

GO NEWS

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



Lisa S and Nathan H enjoying lunch at October's Seymour Show

No. 10
SEPT/OCT
2023

CONTENTS

Page 2-3:
The Latest

Page 4-5:
GO ART

Page 6:
One Year Later

Page 7
Key Word Sign

Page 8:
Getting Crafty

Page 9:
GO In Pictures

Page 10:
The Support Report

Page 11-12:
GO Again OP Shop

Page 13-14:
Get Involved

Page 15:
Wordsearch

HELLO SPRING!

As the weather gets warmer, and the sun comes out, GO participants make the most of the sunshine by getting out and about, and experiencing all the local community has to offer.

In the last month programs have steadily made their way outdoors -- from Key Word Sign in the park, to cooking in the GO gardens. Footy Colours Day, held in celebration of the AFL Grand Final, saw participants and staff dressed in their favourite team's colours, sharing a BBQ before the long weekend. The annual Seymour Show rolled around once again, and this year, GO ART participants exhibited their artwork for all show-goers to see!

Keep reading to find out more about what GO has been up to in September and October!

DATES TO REMEMBER

Tuesday 7th November
Melbourne Cup
Public Holiday

Saturday 2nd December
GO ART
Pop Up Art Show

International Day of
People With Disability



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



GO Participants had an amazing time attending the Seymour Show this year. As always, there was so much to see at the event, including horse shows, farm dog competitions, lots of different stalls, and many arts and crafts. Participants from GO ART even had some of their own work on display! The show made for a fantastic day out -- we're already looking forward to next year's!

THE SEYMOUR SHOW



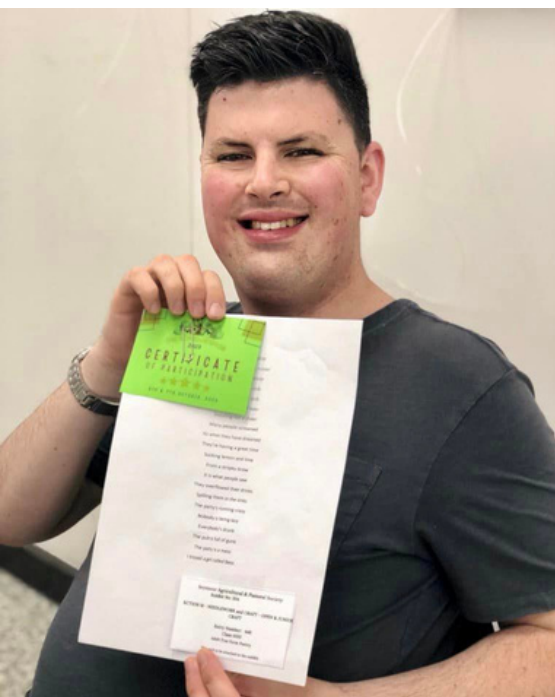
Lisa S with her colourful entries



Nathan H's bright collage



Crystal S' landscape



Lukas D's poetry entry to the show



Nathan H and Crystal S checking out some farm animals



THE LATEST

Clockwise:

1. Reece H and Support Worker Erin M playing soccer
2. The GO Out and About Group stopping for morning tea at the park
3. Samuel A out for a stroll by the river
4. Davis S and Lukas D on a Melbourne City Laneways Tour
5. Andrew L keeping things tidy at GO
6. Katelyne B and Support Worker Elizabeth K looking for fish



GO ART

Now that the date for the GO Pop Up Art Show has been set, GO artists have been getting down to business creating some amazing works for the exhibition. If you're interested in seeing (and even buying) some of these pieces for yourself, stop by GO on Saturday, 2nd December!!!



Bonnie S working on a new painting



Jeremy G working with words and colours



Tahlia B adding spooky character to pebbles



Carol S putting the finishing touches on her work



Luca N getting down a bright layer of colour



Goulburn Options GO ART

In celebration of
International Day of People with Disability



Artwork by Hannah Challis

POP UP ART SHOW!!!

Saturday 2nd December, 10am-3pm
16-18 Station Street, Seymour



**1 Year
Later**



Thank you to our community!

Following the 2022 Floods, Goulburn Options received an outpouring of support from the local community. Thank you to everyone -- participants, staff, families, volunteers and community members -- who enabled us to get our programs back up and running as soon as possible. An additional thank you to Seymour and Kilmore Toyota, as well as Community Bank Wallan, Kilmore, Broadford for their generous support in helping us get back on the road!



1. The Key Word Sign group in full swing!
2. Paris G and Mikey W following along with a KWS song
3. Carol S and Katie M enjoying the Key Word Sign Group



The Goulburn Options Key Word Sign Group has quickly become one of our organisation's most popular programs!

Every Thursday, the group meets to learn new Auslan signs in a fun, dynamic atmosphere. Each week there's new songs to sign along to, and new games to play which always keeps learning fresh and exciting. Key Word Sign is a fantastic communication tool for everyone to learn, and caters to a wide range of abilities.



The Key Word Sign group has even been known to put on a performance or two at local community events!

Considering how much fun the group has each week, it's no wonder Key Word Sign is so popular!

KEY WORD SIGN

In September, community member Paul Reilly donated this amazing collection of timber to GO Woodwork after spotting some of the group's work in the window at Station Street. Some amazing work is soon to come out of the shed thanks to Paul's generosity. A huge thank you from the entire GO Woodwork Team!



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



**Goulburn Options
GO Woodwork**



GO Programs emphasise the personal creativity, interests and capabilities of each participant, and this month has been especially crafty!

Clockwise:

1. Leonie N combining her love of woodwork and art to create a wooden owl.
2. Mikey W, Caitlin W and Support Worker Steph J recycling old t-shirts in the GO RAGZ program.
3. Rosie S with the lavender scent pouches she made in Women's Shed.



Every day brings something new at Goulburn Options -- new activities, new skills, new creations. Check out what's been happening in the last month.

Clockwise: Lukas D working on GO's Core Blocks project, Andrew L cooking up a sausage roll storm in the GO kitchen, Susan M bringing her love of the Bee Gees to the Woodwork Shed, Tina I getting creative with Support Worker Taylah B, Samuel A's huge show bag!

**THIS
MONTH IN
PICTURES**



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.

FREE Digital Literacy Training

Improve your computer skills and confidence -- meet with a Digital Literacy Trainer online, or in-person at the SEED Hub in Seymour. For more information, speak with staff at the Hub: 0482 188 099

Aussie Bird Count: Now On!

Spend just 20 minutes in your backyard, a nearby park, or any outdoor space, and join the nationwide effort to count our beautiful birds.

Check out: <https://aussiebirdcount.org.au/> for more info, or drop into your local Customer and Library Service Centre to pick up a free copy of the Birds of the Lower King Parrot Valley and the accompanying bird call CD.

#AussieBirdCount



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.



LYN CLARK

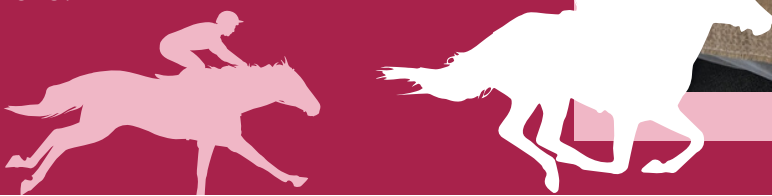
Lyn Clark has now been with the GO Again Op Shop for over 7 years. She was originally a dedicated customer, before another volunteer asked her to join the team. Lyn loves the team spirit of the Op Shop, and giving back to her community. She is a passionate volunteer, who always puts 100% into building beautiful displays of items for sale.

When she is not at the GO Again Op Shop, Lyn is home on her farm, where she loves to garden and take care of her animals. Basketball is a family tradition, too -- she loves to watch her granddaughter play whenever she has the chance.

SPRING RACING AT GO AGAIN

The Spring Racing Carnival is upon us, and the GO Again Op Shop has everything you need to dress yourself to the nines!

Stop by and check out our Spring Racing display, complete with hats, fascinators, jewelry and more!





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

**JOIN THE
TEAM TODAY!**

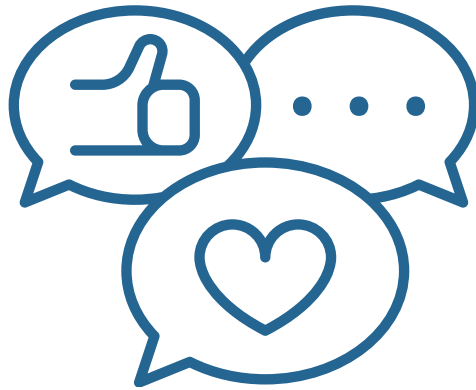


GOT A CONTRIBUTION?

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?

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

WORD LIST

- GOULBURN
- OPTIONS
- DISABILITY
- SUPPORT
- SEYMOUR
- WOODWORK
- EXHIBITION
- RACING
- DONATION
- OPSHOP
- VOLUNTEER
- BIRD
- ART
- FLOOD
- COMMUNITY



Schnitzels are on the menu this month with the GO EAT crew!

Lisa S, Hannah C, Susan M and Megan D are shown here cooking up a storm!



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**.

