

CAMDEN HAVEN & MANNING VALLEY COMMUNITY COLLEGE



Inform yourself,
transform your life!

**Manning Valley
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 a range of courses we currently have on offer in the Manning Region. We are seeking more enthusiastic trainers and facilitators of lifestyle courses in Taree. If this is of interest to you, please contact our Lifestyle Program Coordinator, Mikaela Peterson, by email at admin@chace.org.au to take the next step in submitting a course proposal.

On the front Cover

Featured is a photograph taken by one of our students, Sarah Swift, who recently attended our DSLR Photography Introduction course. Here is what she had to say about her experience:

"This is a wonderful course, I knew nothing about my new camera, but since doing this course I can see the difference of the photos. It covered so much, from photography art and exposure to camera functions and equipment.

Peter, our tutor, works with everyone to ensure they get the most out of their cameras."

How to Enrol



Visit www.chace.org.au



Call (02) 6559 6699



Email admin@chace.org.au



In person—an office is coming soon to Taree!

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*



CULTURE & LANGUAGE

ITALIAN FOR BEGINNERS – with Michelina Sirianni

Will you be on that first flight out to Italy? Then start your Italian language learning journey now. From basic introductions through to grammatical nuances, you will learn the fun and easy way to get back to the country we all love to visit.



LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Shop 5/11-17 Manning St, Osborne Chambers, Taree	6 Tuesdays starting 2 Nov	5:30pm—7:30pm	140

CREATIVE ARTS & MUSIC



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 camera, 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	DATE/CONSECUTIVE SESSIONS	TIME	\$
Shop 5/11-17 Manning St, Osborne Chambers, Taree	3 Mondays starting 29 Nov	9am—3pm	0

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 information.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Shop 5/11-17 Manning St, Osborne Chambers, Taree	Monday 22 Nov	9am—2pm	65

HEALTH, SPORT & WELLBEING

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	DATE/CONSECUTIVE SESSIONS	TIME	\$
Shop 5/11-17 Manning St, Osborne Chambers, Taree	4 Mondays starting 25 Oct	9:30am—1:00pm	0

MOOD & MOVEMENT ENHANCING WORKSHOP— with Jenn Watts

During this workshop series you will learn about Healthy Mind Body Connection, and how to access our Natural Relaxation Response through Music, Movement & Mindfulness. As we explore our own bodies movement, we will discover ways to open our physical capacity, release tension, and ignite our living energy!



LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Manning River Sailing Club	8 Fridays starting 22 Oct	10am—11am	80

TECHNOLOGY

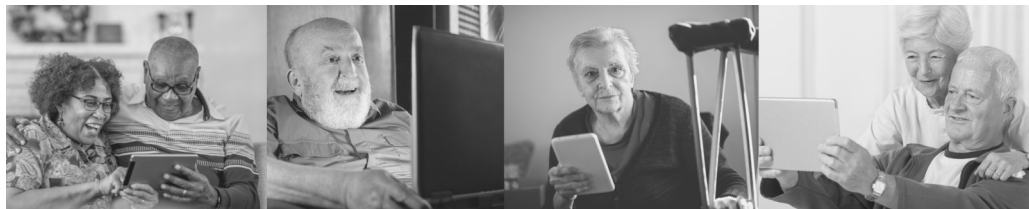


WINDOWS 10 – with Robyn Martin

Learn the basics of navigating this system and how to create, save and transfer your files. This course demonstrates how to use many of the Windows 10 new features including security, mail, Cortana and Edge. This training is subsidised by the NSW Government.

LOCATION	DATE/CONSECUTIVE SESSIONS	TIME	\$
Shop 5/11-17 Manning St, Osborne Chambers, Taree	3 Wednesdays starting 3 Nov	9:30am—12pm	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 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.



COURSE NAME	LOCATION	DATE	TIME
Introduction to Tablets: Android BYO Android Tablet, fully charged.	Shop 5 11-17 Manning St, Osborne Chambers, Taree	Wed 3 Nov	12:45pm—3:15pm
Introduction to Tablets: iPad BYO iPad, fully charged.		Wed 10 Nov	12:45pm—3:15pm
Introduction to iPhones BYO iPhone, fully charged.		Wed 17 Nov	12:45pm—3:15pm
Introduction to the Internet BYO Tablet or laptop if possible.		Wed 24 Nov	9:30am—12pm
Introduction to Android Phones BYO Android Phone, fully charged.		Wed 24 Nov	12:45pm—3:15pm

CHC33015 **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.



About this course

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.

Camden Haven Community College Inc:

- Organises the 120 hours of mandatory work placement with the local aged care service providers for each of our enrolled students.
- Provides quality face – to- face vocational education.
- Delivers professional education from our local community based, highly skilled, professional, current, and industry experienced trainer and assessors to ensure our students are well equipped to enter the workforce and new career pathway

Additional education provided during the course to better prepare students:

- HLTAID011 Provide First Aid
- HLTAID009 Provide Cardiopulmonary Resuscitation
- MHFA Mental Health First Aid
- FSK20119 Certificate II in Skills for Work and Vocational Pathways

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

ACCREDITED COURSES



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.

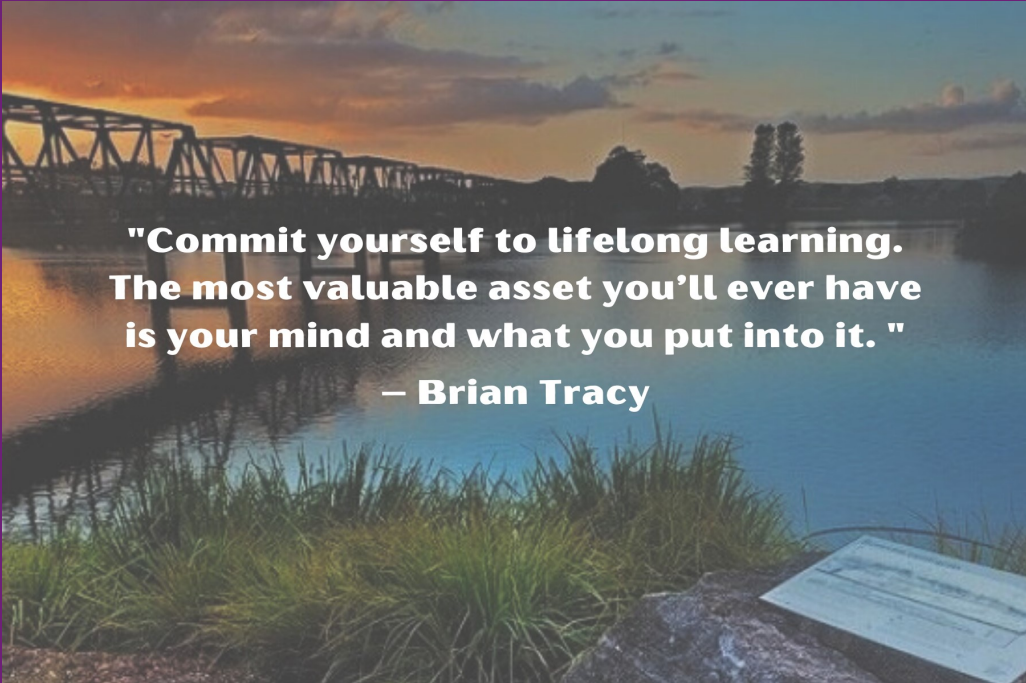
QUALIFICATION: CHC33015 CERTIFICATE III IN INDIVIDUAL SUPPORT

CORE UNIT CODE	NAME
CHCCCS015	PROVIDE INDIVIDUALISED SUPPORT
CHCCCS023	SUPPORT INDEPENDENCE AND WELL BEING
CHCCOM005	COMMUNICATE AND WORK IN HEALTH OR COMMUNITY SERVICES
CHCDIV001	WORK WITH DIVERSE PEOPLE
CHCLEG001	WORK LEGALLY AND ETHICALLY
HLTAAP001	RECOGNISE HEALTHY BODY SYSTEMS
HLTWHS002	FOLLOW SAFE WORK PRACTICES FOR DIRECT CLIENT CARE
ELECTIVE CODE	SPECIALISATION (AGEING)
CHCAGE001	FACILITATE THE EMPOWERMENT OF OLDER PEOPLE
CHCAGE005	PROVIDE SUPPORT TO PEOPLE LIVING WITH DEMENTIA
CHCCCS011	MEET PERSONAL SUPPORT NEEDS
CHCPAL001	DELIVER CARE SERVICES USING A PALLIATIVE APPROACH
CHCCCS013	PROVIDE BASIC FOOT CARE
HLTINF001	COMPLY WITH INFECTION PREVENTION AND CONTROL POLICIES AND PROCEDURES
ELECTIVE CODE	SPECIALISATION (DISABILITY)
CHCDIS001	CONTRIBUTE TO ONGOING SKILLS DEVELOPMENT USING A STRENGTHS-BASED APPROACH
CHCDIS002	FOLLOW ESTABLISHED PERSON-CENTRED BEHAVIOUR SUPPORTS
CHCDIS003	SUPPORT COMMUNITY PARTICIPATION AND SOCIAL INCLUSION
CHCDIS007	FACILITATE THE EMPOWERMENT OF PEOPLE WITH DISABILITY
ELECTIVE CODE	SPECIALISATION (HOME AND COMMUNITY)
CHCCCS025	SUPPORT RELATIONSHIPS WITH CARERS AND FAMILIES
CHCHCS001	PROVIDE HOME AND COMMUNITY SUPPORT SERVICES



RTO 90018

*Providing lifestyle and vocational courses to our local communities,
for over thirty years, in the Camden Haven and Manning Valley.*

A scenic photograph of a bridge over a river at sunset. The bridge is a long, low structure with a series of arches. The river is calm, reflecting the sky and the bridge. The sky is a mix of orange, yellow, and blue. In the foreground, there are some green reeds and a small sign on a rock.

**"Commit yourself to lifelong learning.
The most valuable asset you'll ever have
is your mind and what you put into it. "**

— Brian Tracy