

GO CO NEWS

Autumn Edition, March 2017



From the GoCo Team



Autumn is my favourite time of the year and a great relief after the late summer heat waves which were experienced across the North West Slopes and Plains. These heat waves presented significant risks for GoCo's customers and communities within which GoCo provides services. An example being, bushfires in the Boggabri and Coolah areas and the terrible impact these had on families and their property.

GoCo, as reported in this Newsletter, was privileged to be able to assist with relief efforts for folks impacted by these bushfires.

Let me take this opportunity to congratulate Merv Tailby and Stephen King, two of GoCo's volunteers, on their recent awards. Volunteers perform crucial roles for GoCo and in our communities.

I hope you enjoy GoCo's Autumn Newsletter.

gococare.com.au

INCREASING CHOICE IN HOME CARE

From 27 February 2017, home care packages changed to give you more choice about your care and who delivers it. At GoCo, we are ready and raring to meet the changing demands of the industry. Here at GoCo, we work to broker home care packages that are flexible, allowing you to pick and choose the services that best suit you.

Below are some frequently asked questions and answers to help you navigate the changes:

I'm currently receiving a home care package. What do the changes mean for me?

You do not need to do anything. You will continue to receive care and services at your existing package level.

I have been assessed as eligible to receive a

home care package, but haven't started receiving care yet. What do the changes mean for me?

If you have been assessed as eligible to receive a home care package, the path you follow will depend on whether you have found a provider who can offer you a suitable package and entered into a Home Care Agreement by 27 February 2017. If you found a suitable provider before 27 February 2017 you may have entered into a home care agreement with them. If you had not entered into a home care agreement before 27 February 2017, you will be contacted by My Aged Care when a package at a suitable level becomes available.

When it comes time to choose your service provider, give GoCo a call to discuss your needs and goals on 6740 2240.



SHOUT OUT!

We were so pleased to hear of GoCo Transport volunteer, Stephen King's success at the 2017 Australia Day Awards ceremony held at the Gunnedah Town Hall in January.

Stephen was awarded the Eve Turner Perpetual Trophy in recognition of his outstanding contribution and commitment to the Gunnedah Community.

A huge congratulations to Stephen on his success and recognition!





VOLUNTEER IN FOCUS: Merv Tailby

Merv Tailby has been a volunteer for Gunnedah (GoCo) Community Transport for the past 19 Years, and is a regular driver on the Tamworth bus run. An adventurer at heart, Merv continually surprises his passengers, taking the time to show them around Tamworth and having a yarn along the way.

Merv's first job was as a "Grease monkey" at Lez Gail & Co, though, growing up he wanted to be a drover and to explore the countryside and Australia. In fact, if Merv could holiday any place on earth, he would set out to explore Australia.

In his younger years, Merv was an avid cricketer and basketball player, but now gets his kicks from helping others. Merv has also tried his hand in theatre, playing a part in a production play called "Don't Wiffle Piffle with your Waffle", with

the YCW where the cast received a standing ovation for 10 mins after curtains closed.

After 19 years with GoCo, Merv says it's the people, friendship and the appreciation he receives from his clients and now friends that keeps him coming back year after year. Merv also contributes his long service and dedication to volunteering to Suzi Beard, GoCo Transport Coordinator, saying she has been the "backbone" behind his commitment to the service.



THE GOCO RUN

GoCo Community Transport is pleased to introduce 'The GoCo Run' - a regular transport option servicing Tambar Springs, Mullaley, Premer, Curlewis, Carroll and Breeza.

'The GoCo Run' will provide a weekly bus run to complement the existing range of community transport services, which include door to door transport for medical appointments, buses for shopping and social events, and half price taxi fares.

The GoCo Run will be operating in each of the villages one day a week:

TUESDAY - Carroll

THURSDAY - Tambar Springs, Premer, Mullaley

FRIDAY - Curlewis and Breeza



Wheelchair accessibility is available and an on board carer can be supplied on request. Return trips are just \$10, and bookings are essential to secure a seat.

For more information or to make a booking, contact GoCo Community Transport on 02 6740 2240.



RECOVERY

Recovery is a personal journey of discovery. It means making sense of, and finding meaning in, what happened; becoming an expert in your own self-care; building a new sense of self and purpose in life.

Discovering your own resourcefulness, possibilities and using these, and the resources available to you, to pursue your aspirations and goals. Perkins et al 2012.

CALENDAR OF EVENTS

If you have visited our GoCo website www.goco.com.au lately, you will have noticed a welcomed new addition to the page that will keep you in the loop with all the activities and events available to you in the area.

Our new events calendar lists regular and special activities and events on offer from GoCo and our partners - allowing you to plan your activities in advance.

Be sure to check in with this calendar regularly to keep in the know and to avoid missing out on some fantastic activities coming up in 2017.





DONATIONS FLOW FOR BUSHFIRE VICTIMS

We were thrilled to deliver a van full of much needed donations to Coolah in late February to help those affected by the recent devastating bushfires in Uabry, Dunedoo, Sir Ivan, Boggabri and surrounding areas.

The GoCo van was filled with donations of clothing, shoes, bedding, toiletries, and non-perishable food items graciously donated from members of the Gunnedah Shire community to help those in need.

Organisers of the appeal we're overwhelmed by the amount of donations, and the compassion felt for those affected.

If you would like to donate to the cause - there's still time!

Organisers are calling for donations of the following items:

- * Rigger/ work/ leather work gloves;
- * Sunscreen & insect repellents;
- * Cleaning products;
- * mops/ buckets/ brooms/ dustpans, etc;

- * Rolls or packets of dish cloths;
- * tools/ fencing materials/ star posts/ wire/ wire strainers/ strainer posts, etc;
- * Rags;
- * Pet supplies/ cat & dog food/ poultry feed/ horse feeds.

Organisers are also asking for future assistance in the form of plants, seedlings from anyone who may have any type of heritage trees and can propagate them to assist in reestablishment of much loved and therapeutic gardens.

Please drop off any items to our Marquis Street Office, 80 Marquis Street Gunnedah.



DATES FOR THE DIARY

YOUTH WEEK 2017

When: Friday, March 31 - Friday, April 7
 Visit www.gunnedah.nsw.gov.au for more information

TEMPEST STREET TEA PARTY

When: March 21, April 18 & May 16.
 Where: Salvation Army Hall, Tempest Street Gunnedah.
 Time: 10.30am.
 Cost: Free.
 Contact: Phone Major Gaye Day on 0407 034 604.

129TH GUNNEDAH SHOW

When: April 21, 22 & 23
 Where: Gunnedah Show Ground, South Street Gunnedah
 Cost: Family Pass - \$40 /day
 Adult (18 yrs and over) - \$15 /day
 Children (under 18 yrs) - \$10 /day
 Children (< 5 yrs) - FREE
 Aged Pensioners - \$10 /day
 Contact: The Gunnedah Show Society on 6742 1867

To find out more about upcoming events and activities, visit <http://www.gococare.com.au/events/> or call GoCo on 6740 2240.

AUTUMN WORD SEARCH

- | | |
|-----------|---------|
| APRIL | MARCH |
| AUTUMN | MAY |
| BROWN | ORANGE |
| COLOURFUL | OUTSIDE |
| COOL | RAKE |
| DECIDUOUS | RED |
| FOLIAGE | TREES |
| KITE | WINDY |
| LEAVES | YELLOW |

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



A FISH RECIPE FOR EASTER AND YEAR ROUND

This is a glorious recipe featured in the cook-book, Purely Delicious. A simple and classic recipe that takes just a few moments to prepare. You can use any fish you like for this recipe - some good examples are Australian salmon, flathead, whiting, sea mullet or tailor. The perfect accompaniment to sweet potatoes.

WHAT'S GREAT ABOUT IT:

This snapper dish is high in omega-3s that helps to support the health of every cell in the body. Fish is also low in saturated fat and it is a source of protein: the main function of protein is to build and repair as well as sustain muscle. Also, fish is a good source of iodine that helps to support your thyroid which in turn helps to regulate metabolic rate.

Serves 2

INGREDIENTS

2 x 200g snapper fillets
10g butter

TERIYAKI GLAZE

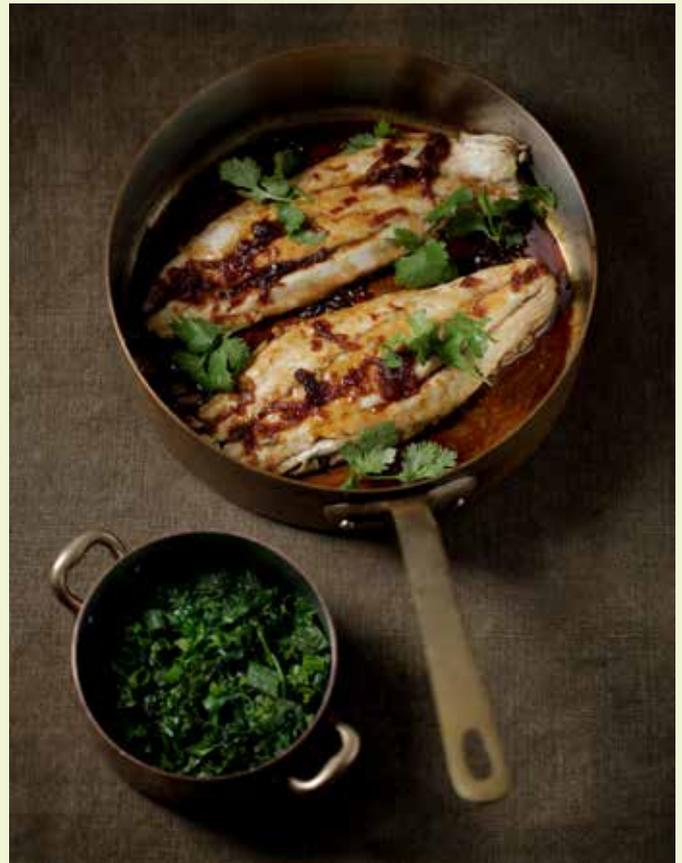
60ml tamari soy sauce
60ml organic maple syrup
30ml mirin (Japanese sweet wine)
50g red apple, grated (with skin)
1 golden shallot, finely diced
1 teaspoon fresh ginger, grated

WILTED GREENS

1 teaspoon olive oil
100g kale, washed and shredded
120g baby spinach leaves
a pinch of black pepper
1 teaspoon lemon juice

METHOD

1. Combine teriyaki glaze ingredients in a pot and simmer over a low heat for 3 - 5 minutes. Set aside.
2. Heat a small pot over a medium heat with olive oil. Add kale, spinach, pepper and lemon juice and cover with a lid.
3. Reduce the heat to low and gently allow to steam for 1 - 2 minutes or until wilted.
4. Set aside and keep warm until needed.



5. Heat 1 teaspoon olive oil in a pan over a medium heat.
6. Add snapper, skin-side down and cover with a lid.
7. Reduce the heat to low, gently cover with a lid and allow the fish to cook all the way through without turning over.
8. Remove the lid and add 40 ml teriyaki sauce.
9. Add the butter and thicken to create a lovely sauce.
10. Serve immediately with wilted greens.

Recipe care of: www.thehealthychef.com/2016/03/a-fish-recipe-for-easter/





ON THE GO COMMUNITY CARE

p 02 6740 2240 | e goco@infogunnedah.com.au | gococare.com.au

