



GO NEWS

LIVE YOUR 'BIGGEST LIFE POSSIBLE!'



Mandy and Megan (GO Staff), Kimberly, Lucinda and Leonie (GO Participants) and Carly (Go Seymour) at the opening of the display

CHRISTMAS TREES IN STATION STREET

In November, Goulburn Options was invited to design, decorate and paint Go Seymour's 2024 Station Street Christmas Tree Display! The Christmas Tree Forest is a fantastic local initiative, designed to highlight the awesome work of community groups in the Seymour area, and bring a bit more Christmas cheer to town!

Throughout November, our participants and support workers got busy in the GO Art Studio with each artist bringing their own creative flare to painting decorative baubles and presents on the 22 wooden trees! Congratulations to all of our participants, support workers, art team, and Art Coordinator Mandy on a huge effort to get the trees done!

Goulburn Options would also like to extend our warmest thanks to the entire Go Seymour Team for involving us in this project!

Keeping reading for more on the trees, and our official opening!

No. 17
NOV/DEC
2024

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



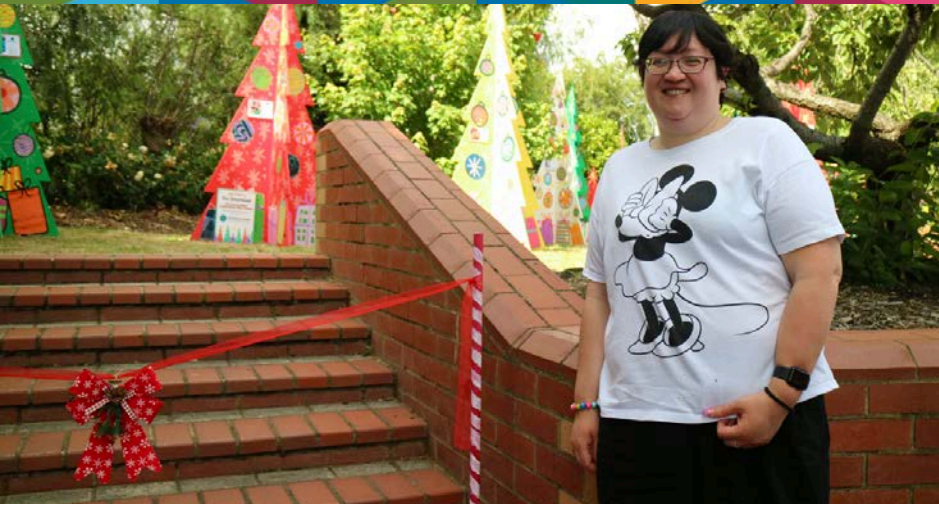


After a colourful base coat (thank you to the **Seymour Men's Shed** for prepping and delivering the trees!) our participants let their creativity flow. Each bauble and present is individually designed by one of our artists!

With a protective coat in place by the end of November, our trees were ready to be delivered, ready for the community to enjoy beginning on December 1st.



PICTURED (Clockwise): Hannah C and DSW Gaylene, Megan D, Lisa S and Katie M, James J, Luca N, Janet Y



PICTURED: Megan D, Rosie S and opening speeches at the event



#GOXmas24

@goulburnoptions

@goseymour



On December 6th our artists, the Go Seymour Team, and a wide range of community members got together to celebrate the display, our community, and welcome in the festive season. Thanks to all who came to celebrate with us!



The Station Street Christmas Tree Forest will be displayed in Station Street, Seymour right through December. Join our Christmas Community by taking a photo with our trees, and tagging us on Facebook or Instagram!

More Christmas Dates from GO

- **Group Programs End of Year Celebration:**
Thursday 19th December 2024
- **Last Day of Group Programs:**
Friday 20th December 2024
- **First Day of Group Programs:**
Monday 6th January 2025





December 3rd was International Day of People with Disability -- an annual United Nations day to increase public awareness, understanding and acceptance of people with disability. Every year, Goulburn Options makes a point of celebrating this day in our programs, and in our community - and this year was no different!

On the day itself, GO was in attendance at the wonderful IDPwD Event, hosted by Nexus and the Mitchell Shire Council at the Broadford Basketball Stadium.

There, our participants had so much fun trying out wheelchair basketball! Another highlight of the day was the GO Key Word Sign Choir, who performed a selection of their favourite songs in Key Word Sign. A fan favourite for sure!

Just a few days later on Saturday, December 7th, our art studio opened its doors to the public and hosted a Pop Up Art Show to celebrate International Day of People with Disability. We had a great turn out of guests come to view all the stunning artworks our artists have been steadily producing over the last few months.

Congratulations to all on another fantastic IDPwD! And thank you to all the staff of the GO Art and Key Word Sign programs for your support in making these fantastic events happen!





PICTURED PAGE 1:

Wheelchair basketball in action. The GO Key Word Sign Choir with the team from Nexus.

PICTURED PAGE 2:

Lucinda, Leonie and Lisa with an art show guest, Annalyse and Robbie making a sale, Rosie enjoying the day, Lucinda working the EFTPOS machine, Susan and Bec with a guest of the show, Michelle and Leonie with one of Leonie's artworks.



AGM 2024

WEDNESDAY
NOVEMBER 27TH

Every year, Goulburn Options' Annual General Meeting is a fantastic opportunity for our community to come together, celebrate the year just gone, and look forward to all the exciting developments currently in the works for our organisation.

2024's AGM highlighted all the extraordinary supports and services achieved in just one year at GO, as well as the continued dedication and passion of our workforce. Though 2024 has been a tumultuous year for the disability sector as a whole, Goulburn Options is proud to say that we are performing at the same high-quality standard as ever, and striving towards ongoing continuous improvement.

OUR PEOPLE

Participants

95

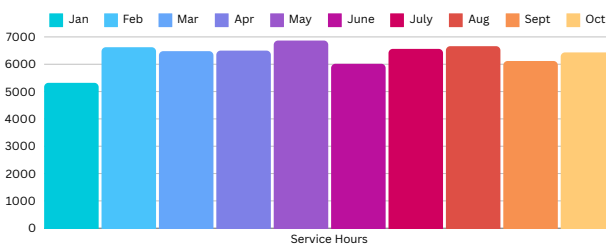
Staff

98

Volunteers

30

In 2024, GO has already delivered over **63,578.97 hours** of support!



96%

of GO participants say they are happy with GO all, or most of the time.



93%

of GO staff recommend Goulburn Options as a great place to work.

(Just some of) OUR ACHIEVEMENTS

- Delatite Road Units renovations complete
- ICT Systems development in progress
- 1943 workforce training hours
- 432 hours invested in leadership development
- Support increased from 62910 to 63578 hours
- 8 new participants joined GO in 2024
- Increase across all social media
- Ongoing success of Participant Voice Committee
- 9 community events attended in 2024



Highlights from our Annual Report

GO's 2024 Annual Report is available on the GO website at

www.goinc.org.au/annual-report



The GO Literacy Program at the 2024 AGM.

2024 Service Awards

Celebrating long standing members of our workforce!

EMPLOYEES

- Garry Dismorr – 5 years
- Glenys Pentland – 5 years
- Amy Forcier – 10 years
- Deb Saunders – 15 years
- Jessica Smith – 15 years

VOLUNTEERS

- Kerry Baldwin – 10 years
- Bev Ridley – 10 years
- Barb Molony – 10 years
- Dot Kanters – 10 years
- Janet Fish – 15 years
- Marie Maggs – 20 years
- Norma Walton – 25 years



THE LATEST

Thanks BruceTed Detailing and Decals!

Goulburn Options offers our warmest thanks to BruceTed Detailing and Decals for the donation of your services in November! It is much appreciated by all of our participants and staff!

thank
you



End of Year Fundraisers

Every year the participants of the GO Art Program come together to create a calendar filled with the amazing artworks of the team. This year's calendar is out now to purchase for just \$20, with all proceeds going directly back into the art program to fund another year of creativity.

Purchase a copy from 16-18 Station Street!

Throughout November and December, GO has also been fundraising in partnership with Ferguson Plarre Bakehouse, Seymour! Thank you to everyone who participated, and purchased a box of delicious tarts. All proceeds (\$3 from every box) go straight into GO programs, events and activities.



Op Shop Expansion

Thanks to the ongoing support of our customers, our volunteers, and our community of participants and staff, GO Again Op Shop has officially expanded! Now with an extra room to display your wonderful donations, there's even more chance of finding a bargain!





Christie Gross
Team Leader

Accommodation and Living

Hello GO Community! For those of you who aren't familiar with me, my name is Christie Gross and I transitioned from Support Coordination Team Leader to the role of Accommodation and Living Team Leader in March 2024. And what a year it has been! In 2024 we have continued supporting our Accommodation and Living participants to build on their skills, engage activities of choice and live independently with the support of GO. There are plenty of exciting things planned for 2025 including renovations, new spaces, and new adventures! We wish the GO community a safe and happy Christmas and New Year.

Enjoy the break with those who are most important to you - from our family to yours.

Programs and Community

Goulburn Options Programs and Community has had a fantastic year! We have been apart of some great events which involved inclusion, community and fun. Some of these included the Mooroopna Sports Carnival, the Great Chase Community Series, hArt Exhibition and the Nemo Production to name a few. We look forward to Goulburn Options attending many more community events in the new year. This year we've also seen some new program additions, including Zumba that focuses on health/wellbeing and fun, and the Market Program which focuses on community involvement, building job skills and enjoying time out and about.

It was awesome to welcome new participants into programs this year and to see all participants achieving their goals to live their Biggest Life Possible.

Thank you to all of our staff for your hard work and dedication to supporting our participants to reach their goals.



Brylie Bittles
Acting Team Leader

Year in Review

January

- GO holiday programs
- Programs returned!
- **Whole staff training day**
- Literacy Group AEC visit
- Australia Day festivities
- Mini golf excursion



February

- Titanic Museum excursion
- Group woodwork project (picnic table) began
- **Garden beds built at Delatite Road**
- Gym back in action



March

- International Women's Day
- New Program: GO Green
- **Seymour Recovery Hub timber donation**
- Easter!
- Key Word Sign Performance



- **Tastes of the Goulburn Pop Up Art Show**
- Monopoly Dream Literacy excursion
- RAGZ Program revamp
- ANZAC Day

April



- GO external audit undertaken and passed
- Tote Bag Fundraiser began
- Community House Market
- **All Abilities Basketball**

May



- **Holey Moley Excursion**
- Bright and Beechworth Overnight Excursion
- Sensory room makeover
- New Chickens at Delatite Road

June

Year in Review

July

- NDIS Price Review Urgent Action Campaign began
- 3 Day Art Sale
- **NAIDOC Week and festivities at Kings Park**



August

- **Mitchell hArt Exhibition**
- Debbie Mitchell announced as new CEO
- BSC Nemo Production
- Beauty and the Beast excursion



September

- **Bunnings Fathers Day Market**
- Woodwork Donation Drive
- GO-Lympics in celebration of the Paralympics
- R U OK? Day



- Geelong Excursion
- Seymour & Melbourne Show Excursions
- The Great Chase - Greyhound Racing Vic
- Seymour Rotary Market
- High Intensity Behaviour Supports Reinstated

October



- **Goulburn Options 2024 Annual General Meeting**
- Station Street Christmas Tree Display Project
- GO Again Op Shop Expanded

November



- **Christmas Tree Opening**
- International Day of People with Disability
- End of Year Celebrations
- Last day of Programs
- Christmas!
- New Year - Happy 2025!

December

Year in Review

FROM THE CEO



Debbie Mitchell

Goodness me! How can I add to this fantastic edition of the newsletter except to say I am so happy to be a part of the wonderful organisation that is Goulburn Options.

This year has been filled with amazing community events, collaborations with our partners and significant internal developments that support our participants to live their Biggest Lives Possible and the entire GO community.

The team continues to focus on Continuous Quality Improvement across all service and business operations, balancing our current operations whilst planning for the future. Many new initiatives are underway that will support GO to navigate what the disability and community sector might bring in coming years. We are ready for 2025 and hope to continue to expand our services, and community engagement to deliver on our strategic directions.

Thank you to our committed Disability Support Workers, and our hard-working op shop volunteers for their dedication to GO.

To the Board of Directors, thank you for your stewardship of Goulburn Options throughout 2024. If you would like to consider becoming a volunteer Board Director, and join this wonderful Board, please see to the right.

I hope you enjoy this edition of GO News.

SEEKING EXPRESSIONS OF INTEREST FOR VOLUNTEER BOARD DIRECTORS

Goulburn Options has a long history in the Seymour and surrounding region. We currently have vacancies on our Board of Directors. We are seeking expression of interest from parties thinking of giving back to our local community, and bringing your skills and experience to a well-established, progressive, and flourishing community-based not-for-profit Disability organisation.

If you are looking for opportunities to participate on a professional, dedicated volunteer board of like-minded individuals, and have time to commit to the role of a Board Director, or member of a sub-committee, I want to hear from you!

We are currently seeking individuals in:

- Marketing, PR or Communications
- Human Resource, Industrial Relations, and Culture
- Information Communication and Technology

If you would like more information, please contact myself at debbie.megoinc.org.au and I can connect you with a Board Director for a confidential discussion.

HAPPY
New Year

See you in 2025!

Year in Review

Coming in 2025...

BIGGEST LIFE POSSIBLE

Goulburn Options' Quality Management Framework



Throughout 2024, our leadership team has been hard at work reviewing and formalising Goulburn Options' Quality Management System, also known as ***Biggest Life Possible!***

A Quality Management System is a guide that helps everyone in an organisation - from participants and their families, to the GO workforce, and the Board of Directors - work together to ensure the best possible services, and best possible outcomes for all.

You'll hear a lot more about Biggest Life Possible in the next few months, and be invited to have your say on how our organisation looks moving forward -- so keep your eyes peeled for further updates and details coming in 2025!



Goulburn Options offers supports to people with disability of all ages, and abilities.

If you have an NDIS or TAC plan, are supported by DSOA, or are self-funded, Goulburn Options can support you to live your **Biggest Life Possible!**

When you sign up with Goulburn Options, our experienced team will talk to you about your goals, needs and interests and work with you to create a schedule of supports and programs that best suits you!



Join Goulburn Options

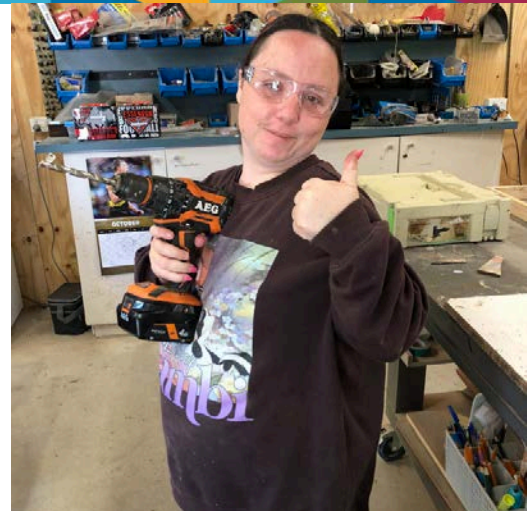
We offer Group Programs (including 1:1 support within Group Programs), Flexible and Community Supports, In-Home Supports, STA, and SIL. There's something for everyone at GO!

If you're interested in finding out more, contact us today!

Call us on **5792 3192** or email us at **go@goinc.org.au**

To check out more about our programs and supports, find us on Facebook (Goulburn Options Disability Services) or on our website (www.goinc.org.au)





**THIS MONTH
IN
PICTURES**

TOP: Katie & James in Music, Paris making Pizza, Lucinda working in the shed.

MIDDLE: Rosie bowling, Maria & Reece having fun at gym, Janet working on her latest painting.

BOTTOM: Rifky at the train museum, Caitlin adding to the Christmas Tree project, Lachlan printing t-shirts at Gnarly Neighbours.

VOLUNTEERS WANTED!



Interested in
joining the
**GO Again Op
Shop Team?**

Email:

hr@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.

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. We operate 365 days a year, 24 hours a day.

To apply, email hrgoinc.org.au

JOIN THE TEAM TODAY!

THANK YOU TO OUR VOLUNTEERS!

Goulburn Options thanks all of our volunteers for their continued dedication to our organisation. Our Volunteer Board of Directors and our GO Again Op Shop Volunteers provide valuable support to our organisation, and our participants, each and every day!

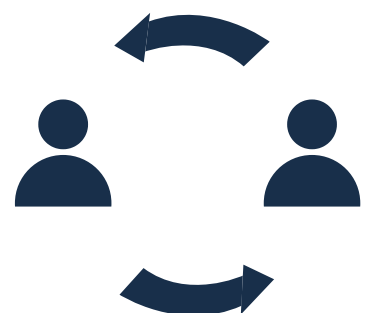
Would you like to Volunteer with GO? Contact us!

hrgoinc.org.au

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
go@goinc.org.au



WORDSEARCH

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

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

- GOULBURN
- OPTIONS
- DISABILITY
- SUPPORT
- SERVICES
- AGM
- CHRISTMAS
- TREE
- CALENDAR
- EXPANSION
- TART
- CELEBRATION
- QUALITY
- JOIN
- VOLUNTEER

KEEP CONNECTED!

Follow Goulburn
Options on Facebook &
Instagram



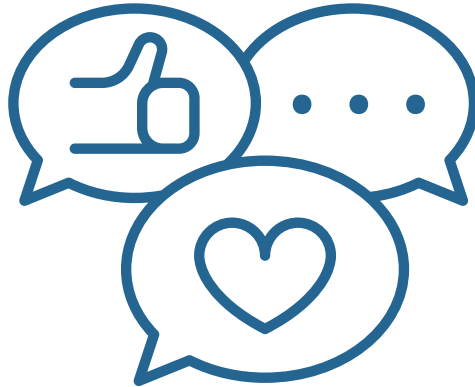
Subscribe to GO
News at
www.goinc.org.au



Keep an eye out for
weekly 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.**

