



GO NEWS

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



The Literacy Group, and the Women's Shed came together in March for a trip to the Bendigo Discovery Centre.

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GO ON THE ROAD

The last few weeks at Goulburn Options have been one adventure after another! From the Bendigo Discovery Centre, to the Shepparton Museum of Vehicle Evolution, to the Seymour Railway Heritage Centre right here in our own backyard -- GO participants have been all over, immersing themselves in many of the attractions our local region has to offer.

Meanwhile, GO has also been busy keeping involved in our community, attending events put on by other organisations and groups including Harmony Day celebrated at Goranwarrabul House, and the Biggest Morning Tea thrown by the Cancer Council.

All of this is on top of our usually packed schedule of programs and activities! What a month! Look inside to learn more about all we've been up to....

DATES TO REMEMBER

ANZAC Day Tuesday 25th April
(Day Programs will close as usual for public holidays. If you require extra flexible supports on this day, please get in touch with the GO office as soon as possible.)

GO ART Show at the Tastes of the Goulburn Festival Saturday 29th April
Stop by Station Street to join in all the fun and festivities!

Mother's Day Sunday 14th May



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





Katie and Carol at the Tallarook Women's Shed decorating some whimsical Easter hats!



Rosie and her Easter rabbit craft



Leonie's handcrafted Easter design



Lisa's decorative Easter eggs

In the lead up to the Easter long weekend, GO participants took inspiration from the holiday in their creative programming. The Tallarook Women's shed group crafted festive hats and hand-dyed decorative Easter Eggs, the Arts & Crafts groups made a variety of home decorations using upcycled materials, and the Woodwork Team were busy as ever producing figurines and garden décor.

No matter their interest, our participants found a way to get into the Easter spirit!



EASTER AT GO



GO Staff, Participants and Family celebrating the draw of the Easter Hamper Raffle! Photo Credit: The Seymour Telegraph

Goulburn Options' annual Easter Hamper Raffle is always a favourite in the local community, but this was perhaps the best year yet! Thanks to the dedication of our staff and participants, and Margaret Sheppard -- Goulburn Options' undisputed Raffle Queen -- this year's raffle raised an amazing \$5052! Thank you to everyone who purchased a ticket, including our extended network of families and carers, and congratulations to the lucky winners!

All money raised by the Easter Hamper Raffle will soon be used to fund an exciting excursion for all GO participants, just like our trip to the Melbourne Zoo in 2022. Watch this space!



THANK YOU TO EVERYONE WHO BOUGHT A TICKET IN
THE GOULBURN OPTIONS EASTER HAMPER RAFFLE!
AND CONGRATULATIONS TO THE LUCKY WINNERS!

1ST PRIZE: DEE BROWN

2ND PRIZE: M. SIMMONDS

3RD PRIZE: KARA C

4TH PRIZE: CHRIS H

(ALL WINNERS HAVE BEEN CONTACTED)

EASTER AT GO



The Biggest Morning Tea

On March 23rd, the Goulburn Options Key Word Sign Group attended the Seymour Cancer Council Volunteers Group's Biggest Morning Tea. At the Masonic Lodge, the group had a fantastic time with a broad range of community members, and showed off all their recent work with a fantastic Key Word Sign performance for the gathering.

Rosey's Garden: Looking Good!



Long-time members of the Goulburn Options Community Julie and Rodney Heath stopped by over the last weekend to tend to Rosey's Garden, GO's beautiful High Street Memorial Garden dedicated to previous CEO Rosey Panelli. Rosey's Garden is an ongoing passion project of Julie and Rod, and after their hard work, the garden is looking better than ever for our participants to enjoy! Goulburn Options sends Julie and Rod a huge thank you!



This month, Annabelle Cleeland, MP (Member for Euroa) stopped by and met with the Goulburn Options Team to discuss the great work of our organisation and our upcoming projects. Our Art Crew was excited to meet our local member, and tour her around the Station Street Art Gallery Space.



Harmony Week

Written by Rifky Firmansyah

Harmony Week is about coming together to celebrate the cultural diversity in your area and spread the message of 'everyone belongs'.

Harmony Week started in 2000 when the Federal Government declared the 21 March, National Harmony Day. This is the United Nations International Day for the Elimination of Racial Discrimination.

At Harmony Day at Goranwarrabul House I explored the stalls, talked about some information that they got and provide free merchandises. We received printed shirts by the Gnarly Neighbours after watching how they printed the shirts, we then participated in painting cultural designs on rocks and boomerangs. I included myself in the lucky spin stall which I won a prize and was very excited.

Many people showed up including Go Tafe, people from the community, Goulburn Options and many other organisations to celebrate Harmony Day together.





Davis S in sports tests



Rosie S in an illusion



Megan D at the electricity exhibit

It's been a big month of museum trips here at Goulburn Options! In the last few weeks, the GO Literacy Group and Women's Shed came together for a trip to the Bendigo Discovery Science and Technology Centre. With over 100 exhibits, the Centre is a hands-on day of fun. Our participants had a great time interacting with different games and displays, walking through illusions, and exploring all that was on offer.

Another group of GO participants stayed local and took a trip to the Seymour Railway Heritage Centre where they were shown around a fascinating collection of heritage trains by the Centre's lovely volunteers. A fantastic time was had by all.

Katie M striking a pose



GO participants getting up close and personal with a locomotive



MUSEUMS GALORE!



Lachlan W & Dylan L in the MOVE truck



Andrew L with the COURAGE Linfox



Dylan L - Back to the Future!

The Shepparton Museum of Vehicle Evolution (MOVE) is a world-class transport museum, and this month, Goulburn Options participants took a trip up the Goulburn Valley Freeway for a visit! Motorcars, motorbikes, trucks, buses, bicycles, gramophones, telephones, radios and costumes -- there were so many exhibits (and vehicles!) to see and explore. Our group from GO spent an entire day venturing through the large collection of automotive artefacts, and learnt much about the history of transport.

GO participants are constantly getting out into the Goulburn Valley and beyond to find new, exciting activities and areas to explore -- and this month was certainly no different!

Group Photo Time!



David T & Dylan L in the MOVE truck



MUSEUMS GALORE!





GO ART

The GO Art Studio is well and truly in full-swing preparing for the upcoming Pop Up Art Show on Saturday April 29th! Coinciding with the Tastes of the Goulburn Festival, the GO Pop Up Art Show will feature a variety of works from our talented artists. Stop by to check out our beautiful creative arts space at 16-18 Station Street, purchase some art and support our talented artists!



Pictured:

Susan M having a blast on a new canvas, Lisa S and her completed painting with signature butterflies, Crystal S creating a nature-scape, Kimberly O and her impressive body of work featuring dragons, Lukas D adding colour to his work, James J and another of his works featuring his signature style of colour and shapes



Goulburn Options GO ART

POP UP ART SHOW

During Tastes of the Goulburn Festival

Saturday, 29th April, 10am-5pm

16-18 Station Street, Seymour

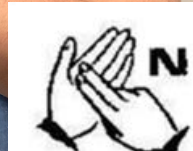
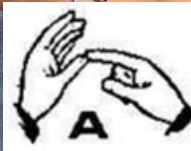
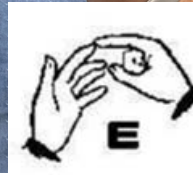
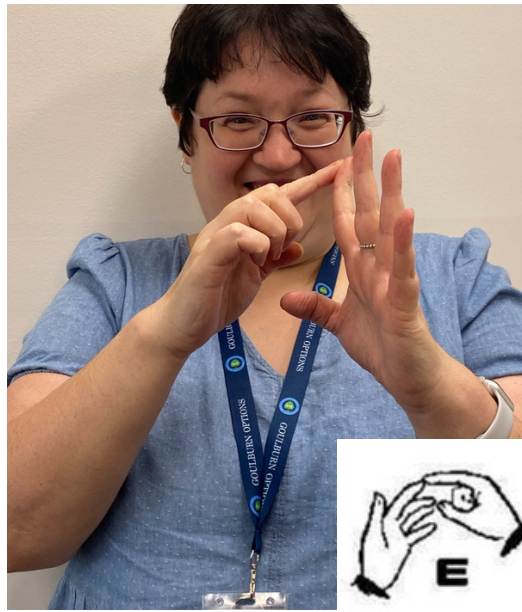
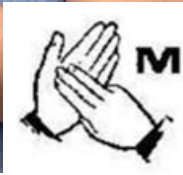


Artwork by Robbie Wales

Visit our studio
Meet our artists

Art for sale
Gallery window

All Welcome!



MEGAN



The Goulburn Options Key Word Sign Group practices their AUSLAN signing each week, learning a variety of words and phrases. See if you can follow along!

Crystal S demonstrating the 'How are you?' sign



How are you?



KEY WORD SIGN



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.

Here are some opportunities in the local community right now!

\$250 Power Bill Bonus

The Power Saving Bonus is a \$250 payment for Victorian households to help ease cost-of-living pressures and encourage them to compare energy offers and save money. To apply, visit: <https://compare.energy.vic.gov.au>

Have a Say Bendigo Information Day

Have a Say is a self-advocacy group run for and by people with intellectual disability in Bendigo and Central Victoria. They are having an information day on Thursday 9th May from 11am-1pm at the Bendigo Library. RSVP to the event by 2nd May to hasbgo@gmail.com.

ANZAC Day Public Holiday

Goulburn Options Support Coordination will be closed for the Public Holiday on April 25th 2023.



Lukas D ready to go live



MC Mikey W



Brennan C with song selections



GO RADIO



Dianne G on the air

Did you know that Goulburn Options has its very own radio show?

Every Wednesday at 12 Noon, GO participants Lukas, Mikey, Brennan and Dianne, along with Support Worker Rob Stutchbury take to Seymour FM for the GO Radio Show. Tune in to hear your favourite tunes, and what's been happening lately at GO.

There are many ways to tune into the GO Radio Show. You can:

- Tune into **103.9FM** - coverage extends throughout the Mitchell Shire
- Download the **Tunein Radio** app on your mobile device and select **Seymour FM**
- Go to **www.seymourfm.au** and listen live

Thank you to Mikey W for this technical information!

**Tune in to 103.9FM
every Wednesday at
12 Noon!**

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.

SUPPORT WORKER OF THE MONTH

I began my time with GO in early April 2022. I previously worked in a management role in Heavy Rail Operations for 23 years with a major rail operator. I decided to make a change as the role I was in no longer left me feeling fulfilled and I wanted to do something that made a difference to others -- where I felt satisfaction in helping others achieve their best life. (Something people might not know about me: I operated/drove locomotives/freight trains at an average length of 1500m and an average weight of 4500 tonnes!) I love my job at GO. Every day is different and the happiness you can bring to someone else is so rewarding. I love to empower others and this role helps me to achieve that. My role varies in the support provided to others including Day Programs, activities and SIL.

NIKKI WOOLLEY



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
Find out more on our Facebook page, or see the job listing on Seek.

JOIN THE TEAM TODAY!



GOT A CONTRIBUTION?

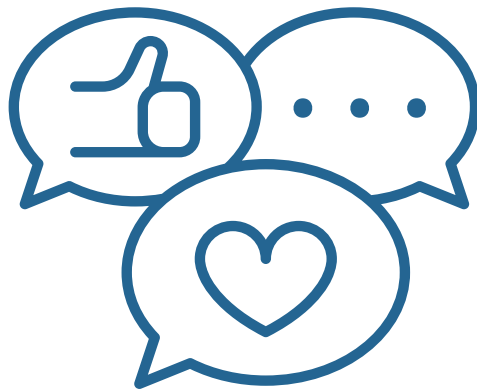
If you have any questions about our newsletter, have an idea, or would like to make a contribution please feel free to

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.



CONTACT US

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'

APRIL

BIRTHDAYS

1st - Hannah C
15th - Ross W
16th - Kieran M
22nd - Kerry N H
22nd - Kristy M
23rd - Grace C
24th - Anita O
28th - Dylan L
30th - Jake W
30th - Rebecca S

MAY

BIRTHDAYS

6th - Naomi D
7th - Caitlin W
9th - Lee K
10th - Loretta B
16th - Crystal S
19th - Rosie S
22nd - Richie D
23rd - Samuel A
30th - Brett W
31st - Roslyn S
31st - Gaylene V
31st - Megan D



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.**