

CAMDEN HAVEN COMMUNITY COLLEGE



Inform yourself,
transform your life!

LAURIETON
Program Guide

Oct–Dec 2021

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!

Following are the courses and workshops we have on offer for the rest of 2021.

We hope that you will find something of interest to enjoy as you see out the year, which has been an odd and difficult one for many in our community!

Due to the everchanging situation with COVID rulings and lockdowns, please be aware that some courses may be cancelled or postponed at short notice. As always, we will endeavor to follow the correct NSW Government restrictions and thank you for your patience and understanding as we do this.

On the Front Cover

Photographed on the front are 2 of our students, Terry Burke and Ruth Lees, who both completed our Sunrise Photography course with Peter Green. Full credit to Pete for snapping this awesome shot of them in action!

How to Enrol



Visit www.chace.org.au



Call (02) 6559 6699



Email admin@chace.org.au



In person at 16-18 Laurie Street, Laurieton

Message from our Manager

'People who engage in meaningful activities, such as volunteering or hobbies, say they feel happier and healthier - and research shows that learning new skills may also improve your thinking ability.' Extract from an article by Caroline Zielinski in the Sun Herald, June 27, 2021.

We would love to provide meaningful activities and the opportunity for you to learn new skills.

This year has been difficult for so many people, especially with the COVID situation. Perhaps 2022 will be more positive and we can all plan for better times. You might be thinking of a new career caring for people? We offer training in Ageing and Disability at Laurieton, Taree and Forster with highly skilled trainers, great resources and work placement in local facilities. You will have the opportunity to learn many extra skills with your qualification to ensure you have the best chance for a great job.

Looking for a special Christmas gift? Or Spring/Summer interest? Why not a gift of learning (or treat yourself)? Lots on offer at Laurieton, Taree and surrounding communities - see our website www.chace.org.au.



*Joneen Troup
Manager*

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, 2 side dishes, a snack and 2 desserts. Please bring your own chopping boards, knives, apron and at least 6 containers to take home your creations.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Kendall Community Centre	Sunday 28 Nov	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. **Note:** The second session will be a 3 hour local walk to practice photo taking, 8am-11am. This training is subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	3 Mondays starting 25 Oct	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 28 Oct	6pm - 7:30pm	80

PHOTOGRAPH EDITING – with Peter Green

Learn how to really make your photos pop and correct those in-camera exposure errors. Covering many aspects of editing and touching on merging and blending images such as panorama creation and multiple exposures. Requires computer literacy and a laptop with relevant software. See <https://www.chace.org.au/photograph-editing> for more info.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Monday 11 Oct OR Saturday 4 Dec	9am - 2pm	65

POINT PERPENDICULAR PHOTO TRAIL WALK – with Peter Green

Join Pete for a morning bushwalk through the Point Perpendicular trails around the Dunbogan headland. Along the way, explore the use of aperture and shutter priority modes on your DSLR camera and practice shooting landscapes, birds, spiders and flora in the morning light. The group will meet at the trail entrance adjacent to 32 Bergalia Crescent.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Dunbogan Headland	Saturday 13 Nov	7:30am - 10:30am	40

CREATIVE ARTS, FOOD & MUSIC

SUNRISE PHOTOGRAPHY WORKSHOP – with Peter Green

Set the alarm, grab a warm coat and bring a hot coffee for an early morning shoot. Be guided in capturing the magical moment and gorgeous light that happens at dawn. Panorama images will also be visited. Requires DSLR Camera with manual mode, existing basic knowledge of changing settings in Manual mode and a tripod or camera support. See our website for more info at <https://www.chace.org.au/sunrise-photography-1>

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Dunbogan Boatshed	Saturday 13 Nov	4:45am - 6:45am	30

THE WANDERING BRUSH ONLINE– 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. The Wandering Brush will be hosted online via zoom this term and will require you to purchase supplies and canvas prior to commencement. A supply list is available at <https://www.chace.org.au/the-wandering-brush-online> or can be emailed to you.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Online via Zoom	4 Thursdays starting 28 Oct	6:30pm - 8:30pm	80

CULTURE & LANGUAGE

ENGLISH FOR WORK & EVERYDAY PURPOSES

Designed for students who have English as a second language, this course aims to improve your understanding and use of *Everyday Australian*. Included will be English language skills in speaking, reading and writing. Classes run over 2 terms at 8 weeks per term.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Term 4 begins Tues 5 Oct	11am - 12pm	0

HEALTH, SPORT & WELLBEING

BUDDHISM IN EVERYDAY LIFE – with Tin Hta Nu

Learn to apply concepts set up by The Buddha to combat the stresses of everyday life. Examples of how to practice loving kindness, tranquil and insight meditation will be demonstrated to understand oneself and live peacefully. Toward the end of this session, a casual discussion of how to deal with contemporary issues in a Buddhist way will be had over a light vegetarian/vegan lunch.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Kendall Community Centre	Saturday 27 Nov	10am - 2pm	45

HEALTH, SPORT & WELLBEING

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, Argentine Tango, Waltz, Cha-Cha, Slow Rhythm and Rumba. (Enclosed hard-soled shoes preferable and bring some water.)

We are also looking for expressions of interest in learning Australian New Vogue Dances including; Foxtrot New Vogue, Tango New Vogue, Quickstep New Vogue, Waltz Time New Vogue. From Beginners to Advance Levels , singles welcome.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Laurieton School of Arts	6 Wednesdays starting 20 Oct	6:30pm - 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 2 Nov	10am - 11am	90

HAND REFLEXOLOGY WORKSHOP – with Ross Ricketts

Learn the practice of Hand Reflexology. Hand Reflexology is a treatment that uses thumb and finger techniques on reflex zones that rebalance, relax and improve the function of the mind and body. This 3 hour course will teach you these techniques and more - explaining the theory behind the practice and all you need to know to perform a beneficial treatment on yourself or others. Pictured below are some students who attended this course in term 3.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Sat 6 Nov	9:30am - 12:30pm	35

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 beginning 29 Oct	9:30am - 1:00pm	0

RELAXATION/MINDFULNESS GROUP – with Ross Ricketts

This guided-mindfulness group will meet each week of the school term to explore and practice simple relaxation and mindfulness. During the group, you will be seated in a comfortable sitting position using a chair. Cost is \$5 per session/week.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Every Saturday beginning 16 Oct	9:30am - 10:30am	5

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 3 Nov	6pm - 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 22 Nov	3pm - 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 23 & Wednesday 24 Nov	3pm - 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 29 Nov	3pm - 7pm	0

TRAVELLING BY CAR: AUSTRALIA OR THE WORLD! – with Alan Taylor

How would you like to go on a 4WD trip like few before you? We'll cover things such as how to travel and camp safely, what (and what not) to bring, avoid paying camp fees, gravel road and bush toilet etiquette, basic star navigation and fundamental 4WD use.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Camden Haven Community College	Tues 30 Nov	3pm - 6pm	60

TECHNOLOGY

ONE-TO-ONE TRAINING – with Robyn Martin

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

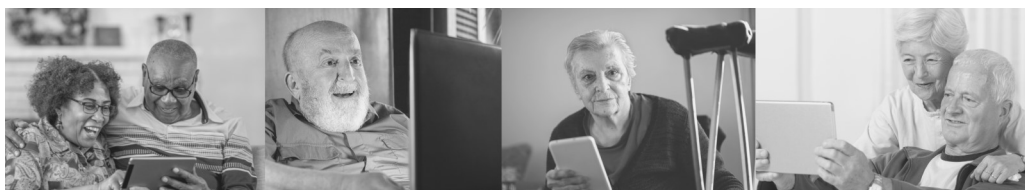
LOCATION	DATE & TIME	\$
Camden Haven Community College	Phone or email the college to negotiate date & time.	60

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

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. For beginners, the below sessions give you a basic introduction into the technologies listed. Using a fun and hands-on approach, you will gain the confidence to get connected and participate in the online world around you. All classes will be held inside of the College.



COURSE NAME	DATE	TIME	\$
Introduction to Android Phones	Fri 22 Oct	12:15pm - 2:45pm	0
Introduction to iPhones	Fri 29 Oct	12:15pm - 2:45pm	0
Introduction to Shopping Online	Fri 5 Nov	12:15pm - 2:45pm	0
Introduction to Tablets: Android	Fri 3 Dec	12:15pm - 2:45pm	0
Introduction to Tablets: iPad	Fri 10 Dec	12:15pm - 2:45pm	0
Introduction to Email	Fri 17 Dec	12:15pm - 2:45pm	0

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CERTIFICATE III IN INDIVIDUAL SUPPORT

(Ageing, Disability & Home and Community)

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



A nationally recognised qualification for gaining employment in a rewarding career as a support worker in a care environment. 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.



Course mandatory pre-enrolment requirements

Evidence of receiving 2021 flu vaccination.

Evidence of receiving first COVID jab vaccination.

Current clear police check for working with vulnerable people.

Completion of LLN online assessment.

NSW Government Smart and Skilled subsidy is available for eligible participants.