



GO NEWS

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



GO Participants and staff out and about in Melbourne.

Busy, busy, busy! In the past month GO participants have been having a fantastic time exploring the Mitchell Shire, Melbourne, and beyond! Check out the Literacy Group's write up of their Melbourne overnight trip below.

MELBOURNE OVERNIGHT

Written by the GO Literacy Group

Our group travelled by train to Melbourne, picking up Mikey on the way. We checked into our motel which was the Mantra in South Bank. They were two bedroom apartments overlooking the city.

We then went to the Crown food court where we all independently purchased our lunch. After lunch, we wandered around the Melbourne SeaLife Aquarium. There we saw a massive crocodile, clown fish, king penguins and many more exhibits. The penguins were very entertaining and were interacting with people.

Up reasonably early to get ready for breakfast, we spoiled ourselves with a hot buffet breakfast at the motel!

We then checked out of our motel and caught a tram to Docklands to visit Artvo. Artvo is an immersive art gallery, which features different illusions. We acted out various scenes putting ourselves into the photos. It was heaps of fun. There were so many scenes to create some great photos. After this, we went to Nandos for lunch.

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Get Involved

Goulburn Options acknowledges the traditional custodians of the land upon which we work. We pay our respects to their elders past, present and emerging.



Then we got the tram back to the Southern Cross Station. We had time up our sleeves to have a look around the Spencer Street shopping centre, and then enjoyed a nice hot coffee or hot chocolate, and some snacks.

We caught the train back to Seymour. It was a wonderful, interesting experience. We had so much fun and now look forward to our next overnight trip later in the year!

Melbourne Overnight



Participants checking out a rockpool at the aquarium, and Davis S in Jaws!



Surfs Up! Mikey W



Out of This World! Hannah C



Huge watermelon, or tiny participants?



Top Left: Back at MOVE Shepparton, the Literacy Group had an awesome time learning about the history of motor vehicles.



Top Right: At the opening of Seymour Petstock, Samuel A made a new furry friend.



Right: Jonathon M getting ready for Spring in the GO Greenhouse.

Below: GO Participants were invited to an exclusive showing of Shrek Jnr at Broadford Secondary College. A brilliant time was had by all -- what a fantastic show!





Andrew L making sure things are level



Lukas D getting down a first coat



Dylan L adding the finishing touches



The GO Woodwork Shed was recently commissioned by the GO Again Op Shop to build a feedback box for display in the store. The team worked hard to skillfully put together the piece, which is now a beautiful, and functional addition to the space.

GO Woodwork meets multiple times a week to work on a range of group and individual projects, and to develop job-ready skills.

Did you know that you can keep up with what's happening in the shed each week by liking the GO Woodwork Facebook Page? Check us out! And if you'd like to get involved with GO Woodwork, you can always contact us at programs@goinc.org.au or by calling 5792 3192.

FROM THE SHED



GO ART

One of our GO Artists' favourite things to do in the studio is experiment with new methods and mediums of art-marking. In the last month, the art team have been getting hands-on in a pottery workshop, adding woodwork to their repertoire and enjoying sensory mark-making.



Lucinda D during the pottery process



Kimberly O adding colour to a new dragon work



Gemma R creating abstract forms



Leonie N creating a 3D version of her owl painting



Kieran M experimenting with vibrant marks



Kath S starting the linework for a new image



All Abilities

Pathways Expo

For Inclusive Ed school leavers and families living with disabilities

Seymour Family & Children's Centre

29 Stewart Street, Seymour

Services include:

- Wdea Works
- Intereach
- Goulburn Options
- Familycare
- Nexus Primary Health

September 14th

2.30pm - 4.30pm

Light afternoon tea provided

Lucky door prize available





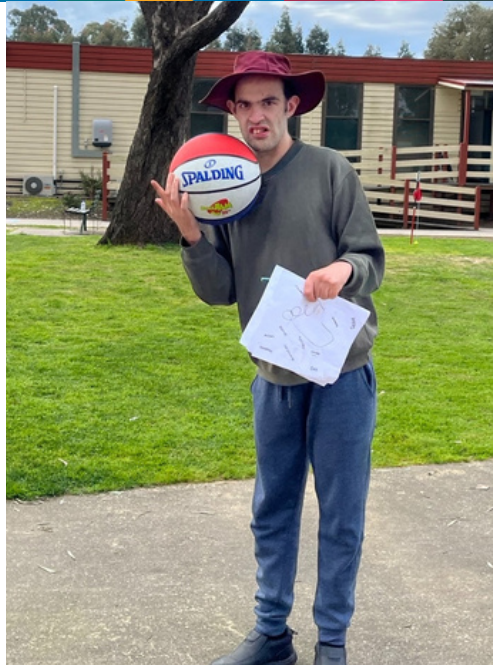
In line with our organisational values - Diversity, Equity & Capability - Goulburn Options supports our participants to set, work towards, and reach individual goals.

For many participants, an important goal is to develop independent living skills alongside personal interests and strengths.

GO Group Programs are designed to facilitate the development of these skills in a range of different areas. For people looking to get job-ready, we have programs such as Woodwork, Literacy, RAGZ and Op Shop. For people wanting to learn more about living independently, there is Cooking, Look Good Feel Good, and Out and About. And for people looking to develop their communication and community participation skills, there are opportunities each and everyday to get involved in all the comings and goings of GO!

This isn't even mentioning GO Flexible, or Supported Independent Living supports -- also offered by our organisation!

INDEPENDENT LIVING SKILLS



In August, GO participants made the most of the brighter weather, and got outside for a Sports and Games Day! Complete with an awesome sausage sizzle on the brand new GO BBQ, a fantastic time was had by all. Pictured; Andrew L, Reece H and Jonathon M getting into the spirit of the day!

TUNE IN



Remember to Tune In to GO RADIO every Wednesday afternoon from 12pm-2pm to hear the latest news and tunes from Goulburn Options participants!

Seymour FM
103.9

REMINDER

Standard GO Day Programs will be closed for the Grand Final Public holiday on

Friday,
September
29th 2023



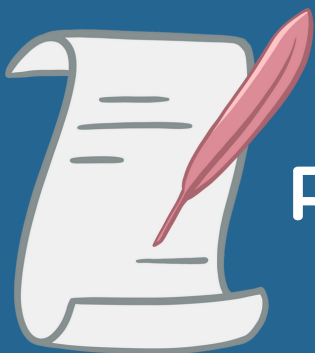
WORDSEARCH

This word search is filled with topics from this month's newsletter. Can you find them all?

D I S A B I L I T Y A O L
 E P N W G P E A P B U V N
 O P T I O N S R O I P E E
 Y T G A V O Y O P D A R I
 A S H R E K D A S I G N S
 Q E Q U I T Y W S V S I S
 U R M D S E P S O E B G M
 A V O L U N T E E R D H U
 R I P A T H W A Y S K T S
 I C C A P A B I L I T Y E
 U E E S U P P O R T U I U
 M S S P O T T E R Y G P M
 I N D E P E N D E N C E I

WORD LIST

AQUARIUM
 CAPABILITY
 DISABILITY
 DIVERSITY
 EQUITY
 INDEPENDENCE
 MUSEUM
 OPTIONS
 OVERNIGHT
 PATHWAYS
 POTTERY
 SERVICES
 SHREK
 SIGN
 SUPPORT
 VOLUNTEER
 WOODWORK



THE POETRY PAGE

This month's poem:

Untitled
By Lucinda Donnelly

I am going to write
 about a dark night
 when I saw a bright light
 which gave me a fright
 it was a weird sight
 which I can recite
 after it took flight
 at a great height
 into the dark night



As Winter starts drawing to a close, and sunny days become more regular, GO gets even busier! Check out what we've been up to in the last month.

Clockwise: Caitlin W and little Kenny! DSW Garry and Chris M during woodwork, Caitlin W and David T enjoying the park, Stephen R visiting the Delatite Horse, Susan M with the stars of BSC's Shrek Jnr, Paris G proudly displaying her art work in the community.

THIS
MONTH IN
PICTURES



Get in touch with the
Support Coordination Team

Call:
0476 164 481

Email:
supportcoordination@
goinc.org.au

Facebook:
GO Support Coordination

THE SUPPORT REPORT

Did you know that Goulburn Options offers Support Coordination services?

We work with participants, their families and carers to ensure that they are living their 'biggest lives possible!'

Support Coordination helps you to make the best use of the supports in your NDIS plan, and gives you the choice and control over the disability supports and services you access. It is capacity building support which helps you to:

- Understand and use your NDIS plan to pursue your goals
- Connect with NDIS providers, community, mainstream and other government services
- Build your confidence and skills to use and coordinate your supports

For more information on Support Coordination, please visit the official NDIS website: www.ndis.gov.au

Opportunities for the Whole Community

Part of the work of Support Coordinators is to link participants, families and carers with community events, resources, groups and initiatives which are skill-building and capacity increasing.

NDIS Review Submissions

www.ndisreview.gov.au/have-your-say

As part of the government's review into the NDIS, NDIS participants, families, carers and disability support workers are being asked for their feedback on the scheme.

If you'd like to have your say, get in before the upcoming deadline: **Friday September 1st 2023.**



VOLUNTEERS WANTED!



Interested in joining the GO Again Op Shop Team?

Email:

deb.will@goinc.org.au

Find out more at:

www.goinc.org.au

Who are we?

Goulburn Options is a community-based not-for-profit organisation providing a range of support services for people with disability.

Our GO Again Op Shop provides significant support to our organisation and services our vocational work program. With the support of our wonderful team of volunteers we are able to maximise opportunities for our participants to gain access to the community.

MEET OUR VOLUNTEERS!

Our GO Again Op Shop Volunteers are integral to the ongoing success of our store, as well as our vocational work programs.



BARB KELLY

Barb began working at the GO Again Op Shop after being approached by one of her friends, who was also volunteering. After her first shift she was hooked and has since barely missed a day in 22 years. Before volunteering, Barb worked at the Seymour Hospital as a nurse from 1980-2001, before retirement. Barb is a local, having lived in both Sugarloaf Creek and Seymour for many years. Barb has seen a lot of positive changes to GO Again, and describes the shop as having a 'boutique feel' about it now. She appreciates the way each volunteer brings their own experience to the store, and enjoys the camaraderie. She has enjoyed watching participants' achievements during her time at GO Again.

PAM JEFFERIES

Before moving into Seymour, Pam, her husband Colin, and their children lived on and worked a sheep station near Hughes Creek for 40 years. It was very hard, but rewarding work. When they eventually moved, Pam was restless, and jumped at the suggestion of joining the GO Again Op Shop. She has been with the team for 22 years now. Pam's husband Colin was also involved with Goulburn Options -- working the men's shed at Delatite Road, and helping out our organisation with a variety of maintenance tasks. Pam enjoys spending as much time with her family as possible, and has also found her volunteering role very rewarding and worthwhile. She enjoys the friendship she has made along the way.





Some of our awesome Disability Support Workers in action, supporting GO Day Programs participants.

ARE YOU A DISABILITY SUPPORT WORKER?

Goulburn Options is currently looking for qualified and/or experienced Support Workers to join our team, initially as a Casual, with ongoing opportunities to transition to Part-Time employment. Our current vacancies include weekdays, weekends, evenings and overnights. We operate 365 days a year, 24 hours a day.

To apply, send your cover letter/current resume to programs@goinc.org.au

**JOIN THE
TEAM TODAY!**

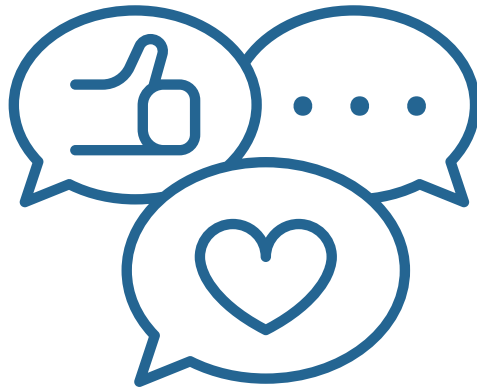


GOT A CONTRIBUTION?

If you have any questions about our newsletter, have an idea, or would like to make a contribution please feel free to contact us:

**5792 3192 or
programs@goinc.org.au**

FEEDBACK



Here at Goulburn Options, we pride ourselves on delivering support services of the highest quality possible, but to do that, we need your help.

If you are a participant, family member or carer of a participant, staff member, or member of the broader Goulburn Options community we would love to hear from you.

How was your recent experience with us? Do you have any questions or concerns? Do you have a suggestion for how we could improve our service? Let us know!

You can give Goulburn Options Feedback via phone:

03 5792 3192

Email: programs@goinc.org.au

You can even arrange an in-person meeting, or request a complaints and feedback form to remain anonymous.

Goulburn Options values any and all feedback as we strive to continually improve our service.



CONTACT US

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



GENERAL ENQUIRIES

Phone: 03 5792 3192

Email: programs@goinc.org.au

SUPPORT COORDINATION

Email: supportcoordination@goinc.org.au

Goulburn Options operates out of

28 High Street, Seymour

&

16-18 Station Street, Seymour

GO AGAIN OP SHOP

Shop 4/115 Anzac Avenue, Seymour

Goulburn Options is a **Registered NDIS Provider.**

