

**Community
Learning
Growth**

Western Sydney Recovery College

Term 1 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.

Changes at One Door

As we come into the holiday season, One Door Mental Health and therefore Western Sydney Recovery College are going through an important restructuring process to self-organising teams. This means that our service will no longer have a manager, and we are unfortunately losing Jayke Burgess (me!). I am saddened by this but also excited for One Door's future and the important steps being made.

What will it mean for you, the recovery college students? New staff will be coming on board who you will get to meet as they are recruited. Annie and Maryanne will work together to continue the college's positive outcomes. Courses will continue as per normal. You can contact us as usual via our website, email or phone and we are ready to assist in any way we can.

As COVID-19 restrictions ease in New South Wales, we will slowly return to face-to-face course delivery. We will provide a mix of face-to-face and online courses, as we have become aware that students value both for different reasons and we want to provide the opportunity for more students to access our courses.

I want to thank every person I have met in my work with the college. It has been a true privilege meeting the resilient, learned students of our college and I am grateful that I was able to learn with you. It has been a privilege to be part of expanding the knowledge and expertise in mental illness and mental wellbeing of our Western Sydney community.

With thanks,

Jayke Burgess



Jayke Burgess, outgoing 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?

- online using Zoom
- Auburn
- Blacktown
- Parramatta

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.

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.

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.

Problem Gambling and Mental Health NEW!

This workshop will explore the various impacts of problem gambling on the individual and the family with a particular focus on mental health. 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.

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.

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 while we are all physically isolating. No equipment needed.

LGBTIQ Inclusivity

The aim of this course is to provide students with an understanding of inclusive practice in the workplace. Students will learn how to apply this knowledge to their work practices in order to ensure an inclusive environment for LGBTIQ staff and consumers.

Mindfulness (Arabic)

Many people find mindfulness an effective approach to support their mental health recovery or just to help reduce stress and improve their coping skills. This four part workshop series will explain what mindfulness is and how mindfulness techniques can help improve overall wellbeing by reducing stressful feelings and emotions. Practical exercises will help students apply and practice mindfulness skills.

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

Physical & Mental Health

This workshop builds understanding about the relationship between physical and mental health. Learn how improving physical health can have a positive impact on your mental health. This will include practical advice about the benefits of exercise and good nutrition to support you to make healthy lifestyle changes.

Self-Care (Arabic)

Self-care is becoming one of the most important ways that people can manage their mental health. 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, to develop a daily self-care routine and to role model self-care to others.

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

Skills for Life

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.

Becoming Resilient

Resilience is how well a person can adapt to the events in their life when faced with a tragedy, natural disaster, health concern, relationship, work or school problem. This workshop aims to develop your understanding of what resilience is and gives you an opportunity to practice your resilience skills.

An exercise in practising self-compassion from the Becoming Resilient workshop:

- **Be mindful:** Without judgment or analysis, notice what you're feeling. Say, "This is a moment of suffering" or "This hurts" or "This is stress."
- **Remember that you're not alone:** Everyone experiences these deep and painful human emotions, although the causes might be different. Say to yourself, "Suffering is a part of life" or "We all feel this way" or "We all struggle in our lives."
- **Be kind to yourself:** Put your hands on your heart and say something like "May I give myself compassion" or "May I accept myself as I am" or "May I be patient."

Recognised Programs



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

Applied Suicide Intervention Skills Training (ASIST)

Applied Suicide Intervention Skills Training (ASIST) is a 2-day interactive workshop in suicide first aid where participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help.

Supporting Strong Social and Emotional Wellbeing & Mental Health (previously titled Working Together)

This cultural competence workshop will provide understanding, knowledge and skills to assist workers in community and support services to commence the journey to work with Aboriginal and Torres Strait Islander people.

The aim of the workshop is to provide cultural competence to workers to deliver mental health services within a social and emotional wellbeing framework and accommodate the social and historical determinants of Aboriginal and Torres Strait Islander people.



Term 1 2021 Calendar

February 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1	2	3	4 Online (Zoom): Becoming Resilient (1/3) 10-11.30am	5	6
7	8	9	10 Blacktown: What is Recovery? 9.30am-4.30pm	11 Online (Zoom): Becoming Resilient (2/3) 10-11.30am	12	13
14	15	16	17 Online: Problem Gambling & Mental Health 10am-12noon	18 Online (Zoom): Becoming Resilient (3/3) 10-11.30am	19	20
21	22	23	24 Auburn: Self-Care (Arabic) 10am-2pm Online (Zoom): Understanding Bipolar (1/2) 10am-12noon	25	26	27
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- Key**
- What is Mental Health?
 - Health and Wellbeing
 - Skills for Life
 - Recognised Programs
 - The Student Voice

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.

March 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1	2	3 Parramatta: Physical & Mental Health 10am-2pm Online: Understanding Bipolar (2/2) 10am-12noon	4	5	6
7	8	9 Parramatta: LGBTIQ Inclusivity 9.30am-4.30pm	10 Online (Zoom): Strong SEWB, Day 1 9.30am-3.30pm	11 Online (Zoom): Strong SEWB, Day 2 9.30am-3.30pm	12	13
14	15	16	17 Auburn: Mindfulness (Arabic) 10am-12noon	18 Blacktown: ASIST Day 1 9am-5pm	19 Blacktown: ASIST Day 2 9am-5pm	20
21	22	23 Online (Zoom): Let's Get Moving (1/2) 10-11am	24	25	26	27
28	29	30 Online (Zoom): Let's Get Moving (2/2) 10-11am	31			

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 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.
- Phone: 02 9854 5541.

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

Blacktown

Blacktown Workers' Club
55 Campbell Street
Blacktown 2148

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

Auburn

Professional Teachers' Council
67 St Hilliers Road
Auburn 2144

Parramatta

Holiday Inn
18-40 Anderson Street
Parramatta 2150

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

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.

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.



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Western Sydney Recovery College is a One Door Mental Health service made possible by funding from the Western Sydney Primary Health Network.



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