

# CAMDEN HAVEN & MANNING VALLEY COMMUNITY COLLEGE



## TAREE PROGRAM GUIDE

Welcome to our current course guide, on offer to the Manning Valley community.

Our vision for 2021 is to further develop our programs in Taree, with low cost and subsidised positions, so that everyone in the community has an opportunity to learn and grow in a friendly, supportive and inclusive environment.

When arriving for your course, you are required by the NSW Government to sign into our QR code using the Service NSW app on your smartphone. If this is not possible, you will need to sign on to our COVID-19 checklist and have your temperature taken. Thank you for your understanding in this matter.

**Please note:** Payment must be made 7 days before your course begins to confirm your position. For subsidised Lifestyle courses with no fee, please only enrol if you are certain you can make it—cancellations must be made at least 7 days prior to course commencement so that waitlisted students have an opportunity to attend and class numbers can be finalised in due time. **Also note:** due to unfairness of last minute cancellations, students who do not (within reason) give us at least 7 days notice of cancellation may be denied future positions in subsidised Lifestyle courses.

### How to Enrol

#### Visit our website

<https://www.chace.org.au>



#### Call us

(02) 6559 6699



#### Email our office

[admin@chace.org.au](mailto:admin@chace.org.au)



**Apr - Jun  
2021**

## LIFESTYLE COURSES

### COMPUTING BASICS – with Robyn Martin

Are you changing jobs, thinking of going back to study or simply feeling you want to improve your skills? This course may give you the foundation and confidence to explore new paths. We will cover using Windows, word-processing, spreadsheets, key-boarding and typing and general problem solving. This training is subsidised by the NSW Government.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Shop 5-6, 11-17 Manning St, Osborne Chambers, Taree	Wed 28 Apr	9:30am—11:30am	3	0

### DSLR PHOTOGRAPHY: AN INTRODUCTION – with Peter Green

Turn your dial off Auto and get to know your DSLR camera to unleash its full potential. Please bring your DSLR, a notepad and pen.

**Note:** The second session will be a three-hour local walk to practice photo taking, 8am—11am. This training is subsidised by the NSW Government.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Shop 5-6, 11-17 Manning St, Osborne Chambers, Taree	Mon 24 May	9am—3pm	3	0

### 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. It is an educational course, not a support or therapy group. MHFA is suitable for businesses, volunteers, organisations, and any member of the community. This training is subsidised by the NSW Government.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Shop 5-6, 11-17 Manning St, Osborne Chambers, Taree	Mondays 19 Apr, 3, 10 & 17 May	9:30am—1pm	4	0

### MY JOURNEY—with Narelle Hart

We're all on a journey to our inevitable deaths. We don't like to think about it, much less plan for it. In this interactive workshop, be led on a journey of discovery with death whilst honouring our shared experience and collective knowledge. We will demystify Advance Care Planning, explore Funeral options including green and DIY funerals, create a Journey Box to house your end-of-life plan and other legal documentation, all among much discussion and even some fun!

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Shop 5-6, 11-17 Manning St, Osborne Chambers, Taree	Tues 4 May	10am—1pm	6	150

## LIFESTYLE COURSES

### RESONATE WITH LIFE! – with Jenn Watts

Learn to utilise Movement, Music and the Creative Arts to discover within yourself a mind/body connection, that personally empowers you and can be implemented in your everyday rhythms. Fun techniques such as clay sculpting, meditation, painting and more will be used.

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Manning River Sailing Club, William Wynter Drive, Taree	Mon 3 May	10am—11:30am	6	140

### RUBATO – with Jenn Watts

RUBATO is a musical term describing the expression of how melodies & rhythms explore each other when in motion. Combining Breath, Body and Beats, we can move and groove to get out of our heads, and back into our body! This is a guided class of free movement that supports mental health and wellbeing. All abilities, ages and walks of life welcome!

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Manning River Sailing Club, William Wynter Drive, Taree	Fri 7 May	10—11am	6	80





### PAINT YOUR GROOVE WORKSHOP – with Jenn Watts

This fun Workshop will explore our emotions, our mindset, and our own bodies movement—through the expression of painting and moving along to different genres of music. Be prepared to get messy, have fun and walk away invigorated!

LOCATION	START DATE	TIME	CONSECUTIVE SESSIONS	\$
Manning River Sailing Club, William Wynter Drive, Taree	Wed 28 Apr	12pm—2pm	1	30

## TECH SAVVY SENIORS

Tech Savvy Seniors is a NSW Government initiative in partnership with Telstra for seniors aged 60 and over. As a result of this initiative the following courses are offered **AT NO COST**.

   				
COURSE NAME	LOCATION	DATE	TIME	\$
<b>Introduction to Tablets: iPad</b> BYO device.	Shop 5-6, 11-17 Manning St, Osborne Chambers, Taree	Wed 28 Apr	12pm—2pm	0
<b>Introduction to Tablets: Android</b> BYO device.		Wed 5 May	12pm—2pm	0
<b>Introduction to the Internet</b> BYO laptop if possible.		Wed 12 May	12pm—2pm	0

## LIFETSYLE TRAINERS/FACILITATORS WANTED!

We are looking for trainers in the Manning region, who are passionate about what they teach and genuinely want to help the community through the imparting of knowledge, with programs such as:

- Creative Arts - Basket weaving, painting, cartooning etc.
- Language - AUSLAN, Gathang, Spanish etc.
- Music - Guitar, Djembe etc.
- Sport - Yoga, Dance etc.
- Wellness - Meditation, Drumming etc.
- other ideas welcome

As a Not-For-Profit Organisation, our aim is to provide affordable and accessible short courses to all people in our community. If you would like to know more or submit a course proposal, please email our Lifestyle Program Coordinator, Mikaela: [admin@chace.org.au](mailto:admin@chace.org.au) or call her on (02) 6559 6699 Tuesday to Friday between the hours of 9:30am—3pm.

## ACCREDITED COURSES



### CHC33015 CERTIFICATE III IN INDIVIDUAL SUPPORT (Ageing & Disability)

Are you ready to learn new skills?

Are you seeking a rewarding career in an industry with high employment opportunities?

This could be the course for you!

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.

### Taree

Enrolment and Information session

LOCATION	DATE	TIME
Shop 5-6/11-17 Manning St Osborne Chambers, Taree	Mon 17 May	9:30am—12:30pm

**Note:** Course commences on Monday 24 May—above details are for enrolment/info session only.

### Forster

Enrolment and Information session (Course venue To Be Advised)

LOCATION	DATE	TIME
Shop 5-6/11-17 Manning St Osborne Chambers, Taree	Mon 17 May	1:30pm—3:30pm

**Note:** Course commences on Monday 24 May—above details are for enrolment/info session only.