



GO NEWS

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



Mikey, Megan, Cheryl, Paris, Hannah and Brennan at the MCG.

GO AT THE 'G!

This month, the Goulburn Options Literacy Group went on an excursion to the MCG. Read on to discover their story:

"We we went to the MCG where our tour guide, called Bill, showed us all the different levels of the MCG. He showed us all the different levels of the MCG. He showed us the change rooms which were ready for the upcoming Richmond versus Essendon game. We saw where the players have their ice baths when they get injured. We saw the locker rooms. We walked up and down the players runway where they get onto the ground to play footy. Bill took us up to level four to see the ground from way up high. We saw the trains, and many other buildings.

We had lunch at the MCG café and then went to the Australian Sports Museum. We saw lots of TV all showing different sport shows. We looked at all the displays and some of us had a go at kicking the footy and hand balling the footy. We also saw the kangaroo and emu statues wearing footy flags. We got back on the bus and stopped for ice cream on the way home."

Recalled by Paris G and Megan D

To read more stories from the Literacy Group's excursion, go to Page 6.

No. 2
August 2022

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



THE LATEST

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



GETTING CRAFTY

This month, the GO Craft Group spent a lovely afternoon making wreaths using repurposed coat-hangers and scrap material. These wreaths are perfect home décor, and eco-friendly too!



Clockwise: Susan, Katie, and Carol with their beautiful wreaths.



DATES TO REMEMBER

Thursday 8th September: R U Okay? Day
Wear yellow to GO today and check in with those around you.

Thursday 15th September: GO Melbourne Zoo Excursion

Friday 14th October: 16-18 Station Street Grand Opening

Saturday 15th October: GO ART exhibition

Kerryn, Lucinda, and Hannah at the Roasters.



GO COFFEE EXCURSION

At the end of July, the GO Coffee Crew went on an amazing excursion to Merchant Coffee Roasters in Mansfield to see exactly how our coffee goes from bean to brew. A great day was had by all.



GO EAT



This month in the Goulburn Options cooking program, our participants learnt how to make Chicken Kebab Sticks. Try it for yourself by following this delicious recipe.

INGREDIENTS:

- 8 wooden skewers
- 10 chicken thighs
- 2 red onions
- 1 cup brown sugar
- 1 cup soy sauce
- 1/2 cup sesame oil
- parsley to serve

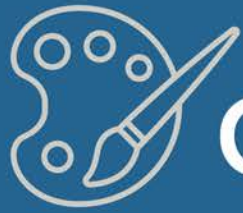
CHICKEN KEBAB STICKS

METHOD:

1. Pre-soak skewers while preparing other items.
2. Stir brown sugar, soy sauce, and sesame oil in a small pot over a low heat for 5 minutes. Set aside.
3. Cut each chicken thigh into 6 large pieces.
4. Thread the chicken onto the soaked skewers with a slice of onion in between each piece.
5. In a large fry pan, grill the kebabs in a little olive oil with the sauce mixture from Step 2.
6. Serve your kebabs on a bed of rice, with a sprinkle of parsley on top.



The Results!



GO ART

In August our talented GO ART artists began the process of getting ready for the upcoming GO ART exhibition on Saturday 15th October. Put the date in your calendar, and come down to see our new gallery space at 16-18 Station Street!



Jeremy G and his colourful, expressive work



Rosie S experimenting with an ink-dropper technique



Paris G and a mug printed with one of her paintings



Margie C working on a pencil drawing with lots of movement



Our New Mural

In collaboration with Tallarook Arts Inc and talented local artist Rosa Purbrick, Goulburn Options artists had the chance to work collaboratively on creating this amazing mural for the foyer of GO Station Street. Combining many of the distinctive styles, and bright colour choices of our participants, this mural perfectly embodies the positive, creative atmosphere of our art space, and welcomes new guests and visitors to our organisation as a whole. Well done to everyone involved!

GO ART

fundraiser

The Goulburn Options Disability Services GO ART Program in Seymour is looking for amazing local businesses and community members to help us raise funds for equipment and materials to use in our new Station Street studio!

By making a \$22.00 donation each month (including GST) you will help us purchase the equipment and materials we need to continue making great art! Our artists will then deliver an original framed mini artwork for you to enjoy in your office, business, or own home. The artwork will be changed monthly, so you can look forward to something new to look at each month!

Send us an email, or message our Facebook page if you would like to be a part of this fundraising project!

Email: goart@goinc.org.au Facebook: Goulburn Options GO ART



GO AT THE 'G!

More from the GO Literacy Group's August excursion to the MCG.



Paris, Mikey, Bill, Brennan, Megan, Cheryl and Hannah visiting the Richmond Change Rooms.



Paris testing the ice bath



In the Long Room



Mikey, 2 thumbs up for the MCG

"We we went to the MCG and had a look at lots of different things. My favourite thing to look at was the MCG oval. We had a tour guide named Bill. We went to the change rooms which were decorated in Richmond colours. we had a look at the ice bath which is used to help repair sore muscles. We went to the famous Long Room in the Members Area which had a long leather couch that we all sat on. There was also a bar for the members. You are not allowed in there without wearing a suit and tie. It also had a lot of memorabilia. We went up to level four where we were able to see many iconic buildings. We had lunch at the café. We then went to the Australian Sports Museum which had a Shane Warne Hologram. We kicked the footy and also hand balled the footy. We saw Fatso the fat wombat that we could sit on. We also saw Cathy Freeman's running suit that she wore when she won the Olympic Gold Medal."

Recalled by Brennan C



"Bill was our tour guide. We had a look at the Long Room where the members have to wear a suit and tie. We saw the ice bath and the change rooms. We also had a look at the Australian Sports Museum and the AFL Shop. We stood on the arena of the MCG. WE looked at the famous Tapestry which displayed many different sports. We had lunch at the café. It was such a good day.

Written by Hannah C



Clockwise: Hannah with Cathy Freeman's suit, Cheryl with a boxing kangaroo, Megan with the Sports Tapestry, Brennan and Mikey in a post-match interview

ABOUT GO LITERACY

Goulburn Options' literacy group meets every Wednesday at GO High Street, and is a wonderful space for participants to learn, develop, and discuss a broad range of subjects. Money skills, mathematical activities, trivia and general knowledge games, reading the local paper and other literacy materials, completing research projects, making PowerPoints -- the GO Literacy Group just about does it all! The group is constantly developing their vocabulary, self-expression, life and conversation skills.

Once a month, the GO Literacy Group organises an excursion, just like this one to the MCG. As a group they discuss where to go, how to get there, costs involved and make a plan for the day. Just a few of the places the GO Literacy Group have travelled to already include:

- Bendigo Art Gallery
- Yarra Glen Chocolate Factory
- Yea Wetlands
- Mount Macedon Memorial
- Bendigo Chinese Museum

And they plan to do many more!



IN THE SHED



EACH MONTH, CHECK IN WITH A DIFFERENT PARTICIPANT TO SEE WHAT THEY'VE BEEN WORKING ON.



Throughout the month of August Brennan C has been very busy in the shed. He began by making three Footy Plaques for himself and his friends -- Boomers, Tigers and Saints -- after being inspired by his fellow participant Davis.

Brennan has been using a variety of tools across his many projects, including drills, sanders, the bandsaw, hammers, glue guns and paint brushes.

Brennan's main project this month was replicating an old dollhouse as a present for his two nieces, Grace and Violet.

Brennan went all out on this project, working hard to make each and every room of the dollhouse a little masterpiece. In the end, the house came to two storeys high with an attic that features an in-built playground complete with a carousel, a slide, a swing and a rocking horse. Each item was created using recycled materials. A big thanks to Helen who made the bedding and mattresses for the house.

Brennan loves to make things for other people, especially his friends and family, so make sure to watch this space!

There's always lots of exciting things coming out of the Goulburn Options Shed!



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.

 	 	 	 
 	<p style="text-align: center;">MIKEY</p> <p style="text-align: center;">←</p> <p style="text-align: center;">ANDREW</p> <p style="text-align: center;">→</p>	 	 
 	 	 	 



THE SUPPORT REPORT

Get in touch with the
Support Coordination Team

Call:
0476 164 481

Email:
**supportcoordination@
goinc.org.au**

Facebook:
**GO Support
Coordination**

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 is capacity building assistance to implement all supports in a participant's NDIS plan. This includes informal, mainstream, community, and funded supports. A Support Coordinator can help you understand and use your NDIS plan to pursue your goals, connect you with NDIS providers, community, mainstream and other government services, and help you to build your confidence and skills to use and coordinate your supports.

**GO Support Coordination now has a new home at
16-18 Station Street.**



Plan Reviews



Hello Everyone,

Following an update to NDIS Legislation in July, there is now a new process and new language around NDIS plan reviews.

Participants will be contacted by an NDIA representative – generally via a phone call – to check on their wellbeing, and to discuss whether their current NDIS plan is meeting their needs. This conversation will determine whether the participant will receive either a:

PLAN VARIATION:

Minor changes made to a participant's existing plan

OR

PLAN REASSESSMENT:

A new NDIS plan where all supports are reconsidered, what was previously known as a full Plan Review

(Both options carry a default plan length of two years.)

- Remember, you always have choice and control. If you are happy with your current plan, and are pleased to roll it over, you are most welcome to.
- You also have the option of booking a Plan Reassessment Meeting, to which you can invite a family member, friend, or Support Coordinator to support you.

For further information please contact Support Coordination Team Leader Christie Gross on **0476 164 481**. Or email: supportcoordination@goinc.org.au

All Official NDIS Information regarding these changes can be found at <https://www.ndis.gov.au/participants/changing-your-plan#participant-check-ins>



JAKE WILLIAMSON

Jake worked at IGA for five and a half years, often crossing paths with participants as they came in to do their shopping. He has also worked in retail, and in local pubs, and has volunteered for the CFA for over five years. Over his many years at GO, Jake has dabbled in a majority of our programs, at various levels. These days, he runs the Goulburn Options GO MOW program two days a week, whilst also supporting participants in home during overnight and weekend shifts. Jake enjoys supporting GO participants to develop valuable life skills and their independence and helping them to live their 'biggest lives possible.'

Jake began working at Goulburn Options in 2016 - he will be coming up to six years in October! His time at GO began with a chance run-in with his good friend Pudd - a fellow member of the GO Staff at the time - while he was out with a group of participants. This interaction led Jake to contact Megan, our GO Outcomes Manager. He enquired after job opportunities and was offered a traineeship. Previous to working at GO,

SUPPORT STAFF OF THE MONTH

Goulburn Options is proud to employ over 60 qualified, dedicated, and hard-working support staff. Alongside our Administration Team, Goulburn Options Support Staff endeavour each and every day to see our participants reach their 'biggest lives possible.' Each month this page will celebrate some of these committed individuals.



JESSICA SMITH

in 2008, Jessica began in a permanent position at Goulburn Options which offered her security and a sense of belonging. Since then, GO has become an important part of her life and personal growth. Working with people with a disability engenders a deep sense of satisfaction. It is inherently positive to feel that the work you do is valued and meaningful. Throughout her journey, Jessica has completed a Cert 4 in Disability, and developed strong relationships with participants and staff alike. She is proud to be a part of the GO community.

Jessica was born and raised in inner-city Melbourne before making the move to Seymour in 2001 when her youngest son was born. She began at Goulburn Options in 2006 as a casual employee. Previously she had been predominately employed in the hospitality industry in numerous rolls from the McDonald's counter to silver-service, scooping ice-cream to pulling beers.

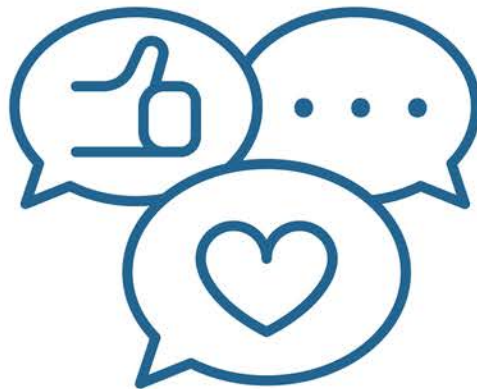
Join the Goulburn Options team!

Email your current CV with a supporting letter to:

shannon.i@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.



As winter finally draws to a close, Goulburn Options participants have been making the most of more frequent days of sunshine.

PICTURED:

Aaron S with his recent woodwork project, Samuel A and Katelyne B working in the GO Again OP Shop, Susan M and Lisa S at the Shepparton Art Museum, Ball Games at Kings Park, Caitlin W and Gemma R having sensory fun in the art room, Bonnie S heading out and about.

WORDSEARCH

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

DRGVTIGDEHWXWYMQJTFFIIQPFL
 JPNAGRTPNELUQGVRRDDHXOYYA
 MFCJQJULATSUPPORTDDQPWNCE
 LRUOMQZZFSVONTPSDOZABUDSL
 PCIUNNUXXAPRKPFGQSOUHGQXF
 YRZCHTOHEXHIBITIONXSBDRLH
 SAJZHCRLBXYNERKHSFZLUOJYC
 PFNNGMQIRCSPEXEVWXJARLZQP
 OTBUTYODBNBGYUBGPTWNDLRQQ
 RMDMBA XNDUJBNDAVGJZOJSRHR
 TRCCUOPUDRTQMWB SBLKJFKKNW
 SFOQQRGEKZEIOPTIONSPCIOEA
 ALLAERAJSDXCOJAUTBSDPEHSZ
 UNYLSLZLSTZAYNVGACOPGEZCM
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WORD LIST

GOULBURN
 OPTIONS
 MCG
 SPORTS
 MUSEUM
 WREATH
 RECYCLED
 CRAFT
 ROASTERS
 KEBAB
 EXHIBITION
 MURAL
 RICHMOND
 TAPESTRY
 DOLL
 HOUSE
 AUSLAN
 SUPPORT
 FEEDBACK
 CONTRIBUTION

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!'

AUGUST BIRTHDAYS

2nd - Amanda H
20th - Carol S
23rd - Deb W
24th - Tina I
28th - Kaitlyn M
29th - Jacinta K

SEPTEMBER BIRTHDAYS

3rd - Paris G
5th - Andrea H
6th - Robin G
7th - Michael W
14th - Bridget S
18th - Chris C
28th - Daniel K
30th - Chris M



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.**