



GO NEWS

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



GO NEWS: HOT OFF THE PRESS

Welcome to the very first issue of the Goulburn Options Newsletter: **GO NEWS!** Inside these pages you will find all the latest updates from Goulburn Options, including upcoming dates, ways to get involved with us, tips and tricks on staying well, and -- most importantly -- what our participants have been up to lately!

Goulburn Options is an NDIS registered Disability Support Service with a home base in Seymour, and participants right across the Goulburn Region, all the way from Wallan to Nagambie. We take great pride in supporting our participants to live their 'biggest lives possible,' with three key values at the heart of everything we do: Diversity, Equity and Capability. With the introduction of our newsletter, we hope to share the great work of our dedicated support staff, and the many varied successes and achievements of our participants.

Read on to discover everything that happened in July.



SAVE THE DATE!

Friday 14th October

16-18 Station Street Grand Opening

15th October

GO ART exhibition

No. 1

July 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

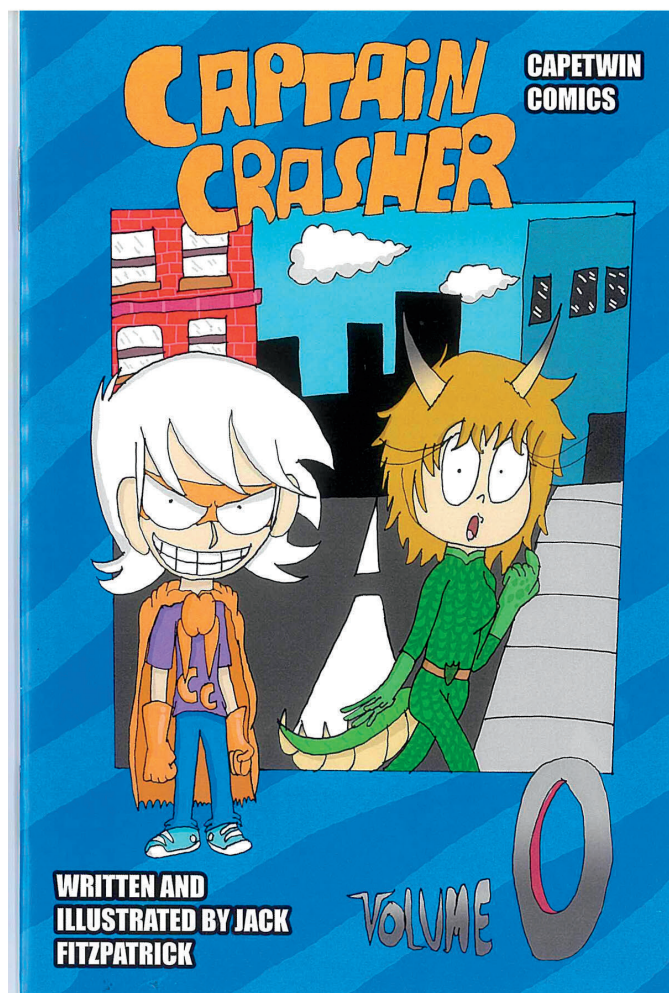
JACK FITZPATRICK: CAPTAIN OF COMICS

This month, GO participant Jack Fitzpatrick finished work on Volume 0 of his comic **Captain Crasher**. Volume 0 is the much anticipated prequel to the already established webcomic of the same name, which first appeared on Webtoon on July 2020. In this volume: "William T. Oxfried, supervillain employed by the Legion of Villiany, hates heroes with all his heart, but when he sees a rookie hero struggling against a tough-as-nails thief... He makes an exception."

Jack Fitzpatrick (or CAPETWIN as he's known online) has been drawing ever since he was a child. He also has a knack for telling stories. Since posting Chapter 1 of **Captain Crasher**, he has been growing as a content creator.

Follow Jack on Twitter: [@CapeTwin](https://twitter.com/CapeTwin)

Or read **Captain Crasher** on **Webtoon Canvas**!



OUR NEW WEBSITE

www.goinc.org.au has had a makeover! With a new look, and new pages to explore, there is something online for everyone. Check out the GO Art page for profiles of all of our talented GO Artists, find important information on the NDIS, and the many services Goulburn Options provides, or even get in contact with us via the fillable contact form.



GO COFFEE AT BUNNINGS

On Friday the 22nd of July, the Goulburn Options GO Coffee Van arrived at Seymour Bunnings. Our participants Hannah, Lucinda and Kerry had a very successful day selling some much needed coffee to some very chilly customers! Keep an eye out for the GO Coffee Van in Seymour and surrounds.

GO EAT

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

SPAGHETTI BOLOGNESE

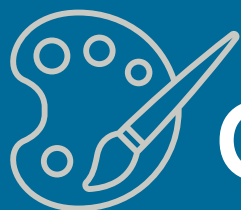
METHOD:

1. Heat oil in a large pan. Fry the mince and garlic until brown.
2. Cut onions finely and place into meat mixture. Cook until soft.
3. Chop tomatoes, grate carrot, and place into pan. Stir continuously.
4. Place pasta sauce, salt, pepper and herbs into pan and simmer for 15 minutes.
5. While the sauce is simmering boil 2 litres of water. Once the water has come to the boil, place the spaghetti into the pot. Cook until al dente, then strain the water.
6. On a plate, serve the spaghetti in a coil, and ladle on some sauce. Serve with cheddar or parmesan cheese.

- 500g beef mince
- 2 large onions
- 500mls tomato pasta sauce
- 1 TBS minced garlic
- 1 pinch of salt
- 1 pinch black pepper
- 2 large tomatoes
- 1 large carrot
- 10g oregano
- 10g basil
- 10g parsley
- olive oil
- 1 packet of spaghetti



Caitlin W making the sauce



GO ART

July has been a big month in the Studio. In the GO Art Program our participants have been busy creating bright, colourful artworks in ever-varied styles and mediums. We had a workshop with the amazing ceramic artist **Pey Chi** (www.peychi.com), and six

of our GO artists have been added to the **LOOM Arts and Management website**. **LOOM** is a not-for-profit talent agency and arts organisation based in Melbourne which aims to increase representation, respect, and access of d/Deaf and disabled artists within the arts industry. Congratulations Susan, Rosie, Lisa, Leonie, Kimberly and James!

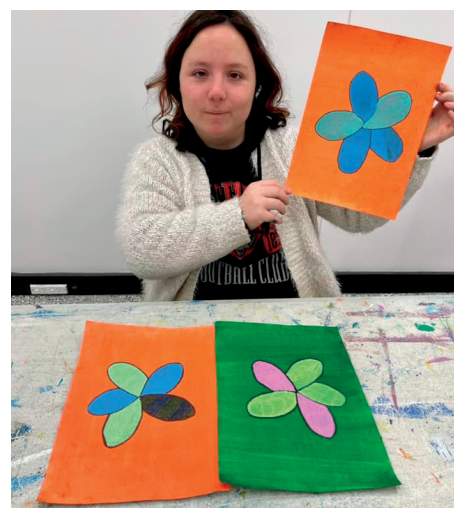
To see their artists profiles visit: <https://loom.org.au/artists/>



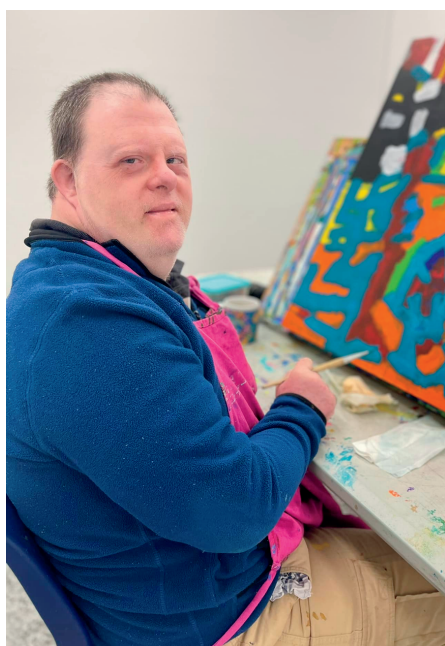
Robbie W and his work based on one of his photographs



Rosie S creating one of her famous dot paintings



Lucinda D and her series of colourful flowers



James J working in his signature abstract style



Susan M and her ceramic mug from Pey Chi's workshop



Leonie N and Pey Chi in July's workshop

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



WINTER WELLNESS

Wellness -- keeping in good health and living a physically, socially, and mentally balanced life -- looks different for everyone. For some people, wellness may be a weekly exercise routine, checking in with friends, and eating healthy. For others, it may be keeping up with medicine, trying new activities, and organising a healthy work-life balance. One thing we all share however, is the additional risk of becoming unwell in the winter months, when the weather gets cold and our lives become more stationary. The recent surge of COVID19 cases, as well as this year's heightened flu season poses an additional risk. So, how can we prevent getting sick? And what are some tips and tricks for staying well?

HANDY LINKS



Sometimes we all need a little extra help. Find more information about staying well in winter at the links below.

Concerned about your mental health?
Find support with **Beyond Blue**:
www.beyondblue.org.au

Protect yourself and others from COVID19:
www.coronavirus.vic.gov.au/health-advice

Keep your heart healthy this winter:
www.heartfoundation.org.au/blog/7-tips-for-staying-healthy-over-winter



5 TIPS FOR KEEPING WELL

1. Eat lots of vegetables.

In winter there are lots of seasonal vegetables you can use to create lots of hearty, healthy meals. Broccoli, carrots, cauliflower - try adding some to soup, or your favourite casserole.

2. Keep active.

In winter it is very easy to forget to be active when all you want to do is rug up and stay cosy. If you're finding it difficult to get moving, try indoor activities such as yoga, bowling, or swimming. Or get active in your own home by stretching, dancing, or even gardening in the winter sun.

3. Keep in touch with friends,

It is very important to keep an eye on your mental health in winter - the dreary weather can often lead to an equally dreary mood. Fight the blues by checking in with your friends and family. Grab a coffee, see a movie, or get together for a chat.

4. Stay warm.

Maybe one of the best ways to stay well in winter is to stay warm. To fight the cold, make sure you rug up with your scarf and coat, and make sure your home stays warm by closing doors and stopping draughts.

5. Have some winter fun.

While winter may be cold, remember there are things you can only do in winter too! Take advantage of the season - watch your favourite footy team, take a winter walk, or even make a trip up to the snow!

Here in Victoria, we're pros at managing COVID19, but with the recent upswing of cases, infections and hospitalisations, we could all do with a refresher on how to lower our risk of contracting the virus. Make sure you're protected by following the checklist below:



Wash your hands with soap and water.

Before or after putting on a mask, after using the toilet, after blowing your nose, coughing or sneezing, after handling waste, or after contact with people or pets make sure you thoroughly clean your hands.



Use an alcohol-based hand rub.

Using a hand rub is a quick and easy way to disinfect your hands, but make sure you wash them with soap and water if they are visibly soiled.



Wear a mask.

You can help stop the spread of COVID19 and lower your risk of infection by wearing a mask, either surgical or N95.



Maintain physical distance.

Stay 1.5 metres away from people where you can and avoid crowds, especially indoors.



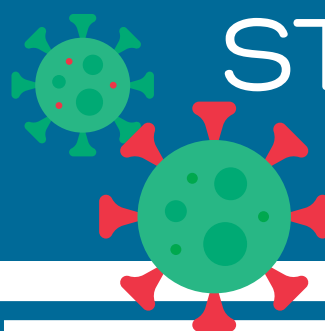
Get tested.

If you have any COVID19 symptoms, including loss or change in sense of smell or taste, fever, chills or sweats, cough, sore throat, shortness of breath or a runny nose, you should get tested immediately, using either a Rapid Antigen or PCR test.



Keep up to date on the latest advice.

All the latest advice, information and regulations about COVID19 in Victoria can be found at www.coronavirus.vic.gov.au



STAYING SAFE

WHAT IF I TEST POSITIVE?

If you test positive using a rapid antigen test, you are officially a case and must report your result to the Department of Health **online**, or via phone: **1800 675 398**.

After your report, you will receive text messages from the Department of Health to help guide you in your isolation period.

You must immediately isolate for 7 days from the day you took the rapid antigen test.

Follow the Checklist for COVID cases which can be found at

www.coronavirus.vic.gov.au/checklist-cases



**REMEMBER:
THE BEST WAY TO
PROTECT YOURSELF
AND OTHERS FROM
COVID19 IS TO
GET VACCINATED!**



FROM THE SHED



This month our talented participants in the GO Woodworking program have been hard at work on a variety of projects, including a beautiful hand-crafted cutting board.

LEFT: Ross W putting the finishing touches on the board

RIGHT: Dylan L proudly displaying the finished product.



ARE YOU A DISABILITY SUPPORT WORKER?

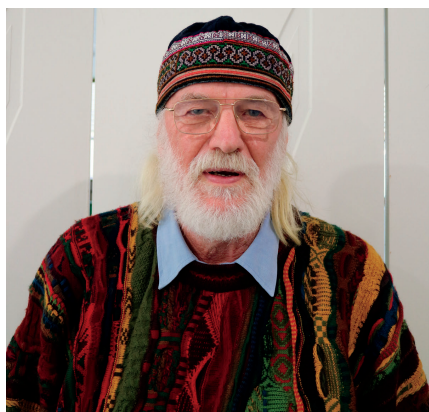
Goulburn Options is currently seeking qualified and/or experienced support workers to join our team, initially as Casual, with ongoing opportunities to transition to Part Time employment.

Our current vacancies include weekdays, evenings, overnights and weekends. We operate 365 days a year, 24 hours a day.



If you would like to work with us to encourage and support people to 'live the biggest life possible,' then email your current CV, with a supporting letter to:

shannon.i@goinc.org.au



ROB STUCHBURY

this day. Following a year of teaching at Strath Creek, Rob was employed as CEO at the Dame Pattie Menzies Centre for 28 years. It is with this experience he comes to us at Goulburn Options, where he now delivers Day Programs.

"If you do what you enjoy doing, then it's not work! Meal preparation, guitar-playing music, radio shows, and swimming coaching. Ten years has flown by."

After graduating from Teacher's college in the early 1970s, Rob worked in a broad range of settings: from Maningrida in Arnhem Land to Glendonald School for the Deaf in Kew. He then moved to Flowerdale where he set up Mintos Park Stud where he still works with his thoroughbred racehorses to

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.



KERRY HAEUSLER

"I found so much more than just a job when I found GO. It gave me a base to begin making links in Seymour...and began to make the Goulburn Valley feel like home. I have seen so much change and growth in the organisation since, but with all the growth, the very personal approach to supporting participants is still the centre of everything we do... I am so happy to be a part of the amazing team that makes GO special. I always look forward to seeing what happens next."

Kerry began doing Disability Support Work and home-based care with a variety of clients in Adelaide, before her big move to Victoria. Once here, she began searching for a place she could further her skills and make some community connections, and so found Goulburn Options.

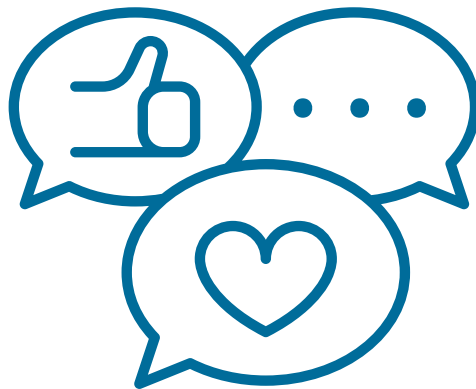
Join the Goulburn Options team!

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.

WORDSEARCH

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

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

WORD LIST

GOULBURN
 OPTIONS
 DISABILITY
 SUPPORT
 DIVERSITY
 EQUITY
 CAPABILITY
 FUNDRAISER
 WELLNESS
 NEWSLETTER
 WINTER
 VACCINE
 WOODWORK
 CERAMIC
 COMIC
 SPAGHETTI
 WEBSITE
 COFFEE
 LOOM
 SHED

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!'

JULY BIRTHDAYS

1st - Brennan C
4th - Katie M
4th - Rob S
9th - Susan Mc
10th - Kerry P
11th - Davis S
17th - Margie C
22nd - Diane S
25th - Cheryl S
26th - Garry D
30th - Hayden S
31st - Andrew L



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**.