



GO NEWS

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'

No. 8
MAY/JUNE
2023

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Get Involved



Kerryn P, Hannah C, Lucinda D and Leonie N with the Bendigo Bank's generous \$40,000 grant.

A COMMUNITY GRANT FOR GO

This May, Goulburn Options was proud to attend the Bendigo Bank's 2023 Community Bank Grants Night for Wallan, Kilmore and Broadford. At the event, our representatives officially accepted a generous \$40,000 Grant, which has already been put to great use purchasing new vehicles for GO following last year's October floods. In the floods, our fleet of vehicles was lost to water damage, and our services disrupted for a time as the waters receded and the team went in to assess the damage. In the meantime, our community of dedicated staff and volunteers banded together to ensure that all of our participants could continue to be supported. Thanks to the generosity of various local businesses and organisations, we were back on the road before long in a variety of loaned vehicles. Then, thanks to the Community Bank Wallan, Kilmore & Broadford, we were able to begin the purchase of new vehicles, fitted out with all necessary accessibility equipment, including a wheelchair lift.

Being able to transport our participants between their homes, our centers and the community is an integral part of our day to day operations. This grant, along with all the community support we have received in the months since October, has had a direct, and far reaching impact on our services, and our ability to support our participants to live their 'Biggest Lives Possible.' Our heartfelt thanks goes out to our community, and the Bendigo Bank for their ongoing support.

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





Bob receiving his 25 Year Service Award at the 2022 GO Annual General Meeting.

**What an amazing achievement!
Goulburn Options thanks Bob
for his many years of service
to our organisation.**

This month, Goulburn Options says goodbye to a long-standing member of our community, as Robert Edwards steps down from his service on the GO Board. Bob has a long, exceptional history with Goulburn Options, and is one of our longest standing volunteers. His contribution to our organisation, and the lives of the many participants who have engaged with us over the years cannot be overstated.

Bob began with us as a Board Member from 1988-1991, then took on the role of instructor from 1991-1995, back when GO was known as the Seymour ATSS.

Rejoining the Goulburn Options Board in 2003, Bob has held many executive roles. This includes President of the Board for 4 years, Vice President for 2 years, Secretary for 5 years, Treasurer for 7 years, and 4 years as Director. For his extended service, Bob received Life Membership in 2008.

In 2015, at the opening of Goulburn Options' Respite Units, Unit 3 was named 'Barry's B&B' in loving memory of Barry Knippel, a former member of Goulburn Options who was Bob's brother-in-law.

At the 2022 Annual General Meeting, Bob was presented with his 25 Year Service Award -- an opportunity for the Board, GO Staff and association members to celebrate the lasting impact Bob has made on GO.

From everyone at Goulburn Options, thank you Bob for all you have done for our organisation, our staff and our participants. Your impact will be felt for decades to come. We wish you all the best in your future endeavours.

BEST WISHES FROM GO



Goulburn Options participants take every chance to get out and about in the community, and June has seen the trend continue. This month, GO participants took a trip to visit the Ned Kelly Museum in Glenrowan. It was a fantastic day stepping back into Australia's history, and exploring the many exhibits and displays. Kate's Cottage and the full size replica of the Kelly Homestead gave the group a look into what it would have been like to live in the mid-1800s -- life as a bushranger was certainly rough! **Pictured:** GO Participants of the Literacy and Women's Shed enjoying the Glenrowan Muesum.

GO AT GLENROWAN



Susan M, Di W, & Katie M at the Doris Day High Tea



Lucinda D volunteering in the kitchen

HIGH TEA x2

The month of May saw GO participate in two High Teas! The first was the Doris Day High Tea in Tallarook which our participants volunteered at, and attended. The second was Go's very own Mother's Day High Tea, which saw GO participants and staff catering, and putting on an Op Shop Fashion Show for a wide range of community members. The day was a huge success! Thank you to all the staff, participants and volunteers involved!

GO EAT: MARS BAR SLICE

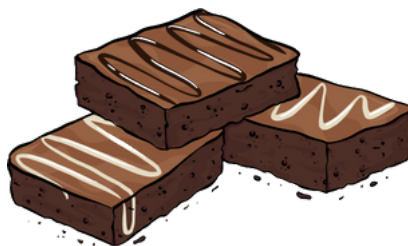
The GO EAT crew meet regularly to brush up on their cooking skills and try out new recipes. Often, the crew also cater GO Events! Recently, the GO EAT Team had a big hand in putting on the Mother's Day High Tea -- a big thank you to all participants and staff involved! See below for one of GO EAT's favourite recipes: Mars Bar Slice.

INGREDIENTS:

- 200g butter
- 4tbs golden syrup
- 10 x 53g Mars bars (finely chopped)
- 300g rice bubbles
- 4 x dark Cadbury baking chocolate
- 100g Copha

METHOD:

1. Grease and line a baking tray with baking paper.
2. Combine butter, golden syrup and 6 of the finely chopped Mars Bars in a pan to melt completely.
3. Place remaining Mars Bars, the melted mixture, and rice bubbles in a large bowl, and stir until combined. Spoon into the baking tray and flatten. Cool in the freezer for 15 mins.
4. Place the chocolate and Copha in a glass bowl over a saucepan of water. Melt the chocolate and pour over the top of the slice in the pan. Cool in the freezer or another 10 minutes.
5. Once the slice has set, slice it into squares and serve!



Pictured: James J, and Hannah C putting together a delicious slice!





GO ART

After the absolute success of the GO ART Tastes of the Goulburn Art Show, our participants have got right back into the swing of things, practicing new techniques, trying new mediums, and generally having an awesome time getting creative!



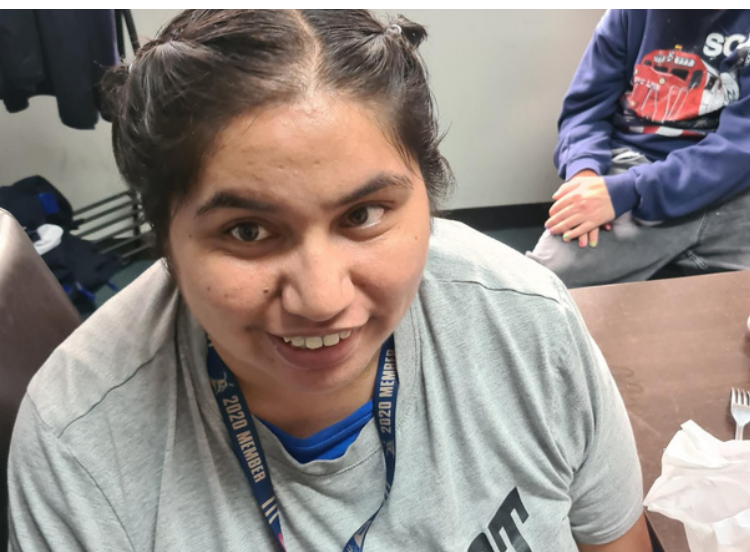
Stop by local business Two Broker Girls to see their display of two Rosie S' original works.

Pictured, clockwise: Rosie S & Sarah with Rosie's artwork, Carol putting down a colourful paint layer, Leonie working on her brand new owls, Jeremy adding to a group work, James J in the final stages of one of his new pieces





Every day, Goulburn Options participants engage in a variety of programs which relate to their different interests, skills and development goals. Woodwork is one of these programs -- in the GO shed participants work on individual and group projects from the design stage right on until the finished product is sealed and painted. See pictured: David T, Leonie N and Andrew L all hard at work in the shed!



Look Good, Feel Good is a GO Program which supports participants to practice different beauty and hygiene routines. With the support of staff, participants learn how to take care of their bodies, how to independently maintain their health, and how to express themselves with new styles and fashions! Check out two of the Look Good, Feel Good crew -- Susan M and Lisa S with their funky new hairstyles!



GO PROGRAMS





Pictured:
Mikey W
getting ready
to announce
the next tune

Dianne G
keeping time
on the cowbell,

Kieran M
having a blast
with Rob on
the guitar!



Thursday afternoon's live music in the GO group program space known as The Palace, is referred to on the timetable as Music Group A, but MC Mikey W calls it 'Rocking with Rob!' Mikey introduces everyone's favourite -- David T's David B. Goode, Chris M's Shuddup your Face, Susan M's Barry Gibb and Lisa S' Dancing in the Street.

Dianne G is referred to as the 'Human Metronome' always keeping perfect time on the cowbell, and Kieran M keeps a very close watch on Rob and his guitar!

Apart from moving through a live music history of Rock 'n Roll, the party really gets going when the Key Word Sign group flash their hands through half a dozen songs. We finish up with an Australiana segment. Rio's favourite is Once a Jolly Swagman and Mikey nominates I Am We Are Australian as our next National Anthem.



GO PROGRAMS





KEY WORD SIGN

The Goulburn Options Key Word Sign Group practices their AUSLAN signing each week, learning a variety of words and phrases. See if you can follow along!



Megan D signing 'Happy'



Happy ↷



Tap palms of flat hands together in small circles

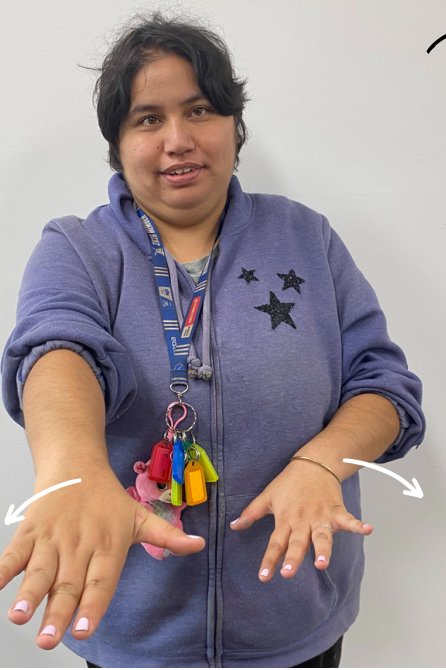


Crystal S signing 'Bad'

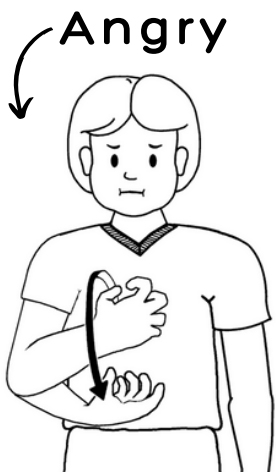
Bad ↷



Move hand forward from shoulder with little finger extended up and facing forward



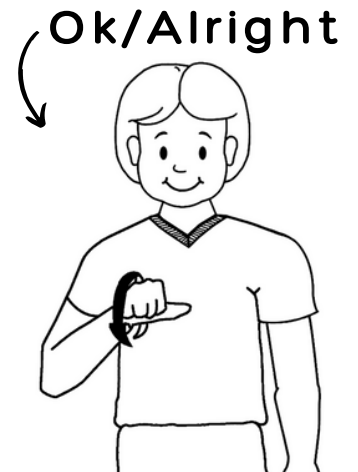
Lisa S signing 'Busy'



With clawed fingers facing stomach, turn hand so that palm faces up.



With both hands spread palms down, start with hands in front of you at sides, move hands left and right quickly



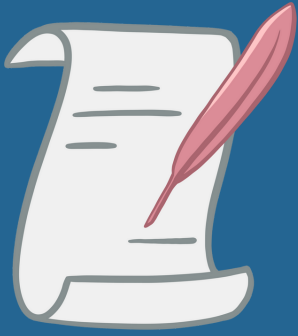
With thumb extended sideways from fist, move hand forward in a small circle



Rosie S signing 'Angry'



Dianne G signing 'Okay'



THE POETRY PAGE

In the last few months, a group of GO participants have been expressing themselves, and inspiring each other via their poetry. The creativity has really been flowing! Check out two of their poems here.

My Sister with a Mister

By Lukas DiPietrantonio

How are you doing mister
 Dating with my sister
 Hanging at the club
 Drinking at the pub
 Skulling pints of beer
 Shouting out a cheer
 Many people screamed
 It's what they have dreamed
 They're having a great time
 Sucking lemon and lime
 From a stripey straw
 It is what people saw
 They overflowed their drinks
 Spilling them in the sinks
 The party's running crazy
 Nobody is being lazy.
 Everybody's drunk
 The pub is full of gunk
 The party is a mess
 I kissed a girl names Bess.

Bushfire, Bushfire

By Lucinda Donnelly

Bushfire, bushfire burning oh so
 bright
 Burning faster than the sound
 of light
 Taking everything in its sight
 Turning day into night
 As the flames grew oh so high
 With no time left to fight
 With no time to run and hide
 With peoples screams heard
 every time
 Watching animals running from
 this burning time
 As country towns were burning
 to the ground
 With people feeling oh so down
 It is time to come back to our
 own hometown
 To help rebuild our country
 town
 And hold our heads oh so
 proud.



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.

Here are some opportunities in the local community right now!

Nurse Practitioner Available Mondays in Seymour

Nurse Practitioner Nat will be available Mondays at the Seymour Family & Children's Centre (29 Stewart Street, Seymour). Call Nexus to book on 1300 77 33 52. Sessions are Bulk Billed, just bring your Medicare Card.

NAIDOC Week Celebration

Goranwarrabul House is hosting a Welcome to Country and Smoking Ceremony (6 Callen Street, Seymour) before a parade to and celebration at Kings Park for NAIDOC Week.

WEDNESDAY 5th JULY, 2023

Smoking Ceremony: 10:30am

Main Event at King's Park: 11am-2pm

For more information contact Brenda: 0429 555 250

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.



BEV RIDLEY

Bev has been a volunteer at GO Again for approximately 8 years. Prior to volunteering, Bev worked with a carers group of parents of GO participants. Her son Darren was a participant at GO, and Bev now volunteers to show her gratitude for the support he received. From the carers group she became involved in the fundraising committee, and the Board of Management for a number of years. Bev enjoys the company of other volunteers, as well as putting in the work to raise money for GO and our participants. She enjoys working in the children's displays and books section of the store.

NORMA WALTON

Norma has been with the GO Again Op Shop for approximately 27 years! Needless to say she is one of our longest standing volunteers, and was among the very first to sign up. She started at a small jumble sale, which soon grew into what GO Again is today. For Norma, volunteering with Goulburn Options gives the satisfaction of knowing her hard work goes towards a good cause, and benefits participants directly with all money raised. She enjoys working alongside our other volunteers in the sorting room. Norma likes to be known as the GO Again Tea Lady, or even Sadie the Cleaning Lady!





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
Find out more on our Facebook page, or see the job listing on Seek.

JOIN THE TEAM TODAY!

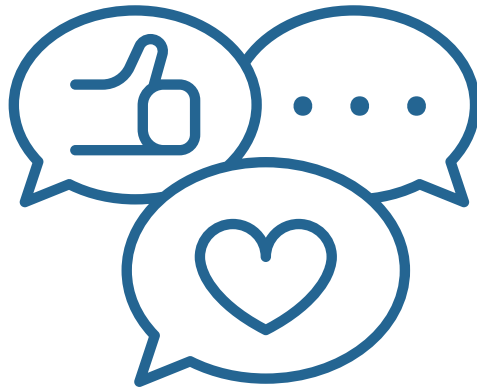


GOT A CONTRIBUTION?

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.**