br>Auburn:<br>Older Person MHFA, Day 2/2<br>9am-3.30pm       | 19<br>Online (Zoom):<br>Understanding Anxiety 2/2<br>10am-12noon | 20     | 21  |
| 22  | 23     | 24  | 25  | 26<br>Online (Zoom):<br>Understanding Bipolar 1/2<br>10am-12noon | 27     | 28  |
| 29  | 30     | 31  |   |  |        |     |

## September 2021

| SUN | MONDAY | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SAT |
|-----|--------|--|--|--|---|-----|
|     |        |  | 1<br>Parramatta:<br>Getting a Good<br>Night's Sleep<br>10am-12noon | 2<br>Parramatta:<br>What is<br>Recovery?<br>9.30am-4.30pm<br>Online (Zoom):<br>Understanding<br>Bipolar 2/2<br>10am-12noon | 3   | 4   |
| 5   | 6      | 7<br>Online (Zoom):<br>Let's Get Moving<br>1/2<br>10am-11am  | 8<br>Auburn:<br>Understanding<br>Anxiety (Arabic)<br>10am-2pm      | 9<br>Blacktown:<br>Intro to Problem<br>Gambling<br>2-4pm   | 10  | 11  |
| 12  | 13     | 14<br>Online (Zoom):<br>Let's Get Moving<br>2/2<br>10am-11am | 15<br>Blacktown:<br>Introduction to<br>Self-Advocacy<br>10am-4pm   | 16<br>Blacktown:<br>Aboriginal MHFA,<br>Day 1/2<br>9am-4.30pm  | 17<br>Blacktown:<br>Aboriginal MHFA,<br>Day 2/2<br>9am-4.30pm | 18  |
| 19  | 20     | 21   | 22<br>Blacktown:<br>Self-Advocacy<br>Skills<br>10am-4pm            | 23   | 24  | 25  |
| 26  | 27     | 28   | 29<br>Auburn:<br>Self-Care<br>(Arabic)<br>10am-2pm                 | 30   |   |     |

### The Student Voice

The Student Voice is an advisory group made up of past, current, and future students of the college. This group will meet periodically to provide additional feedback and to help inform the future direction of the college.

Our aim is to hold at least one Student Voice Virtual Cafe during the term. Please check our website for up to date details.

### How to Enrol

- If you are a current or previous student there is no need to complete another enrolment form. Simply call or email us to indicate the workshop(s) you wish to attend.
- Online: Locate the workshop you wish to apply for on [www.wsydrecoverycollege.org.au](http://www.wsydrecoverycollege.org.au) and complete the enrolment form.
- Mail: Post a hard copy enrolment form to Western Sydney Recovery College  
Level 3, 81 Flushcombe Road  
Blacktown NSW 2148
- Email: [wsydrecoverycollege@onedoor.org.au](mailto:wsydrecoverycollege@onedoor.org.au).
- Phone: 02 9199 6195 - Please note this is our new number.

Students will receive an acknowledgement of enrolment, followed by a confirmation of enrolment closer to the course dates and SMS reminders if requested.

Please note some courses are popular and may become booked out. In this case your details will go on a waiting list and you will be notified if a place becomes available.

## Venues

### Auburn

Professional Teachers' Council  
67 St Hilliers Road  
Auburn 2144

### Parramatta

Holiday Inn  
18-40 Anderson Street  
Parramatta 2150

### Blacktown

Max Webber Function Centre  
Level 1, Max Webber Library  
Cnr Flushcombe Rd & Alpha St  
Blacktown 2148

Blacktown Workers' Club  
55 Campbell Street  
Blacktown 2148

Information in this course guide is correct at the time of printing.

Please note venues and dates of courses may change from time to time and additional courses may be added to the schedule during the term.

Visit our website for details about venues and the most up to date information:

[www.wsydrecoverycollege.org.au](http://www.wsydrecoverycollege.org.au)

## COVID-Safety

The venues that WSRC are using are COVID-Safe venues. We ask that all students who attend workshops in person follow COVID-Safe procedures as advised by WSRC and the venue at the time of the workshop.

Please do not attend any workshop if you develop cold or flu symptoms, if you have been in contact with a known COVID-19 case and have been advised to isolate or if you have attended any current venues listed by NSW Health and need to be tested. If you have symptoms or have been identified as a close contact of a COVID-19 case, please get tested.

Depending on the restrictions and guidelines at the time of the workshop and the venue being used, we may:

- Contact you the day before the workshop to run through a COVID questionnaire - to confirm you are well, have not been overseas or in contact with a known COVID case
- Request that you bring your own coffee cup to the workshop

We will provide:

- Hand sanitiser
- Disinfectant wipes
- Optional disposable face masks
- Optional disposable gloves
- Separately packed lunches

If you have any questions or concerns about COVID-Safety at any of the workshops and venues, please contact us for further information.

## Online Workshops

Workshops will be offered online as well as face-to-face. Many students gave feedback about a preference for one or the other, so we will continue to offer the choice.

If you have not attended an online workshop on Zoom with WSRC yet and have questions, please read our FAQs on the website here:

<https://wsydrecoverycollege.org.au/faqs/> or we would be happy to help answer your questions by phone or email.

***While the Australian Government helped to fund this document, it has not reviewed the content and is not responsible for any injury, loss or damage however arising from the use or reliance on the information provided herein.***



**Phone:** 02 9199 6195

**Email:** [wsydrecoverycollege@onedoor.org.au](mailto:wsydrecoverycollege@onedoor.org.au)

**Web:** [www.wsydrecoverycollege.org.au](http://www.wsydrecoverycollege.org.au)

**Facebook:** [wsydrecoverycollege](https://www.facebook.com/wsydrecoverycollege)

**Mail:** L3 81 Flushcombe Rd  
Blacktown NSW 2148



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