

CAMDEN HAVEN COMMUNITY COLLEGE

RTO 90018



Inform yourself,
transform your life!

LAURIETON
Program Guide

Apr-Jun 2022

Camden Haven Community College acknowledges and pays our respect to the Biripi people, the Traditional Custodians of the land on which we are based. We pay our respect to their Elders, past, present and emerging and acknowledge all Aboriginal and Torres Strait Islanders based on or visiting Biripi Country.

Welcome!

Welcome to term two at your Community College, hopefully a little drier than term one! My first term as manager of the College has been a life affirming experience. I have met so many interesting people – students, trainers, volunteers – and they have all had something wonderful to bring to our community. You have made me feel so welcome and I look forward to meeting many more of you in term two.

We have some excellent courses to offer you in term two whether you are looking for a change in career or wanting to change your Thursday night. There is something for everyone with many of our courses fee free. With the Winter months closing in there has never been a better time to join us, learn to write copperplate calligraphy and make new friends, tackle those tech challenges you have been avoiding and learn as a

group. When it's dark and grey outside, escape and dream with an introduction to Spanish, in no time it will be Spring again. After so long with Covid restrictions it's great to be able to come together, learn and enjoy.

The Landcare group working at the Pilot Station on Camden Head are looking for volunteers to join them. It's a great way to get some fresh air and feed your passion for our local environment. If you are interested please email the Pilot Station manager at pilotstation@chace.org.au.

Adult education changes lives. It's a ripple effect, you learn a new skill and it has a positive impact on those around you. Check out our cover story to see how our students are changing lives right across the region, something to be celebrated.

Meet Gilly Paxton Manager



Gilly is our new college Manager. She took up the role in January and whilst new to adult education she brings some great skills to the college. After more than 20 years in senior positions in communications and management, Gilly is loving her new environment. "It's a joy to come to work. There's such a great attitude in the college, encouraging, inclusive, everyone there for a purpose. We are never too old to learn and the college is a great place to find new vocational skills or new life skills." Gilly is loving the College – the students, trainers, volunteers and staff. She moved to the area three years ago with a desire to contribute to the community and couldn't have found a better place to do it.

Living close to the beach, a lifelong dream, you will often find Gilly walking – normally with a neighbour's dog. She has many house guests throughout the year, introducing family and friends to the wonders of the Camden Haven and surrounds. She loves being in the kitchen though admits her husband does most of the cooking.



On the Front Cover

Meet Robyn. She's living proof that it's never too late to change your life – and change the lives of others.

After 16 years in retail Robyn knew she was ready for something different, but what? She had met many carers over time and was drawn to the care industry – helping people, making a difference. Robyn was encouraged to talk to Camden Haven Community College about vocational adult education, so she took the plunge and has never looked back.

Robyn was nervous. It was forty years since she had studied. Could she do it? Could she master the technology? Could she keep up? Of course she could.

Robyn studied for her CHC33015 Certificate III in Individual Support (Ageing, Disability & Home and Community). She found herself in a supportive learning environment with highly skilled, dedicated trainers and fellow students who were there for each other through the 17 week course. Robyn's work placement was at a local residential aged care facility where staff soon realised that Robyn was there to learn and help as much as possible.

Before completing her course, Robyn was employed by Just Better Care as a Community Support Professional. Robyn continued at the college and enjoyed the disability component of her studies.

When asked about the opportunities that adult education has provided Robyn is so positive. "I love my new role. It's so rewarding providing support for my three regular customers living with disabilities, I couldn't have done it without the college", Robyn said.

Robyn is appreciated by her colleagues and the people for whom she cares being nominated in 2020 and 2021 for a National Possible Award (Better Care's employee award) recognising her

outstanding work and valued contribution. Robyn makes a difference every day and she couldn't be happier. Maybe there is a life changing opportunity at our community college waiting for you?



How to Enrol



Visit www.chace.org.au



Call (02) 6559 6699



Email life@chace.org.au



In person at 16-18 Laurie Street, Laurieton

CREATIVE ARTS, FOOD & MUSIC

COOKING: ASIAN & MIDDLE EASTERN CUISINE – with Tin Hta Nu

Using seasonal Asian vegetables from her organic farm, Tin will work with you to cook and create a medley of delicious Asian and Middle Eastern dishes. Included is an entrée, 2 main dishes, two side dishes, a snack and two desserts. Please bring your own chopping boards, knives, apron and at least six containers to take home your creations.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Kendall Community Centre	Sunday 19 June	10am - 2pm	80



COPPERPLATE CALLIGRAPHY INTRODUCTION – with Maria Montes

For beginners with no prior experience, this six-week hands-on course will cover the foundations of Copperplate calligraphy. With a focus on the lowercase and capital letters, you'll acquire some serious secret skills to write your best greeting cards to your loved ones; fancy stuff guaranteed!

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	6 Tuesdays starting 17 May	6 - 8pm	140



DSLR PHOTOGRAPHY INTRODUCTION – with Peter Green

Turn your dial off Auto and get to know your DSLR camera to unleash its full potential. This course will cover using manual camera settings, composition and additional gear that will start you off on your photography journey. Please bring your DSLR, a notepad and pen. We recommend also enrolling into Pete's Photograph Editing course which is a continuation of this course to create edited final pieces. **Note:** The second session will be a 3 hour local walk to practise photo taking, 8am-11am. This training is subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	3 Thursdays starting 12 May	9am - 3pm	0

PHOTOGRAPH EDITING – with Peter Green

Learn how to really make your photos pop and correct those in-camera exposure errors. The course will cover Adobe Lightroom and corrections to exposure, contrast and white balance, shadows and highlights adjustments, sharpening and noise reduction, spot adjustments and spot removal. See <https://www.chace.org.au/photograph-editing> for more information.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Thursday 2 June	9am - 2pm	65

THE WANDERING BRUSH – with Karina Lindsay

This workshop is a great way to dive deeply into the intuitive art process. We will play with some fun artistic approaches and learn some cool art techniques in an intentional and expressive way. You will create a unique and rewarding piece of art work and a hand-made work book to take home. The four sessions will include a light afternoon tea and art supplies.



LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Catholic Hall	4 Fridays starting 10 Jun	10am - 12:30pm	150

Meet Peter Green

Trainer: DSLR Photography & Photograph Editing



Peter is a Graphic Designer who has many other talents such as Photography, IT and Landscape Architecture. He has qualifications and lots of experience in these different areas. Design has been a part of his life as long as he can remember but it wasn't until his 30's he realised his talent and fervour for Graphic Design specifically, redirecting his career from IT and Landscape Architecture.

For fun Peter enjoys travelling to such places as Asia and the Pacific - so much so that he sacrificed most of his income to be there! This was the catalyst for his photography passion which led him into winning prizes in several competitions.

CULTURE & LANGUAGE

SPANISH FOR BEGINNERS PART 2 – with Silvia Fernandez

Explore the next steps in your Spanish language journey. This course is recommended for those who have completed our Spanish Beginners course and are looking to further their ability to speak in the Spanish language.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	6 Wednesdays starting 27 Apr	6 - 8pm	120



HEALTH, SPORT & WELLBEING

BUDDHISM IN EVERYDAY LIFE – with Tin Hta Nu

Interactive discussions on how the teachings of the Buddha are applied in everyday life. Methods such as loving kindness meditation, tranquil meditation and insight meditation based on the four foundations of mindfulness will be demonstrated. The workshop will conclude with a light vegetarian lunch, practising mindful eating.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Kendall Community Centre	Saturday 18 June	10am - 2pm	45

DANCING – with Graham (Joe) Maguire

Learn to Dance! Suitable for both beginners and those with experience, by yourself or with a partner. Dance styles include Rock 'N' Roll, Waltz, Cha Cha, Slow Rhythm and Rumba. Basic Foundation of all Dances plus some variations, also introducing Marilyn and Gypsy Tap Social dances which are New Vogue Dances (Enclosed hard-soled shoes preferable and bring some water.)

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Catholic Church Hall	6 Wednesdays starting 25 May	6:30 - 8:30pm	100



GOLF – with Luke Garel

Come and enjoy professional tuition at the beautiful Kew Country Club. All equipment supplied. Please wear comfortable shoes and neat attire.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Kew Country Club	5 Tuesdays starting 10 May	10 - 11am	90

STANDARD MENTAL HEALTH FIRST AID – with Bev Moss

This training will teach you practical skills to recognise common mental health problems; provide initial help using a practical evidence-based Action Plan; seek appropriate professional help; and respond to a mental health crisis situation. This is an educational course, not a support or therapy group. Mental Health First Aid is suitable for businesses, volunteers, organisations, and any member of the community. This training is subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	4 Fridays starting 20 May	9:30am - 1pm	0

YOGA NIDRA & MEDITATION – with Christine Convery

Yoga Nidra is effortless awakening, where you can enter a state of harmonious, restful being and be restored and awakened to your deepest, all-knowing, all-welcoming self. All are welcome to enrol in this program.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
School of Arts Laurieton	6 Wednesdays starting 4 May	10am - 12pm	100

Meet Bev Moss

Trainer: Standard Mental Health First Aid



Bev teaches Mental Health First Aid (MHFA) at the college and has done so since 2019.

She is an Occupational Therapist and has worked in mental health services for most of her career. Bev is a Master Instructor for the Mental Health First Aid course and has been teaching it since 2013.

Bev believes that education is the key to increasing awareness and understanding of mental health issues in our community, and is passionate about sharing her knowledge through the MHFA course.



SPECIAL INTEREST

GENEALOGY FOR BEGINNERS – with Trudy Hardy

Navigate your way through resources and avenues online to piece together a historical record of your family. You will begin by looking at yourself and then working backwards, through the generations in your family.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	4 Wednesdays starting 11 May	6 - 8pm	80

BUILDING CONTRACTS – with Alan Taylor

Suitable for first and second home buyers, renovators, builders, developers and sub-trades. Learn how to understand and integrate some key components such as: different uses of contracts, components, litigation and associated costs, negotiation, strategy, strength (accuracy), communication skills and much more. Please bring pencil and paper. (5 CPD Points available upon task completion.) This training is subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Monday 30 May	3 - 7pm	0

PROJECT MANAGEMENT – with Alan Taylor

The process is a surprise, but once you have it, it works for all types of projects—whether making a cake, organising a rock concert or building a bridge. Examples of anecdotes to explain the journey. Suitable for builders, tradies O/B developers, and suppliers. (5 CPD Points available upon task completion.) This course is subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Tuesday 31 May & Wednesday 1 Jun	3 - 6pm	0

GRANNY FLATS FOR DUMMIES – with Alan Taylor

Thinking of building an extension, new build or granny flat? Let's walk through the process, clearly and simply, from concept, plans approval, construction and handover. De-mystify the journey so you can concentrate on what you are interested in, not what intimidates you. Suitable for builders, tradies O/B developers, and suppliers. (5 CPD Points available upon task completion.) This training is subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Monday 6 Jun	3 - 7pm	0

PC USERS GROUP – self directed

Share your skills, knowledge and frustrations with this experienced and self-directed group. Internet access provided. BYO laptop. Cost is \$5 per week.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Every Friday during school term	9:30am - 12:30pm	5

SPECIAL INTEREST

DRIVE AROUND THE WORLD PRESENTATION – with Alan Taylor

36 countries, 18 months and 80,000kms. Alan will give a presentation about his incredible and humorous trip around the world in a 4x4, along with tips and tricks for the budding enthusiast who wants to take on a similar journey—be it around the world or Australia! Laughs and helpful insights to be had. All proceeds will be donated directly to the local Aussie Battlers charity, who help the disadvantaged and poverty stricken, and Domestic Violence victims in the Camden Haven area and surrounds of the Mid North Coast.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Tuesday 7 Jun	3 - 7pm	50



TECHNOLOGY

ANDROID PHONES COMPREHENSIVE—with Robyn Martin

A comprehensive and more advanced guide to using your Android Phone. With plenty of question/answer time throughout the course. Recommended for those who have basic knowledge or have completed our Tech Savvy Senior Introduction to Android Phones course.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	2 Fridays starting 17 Jun	9 - 11:30am	60

CARD MAKING USING MICROSOFT WORD – with Robyn Martin

This enjoyable course will run you through how to create a card using Microsoft Word. It could be for Father's Day, Christmas, a special birthday or a simple thank you card.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Friday 17 Jun	12:15 - 2:45pm	28



COMPUTING BASICS – with Robyn Martin

We will cover the basics of Windows, word-processing, spreadsheets, and general problem solving. This training is subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	3 Fridays starting 6 May	9 - 11:30am	0

COMPUTING BASICS PART 2 – with Robyn Martin

Continuing on from Computing Basics, we will cover transferring files to and from other devices. This training is subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	3 Fridays starting 27 May	9 - 11:30am	0

ONE-TO-ONE TRAINING – with Robyn Martin

Arrange a one-hour session to address your particular areas of need; computers, phones etc.

LOCATION	DATE & TIME	\$
Camden Haven Community College	Friday 27 May - phone college to negotiate time.	60

POWERPOINT PRESENTATION – with Robyn Martin

Learn how to present memories of special places or people in a visually stunning slideshow. We will cover adding images and text to different layouts. Use a little panache when adding designs, transitions and animations. Bring your own pictures (and a thumb drive) if you wish to start on your own project, or learn how to access pictures from the internet and simply explore the joys of PowerPoint.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Friday 1 Jul	9 - 11:30am	28

SIMPLE PHOTO EDITING – with Robyn Martin

Do you have lots of photos which are 'almost-good-but-not-quite-right'? Learn how to use the editing tools you already have on your phone or tablet to improve your photos and share the final results. Please bring your charging cables.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Friday 1 Jul	12:15 - 2:45pm	28



TECHNOLOGY

SPREADHSEET BUDGETS – with Robyn Martin

Learn how to use Excel to create an easy to use spreadsheet budget and keep on top of your personal or small business finances.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Friday 24 Jun	12:15 - 2:45pm	28

TECH SAVVY SENIORS



Tech Savvy Seniors is a NSW Government initiative in partnership with Telstra for seniors aged 60 and above or Aboriginal or Torres Strait Islander seniors aged 50 years and above. As a result of this initiative the following courses are offered to eligible participants at no cost. BYO devices with full charge.



COURSE NAME	DATE	TIME	\$
Introduction to Android Phones	Fri 13 May	12:15 - 2:45pm	0
Introduction to Online Banking	Fri 20 May	12:15 - 2:45pm	0
Introduction to Email on Laptop or Tablet	Fri 3 Jun	12:15 - 2:45pm	0
Introduction to iPhones	Fri 10 Jun	12:15 - 2:45pm	0

Meet Robyn Martin

Trainer: Technology and Tech Savvy Senior courses



Rob delivers a variety of courses at the college. Most are 'hands on' sessions using computers, tablets or smartphones and are focused on the use of a range of software and apps. For many years Rob has also taught all our Tech Savvy Seniors participants.

Rob has worked at community colleges teaching both accredited and more relaxed courses for over twenty five years - at Laurieton since the early 2000s; at Wauchope and Port Macquarie colleges last century! Her first experience as a trainer, some forty years ago, was on an inner urban revegetation project in Melbourne, where she taught the use of small machinery, propagation of indigenous plants, tractor

driving and weed control. The subject matter of her lessons has changed a lot since then, though the satisfaction she gets from imparting skills and encouraging confidence has not.


Rob believes learning enriches life and that there is a wealth of knowledge available to all of us. She loves animals and lives in a home shared by two (now not so) feral cats and a rehoused dog, and hopes that, in the not too distant future, our wildlife and natural environment will be strongly protected and its diversity preserved. Rob feels very privileged to live on the Mid North Coast and thoroughly enjoys living in Wauchope.





SKILLED TRAINING



Enrolments and expressions of interest are now being taken for courses in Laurieton. If you are ready to take the next step and would like to know more about our accredited courses and enrolment, please contact our training manager, Veronica, by email at veronica@chace.org.au.

COURSE NAME		COST	DETAILS
AGED CARE			
CHC33015 Certificate III in Individual Support (Ageing, Disability & Home and Community)		*Fees subject to subsidy eligibility	Mon-Thurs 9am-3pm Starting 9 May
<p>About this course: This qualification reflects the role of support workers in the community and/or residential setting following an individualised plan to provide person-centered support to people who may require assistance due to ageing, disability or some other reason.</p> <p>Information & Enrolment session: Wednesday 27 April, 10am—12pm at the College.</p>			

FIRST AID			
HLTAID011 Provide First Aid		*Fees subject to subsidy eligibility	Mon 6 and Tues 7 June 9am-3pm
<p>About this course: This unit describes the skills and knowledge required to perform and apply first aid procedures for those first to encounter an accident scene, incident in the home/ community or workplace emergency.</p>			
HLTAID011 Provide First Aid Recertification		*Fees subject to subsidy eligibility	Fri 17 Jun 9am-3pm
<p>About this course: A one day course to upgrade your First Aid certificate. Those needing to upgrade their CPR unit only may also enrol and attend the relevant hours.</p>			

*This training is subsidised by the NSW Government for eligible participants

