

# CAMDEN HAVEN COMMUNITY COLLEGE

RTO 90018



Inform yourself,  
transform your life!

**LAURIETON**  
**Program Guide**

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Jul - Sep 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 the new term. If you're like me, winter sees you home and in front of the fire, counting down the days to spring. But winter doesn't have to be like that. With so many great courses on offer at the college there is something to tempt us all out of the house, even on the coldest day.

Whatever you're interested in, I'm sure we'll have something to suit you. In winter, it's important to stay connected so enrol with a friend, it's great to have plans, or use this as an opportunity to make new friends. Getting involved in your community always makes you feel good and there is no better way than through your community college.

Our vocational training is great all year round, but winter is often the time we plan a new career, a new way of life. Make the most of our many fee free courses and emerge from winter with recognised qualifications and new opportunities for the future.

Planning a summer escape is a winter highlight. How great are you going to feel arriving at your dream location talking the language (and how great are you going to feel spending winter daydreaming about it)? Our Asian cookery course is another wonderful way to put some exotic into a grey day. Learn some new skills and try them out on family and friends.

Author Victor Hugo once said, "Laughter is the sun that drives winter away from the human face." Whatever you choose to do at the college this term, I know there will be lots of laughter to light up your day.

Gilly Paxton *Manager*

## *Farewell to Pam*

Our College relies on the dedication, skills and commitment of our governing Committee. Volunteers who come together throughout the year to provide guidance, strategic oversight and a wealth of corporate knowledge. This month our College farewelled long standing Committee member Pam Perry. Pam has served the College tirelessly for more than 20 years, bringing a wealth of experience in education and a love of community.

Pam and her husband settled in the Camden Haven after careers teaching in the Northern Territory. The then Chair of the Committee knew that the College would be served well by Pam's inclusion and so, many years later, we are truly reluctant to see Pam go. Pam is recognised by the College community for her keen intelligence and pertinent comments, the best you could wish for in a Committee member.

We all wish Pam well in her next adventure as she moves to be closer to family. She has left a legacy at the College and we will always be grateful.



## On the Front Cover

Pictured on the front are some excited students from our Advanced Writers course and their trainer Lisa, with guest Author, Alan Leek. From left to right: Pat Bough, Tracie Butler, Lisa Head, Julia Hocking, Sue Watts, Rob Patterson and Alan Leek.

Lisa has taken such pride and joy in taking on her role at the college and imparting her knowledge to eager students. Here is a little piece she wrote...

'Under the wonderful guidance of Margaret Kernahan, who first began these writing courses, I have been honored with taking over the reins upon her retirement.

It is important for me to continue to nurture her legacy of inclusion for all and to provide a safe space for all burgeoning writers to feel comfortable in expressing their ideas and words in the group setting.

The Writing Groups provide an opportunity for anybody in the community to come along and give writing a go. We cover many topics such as theme, tone, imagery, mood, structure etc.

We also provide prompts each week so students can find their own style and voice through timed writing exercises. This has proven to be an extremely valuable exercise as students discover the most interesting and compelling prose right before their eyes coming from their very own hearts and minds onto paper.

Some of the highlights have been witnessing the incredible courage and honesty of our students to produce such beautiful and interesting words and having the opportunity for feedback and encouragement from their fellow students.

We often welcome published authors who generously give their time and pass on knowledge of their own experience with the writing process to our students.

Pictured on the front cover is local author

Alan Leek with a group of students from the Advanced Writers course.

Every single person has a story to tell, why not enrol into our next Write Your Story course and begin the journey to telling yours?'

Lisa Head *Trainer*

### *Testimonial* Tracie Butler Student: Advanced Writers Group

"Thanks to CHACE and the "Write Your Story" course, I have enjoyed developing not only my writing skills and imagination, but I have expanded my group of friends.

I look forward to the lessons each week and appreciate the effort of coordinator, Lisa Head.

I recommend the courses available at CHACE so you too can expand your knowledge, friendships and general well-being."

## How to Enrol



Visit [www.chace.org.au](http://www.chace.org.au)



Call (02) 6559 6699



Email [life@chace.org.au](mailto:life@chace.org.au)



In person at 16-18 Laurie Street, Laurieton



## 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 21 Aug	10am - 2pm	80

## 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 28 Jul	9am - 3pm	0

## GUITAR – with Charles Doyle

An exciting opportunity to learn and play guitar. You will be a part of a small group learning to play songs in an enjoyable and positive environment. Unleash your inner Guitarist!

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	4 Thursdays starting 18 Aug	6pm - 7:30pm	80

## 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 and more.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Thursday 18 Aug	9am - 2pm	65





## CREATIVE ARTS, FOOD & MUSIC

### PHOTO TRAIL WALK – with Peter Green

Join Pete for a morning stroll along the Dunbogan river. Along the way, explore the use of aperture and shutter priority modes on your DSLR camera and practice shooting landscapes, birds, boats and flora in the morning light. The group will meet at the Dunbogan boatshed.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Dunbogan Boatshed	Saturday 27 Aug	8am - 11am	40

### THE RHYTHM & FLOW OF COLOUR – with Karina Lindsay

As we travel around the compass - north, south, east and west, we discover our spontaneous rhythm and flow. You will experience different aspects of your creative mojo through drumming, art, meditation and learn a complete gentle yoga sequence honouring the directions in life. This is a workshop to sample and dabble in different modes of creative mindfulness based practices to ignite your intuitive spark.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Catholic Hall	4 Saturdays starting 20 Aug	1 - 3pm	115



### SUNSET PHOTOGRAPHY WORKSHOP – with Peter Green

Finish off the day capturing the sunset on the beautiful Camden Haven River. Bring along a tripod and your DSLR camera and get tips on composition and exposure adjustments. This is a separate course to the Intro to DSLR course, but it's recommended that you have attended that course previously, or have a basic familiarity with manual controls of aperture and shutter speed. Don't forget to bring a warm jacket for after the sun goes down, and pack a zoom lens in case we spot some dolphins!

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Dunbogan Jubilee Hall Park	Thursday 11 Aug	4pm - 6pm	30



## CREATIVE ARTS, FOOD & MUSIC

### WRITE YOUR STORY – with Lisa Head

Would you like to write your story? It might be a series of short stories about your past, a fictional story you have always wanted to write, or your memoirs. This course is designed to get you started and (perhaps to your surprise) find how interesting your story really is! This course will run over term 3 and term 4 with 8 sessions per term. This training is fully subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Term 3 begins Tues 19 Jul	9:30am - 11am	0

### ADVANCED WRITERS GROUP – with Lisa Head

For students who have completed Writers Group 1 and are keen to research further publishing opportunities, analysis, critique and feedback of work, and Published Author guest appearances. Please Note: This course will be run over term 3 and term 4 with 8 sessions per term. This training is fully subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Term 3 begins Tues 19 Jul	11am - 12:30pm	0

## CULTURE & LANGUAGE

### SPANISH FOR BEGINNERS PART 3 – with Silvia Fernandez

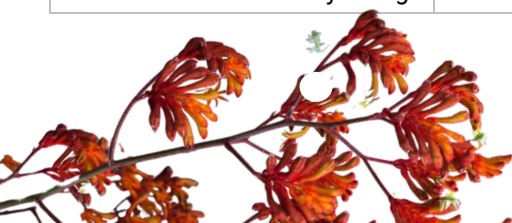
Explore the next steps in your Spanish language journey. This course is recommended for those who have completed our Spanish Beginners Part 2 course and are looking to further their ability to speak in the Spanish language.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	6 Mondays starting 15 Aug	6 - 8pm	120

### SPANISH FOR BEGINNERS PART 5 – with Silvia Fernandez

Dive deeper into your Spanish language journey. This course is recommended for those who have completed our Spanish Beginners Part 4 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 17 Aug	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 20 Aug	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. Basic Foundation of all Dances plus some variations, also introducing Sally Ann Cha Cha and Balmoral Blues 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 10 Aug	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 16 Aug	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. 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 12 Aug	9:30am - 1pm	0

### Testimonial Tracie Butler

#### Student: Advanced Writers Group

'I just want to say a big thank you, The Write Your Story class has been one of the best courses I have done.

It has not only given me the writing skills needed to write my story but the confidence that I can. The educators have been enlightening and encouraging. I love that we, the students also learn from one another.'

## 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 27 Jul	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 12 Sep	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 13 & Wednesday 14 Sep	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 19 Sep	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 20 Sep	3 - 7pm	50



## TECHNOLOGY

### 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 29 Jul	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 19 Aug	9 - 11:30am	0



# TECHNOLOGY

## GUIDE TO BUYING TECH – with Robyn Martin

If you're thinking of buying a new device or laptop and you feel unsure of what to look for this session will cover many of the differences and things that you should think about. We decipher terms like RAM, GBs of storage, processors and other considerations. You will have a chance to explore what's on offer in local stores and compare prices online.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Friday 19 Aug	12:15 - 2:45pm	28

## IPADS COMPREHENSIVE—with Robyn Martin

A comprehensive guide of the basics through to more advanced iPad skills with plenty of question/answer time throughout the course. Come and enjoy exploring your iPad with other users. Recommended for beginners and those who have previously attended our Tech Savvy Senior Introduction to iPads course but would like to build on their learning.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	3 Fridays starting 29 Jul	12:15 - 2:45pm	80

## 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 26 Aug - phone college to negotiate time.	60



## 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 2 Sep	12:15 - 2:45pm	0
Introduction to iPhones	Fri 23 Sep	9 - 11:30am	0
Introduction to Android Tablets	Fri 23 Sep	12:15 - 2:45pm	0
Introduction to Cyber Security	Fri 30 Sep	9 - 11:30am	0
Introduction to iPads	Fri 30 Sep	12:15 - 2:45pm	0

## SKILLED TRAINING



Upskilling or looking for work? Gaining new skills can help you find rewarding work, whether you're leaving school, employed or looking for a job. JobTrainer has been extended to give more NSW citizens access to free training, helping to skill the Australian workforce for the future. This means that employed people (existing workers) will also be able to access fee-free training in specific full and part qualifications. **Fee-free** JobTrainer courses, such as ours listed below, can help you get skills for jobs in a wide range of in demand industries.

\*Fee free and fully funded by the NSW and Commonwealth Governments.

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

COURSE NAME		COST	DETAILS
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### BUSINESS

<b>BSB30120 Certificate III in Business</b>		**Fees subject to subsidy eligibility	Expressions of Interest currently being taken.
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**About this course:** This qualification reflects the role of individuals in a variety of Business Services job roles. It is likely that these individuals are establishing their own work performance. Individuals in these roles carry out a range of routine procedural, clerical, administrative or operational tasks that require technology and business skills. They apply a broad range of competencies using some discretion, judgment and relevant theoretical knowledge. They may provide technical advice and support to a team

### COMMUNITY SERVICES

<b>CHC42015 Certificate IV in Community Services</b>		*FEE FREE	Fortnightly Workshop 9am—3pm Starting 3 Aug
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**About this course:** This qualification reflects the role of community service workers who design and deliver person-centred services to individuals and/or groups. Workers may provide support, advocacy or interventions to individual clients, groups or communities across a range of services. At this level, workers may be autonomous with limited responsibility within established parameters and may be required to supervise and lead other workers in projects or teams.

# SKILLED TRAINING



COURSE NAME	COST	DETAILS
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## DISABILITY

<b>CHC33015 Certificate III in Individual Support (Disability)</b>	 NATIONALLY RECOGNISED TRAINING	*FEE FREE  Mon-Tues 9am-3pm Flexible start date
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**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 disability or some other reason.

<b>CHC43115 Certificate IV in Disability</b>	 NATIONALLY RECOGNISED TRAINING	*FEE FREE  Fortnightly workshop 9am-3pm Starting 21 Jul
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**About this course:** This qualification reflects the role of workers in a range of community settings and clients' homes, who provide training and support in a manner that empowers people with disabilities to achieve greater levels of independence, self-reliance, community participation and wellbeing. Workers promote a person-centred approach, work without direct supervision and may be required to supervise and/or coordinate a small team.

## LEISURE AND HEALTH

<b>CHC43415 Certificate IV in Leisure and Health</b>	 NATIONALLY RECOGNISED TRAINING	*FEE FREE  Fortnightly Workshop 9am-3pm Starting 5 Aug
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**About this course:** This qualification reflects the role of workers participating in the design, implementation and evaluation of leisure, health activities and programs for clients in one or more sector areas. Workers may be in residential facilities and/or in community agencies and day centres, completing specialised tasks and functions in relation to leisure and health.

## MENTAL HEALTH

<b>CHC43315 Certificate IV in Mental Health</b>	 NATIONALLY RECOGNISED TRAINING	*FEE FREE  Fortnightly workshop 9am-3pm Starting 27 Jul
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**About this course:** This qualification reflects the role of workers who provide self-directed recovery oriented support for people affected by mental illness and psychiatric disability. Work involves implementing community based programs and activities focusing on mental health, mental illness and psychiatric disability. Work is undertaken in a range of community contexts such as community based non-government organisations; home based outreach; centre-based programs; respite care; residential services, rehabilitation programs; clinical settings; or supporting people in employment.