

# CAMDEN HAVEN COMMUNITY COLLEGE

RTO 90018

## TAKING STEPS ON YOUR WELLBEING JOURNEY



Inform yourself,  
transform your life!

**LAURIETON**  
Program Guide

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Oct - Dec 2025

Camden Haven Community College acknowledges and pays 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 Islander peoples living on, or visiting Biripi Country.

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Creative Arts, Music & Languages

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Special Interest

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## Office Hours

Laurieton Office

Monday to Friday 9:30am - 3:00pm.

## How to Enrol

Please note you must enrol to attend a class. Numbers and funding are limited so get in quick to secure your place.



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



Call (02) 6559 6699



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



In person at 16-18 Laurie Street, Laurieton

## On the Front Cover

October is Mental Health Awareness Month. We wanted to draw attention to the impact's natural disasters have had on our community and the lasting toll it takes on our mental health. We encourage you to check in with those around you and reach out.

Wonderful advice and help can be found at: Wayahead; Beyond Blue; Mental Health Line; Lifeline; Mind Spot and many others. We offer Mental Health First Aid Courses which are a wonderful starting point for the entire community.

Hayley Proudfoot

*Lifestyle Program Coordinator*

**Camden Haven Community College offers a range of accredited training specialising in:**

- ◇ AGED CARE
- ◇ DISABILITY
- ◇ MENTAL HEALTH
- ◇ COMMUNITY SERVICES
- ◇ BUSINESS
- ◇ FIRST AID

For more information please visit our website or give us a call.

## Wiyabu!

Once again this term I handed over our introduction and welcome to members of our Writers Group.

They were given the theme:

The best things about our Community.

There were wonderful entries.

I wonder if any of this rings true to you.

Gilly Paxton *Manager*

In times of great loss, community provides an anchor to those who are adrift. When you have experienced hardship it's natural to feel overwhelmed, but sometimes events are beyond anyone's control. This is when the strength of community rises to the fore and strangers offer the hand of friendship.

People support each other because that's what needs to be done, whether its providing clothes to those who have lost everything in a flood, helping to clean up the mess that's left when the bushfire burns out, cooking a hot meal, or simply just listening when people need to talk.

The greatest gift of community is just being there in whatever capacity you can be present.

Everyone experiences grief, but you realise we are all in it together and that makes pain more bearable and helps illuminate the darkness. No one is an island and when we support each other, we grow stronger. Our arms enfold each other, like branches of tree's in a forest that overarch the path we must walk and together we persevere and find our resilience.

Jane Kirkby

## CREATIVE ARTS, MUSIC & LANGUAGES

### GERMAN - Learn to speak and write - with Monicka Lee

Are you considering learning a new language, either for your own interest, or future travel, or perhaps converse with family members of European heritage? Then why not consider learning to speak and write in basic German. I can teach you. We will learn a couple of German songs, if the interest is there. We will learn to say and write common greetings, phrases, names, numbers, days of the week, months of the year, names of animals, asking for directions, and follow a recipe. The final week the group will enjoy some delicious German food.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	6 Tuesdays starting 28 October	5:30 - 7:30pm	140

### IMPROVE YOUR ENGLISH LITERACY SKILLS - with Monicka Lee

Need to improve your English Literacy Skills? Want to Speak better, Write better and Read better, and have lots of fun doing it?

This course certainly won't be boring! Be prepared to play interactive games, be a character in a play, laugh lots and speak confidently in front of a small group. Not only will this course be a great deal of fun, but you will learn practical strategies to improve your life and gain confidence - whether it be in the home, at work, in a social setting or just for your own personal growth.

**EXPRESSION OF INTEREST** - Please call, email or drop into the college to express your interest

### MUSIC/GUITAR Level 2 - with Greg Ford

Introduction to Guitar and Music Theory Level 2. Learning the basics of the guitar combined with music theory will give you a solid foundation for your future as a guitarist or any other treble instrument. You will need to bring your instrument, pen and paper.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	6 Wednesdays starting 15 October	3 - 4:30pm	140

### WRITE YOUR STORY: Crafting Memoir and Fiction - with Tash Azure

Discover your authentic writer's voice. Learn how to write a compelling story from your unique point of view. Join our friendly group of beginner writers. The NSW Government fully subsidises this course for eligible participants who commit to attend at least 6 out of 8 classes per term. Spaces fill quickly. Enrol now!

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	8 Wednesdays starting 22 October	12 – 2pm	0

## CREATIVE ARTS, MUSIC & LANGUAGES

### THE PHOTOGRAPHERS EYE - with Rafael Ben Ari

Basic tips and techniques for better photography skills by award winning documentary travel photographer. Rafael Ben Ari has been at the forefront of photography taking his story telling worldwide. Students will be required to bring their own camera and lens. **This course is not suitable for mobile phone camera use.**

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	6 Mondays starting 20 October	10am-12:00pm	140

## HEALTH & WELLBEING

### MEDITATION - with Carol Baker

Meditation can help us cope better with stress, reduce anxiety, and live happier, more meaningful lives. We will learn and practice how to use posture and breath to make us calmer, and we will practice focusing the mind on beneficial thoughts and attitudes that generate inner peace and harmony.

**EXPRESSION OF INTEREST** - Please call, email or drop into the college to express your interest in this six week course, if there is enough interest, we will run on Mondays from 10.

### MENTAL HEALTH FIRST AID - with Bev Hume

This two day course equips adults with the knowledge, skills and confidence to recognise, understand and respond to a friend, family member, co-worker, or another adult experiencing a mental health problem or mental health crisis. Using a practical, evidence-based action plan, course participants learn how to approach someone they are concerned about, initiate a conversation, provide support and information, and encourage professional help-seeking. Mental Health First Aid is suitable for businesses, volunteers, organisations and any member of the community. It is not a support or therapy group. This training is subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Friday 21 & 28 November	9:00am - 3:30pm	0

### TAPPING - Breaking Bad Habits - with Maggie Adkins

In this class you will learn gentle yet powerful technique for releasing cravings and other automatic behaviours. We play with chocolate! For more information on Emotional Freedom Techniques - AKA Tapping - go to [maggieatkins.com.au](http://maggieatkins.com.au)

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	3 Wednesdays starting 29 October	10 - 11:30am	70

## SPECIAL INTEREST - Construction

### BUILDING CONTRACTS - with Alan Taylor

**First in a series of three.** 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).

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

### PROJECT MANAGEMENT - with Alan Taylor

**Second in a series of three.** 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).

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Tuesday 14 & Wednesday 15 October	3 - 6pm	75

### GRANNY FLATS FOR DUMMIES - with Alan Taylor

**Final chapter in the series.** 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. Suitable for builders, tradies O/B developers, and suppliers. (5 CPD Points available upon task completion).

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Tuesday 21st October	3 - 7pm	50

### BIRD WATCHING

Join our self-directed group to see great local scenery and beautiful native birds. The group meets every second Thursday of each month, 8.15am at the School of Arts car park, Laurieton. Transport for field trips are shared. Please BYO morning tea and a packed lunch.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
School of Arts Car Park	Second Thursday of each month	8:15am	2.50/year



## SPECIAL INTEREST

### CRYPTIC CROSSWORD - Russell Taylor

Are you a fan of word games and puzzles, but have trouble cracking cryptic clues? Our beginner to intermediate-level course is perfect for you! We'll introduce you to the inner workings of the minds of compilers of these enigmatic puzzles, and you'll be completing them in no time. This fun and interactive 3-week course will have you enjoying years of solving cryptic crosswords. Enrol now and become a master at deciphering cryptic clues.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	3 Wednesdays starting 26 Nov	10 - 11:30am	10

### 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 15th Oct	6 - 8pm	120



## SPORTS

### PICKLEBALL - with Club Coach

Pickleball is easy to learn and easy on the body. Regardless of your age or physical fitness, it's the strategic element of Pickleball that makes it unlike any other racket sport. No playing experience required. Learn the basics. Equipment supplied. Free social play afterwards.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Kendall Tennis Club	6 Wednesdays starting 15 Oct	9:30 - 10:30am	85



## TECHNOLOGY

### WINDOWS 11 INTRODUCTION - with Robyn Martin

Are you seeking employment but lack computer skills, especially with Windows 11? Or maybe you just need some guidance on your new Windows 11 device. This course will teach you the essentials of navigating the system and managing your files, including the new features of Windows 11. This training is subsidised by the NSW Government.

COURSE	DATE/CONSECUTIVE SESSIONS	TIME	\$
Windows 11 - Part 1	3 Fridays starting 24 October	9 - 11:30am	0
Windows 11 - Part 2	3 Fridays starting 21 November	9 - 11:30am	0

## 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 and above. As a result of this initiative the following courses are offered to eligible participants at no cost. For beginners, the below sessions give you a basic introduction into the technologies listed while using a fun and hands-on approach. Bring your own devices, with full charge.

COURSE NAME	DATE	TIME	\$
<b>Introduction to Email - Part 1</b>	Friday 24 Oct	12:15 - 2:45pm	0

**About:** Learn the basic steps you need to help keep in touch with your family and friends using email. How to set up an email account and send and receive emails.

<b>Introduction to iPads</b>	Friday 31 Oct	12:15 - 2:45pm	0
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**About:** iPads can be used for so many things such as browsing the web, reading books, watching movies, calendar entries and alerts and so much more. This workshop will teach you how to navigate your iPad to get the most out of your device.

<b>Introduction to iPhones</b>	Friday 7 Nov	12:15 - 2:45pm	0
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**About:** Phones used to be all about making calls, but now your mobile can do so much more. This workshop will teach you how to make the most of your iPhone.

<b>Introduction to Android Phones</b>	Friday 21 Nov	12:15 - 2:45pm	0
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**About:** Phones used to be all about making calls, but now your mobile can do so much more. This workshop will teach you how to make the most of your android smartphone.

<b>Introduction to Android Tablets</b>	Friday 28 Nov	12:15 - 2:45pm	0
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**About:** iPads can be used for so many things such as browsing the web, reading books, watching movies, calendar entries and alerts and so much more. This workshop will teach you how to navigate your iPad to get the most out of your device.