



GO NEWS

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



The GO Literacy Group (Davis S, Megan D, Hannah C, Mikey W & Paris G) after their presentation to the AGM.

ANNUAL GENERAL MEETING

On Tuesday, November 28th, Goulburn Options held its Annual General Meeting at our Station Street building. The AGM was a great success, attended by GO participants, staff, families, careers, Association Members, Board Directors, and community members. Goulburn Options would like to thank Graeme Dove for acting as our Guest Chair for the night. Graeme, of Seymour Toyota, Kilmore Toyota, and Central Ford Kilmore, has been a dedicated community supporter of Goulburn Options, especially in recent times following last year's flood. We thank him for his ongoing support of our organisation.

Goulburn Options would also like to congratulate the GO Literacy Group for their outstanding presentation 'What Happened at Goulburn Options in 2023.' [CONTINUED ON NEXT PAGE]

DATES TO REMEMBER

**THURSDAY 21st
DECEMBER, 12:30pm**
GO Group Programs
Christmas Party

FRIDAY 22nd DECEMBER
Last Day of GO Group
Programs, 2023

FRIDAY 12th JANUARY
First Day of GO Group
Programs, 2024



No. 11
NOV/DEC
2023

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





ANNUAL GENERAL MEETING

GO Participants Hannah, Paris, Davis, Megan and Mikey, who are also members of GO's Participant Voice Committee, took the audience through all the wonderful excursions, programs and events which have taken place at GO through the year. From their recent trip to Sovereign Hill, all the way back to the start of programs in January, each speaker presented a portion of the report and spoke about their experience at Goulburn Options. Well done all!

PICTURED:

Hannah C, Paris G with Support Worker Jacinta W, Davis S, Support Worker Chris C with Megan D, the GO Literacy Group enjoying Mikey W's speech



SERVICE AWARDS

Additional to our wonderful GO Literacy Group presentation, GO staff and volunteers were presented with Service Awards for their years spent with our organisation. This year's recipients were as follows:

Staff

5 YEARS

Paula Jones

Jacinta Kelly

Christie Gross

Andrea Hubball

15 Years

Deb Williamson

Volunteers

5 YEARS

Sophie Berens

10 YEARS

Shirley Neal

15 YEARS

Sharon Hazelden

Congratulations to all our staff and volunteers on your achievements, and thank you for your continued support of our organisation!

2023 Annual Report

Each year at the AGM, Goulburn Options presents its Annual Report, which features messages from our Board Chair, CEO, Support Services Team Leader and our Support Coordination Team Leader. Read about our participants, programs and achievements for the year of 2023. Learn about our organisation's growth, and see what we've got planned for the coming year.

To download your own copy, visit our website:

[www.goinc.org.au/
annualreport](http://www.goinc.org.au/annualreport)



THE LATEST

Find out what's been happening this month at Goulburn Options

It's Beginning to Look a Lot Like Christmas ...

Whenever December rolls around, GO participants are always excited to get out the decorations and turn GO program spaces into a Christmas wonderland! This year is no different. We've got baubles and tinsel and fairy lights galore!



Lachlan W & Caitlin W getting into the Christmas Spirit

LOOK GOOD, FEEL GOOD

Look Good, Feel Good is a program of Goulburn Options, which supports participants to practice different beauty and hygiene routines. Participants learn how to independently take care of their bodies, maintain their health and have fun with fashion! This month, the crew

went on an outing to a local nail salon and had a fantastic time getting bright and colourful!

Pictured: Lisa S, the Look Good, Feel Good team, and Kerryn H all getting their nails done!



SOVEREIGN HILL

In November, the GO Literacy group took their monthly excursion; this time, to Sovereign Hill in Ballarat! From exploring Sovereign Hill (panning for gold, riding in a Cob & Co. coach, making candles and learning all about the goldrush) to visiting the Ballarat Botanic Gardens and having a fantastic time exploring the city, this was definitely an excursion to remember!

Pictured (Clockwise): The group at Sovereign Hill, the group at the Botanic Gardens, Paris G panning for gold, the group in the Main Street of Sovereign Hill, Davis S dipping a candle, Andrew L making a furry friend.





Throughout November, GO Participants have been joining in on Nexus Primary Health's Come and Try Sport Sessions. In collaboration with the Mitchell Shire and other wonderful community organisations, these sessions have given participants the chance to try out lots of different sports they might not have otherwise thought of playing! Pickleball, Zumba, Wheelchair Netball and Athletics, just to name a few!

These sports days have been fantastic fun, a great way to change up our routines, and a chance to engage with lots of different members of our community. Thank you to everyone involved!

COME AND TRY SPORTS SESSIONS



Pictured (Clockwise): Brennan, Jacinta and Caitlin, Anita and Rosie all trying out wheelchair netball, the team getting funky during Zumba, David playing pickleball



GO WOODWORK



Did you know that you can keep up with GO Woodwork on Facebook?

Goulburn Options
GO Woodwork

All through the year, the Goulburn Options GO Woodwork Team have been working on project after project, each more skillful and beautiful than the last, and in the last few months, thanks to community support, and the ongoing dedication of our woodworkers, things have picked up even more! In November, community member Paul Reilly invited our participants out to see his own woodworking shed, and demonstrated the application of resin to timber cutting boards! He also inspired GO's brand new router bench!

Beyond these workshops, our team have been hard at work crafting for the Christmas Season, producing many fine items which are now available to purchase! Visit GO at 16-18 Station Street to see our huge display of hand-crafted wares -- perfect for a Christmas present for your loved ones!

Pictured (Clockwise): Ross W and Dylan L with their resin cutting boards. Dylan L buffing a tabletop. Lachlan W with a Christmas soldier. Andrew L putting finishing touches on his truck.





Pictured (Clockwise): Tahlia B and Leonie N ready for the show to begin, Kimberly O in front of her works, Robbie W, Lukas D and Lucinda D enjoying the day, James J checking over his works during the art show

Our participants and staff have been hard at work for months putting together this year's GO ART POP UP ART SHOW in celebration of International Day of People with Disability. Held on Saturday 2nd December in our Station Street Art Gallery and Studio Space, the day was a huge success! Our participants had a fantastic day meeting the public who'd come to see (and even buy!) their works, and enjoying each other's company. Congratulations to all of our GO artists, and thank you to everyone involved in putting the show together.



Did you know that GO ART is on Instagram? Follow us @go_studio_arts

GO ART



GO ART 2024 CALENDAR OUT NOW!

Contact GO
(5792 3192)
or visit

16-18 Station St.
to buy your copy
today.

Every purchase
supports Goulburn
Options Programs.



Goulburn Options
GO ART



'Bushrangers' by Leonie Nunn

2024
CALENDAR



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

\$25

EACH



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

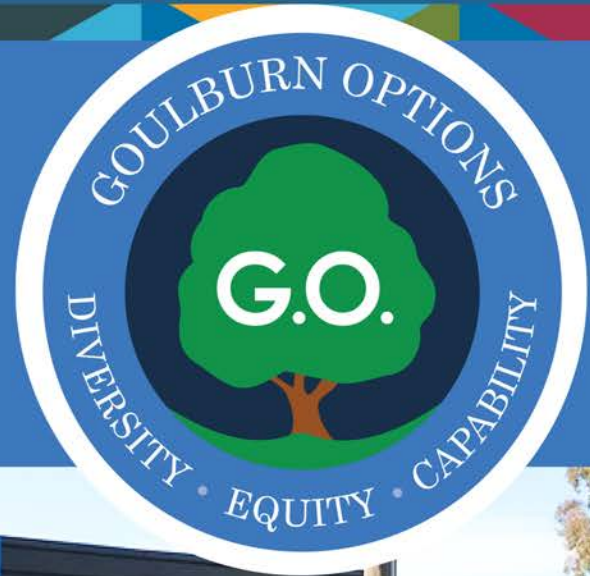


*Merry
Christmas*

From the Goulburn
Options Support
Coordination Team

GO Support Coordination will close for the Christmas period
from: Monday 25th December, 2023 to
Tuesday 2nd January, 2024.

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.

CONGRATULATIONS!



Congratulations to GO Again Op Shop Volunteers Sophie Berens (5 years), Shirley Neal (10 years) and Sharon Hazelden (15 years), as well as Op Shop Coordinator Deb Williamson (15 years) on receiving your Goulburn Options service awards. Well done, ladies!

GETTING MERRY

Looking for Christmas Gifts or holiday decorations this festive season?

Stop by the GO Again Op Shop and pick yourself up a bargain!





In November, GO's latest round of trainees began their CERT III in Individual Support with GOTAFE. These trainees will gain valuable hands on experience with GO whilst completing their studies. Well done everyone, and good luck!



Congratulations to Taylah B on receiving the Anne Pennington Award, 2023 from The Centre for your excellent work whilst completing your CERT IV Disability Support this year.

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!

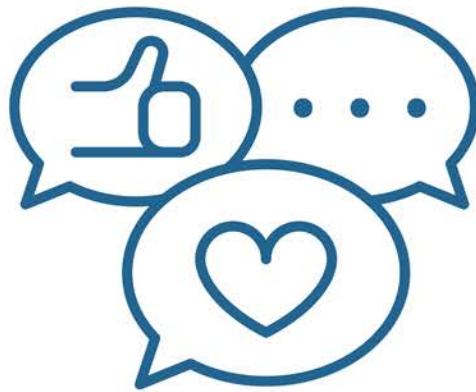
GOT A CONTRIBUTION?

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.

WORDSEARCH

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

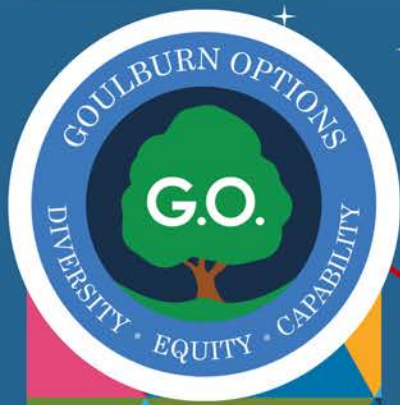
U C E P C A L E N D A R T A N
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WORD LIST

GOULBURN
 OPTIONS
 DISABILITY
 SUPPORT
 SEYMOUR
 CHRISTMAS
 CALENDAR
 PRESENTS
 ART
 RESIN
 PICKELBALL
 ZUMBA
 SOVEREIGN
 TRAINEE
 VOLUNTEERS
 AWARDS



Stop by Goulburn Options 16-18 Station Street between 9am-3pm Monday to Friday to purchase an item handmade by GO participants, and support GO programs! Get your shopping done early!



CONTACT US

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



Goulburn Options wishes all participants, families, carers and staff a safe and Merry Christmas and a Happy New Year.

See you in 2024!

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.



I love
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