



GO NEWS

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



GO Participants and Support Workers of the GO Netball Team

ALL-ABILITIES SPORTS

It's been a big couple of months for sport at GO. Every Monday night, several participants have been heading to the Seymour Leisure Centre for All-Abilities Basketball, making up a large part of the Goorbills team. We also travelled to Shepparton in September for Valley Sport's annual All-Abilities Netball tournament. We had a huge crew of participants and staff head up this year, and everyone managed to get involved. Both on and off the court, it was a fantastic day of sport, friendship and inclusion as always, with everyone receiving a medal for their participation at the end of the day. Hannah Challis shares her experience of the day below:

Yesterday we went to Shepparton for our All-Abilities Netball Games. We won 1 game. We had lunch and afternoon tea which was in the clubroom, and everyone got a participation medal at the end of the day. Everyone shakes hands after the game. There were 4 teams from different organisations. We played 5 games. I think everyone had a fun day playing netball. Everyone got a medal at the end of presentation. I played centre and wing defense. Staff Gaylene said she liked that it was all inclusive, and everyone being involved in the game.

No. 26

Aug/Sept
2026

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

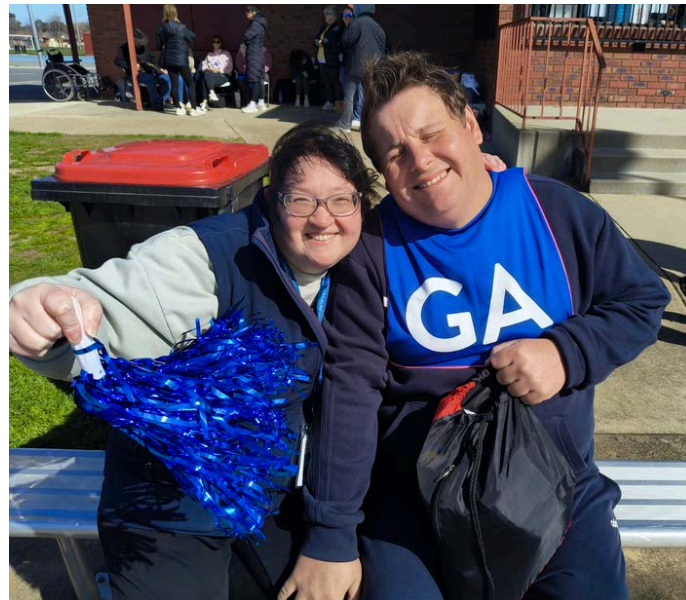


Goulburn Options has a zero tolerance to abuse of any kind. Our organisation is committed to safeguarding the health and wellbeing of all People, including the health, safety and wellbeing of children and young people in our care, all participants, staff and volunteers.

Sport is truly at it's best when it's inclusive, when everyone gets a chance to participate, connect and belong in a team working together to achieve a bigger goal. If this month at GO has shown us anything, it's also just how much fun there is to be had in sport, whether you've ever picked up or a ball, or just love to come along and cheer on your friends! The more sporting opportunities there is in our local area for people of all ages, abilities and skill level, the stronger our communities and local ties become. We'd like to offer our sincerest thanks to Nexus and Valley Sport for continuing to support and involve us in these great initiatives.



Pictured: David, Lachie, Matt, Davis



*Pictured: Gemma and DSW, Liz, Megan and Davis, The GO Netball Team in action
Carol and Andrew, Andrew, Carol, Steven, Robbie and Samuel*





Goulburn Options
Disability Support Services

AGM Invitation

GO's 2026 Annual General Meeting



Wednesday
28th
October



4pm Sharp
Start



16-18 Station
Street,
Seymour

You're invited to GO's 2026 Annual General Meeting (AGM). Join us for the unveiling of our brand new Strategic Direction for 2027-2030 and another fantastic presentation on the year that was from our Participant Voice Committee!

RSVP by Wed 21st October



go@goinc.org.au



5792 3192



THE LATEST



THE ANNE PENNINGTON AWARD

Congratulations to Hannah and Andrew for their Anne Pennington Award Nominations! This award, hosted by the Centre for Continuing Education recognises engagement and achievement in adult study. Andrew and Hannah were nominated by their trainer Jo out of hundreds of students for their progress, and enjoyment of the Centre's Ability Me program. We couldn't be prouder!



Pictured: Hannah, The Centre Trainer Jo and Andrew. Andrew receiving his award, Hannah receiving her award

R U OK? Day is always a favourite at GO. We're always looking for new ways to support our friends and families (and ourselves!) by checking in and speaking up when someone might be going through a hard time. We also never miss an opportunity to dress up! This year, the yellow theme was as bold as ever. Throughout the day, we also participated in some great activities designed to spark conversations and keep us in touch with our peers and loved ones.

R U OK? Day

Pictured: Lucinda, Leonie, Naomi, Liz, Annalyse, Bec, Rosie, Kerryn and Amy in the R U OK? Day Spirit



COMING UP

October 28th September

GO AGM - All Welcome!

4pm Start

RSVP to go@goinc.org.au

Friday 30th September

Halloween Disco

Monday 2nd November

GO Closed - Annual Leave Day

Tuesday 3rd November

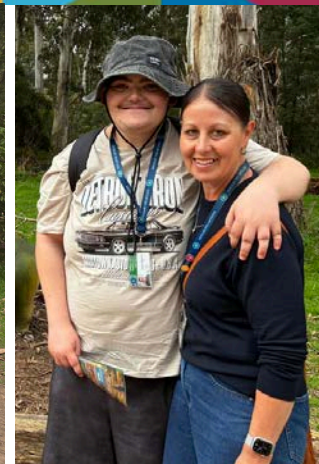
GO Closed - Melbourne Cup Public Holiday



Pictured: Andrew mid-concert, Andrew and DSW Kaitlyn

You're the Voice!

Andrew, a long-time John Farnham fan had the amazing experience of attending the singer's tribute concert at Rod Laver Arena this month! He had the best time, singing and dancing all night to his favourite tunes with support worker Kaitlyn. One for the books!



Pictured: Andrew, Megan, Davis, Katelyne, Hannah, Mikey and friends from Menzies David and DSW Jacinta

OUT AND ABOUT

The GO crew has been going on some truly inspiring excursions as of late. As part of the Ability Me Course hosted by the Centre for Continuing Education, our Literacy Group in particular has been taking their education out of the classroom and getting their learning from the experience of travelling to new places. During culture study, the team visited the Museum of Chinese Australian History. Then, another journey into the city took the team to the Victorian State Library, a really wonderful place to learn about everything from history to literature and politics! And most recently, our participants from GO joined participants from Menzies for a trip out to the Healesville Sanctuary, where their animatronic dinosaur exhibit might have taken the cake for most exciting stop of the day! Who said learning is boring?! We think ongoing adult education opens up new opportunities and experiences for all!

Pictured: Mikey, Katelyne, Andrew, Megan, Davis and David, Katelyne in the State Library



THE WORLD ACCORDING TO...



In one of the biggest achievements of the month, GO Artist James Jones hosted his debut solo exhibition "The World According To..." The day was a resounding success, with James selling 7 of his artworks, all in his iconic abstract style.

James was hugely proud of his achievement, and welcomed both members of the public and family and friends to this celebration of all his hard work. Congratulations from everyone here at GO, James!

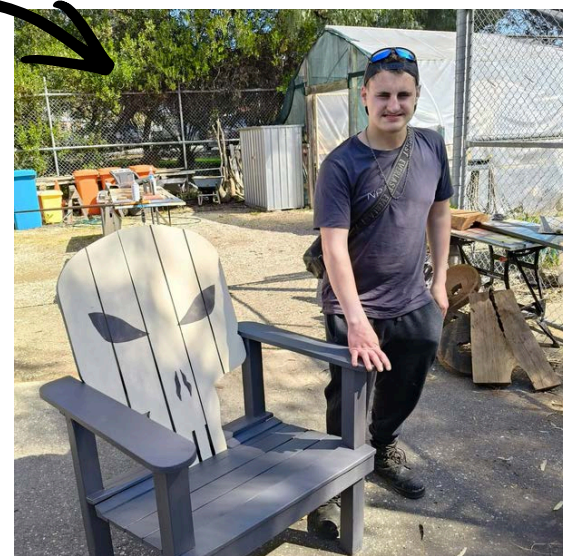
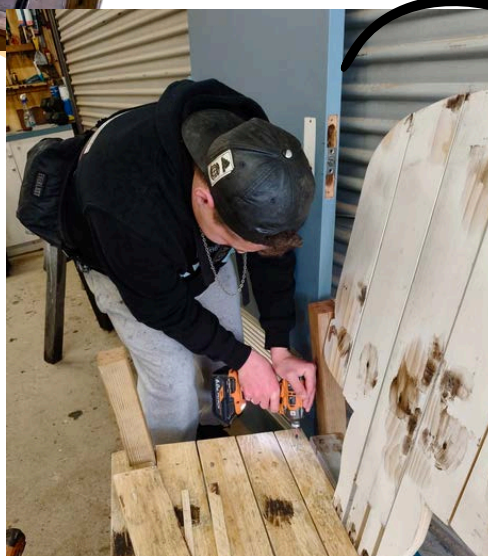
Pictured: Debut Artist James Jones! James and special guests to his exhibition



So much amazing work has been coming out of the GO Woodwork shed in the past few months that it's been hard to keep up! At the start of September, a collaborative work from our woodwork team was put on sale - an amazingly crafted bench - and sold almost immediately! We've had lots of other projects come to fruition to, such as Steven's chair. From beginning to end, this deck chair has been a labor of love, and we think it's turned out absolutely brilliantly!



FROM THE SHED



Pictured: Collaborative bench project -

SOLD! Steven's chair in the works, and done!

**Minion Madness!****Oz Goes Crazy!****GO Catwalk****Kitchen Nightmares**

GO PERFORMING ARTS

If you don't yet follow Goulburn Options on Facebook or Instagram, this is your official sign! For several months, GO Performing Arts has been stepping up their game, and now has a huge body of short films, routinely published across our social media. These videos, comedy-based and so much fun, display the creativity, imagination and growing confidence of Performing Arts participants. From longer form recreations of famous films like Wizard of Oz, Shrek and Harry Potter, to shorter comedy skits that are worth their weight in gold, these films are not to be missed!

Follow **@goulburnoptions** on Facebook and Instagram for a front row seat!

**Shrek!**

MAMMA MIA @ BSC

GO once again offers our heartfelt thanks to Broadford Secondary College for having us as your matinee audience for this year's production of Mamma Mia! The show was stunning! Perhaps the best one yet! Our crew always feels so welcomed and lucky to be witness to your talents.

Pictured: GO with BSC Students

BLP AWARDS

GO's Biggest Life Possible Awards are a way to recognise and celebrate the amazing supports our employees offer each and every day.

We had a great selection of nominees in August and warmly congratulate all our winners!

WINNER

August Winners

Megan B- Quality of Life

Erin M - Quality Community

Matilda K - Quality Practice

Shelley K - Quality Employment



Footy is huge at GO, with so many of our participants and staff being long-time, die-hard supporters for one team or the other. And then, when Grand Final time comes around the air gets practically electric! Footy Colours day is always so much fun for this exact reason, and this year, we made things bigger and better than ever. With great weather on the horizon, we headed down to King's Park in Seymour for an afternoon of food, fun and games. We're not sure Kings Park has ever heard so much banter, or so much laughter!

FOOTY COLOURS DAY



Pictured: Andrew, Matt, Paris and Steven, DSW Gaylene and David, The GO crew at Kings Park, Dayana and DSW Mel



Pictured: The GO Board mid-plan development

STRATEGIC PLANNING

Following several consultation periods with key stakeholders including our participants, families, carers and staff, the Board sat down together in August, and worked back and forth all through September to develop the goals and outcomes which will see GO through the next three years. The GO 2027-2030 is now in it's final stages, and will be proudly presented for the first time at the 2026 Annual General Meeting (AGM) in October.



Pictured: Kacie and Danielle - go reps!

ALL-ABILITIES EXPO

GO offers a huge thanks to Our Place Seymour for once again hosting a successful All-Abilities Expo. The expo, designed to support families and individuals looking to connect with local services and supports has been going for many years now, with always getting bigger and better. Thank you to everyone that came to chat with GO leaders Kacie and Danielle. We loved connecting with our community, and making new partnerships for the future!



WE'RE HIRING

TEAM LEADER PROGRAMS & COMMUNITY

Make a real difference with GO! As our Programs and Community Team Leader, you'll lead a passionate team to create meaningful opportunities, connection and choice for people with disability. If you're a people-focused leader who brings energy, creativity and a commitment to quality support, we'd love to hear from you.

APPLY

Search 'Goulburn Options' on **Seek.com**

From October 1st, changes to NDIS funding for some supports have begun to take effect. These changes are being introduced when a participant's plan is newly created, reassessed or renewed. Under the new arrangements, funding for Social, Economic and Community Participation (SECP) supports may be reduced by up to 50%, while Improved Daily Living (IDL) funding may be reduced by 10%. Importantly, this does not mean every participant's funding will change immediately - participants can continue using their current plan until it is reassessed or renewed.

The NDIA will notify participants when these changes apply to their plan and will advise how much funding is available under the new arrangements. Some supports are excluded from the reductions, including certain employment supports, high-intensity supports and disability-related health supports. We understand that changes to NDIS funding can be concerning for participants and families, and we will continue to work with you to understand your plan, and make the best use of your available funding. We strongly encourage all families to get in touch with us as soon as possible after receiving a new plan for support and update of your service agreement. This will avoid any overspending.



NDIS NEWS

MORE INFO:

DSC explainer article:

<https://teamdsc.com.au/resources/support-t-determinations-begin-today-what-you-need-to-know>

Phone: 5792 3192 **Email:** go@goinc.org.au

In late August, the Rotary Club of Seymour made a visit to Goulburn Options' Art Studio, and hear from GO Artists Hannah and Holly, all about our art program and their supports from our service. The ladies did an amazing job, and attended the Rotary Meeting with CEO Debbie Mitchell afterwards. An awesome effort in public speaking!

A VISIT FROM ROTARY

Pictured: Holly and Hannah hosting Rotary, CEO Debbie, Holly and Hannah at the Rotary Meeting





GO AGAIN OP SHOP



What's not to love about the GO Again Op Shop? We've got a huge range of clothes, home wares, shoes, kids toys, books (and just about everything in between!), a shop full of lovely volunteers and GO participants to make you smile, and all proceeds go right back into Goulburn Options Disability Support Services Programs. It's a win-win-win!

Pictured: Paris and DSW Deb, Paris, Lisa and Leonie



UPCOMING SALES!



Dresses and Tops \$3

Oct 5th to 17th



Shorts & Skirts \$3 Sale

Oct 19th to 24th



Adult Pants \$1 Sale

Oct 26th to 31st

Shop 4/115, Anzac Avenue, Seymour

Monday to Friday 9:30am - 4pm

Saturday 9:30am - 1pm

Sunday Closed



Visit Us!





Get a coach in your corner

In-person Coaching supports you in finding a balance between your responsibilities as a carer and your own needs.

In-person Coaching gives carers the opportunity to work one-on-one with a coach who supports you towards improving your overall wellbeing. You can work out what you want to change in your life and how to make it happen.

Support for carers

In-person Coaching is carer-led and caters to your unique circumstances. Your coach will support and empower you to:

- Identify what you need to improve your situation
- Find opportunities for change
- Set goals for the future
- Take steps towards your goals

Working with your coach

With your coach's support, you can figure out what you want in life and learn skills and strategies to achieve it.

Having that dedicated, one-on-one support helps you:

- Build resilience
- Manage daily stresses
- Develop a more positive mindset
- Make plans for your future

How In-person Coaching works

In-person Coaching is flexible and free. You'll get six, one-hour coaching sessions that can be structured around the same topic or different topics, depending on your requirements. You also have the option to attend face-to-face, over the phone, or remotely online. It's completely up to you.

To find out more about In-person Coaching, please contact us at **Carer Gateway**.

1800 422 737 Monday-Friday 8am-5pm

Emergency respite is also available 24 hours a day, 7 days a week on this number

carergateway.gov.au



1st Row

DSWs Jacinta and Gaylene with Chris celebrating footy colours day, Gemma at the park, Kerry enjoying the garden

2nd Row

Brennan and Di at GO Radio, Shannon clearing up the gardens, Carol shopping for some citrus

3rd Row

Jeremy with his latest piece of art.

**THIS MONTH
IN
PICTURES**

WORDSEARCH

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

KWYMXNLSNSEBGSYOUHCEO KTJWNYKUS
 BUJRCA YKHC BFHOLS YDJKCQTRFUEPLM
 EDWUUYWOF A IHSCUASHXNDSTDRQOXTL
 MKQHVIKHWNI BDPYLLTKCEHCDHNKDJD
 VKJYTFSEMLECARERBKTJBKAOTVNWIA
 DYCTZSPORTLIRQBNHUJZUMLGXJDQWJ
 JEXMXVCPPURYOE PFNORUHKTQCDGGXK
 OQEHJQEBQPFZGI IHMIWNUVWNSGIRDW
 SUDTWOAQFMTBSFKUDDNEGUEGFELOJE
 YPEJAGMGWOWFXRNB AWIGVYKOE XNCAU
 QALFYHMDROJMDNDISHAQ TUNJHNC DUQ
 YFUHHBRERWMKUOWEYVFWQOVNPOFKKS
 MFDQAZZF RUZD ICQPKXI JGGNSRABJUS
 PQCSI ZUVJQERG JHKADJIMPPOGHHLPO
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 RABQNNUH PVOCHUGGF IWHGMLLWHVERR
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 XLDYZF KQJAQMRNX CZDTZAFOPYMRATV
 OIVBEGCZSIMO IACQWZYGFILMSDXLUW
 HTJKZGCZRTXMHGYFQFX YWRCZECALQV
 EINEW SOBE BHQAMCGKMUEPONTQGUUZQ
 YEEHRPUCDWSOXMQANMYABLYFARNHAM
 NSYFKFXCTEZK CWIOGIWWQVRMDJGKJC
 TRASWTCFZANNNL RATSZGQFWUKWBRDH

WORD LIST

GOULBURN
 OPTIONS
 PENNINGTON
 STRATEGIC
 FARNHAM
 ROTARY
 SPORT
 BASKETBALL
 MAMMA MIA
 LIBRARY
 CARER
 NEWS
 ABILITIES
 DEBUT
 FILMS
 NDIS
 AGM

KEEP CONNECTED!

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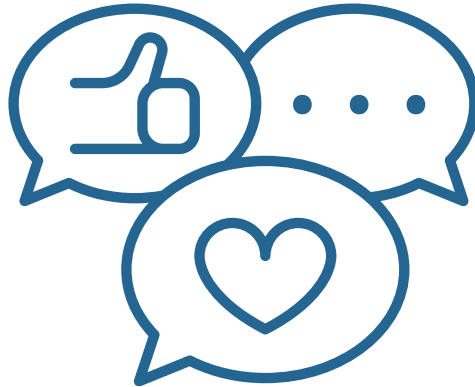
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Keep an eye out for
blog posts on our
website.



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: **go@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!'



GENERAL ENQUIRIES

Phone: **03 5792 3192**

Email: **go@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.**

