



GO NEWS

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



GO Participants Lucinda and Robbie manning the GO stall at Seymour's 2025 Australia Day celebration.

2025: LET'S GO!

It's been a fantastic start to 2025 here at GO -- with the new year in full swing, we're back to doing what we do best, supporting our participants to live their Biggest Lives Possible! It's been fantastic to see all of our participants and staff back with such energy and positivity.

From the GO Kitchen and the woodwork shed, to the GO Again Op Shop, and our Station Street offices, our plans for 2025 are bigger and better than ever. We've got new programs in the pipeline, exciting events on the horizon, and our ongoing dedication to making every participant's experience the best it can be. This year, we're focused more than ever on continuous improvement to ensure that GO stays on track and viable in the ever-changing NDIS environment. You'll be hearing from us soon about some exciting developments!

For now, welcome back to GO for 2025! We can't wait for the year ahead!

No. 18
JAN/FEB
2025

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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.



THE LATEST

Important Dates

Email go@goinc.org.au for our full list of important 2025 dates.

Clean Up Australia Day Activities

Monday 3rd March

Labour Day Public Holiday (Programs Closed)

Monday 10th March

Harmony Day Celebrations

Friday 21st March

World Art Day Celebrations

Wednesday 15th April

Easter Public Holidays (Programs Closed)

Friday 18th April

Monday 21st April

Anzac Day Public Holiday (Programs Closed)

Friday 25th April

Tastes of the Goulburn GO Art Exhibition

Saturday 26th April



The GO Studio is back in action again following our Programs break for Christmas. In GO Art, and Retail Art and Crafts, our participants have been getting creative, and embracing bright colours inspired by the summer season. So much amazing work has already been produced, and we've only been back a few weeks!

Check out just some of the vibrant work below:



Pictured:
Carol, Leonie,
Hannah, Nathan
and Kimberly with
their artworks.

THE LATEST

At the start of February, temperatures soared into the high 30s, but even as summer cranked up the heat, our participants found creative ways to stay cool, active and have a whole lot of fun indoors. Zumba -- already a well loved GO Program -- became even more popular with support workers Gaylene and Garry leading the team through high-energy, feel-good dances. February was definitely the month of getting groovy in The Palace!

This month, yoga sessions were also on offer. Support Workers Jacinta and Shannon took participants through mindful, gentle stretches. Less energetic than Zumba, but just as fun, this was the perfect calm, relaxing activity to beat the summer heat!



BEATING THE HEAT



Pictured: Group Programs staying active through the heatwave.

GOALS AND RESOLUTIONS



GO kicked off 2025 with **Goals and Resolutions Month** - a whole month about looking ahead, getting inspired, and coming up with what Biggest Life Possible looks like for everyone this year!

Right across our programs and supports, our participants and staff came together to hit the reset button and dream big. It's been amazing to hear everyone's plan -- amongst our participants there's plans to learn new skills, take on new challenges, and have even more fun than last year! There's been lots of talk in the last month about 2025 being a year of personal growth, independence and brand new experiences.

Read on for tips of how to set your own goals for the year, and insights into what some of our participants have planned.



Lachlan W has a long list of projects in mind for 2025. Once some additional elements are added to his Godzilla vs. Kong diorama, he's planning on handcrafting a wooden mask inspired by the same movie!

Andrew L's goals for 2025 centre around getting involved with even more of his favourite programs, including music and excursions -- both for shopping trips and overnight stays.



Davis S' 2025 goal is to continue developing his woodwork skills. At the moment, he's putting the finishing touches on his handmade chess board - edges and pieces to come! And that's just January! We can't wait to see what else is coming next!



Megan D has goals for each of her programs! In art she wants to keep up her flowers and butterflies. In literacy, she'd love to visit Sovereign Hill again, and in music she would like to make sure she learns more Elvis songs! Megan is hard at work developing her communication and independence. We think these are great goals to assist her on her way. Go Megan!!

TIPS FOR GOAL SETTING



Start Small

Break your big goals into small, achievable steps. This makes the process less overwhelming and gives little wins along the way!

Make it Personal

Focus on what you want to achieve, and what would help you live your Biggest Life! Your goals should reflect what matters to you!

Celebrate Progress

Acknowledge every small step forward! Whether it's completing a task or simply making an effort, celebrating progress keeps you energised and focused.

Be Flexible

Remember: it's okay to adjust your goals if something changes or isn't working. Be kind to yourself!



QUALITY EMPLOYMENT

February was Quality Employment Month at GO, all about celebrating our amazing workforce, and focussing on what makes a great Disability Support Worker. All through the month we spoke to our team about what they love about working at GO and the answers were the same across the board: THE PEOPLE. What a testament to our participants and staff, and the community we build at GO together each and every day!

To close out the month, our team of DSWs came together for a whole staff meeting where GO shared more about Quality Employment and discussed some big plans for 2025, including our increased focus on quality and continuous improvement to keep GO a leading provider in the area.

The meeting was super positive, with a focus on staff appreciation -- our team all received heart-warming messages from our participants to thank them for their work and positive impact -- it was a great reminder how much our workers are valued and how crucial they are to our participants' Biggest Lives.

Here's to the team!

Thanks to Ferguson Plarre Seymour for helping us offer a token of appreciation to our staff!

These delicious cupcakes opened up our February staff meeting, and were definitely a smash hit!

YUM!





Some of our awesome support workers in action.



What makes a great support worker, and what makes GO such a great place to work? In February, we asked our staff and participants to share their thoughts on **Quality Employment.**



"Exciting! That's a good support worker. they help you with so many different jobs"

Katie M, Participant



"A good support worker is patient...and has a lot of positivity."

Jeremy G, Participant



"My favourite thing about working at Goulburn Options is of course the participants."

Charity L, DSW



"Definitely the people I work with, and the participants, for sure!"

Susie N, DSW



"I really enjoy all of the people, it's the workers and the participants."

Luci S, DSW

FROM THE CEO



Debbie Mitchell

The Board of Goulburn Options recently came together for a full day workshop; investing in planning and governance to ensure that GO responds to the ever-changing compliance and regulatory environment occurring in the NDIS and Social Services sector.

The board confirmed a modified committee structure that will support enhanced reporting with diversity of input and contribution. GO is committed to working alongside the community of Seymour in evolving our service offerings to adults with disabilities.

In an effort to ensure this connection with our community, the board are seeking Expressions of Interest for people who would like to consider roles as external community members to come onto our newly established Community Engagement Committee. This is open to all members of our community, especially representatives of businesses and organisations who would like to collaborate with GO and build more local connections!

However, if you have experience in the NFP sector or governance experience and skills in accounting, legal and marketing the board are looking for committed Board directors who would like to take the organisation to the next phase of its development.

If you would like more information about either of these roles, please have a look at our website www.goinc.org.au or reach out to me at debbie.m@goinc.org.au.



Christie Gross

FROM A&L (Accommodation and Living)

Hello GO Community!

2025 has started off with a bang and it is hard to believe we are in February already!

Since you last heard from me, our Accommodation and Living participants spent time with family over the holiday break and celebrated with lunch hosted at Delatite Road that was enjoyed by everyone who attended. A big thank you to all the staff who contributed to make the lunch a huge success.



Renovations have been completed on our 2 units located at Delatite Road and the planning process is in place to maximise their use. Our Delatite Road house is currently under renovations, with a new bathroom, wider hallways and some new flooring to be completed in the next few weeks.

There are lots of plans coming together for the year, we are working hard to formalise GO's Quality Management System, improve our communication with staff, participants, and families and plenty of Biggest Life Possible outcomes.

Until next time, take care and see you soon.
Christie



Megan Montgomery

FROM THE GENERAL MANAGER

At Goulburn Options, we are thrilled to share some exciting news about our recent recruitment success! Over the past months, we've welcomed a diverse group of passionate and talented individuals to our team, each bringing unique skills, experiences, and fresh energy to our organisation. Our focus will be on tapping into these strengths and aligning them with programs and participant interests to deliver meaningful support.

By carefully matching our staff's expertise with the specific goals and aspirations of our participants, we are opening more opportunities for participants to truly live their Biggest Lives Possible. Whether it's facilitating new recreational activities, enhancing skill development, or building connections within the community, our team's commitment will ensure that every program we deliver has a purpose and is participant focused.

We are proud to see our staff's strengths shining through in the programs they lead, and to witness the progress our Participants are making as a result.

As we celebrate the achievements of our team, we are also excited to acknowledge the hard work of our trainees, who are nearing the completion of their Certificate III in Individual Support. This milestone represents their individual hours of learning and hands-on experience gained by working closely with our participants while they learn.

Our trainees have demonstrated such growth and a genuine commitment to providing quality support. We are proud of the contributions they've made during their training. As they prepare to take their next steps, we look forward to seeing how they will continue to strengthen the support we provide at Goulburn Options.

At Goulburn Options, our ultimate goal is to resource, monitor and implement high-quality, person-centered supports to our participants in the pursuit of their individual service goals. By investing in our staff and nurturing new talent, we're ensuring that our programs and services continue to grow and evolve to meet the needs of our participants.

Thank you to our incredible team, trainees, and community for your ongoing support and dedication to making a difference. Together, we're achieving amazing things—and the best is yet to come in 2025!



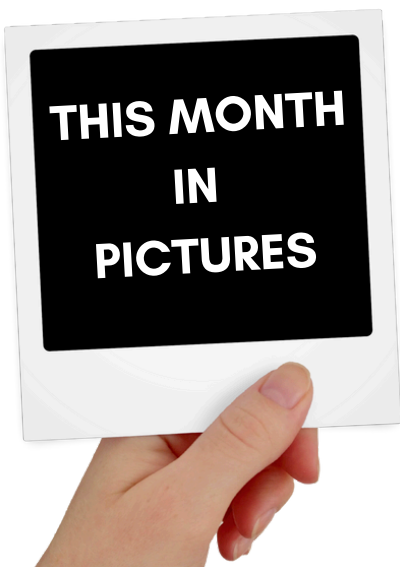
GO RAGZ

Have you ever wondered what happens to all the clothes too damaged to sell in the GO Again Op Shop? They end up in GO RAGZ!

In this program, our participants cut up damaged, stained and otherwise unsellable clothes and turn them into bags of rags which are then sold on to local businesses and organisations to use! GO Ragz is great for the planet, and our participants, who are becoming masters at recycling and job skills such as order fulfillment and delivery! Great job team!!!

Pictured: Tahlia and Dylan working hard in the Ragz program, with the assistance of support worker Ros





TOP: Luca enjoying the pool, Bonnie heating up a snack, David buying groceries.

BOTTOM: Rosie painting a lampshade, Lachlan, Robbie, Lisa and staff playing sports in the shade, Mikey out and about, the Literacy group learning how to send letters at the Seymour Post Office.

What was your favourite memory of the month?

VOLUNTEERS WANTED!

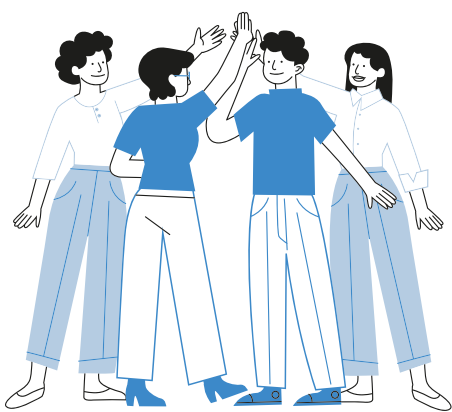


Join the team!

Email:

hr@goinc.org.au

Find out more at:
www.goinc.org.au



**LOOKING TO BOOST YOUR
RESUME AND INCREASE YOUR
CAREER SKILLS?**

Volunteering at the GO Again Op Shop will give you hands-on experience in customer service, improve your organisational and time-management skills, and give you valuable experience in a team -- all while giving back to your community!

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. We operate 365 days a year, 24 hours a day.

To apply, email hr@goinc.org.au

JOIN THE TEAM TODAY!

THANK YOU TO OUR VOLUNTEERS!

Goulburn Options thanks all of our volunteers for their continued dedication to our organisation. Our Volunteer Board of Directors and our GO Again Op Shop Volunteers provide valuable support to our organisation, and our participants, each and every day!

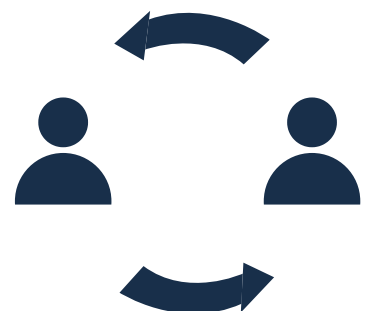
Would you like to Volunteer with GO? Contact us!

hr@goinc.org.au

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
go@goinc.org.au



WORDSEARCH

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

T L Y I Q W W S H W A P F T X E C I L W X K U F N M T K J K
 I W O C T J E R A G Z M O M L T O A L Y X F T P G C F S N F
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WORD LIST

- GOULBURN
- OPTIONS
- SUPPORT
- DIVERSITY
- EQUITY
- CAPABILITY
- YOGA
- ZUMBA
- GOALS
- RESOLUTIONS
- QUALITY
- EMPLOYMENT
- WORKERS
- RAGZ
- POST
- LETTER
- POOL

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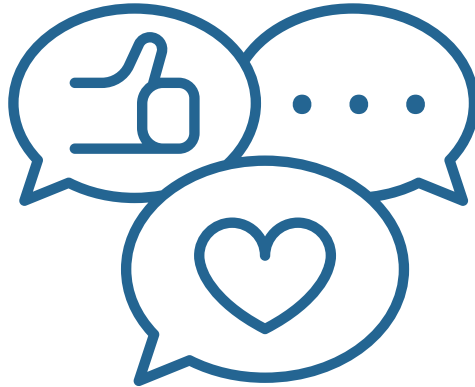
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Keep an eye out for
weekly blog posts
on our website.



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: **go@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: **go@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.**

