

**Community
Learning
Growth**

Western Sydney Recovery College

Term 1 2023

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.

Mental Health matters for everyone, everyday

When we think about mental health, we often envisage the significant symptoms that impact people. What we forget to think of is our mental health and wellbeing as something that needs nurturing and self-check-ins. Whether you are a person with lived experience, a carer or professional, your mental health matters!

Western Sydney Recovery College courses provide a variety of ways you can take some time out for self-care for you and the people you love. In some cases this might take the form of learning or reminding yourself about self-care. In others, it might be learning more about mental health in order to support yourself or others. Whether you are refreshing your knowledge, or looking for new ways to expand it, we have a variety of courses that can meet that need.

The context of mental health concerns can also play a part in managing mental health day-to-day. For this reason, WSRC offer workshops such as: Pasifika Mental Health First Aid, intended to support and for people with Pasifika heritage and their families; LGBTIQ+ Inclusivity is a workshop that explores the mental health impacts specific to this group and how to create inclusive communities and services; Strong Social and Emotional Wellbeing is an opportunity to learn about negative and intergenerational impacts of colonisation on Aboriginal and Torres Strait Islander peoples' mental health and how the SEWB framework can be used to support people.

Mental Health First Aid for the Pasifika Community

Pasifika community members and their immediate family are invited to join a public Mental Health First Aid workshop to learn how to support people in their communities who may be experiencing distress.

This workshop will be delivered by an educator with Pasifika heritage. At time of printing the dates are to be announced.



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, the workshop and delivery format. Online and face-to-face workshops have a maximum of between 8 and 12 students 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.

Home Sweet Home

This workshop is intended for people and their families or significant others and service providers working with people affected by hoarding disorders. Students will be given tools and skills to 'declutter' a living space that becomes unsafe or uncomfortable to live in.

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.

This workshop will be offered in two languages, one in English and one in Arabic by bilingual educators.

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.

Understanding Schizophrenia

Schizophrenia, like many mental health conditions, is often misunderstood, stigmatised, and portrayed in popular culture in negative ways. This workshop aims to help people living with schizophrenia and their families, friends and carers to better understand what a diagnosis of schizophrenia means, how to manage it and how to support recovery.

What is Recovery? (Arabic)

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.

This workshop will be offered in Arabic by two bilingual educators.

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.

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

Many people find mindfulness an effective approach to supporting their mental health recovery, or just to help reduce stress and improve coping skills. This workshop will explain what mindfulness is and how mindfulness techniques can help improve overall wellbeing.

Physical and 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 program will include practical advice about the benefits of exercise and good nutrition to support you to make healthy lifestyle changes.

Self-Care and Burnout for Workers

This shortened online version of the Self-Care workshop provides a safe space for community workers to switch off from distractions and tune in to their own body and mind. This event will offer a designated mental break, and share information about compassion fatigue, self-care, burnout, mindfulness, and healthy self-care habits.

Writing for Wellbeing

In this four part workshop series, students will learn about using writing as a self-care tool. This series will encourage confidence in students' own personal style and will unlock their own unique writing ability. It will build on this skill set to empower and encourage wellbeing.

If students come from a background where English is not their first language, they will be encouraged to write in their own language.

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 to practise your resilience skills so that you are better able to manage stress and hard times.

Conversations About Change

In this workshop students will learn there are ways of communicating that may open up the possibility of change when talking with a loved one, friend or colleague. We cannot change another person, only ourselves; but we can learn what is involved in having a conversation about change and how we can use this to support them.

Grief & Loss

This workshop will not only be about bereavement, students will also learn about theories of grief, different types of loss, coping strategies and what life can look like beyond bereavement.

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.

Recognised Programs



Certification and/or CPD points may be 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.

Standard Mental Health First Aid

This is a specialist two day program that helps mobilise and empower adults in the workplace and community by equipping them with the knowledge, skills, and confidence to recognise, understand and respond to another adult experiencing a mental health problem or mental health crisis.

Learn how to assist an adult who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Pasifika Mental Health First Aid

To be confirmed

Pasifika community members and their immediate family are invited to join a public Mental Health First Aid workshop to learn how to support people in their communities who may be experiencing distress.

This workshop will be delivered by an educator with Pasifika heritage.

This course is only open to Pasifika community members and immediate family members.

Strong Social and Emotional Wellbeing

This workshop provides students with the cultural understanding required to deliver mental health services within a social and emotional wellbeing framework when delivering mental health services to First Nation peoples in Australia.

This course is open to both Indigenous and non-Indigenous students and is delivered by two First Nations psychologists.

Term 1 2023 Calendar

February 2023

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1 Feb Blacktown: Mindfulness 10am-12noon	2 Online (Zoom): Becoming Resilient 10am-2:30pm	3	4
5	6	7	8 Parramatta: Understanding Anxiety 10am-2pm	9 Auburn: Understanding Anxiety (Arabic) 10am-2pm	10	11
12	13	14	15 Online (Zoom): Home Sweet Home 9:30am-4pm	16 Parra: Standard Mental Health First Aid 1/2 9:30am-4pm	17 Parra: Standard Mental Health First Aid 2/2 9:30am-4pm	18
19	20	21	22 Parramatta: Conversations About Change 10am-2pm	23 Parramatta: LGBTIQ+ Inclusivity 9:30am-4.30pm	24	25
26	27	28				

Key

What is Mental Health?

Health and Wellbeing

Skills for Life

Recognised Programs

The Student Voice

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.
- Email: wsydrecoverycollege@onedoor.org.au.
- Phone: 02 9199 6195

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.

March 2023

SUN	MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Mar Blacktown: Writing for Wellbeing 1/4 10am-12noon	2 Online: Self-Care & Burnout for Workers 10am-12noon	3	4 Online (Zoom): Understanding Schizophrenia 10-2:30pm
5	6	7 Online: Student Voice Meeting 4-5pm	8 Online: Social & Emotional Wellbeing 1/2 9:30am-3pm Blacktown: Writing for Wellbeing 2/4 10am-12noon	9 Online: Social & Emotional Wellbeing 2/2 9:30am-3pm Auburn: What is Recovery? (Arabic) 9:30am-4:30pm	10	11
12	13	14	15 Blacktown: Writing for Wellbeing 3/4 10am-12noon	16 Online (Zoom): Grief & Loss 10am-2:30pm	17	18
19	20	21	22 Blacktown: Writing for Wellbeing 4/4 10am-12noon	23	24	25
26	27	28	29 Parramatta: Understanding Bipolar 10-2pm	30 Online: Physical & Mental Health 10am-2:30pm	31	

Venues

Parramatta

Arts & Cultural Exchange (ACE)
8 Victoria Rd
Parramatta NSW 2150

One Door Mental Health
27 Fennell Street*
North Parramatta 2151

*Please note there is a short flight of stairs to access this venue.

Auburn

Professional Teachers' Council
67 St Hilliers Road
Auburn 2144

Blacktown

Max Webber Function Centre
Level 1, Max Webber Library
Cnr Flushcombe Rd & Alpha St
Blacktown NSW 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.wsyrecoverycollege.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 the workshop if you develop cold or flu-like symptoms, if you have been in contact with a known COVID-19 case and have been advised to isolate or if you have had a COVID-19 test and are required to isolate. If you have symptoms or have been identified as a close contact of a COVID-19 case, please get tested.

Note WSRC may need to ask Covid screening questions prior to your attendance.

Please take note of current rules regarding wearing face masks. One Door encourages using face masks when physical distancing is not possible, and/or when there is poor ventilation indoors.

We will provide updated information when you receive a confirmation about the workshop you are enrolled in.

We will continue to provide wherever possible:

- Hand sanitiser
- Disinfectant wipes
- Disposable face masks

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://wsyrecoverycollege.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.

Attention 

Do not enter if:

-  You have a fever above 37.8
-  You have any flu like symptoms (cough, shortness of breath or sore throat)
-  You have been in contact with someone who may have Covid-19
-  You have visited a Covid-19 hotspot in the last 2 weeks
-  Scan the QR Code (or ask a staff member for assistance) or fill in your details on the sign-in sheet

Please speak to staff if you have any concerns. 



Photo by Dids from Pexels

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