

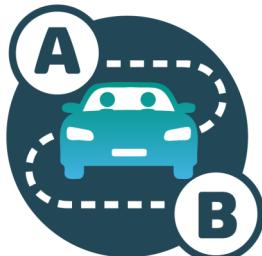
JAN 2026 NEWS

CONNECT YOU TOO



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.

hart

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

www.connectu2.org.au | 6645 3200 | bookings@connectu2.org.au

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		

In the Office

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



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!

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)



Helps older people reach
• Appointments 1 Social activities
2 Standard 1 3 Practical support
7 Standard 7 7 Safe transitions

Supports independence, health, and connection.

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**



BOOK NOW 6645 3200

PAYMENT ON BOOKING * DEPARTURE & RETURN TIMES TBA

Limited Bus Seats Available * Lunch at own expense



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.



Lite n' Easy
Simply eat well



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

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