



GO NEWS

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



Paris, Lisa, Mikey, Megan, Lachlan, Kerryn, Susan, Katie and Crystal at the GO Disco

DECEMBER 3RD: INTERNATIONAL DAY OF PEOPLE WITH DISABILITY

Each year on December 3rd, International Day of People with Disability is celebrated to recognise the contributions and achievements of people with disability in our community, and is a great way to increase public awareness, understanding and acceptance.

This year, Goulburn Options marked the occasion with two events -- a Pop-Up Art Show during the day, and a Disco & Pizza Night for our participants in the evening. Both were fantastic! Goulburn Options thanks every member of the public who stopped by to see our GO Artists in action, and all those who bought artworks and GO Art merchandise to take home. We also offer a huge congratulations to Mandy Gloede for organising the event, and all those GO participants who joined in on the day.

As for the Disco & Pizza night -- what a success! In our studio space at 16 - 18 Station Street the disco ball was hung, the pizza was hot and the tunes were pumping! From Elvis to The Spice Girls, there was something for everyone to boogie to, and our participants took great advantage of the dance floor. A brilliant time was had by all, and Goulburn Options would like to thank everyone involved for their part in making the night so positive.

To see more, check out Page 3.

No. 5
Nov/Dec
2022

CONTENTS

Page 2-3:	The Latest
Page 4-5:	From the Shed
Page 6-7	Op Shop News
Page 8-9:	2022 AGM
Page 10-11:	Key Word Sign
Page 12:	The Support Report
Page 13:	Feedback
Page 14-15:	Pictures & Word search
Page 16:	Contact Us & Birthdays

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

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



This month, GO participants have been getting involved in a range of community activities. The Mitchell and Murrindindi Shires in collaboration with Nexus Primary Health put on an Activate Inclusion Sports Day that saw participants trying out a range of different indoor sports at the Seymour Leisure Centre. (Pictured Above.) And as always, participants have been loving getting out to the Broadford Golf Course for a swing! (Pictured Below.)



DATES TO REMEMBER

Thursday 22nd December
Day Programs Christmas Lunch

Friday 23rd December
Day Programs Last Day

**Saturday 24th December -
Monday 2nd January**
Day Programs Closed

**Tuesday 3rd January -
Friday 13th January**
Alternative Holiday Program

Thursday 19th January
Standard Day Programs Return

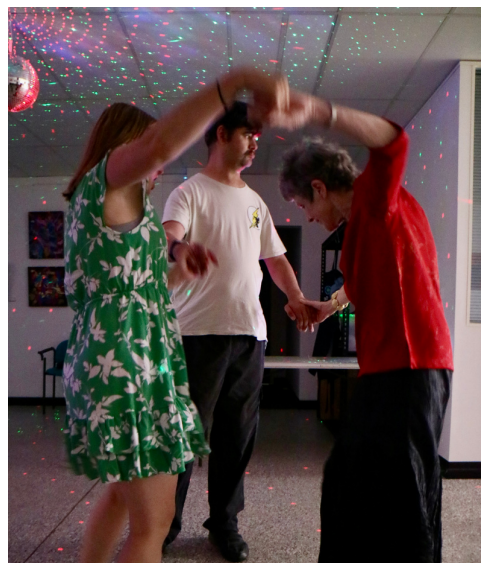




International Day of
People with Disability

3 December idpwd.com.au

Celebrate diversity
and inclusion



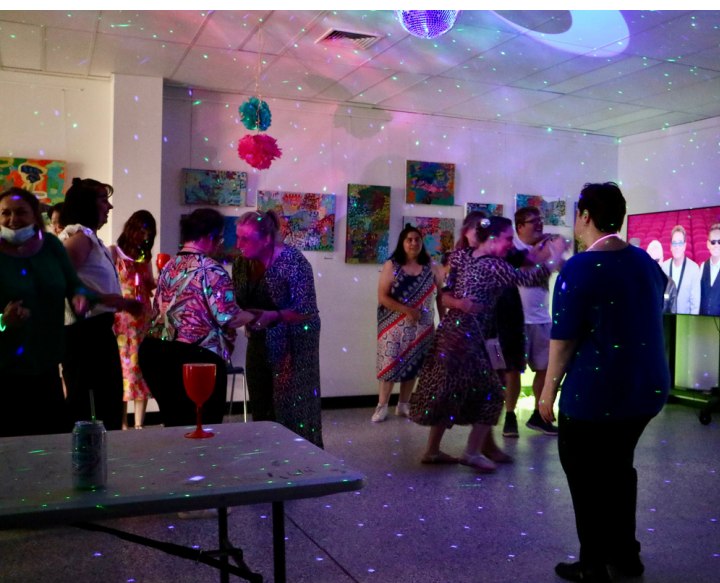
Pop Up Art Show

First Line: James J -- Susan M
greeting art show guests --
Leonie N

Disco & Pizza Night

Second Line: Rosie S --
Nathan H & Katie M

Third Line: The Disco -- Mikey,
Roslyn & Megan





Clockwise:

Samuel, Robbie, Brennan, Lachlan & the crew from Southern Cross Gold
 Davis, Garry and Dylan learning about core blocks
 The Southern Cross Team meeting GO's woodwork team



Goulburn Options was recently approached by Southern Cross Gold to see if we were interested in expanding our woodwork program to include the production of core blocks for their mining program. As a part of their commitment to offering opportunity to our participants, Southern Cross Gold provided a generous donation to upgrade an important piece of woodwork equipment in the GO Shed.



Core blocks are integral to the gold exploration process, and offer GO participants a window into the world of mining. Over the last month, our team has been on multiple excursions to visit Southern Cross Gold at their exploration shed and mine, and now look forward to beginning the process of creating core blocks back in Seymour.

FROM THE SHED



It's been a big year for the GO Craft/Women's Shed Group and this month has been no different. Whether it's been Santa puppets, sun-catchers made of heat shrunk plastic cups, or coffee lids recycled into festive ornaments, the ladies have kept very busy with their festive crafts.

Then, in mid-December the group participated in the Tallarook Women's Shed Christmas Break Up and got in the spirit with a delicious lunch. Much fun was had by all.



Clockwise:

Dianne G with her sun-catcher -- Anita & Carol at the Christmas Break Up -- the GO Women's shed group -- Katie M in her antlers -- The Women's Shed lunch -- Rosie's Santa Puppet -- Lisa and her recycled ornament



FROM THE SHED





OP SHOP FASHION SHOW

On December 8th, Goulburn Options took part in the annual Seymour Bunnings Christmas Market. Our participants had a fantastic time manning the GO stall, full of GO Art and GO Woodwork merchandise for sale, and putting on a GO Again Op Shop Fashion Parade! Community feedback from the night was excellent. A big thanks to all involved -- especially Deb Williamson, our Op Shop Coordinator.

Clockwise: The GO Stall at Bunnings -- Andrew L & Nathan H -- Rosie S putting on a show -- Lucinda D striking a pose -- Rosie, Andrew, Katie, Lucinda and Crystal in their Op Shop outfits



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.

Goulburn Options' 2022 Annual General Meeting was held on Wednesday 7th December, and was attended by many in the GO community. We extend our thanks to Rhonda Sanderson for chairing the meeting, as well as to David Wheeler, Chairman of Norcen, who served as our guest speaker on the night. We also thank the many employees and volunteers who joined us on the night to accept their long service awards. Goulburn Options' ongoing success as an organisation is directly linked to the hard-work, dedication and support of our community, and the large amount of long service awards given this year is a testament to that. The Goulburn Options Life Governor Award was introduced this year to recognise those who have given over 9 years of volunteer service to the Goulburn Options Board of Directors. The inaugural awards were given to Alan Mooney, Margaret Sheppard, and Beverley McDonald. To conclude the evening, GO's 2023 incoming Board of Directors was welcomed, including first-time member Helen Gwilliam. Farewell to Trevor Harmes and Raelene Eason who will not be continuing with the GO Board in 2023.



Life Governor: Beverley McDonald

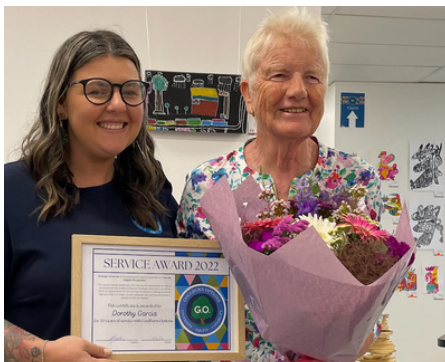


Life Governor: Margaret Sheppard



Long Service Award: Bob Edwards

AGM 2022



Pictured: Julie Heath, Pat Munro, Monika Guest, Barb Kelly, Dorothy Garcia, Bev Edwards, Anita O'Sullivan and Jake Williamson receiving their long service awards from Megan Montgomery

GOULBURN OPTIONS AT A GLANCE

Participants: **105**

Staff: **78**

Volunteers: **35**

LONG SERVICE AWARDS

Volunteers

5 Years

Geraldine Knight

Betty Millett

Julie Heath

15 Years

Pat Munro

20 Years

Monika Guest

Barb Kelly

Pam Jeffery

Dorothy Garcia

Tracey Gatt

25+ Years

Robert Edwards

30+ Years

Bev Edwards

Staff

5 Years

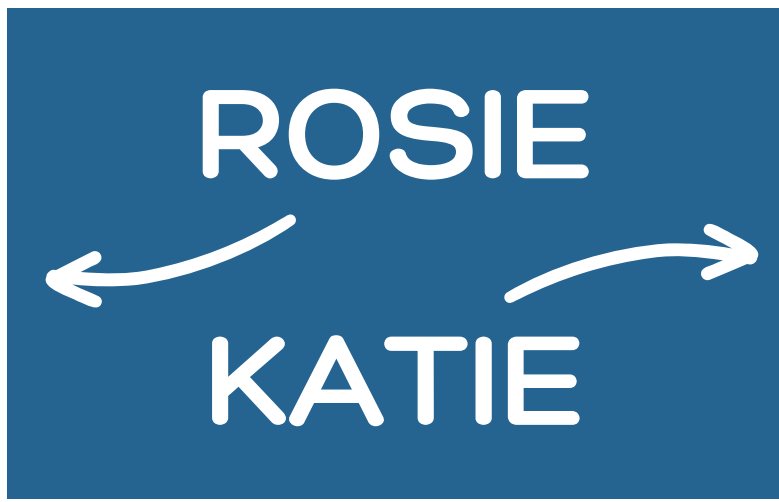
Anita O'Sullivan

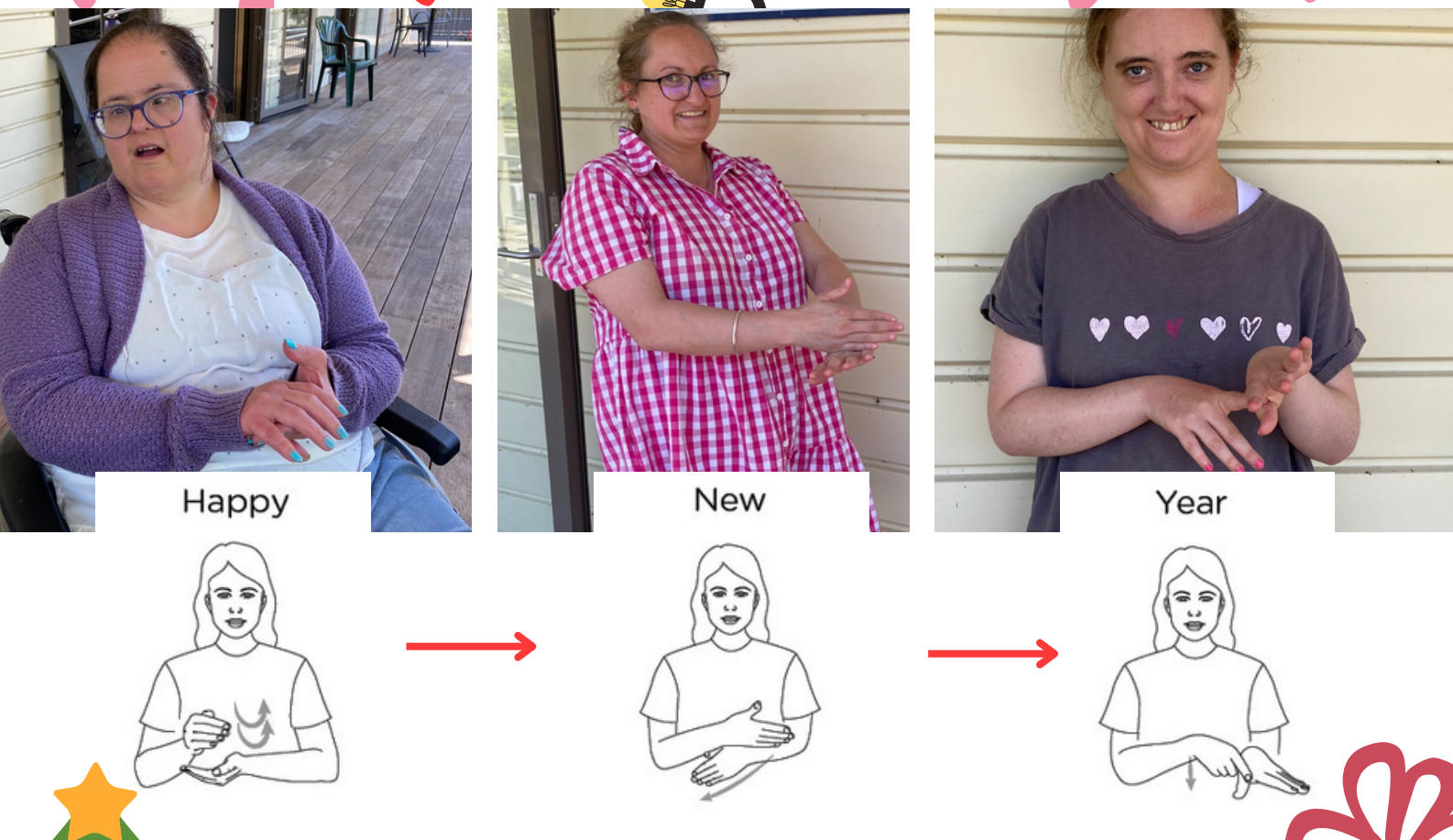
Jake Williamson

AGM 2022

KEY WORD SIGN

The Goulburn Options Key Word Sign Group practices their AUSLAN signing each week, learning a variety of words and phrases. Below, you'll find some of our participants signing out their names. See if you can follow along!





MERRY CHRISTMAS AND HAPPY NEW YEAR

The Key Word Sign Group have been practicing their festive signs this month - follow along to learn the season's greeting.



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 GO SUPPORT COORDINATION

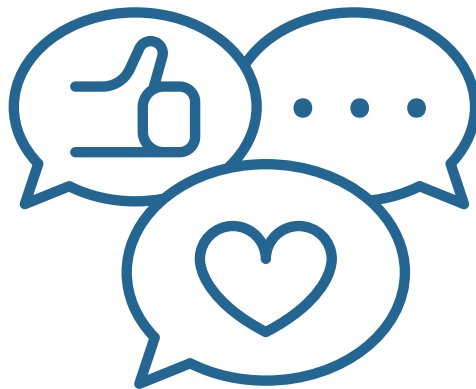
Christmas Dates

Goulburn Options' Support Coordination office will be closed for the Christmas, New Year break from

3pm on Friday December 23rd to 9am on Tuesday January 3rd.



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.



THIS MONTH IN PICTURES

Everybody has been getting in the spirit this month at Goulburn Options! What a way to finish off 2022!

PICTURED:

1. Carol S cooking up a storm 2. Hannah C & Dayana K celebrating the season 3. Bridget & Megan D decorating the Station Street Christmas Tree 4. Lorett B out at a car show 5. Lachlan W enjoying lunch 6. Kieran M with the High Street Santa Claus

WORDSEARCH

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

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

WORD LIST

GOULBURN
OPTIONS
DISABILITY
SUPPORT
SERVICES
INTERNATIONAL
ORNAMENT
MERRY
CHRISTMAS
FASHION
PARADE
DISCO
PIZZA
SANTA
DECEMBER
SPORTS
SHED
GOLD
GOLF
AGM
CRAFT

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 on

03 5792 3192

Or, you can email us at
programs@goinc.org.au





CONTACT US

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'

DECEMBER BIRTHDAYS

4th - Steven D
11th - Rebecca S
14th - Katelyne B
19th - Gemma R
19th - Robyn N
20th - Margaret K

JANUARY BIRTHDAYS

1st - Lisa S
1st - Ashley L
4th - Cheryl C
6th - Kenny K
8th - Nathan H
8th - Tanya S
8th - Rebecca B
9th - Anna L
15th - Christie G
19th - Glenys P
20th - Bonnie S
29th - Jess S
29th - Barb F
30th - Tiran B



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**.