

# CAMDEN HAVEN & MANNING VALLEY COMMUNITY COLLEGE

Inform yourself, transform your life!



*photographs by diane*

“Prior to the course I used my camera mainly on Av & TV modes but now very confidently use Manual setting. The confidence and hands on knowledge gained, I feel will launch my photography to the next level.”

– Diane Willey

## Program Guide

Jul - Sep 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 a range of courses we currently have on offer in the Manning Region. We are currently seeking more enthusiastic trainers and facilitators of lifestyle courses in Taree. If this is of interest to you, please contact our Lifestyle Program Coordinator by email at [admin@chace.org.au](mailto:admin@chace.org.au) to take the next step in submitting a course proposal.

## *Message from our Manager*

We would love to be part of your learning, whether vocational, general, instructive, fun, social, health-enhancing, because you need to, or just because ....

It's official! Staying engaged through social interaction, learning and challenging your brain will help us to age well. The Age Well Project: Easy Ways To A Longer, Healthier, Happier Life, by Annabel Streets and Susan Saunders, published by Hachette Australia 2019 concludes 'Most studies of long-term health have found social interaction and continued mental engagement to be a key predictor of how well we age.' The very healthy '...have active, engaged lives involving plenty of stimulating social relationships, and brains continuously challenged by reading, travel, hobbies and learning.'

Would you like to 'Age Well'? I hope our program offers something inviting.

You are always welcome at our friendly learning places. We are thrilled to have programs in both Laurieton & Taree.



*Joneen Troup  
Manager*

## *On the Front Cover*

A shot taken by one of our talented students, Diane Willey, who recently attended our DSLR Photography Introduction course in Taree. Here is what she had to say:

*"I would like to compliment you on the course content and compliment Peter on his presentation of the course . He is so easy to understand and follow, is a very good teacher and knows his subject very well. Prior to the course I used my camera mainly on Av & Tv modes but now very confidently use Manual setting. The confidence and hands on knowledge gained, I feel will launch my photography to the next level. I highly recommend this course and Peter for his teaching ability." - Diane Willey.*

## *How to Enrol*



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



Call (02) 6559 6699



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



In person—an office space is coming soon to Taree!

## 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 14 Jul	9:30am—12pm	3	0

### COMPUTING BASICS: PART 2 – with Robyn Martin

Building on the Computing Basics course, you will expand your skill base with Windows 10 and MS Office programs. We will cover downloading apps and transferring files to and from other devices. 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 1 Sep	9:30am—12pm	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. We have 2 separate courses this term.

**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 12 Jul	9am—3pm	3	0
	Or Mon 30 Aug			

### 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	Mon 2 Aug	9:30am—1pm	4	0

## ACCREDITED COURSES



### CHC33015 CERTIFICATE III IN INDIVIDUAL SUPPORT (Ageing, Disability & Home and Community)

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.

**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!**

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](mailto:veronica@chace.org.au).

## 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**.



COURSE NAME	LOCATION	DATE	TIME	\$
<b>Introduction to the Internet</b> BYO device.	Shop 5-6, 11-17 Manning St, Osborne Chambers, Taree	Wed 1 Sep	12:45pm—3:15pm	0
<b>Introduction to Android Phones</b> BYO device.		Wed 8 Sep	12:45pm—3:15pm	0
<b>Introduction to iPhones</b> BYO device.		Wed 15 Sep	12:45pm—3:15pm	0