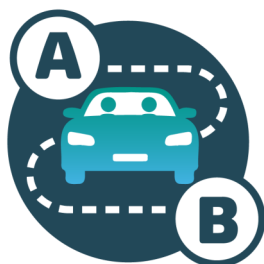




WHO ARE WE?

CONNECT YOU TOO IS A COMPANY THAT OPERATES A NUMBER OF SERVICES FOR THE BENEFIT OF THE COMMUNITY INCLUDING:



**A2B TRANSPORT
SOLUTIONS**



**CLARENCE COMMUNITY
TRANSPORT**



**CLARENCE
MEALS**

Connect You Too partners with HART Services to provide locally managed Home Care Packages in Iluka, Yamba and Maclean.



We acknowledge the traditional owners of this land and pay our respects to elders past and present.

CHRISTMAS CELEBRATIONS



On Saturday 6th December, the staff, board members and volunteer drivers of Connect You Too gathered together at Lawrence Tavern for our annual Christmas lunch. We all joined in celebrating the year that was, with good company and delicious food, and once again acknowledged our amazing volunteers, with our 'Recognize and Reward' vouchers. A good time was had by all and we look forward to serving our community again in 2026.



CONNECT YOU TOO

WORDSEARCH

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

connect

driver

meals

seashore

angourie

jacaranda

shopping

community

transport

ageing

townsend

wheelchair

accessible

board

directors

kilometres

roast

donation

summer

strap

belt

cook

van

tea

cafe

bags



SOURCE: COOLINARCO

MANGO & AVOCADO SALAD

INGREDIENTS

2 mangoes ripe, peeled and diced

2 avocados ripe, peeled and diced

1/2 red onion thinly sliced

1/2 cup cilantro/
coriander chopped, fresh

1 lime juice

Salt and pepper to taste

METHOD

In a large bowl, combine the diced mangoes, avocados, red onion, and cilantro.

Squeeze the lime juice over the salad and season with salt and pepper to taste.

Gently toss everything together until well combined.

Serve immediately and enjoy!

In the Office

Congratulations to Sue,
Senior Customer Care Officer, who
graduated with her Certificate of
Transport Management from the
University of Sydney.



NEW SHOPPING &
SOCIAL CALENDAR

OUT NOW

January to March
2026

Connect You Too aligns with the strengthened Aged Care Quality Standards

Why It Matters

Connect You Too helps older people access:

Appointments (health and wellbeing)

Social activities (community connection)

Essential services (daily living needs)

Nutritious meals (health and wellbeing)



Links to Strengthened Standards

Standard 1 – The Individual Choice and independence: Transport enables people to stay active and connected. Choice of nutritious and healthy meals.

Standard 3 – Care and Services Comprehensive support: Practical help like transport is part of good care.






Standard 7 – Transitions Safe transitions: Transport ensures smooth movement between hospital, home, and aged care.

In Short






Connect You Too supports independence, health, and social connection—key goals of the new standards.

HOW TO SPOT AND AVOID SCAMS

HOW TO SPOT SCAMS

-  Unsolicited calls, emails, or messages
-  Pressure to act immediately
-  Requests for personal or financial details
-  Payment via gift cards or wire transfers
-  Offers that seem “too good to be true”

HOW TO AVOID SCAMS

-  Verify the source before acting
-  Never share sensitive information
-  Use call blockers and spam filters
-  Stay informed about common scams
-  Ask a trusted person for advice

Stay Sun Smart this Summer



Stay Hydrated - Drink plenty of water, especially if you are spending time outdoors.

Wear Sunglasses - Protect your eyes by wearing sunglasses that block both UVA and UVB rays. This helps reduce the risk of cataracts and protects the sensitive skin around your eyes.

Seek Shade - Stay in the shade or stay indoors, especially during the peak sun hours between 10am and 4pm when the sun's rays are the strongest.

Use Sun Screen - Apply a broad spectrum sunscreen with an SPF of at least 30. Apply it 15 to 30 minutes before sun exposure and reapply every 2 hours or immediately after swimming.

Wear Protective Clothing - Wear clothing that covers your skin, such as long sleeved shirts, long pants and wide brimmed hats. Tightly woven fabric offers better protection against UV rays. Some clothing is specifically designed to provide UV protection.

SPECIAL SUNDAY OUTING



Relive the 50's

'SUMMER BEACH HOP'

COFFS HARBOUR JETTY SUNDAY 15TH MARCH

CLASSIC CARS, MUSIC,
MARKET STALLS,
DANCING,
JUNIOR ELVIS,
SHOW & SHINE

Bus
\$20

BOOK NOW 6645 3200

PAYMENT ON BOOKING * DEPARTURE & RETURN TIMES TBA

Limited Bus Seats Available * Lunch at own expense

your library—your place
CLARENCE REGIONAL LIBRARY

CLARENCE VALLEY COUNCIL

BELLINGEN SHIRE COUNCIL

your library — your
vintage film club

bookings essential

Join us at your local library for Vintage Film Club! Enjoy watching a film, some lively conversation with light refreshments and an all-round lovely time.

Grafton Library first Wednesday of the month at 10:00am	Dorrigo Library first Friday of the month at 2:00pm	Bellingen Library second Friday of the month at 2:00pm
Iluka Library first Thursday of the month at 1:30pm	Yamba Library second Thursday of the month at 10:00am	Urunga Library third Friday of the month at 2:00pm

Library Events | libraryevents@clarence.nsw.gov.au | www.crl.nsw.gov.au | (02) 6641 0100

DONATIONS & BEQUESTS

Connect You Too is a registered charity and donations are fully tax deductible.

Donations and Bequests are very much appreciated and put back in to maintaining our services.



CLARENCE MEALS

Delivering meals from Gourmet Meals; Grafton Meals on Wheels & Lite n' Easy.



Call 6646 6742 to order.

CONNECT YOU TOO

www.connectu2.org.au | 6645 3200

Help our wheels, go round and round!



volunteers NEEDED

Do you enjoy driving and have a clean record?

Contact the Valley's community transport company on 6645 3200 or email: bookings@connectu2.org.au



CONNECT YOU TOO

CONNECT YOU TOO

DO YOU NEED TO GO TO HOSPITAL?

Call 6645 3200 and advise us of your

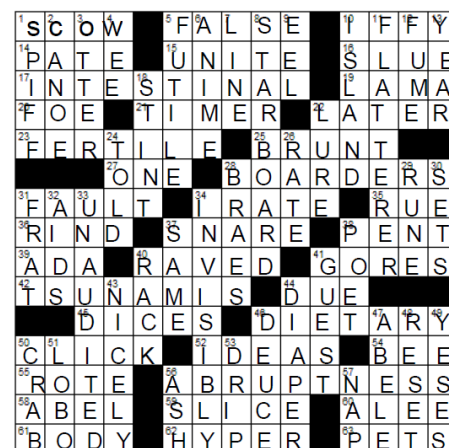
• Date for booking • Type of procedure • Surgeon's name • Hospital

REMEMBER TO ADVISE THE HOSPITAL YOU WILL BE TRAVELLING WITH COMMUNITY TRANSPORT

DO YOU HAVE YOUR ADMISSION OR DAY SURGERY TIME?

Call 6645 3200

Your booking will be finalised and scheduled.



November 2025 Answers