



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 provides charters, private hire, transport if you are not eligible for community transport and just want to get to the services you want, transport for NDIS participants and those on Home Care Packages who want the choice of who provides their transport.



We offer an airport transfer service from the Clarence Valley to Ballina Byron Gateway Airport or Coffs Harbour Airport and return through A2B Transport Solutions. This is a door to door prepaid, vehicle hire service.

Services are provided for medical transport (travel to specialists, hospital admission and discharge, allied health, pathology, dentists, medical centres, general practitioners, health clinics, tests such as X-rays and scans).



We also provide services for shopping trips, bus transport and social outings.

This service is for any person in the community who wishes to receive meals home delivered by our volunteers in Iluka, Maclean & Yamba areas.



Although meals are available to everyone, you may be eligible for subsidised meals if you have been assessed by My Aged Care.

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



HART Services is a not for profit organisation based in Lismore with its roots in community transport.



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

A QUALITY OF LIFE BUS TRIP



Connect You Too's mission is connecting people so they achieve quality of life and choice of community support services. An example of how we do this, is through our many shopping and socialising bus trips.

Did you know, Connect You Too offers a monthly shopping bus to various locations including Lismore, Coffs Harbour, Tweed City and Robina? They depart Yamba, Maclean and Iluka once a month.

Did you know, Connect You Too offers a fortnightly shopping bus to Yamba Fair for customers in the Maclean and Yamba areas?

Did you know, Connect You Too offers fortnightly shopping buses to Grafton Shoppingworld? They travel to

Grafton from Glenreagh on Mondays; from Iluka on Wednesdays; from Brooms Head and Woolli on Thursdays and from Maclean and Yamba on Fridays.

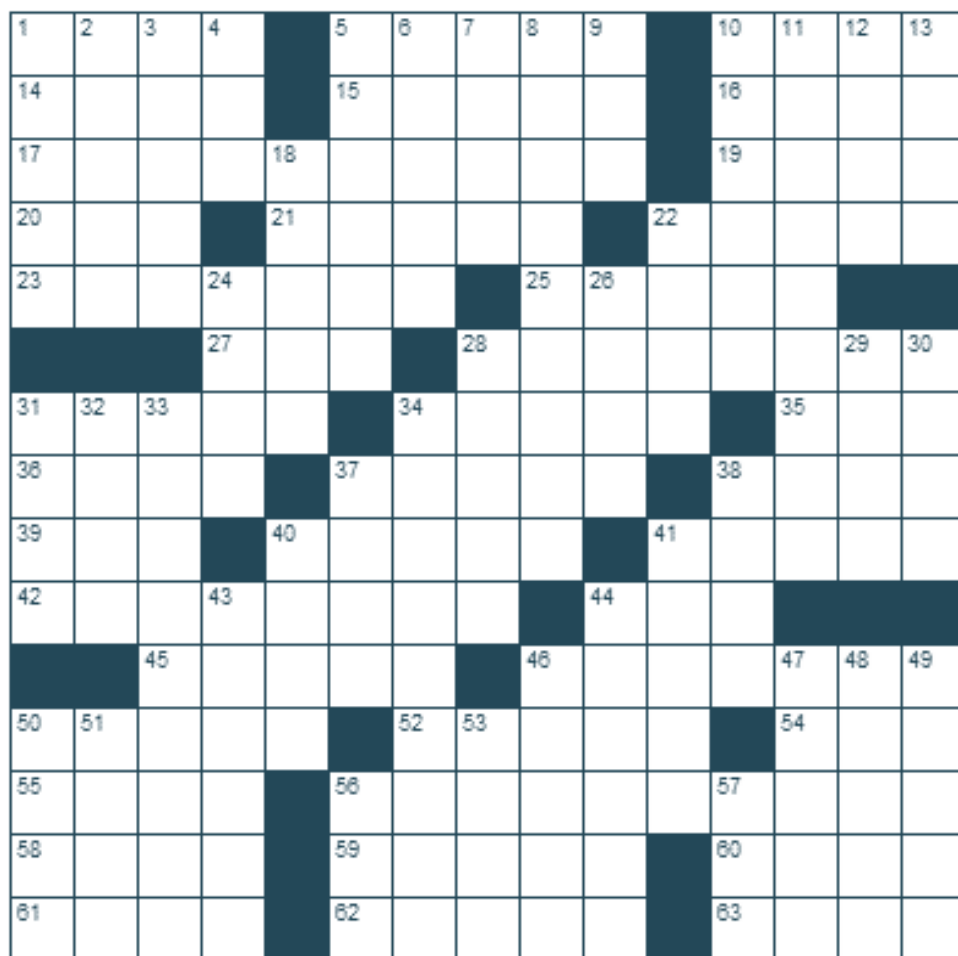
During the past financial year, Connect You Too transported 4,715 customers on social trips and 7,873 customers on shopping trips.

We help connect the community to their banking, groceries, bill payments, Centrelink, private appointments and even the coffee shop.

If you need help with transport or meals, call Connect You Too at Townsend on 6645 3200, and see how we can help you.

CONNECT YOU TOO

CROSSWORD PUZZLE



ACROSS

1. Domicile
5. Stop
10. Whale
14. Portent
15. Wanderer
16. Darling
17. Broadcasting video
19. Little devils
20. Bigheadedness
21. Parenthetical comment
22. Aplomb
23. Ointment ingredient
25. Pathfinder
27. Public transit vehicle
28. Quotation puzzle
31. Small and light boat
34. Besmirch
35. American Dental Association
36. Curved molding
37. Existence
38. Implored
39. Informed about the latest trends
40. Banquet
41. Thigh armor
42. Without fragrance
44. Wood-cutting tool

45. We chew with them

46. Flaxseed
50. Genus of heath
52. Be indebted to
54. Night before
55. Sanction
56. Blue blood
58. Shade trees
59. Young lady
60. Assistant
61. Bird home
62. Daisylike bloom

DOWN

1. Inn
2. Alpha's opposite
3. A fruit of the gourd family
4. East northeast
5. A crucial stage
6. Rose dye
7. Ardent
8. Growing old
9. Unit of energy
10. Detestable
11. Payments
12. Hats
13. Rear end
18. Esteem
22. Impoverished

24. Double-reed woodwind
26. Outcropping
28. Awry
29. Mid-month days
30. An abandoned calf or lamb
31. Type of salmon
32. Ancient
33. Cases of family favoritism
34. Coasts
37. Borscht vegetable
38. Bears' hands
40. Wingless bloodsucking insect
41. Ballroom dance
43. Modify
44. A powdered material used in concrete
46. Fine thread
47. Spooky
48. Avoid
49. Discourage
50. Smooth or level
51. Anger
53. Droop
56. Goat hair fabric
57. Type of hat

Courtesy of www.mirroreyes.com

NSW MEALS ON WHEELS

Banana Cake

INGREDIENTS

- 75g butter
- 200g brown sugar
- 1/2 tsp cinnamon
- 1/2 tsp vanilla essence
- 2 large ripe bananas, mashed
- 2 eggs
- 1 1/4 cups self-raising flour, sifted
- 40mls cup milk
- 375mls thickened cream, to serve

METHOD

Preheat fan-forced oven to 170°C (180°C for conventional oven).

In a large saucepan over medium heat, melt the butter and sugar, and add cinnamon and vanilla essence. Remove from heat.

Add mashed bananas and stir through until combined.

Add eggs and mix well. Stir in the sifted flour, and gently fold in the milk.

Transfer the mix to a large, greased baking tray and bake for approximately 30-35 minutes.

Check the cake is cooked by using a skewer or tooth pick.

Serve with cream, and seasonal berries if desired.

www.nswmealsonwheels.org.au

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@connect2.org.au



Getting a taste at NAIDOC



Connect You Too (CU2) travelled to the Grafton Showground on Thursday 10th July, to take part in the 2025 NAIDOC Week Community Fun Day, hosted by the Bulgarr Ngaru Medical Aboriginal Corporation.

It was a great day to honour and recognise the history, culture, and achievements of First Nations people.

The warm winter sunshine welcomed hundreds of visitors to enjoy live entertainment including traditional music and performances by the Garimaa Ngahri Dancers, market stalls, children's rides and games, food vans, a BBQ lunch, and an Elders tent. This year's theme was The Next Generation: Strength, Vision, and Legacy.

Connect You Too set up an information stand on the day, handing out showbags, brochures, magnets and pens.

The Clarence Meals team of Lesley and Denise, handed out meal samples for the large crowd to try.

"The curried prawns with pilaf rice and the barramundi with lemon butter sauce proved very popular", Lesley said.

"We handed out samples of some of our desserts too. The fruit pavlova and sticky date pudding options were a hit", said Denise.

It was a great fun filled day providing us with a great opportunity to promote CU2 to the community.

NOW OFFERING SOCIAL SUPPORT

HART is now providing Social Support services in the Lower Clarence areas. Social Support is through the Commonwealth Home Support Program (CHSP), via assessment with My Aged Care. Social support can assist you with shopping, errands and appointments. It can provide support, access and social connections for those who may be socially isolated. Contact Kerrie Birch at the Connect You Too offices at Townsend or call 1300 874 278 if you have been approved for Social Support.



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.



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

EVERYONE IS INVITED TO
CONNECT YOU TOO'S

*'Around the
World' Safari*
OPEN DAY EXPO



WEDNESDAY 17TH SEPTEMBER 10AM-1PM

DISPLAYS, GAMES,
GIVEAWAYS & FOOD

Free transport to
the Open Day Expo!



134 JUBILEE STREET, TOWNSEND | 6645 3200



SPECIAL SATURDAY OUTING Saturday 27th September

BUS & TICKET \$20 GET IN QUICK - LIMITED
BUS SEATS AVAILABLE

BOOK NOW • CONNECT YOU TOO 6645 3200

AN AFTERNOON AT

The Pops'

CLARENCE VALLEY ORCHESTRA & CHORUS

**SPECIAL
SARATON OUTING**
Sun 26th October • 2pm

BUS & TICKET \$55 GET IN QUICK - LIMITED
BUS SEATS AVAILABLE

BOOK NOW • CONNECT YOU TOO 6645 3200

RANDOM TRIVIA

Types of wine bottles

Wine bottles in a single-serving size are both convenient and cute, but if they can go to a tiny 187.5mL piccolo (the smallest bottle's official name), why not go large? Like 15-litres large. And we're here for the bigger, maybe better, but definitely impressive.

The first of the recognisably large variety is the magnum. Holding the equivalent of two wine bottles, this is an excellent size for a full dinner table or party. Whether you're tempted by the grandeur, or simply keen on this crowd-pleasing size, there are so many reasons to reach for one. Then there's the double magnum (also known as a Jeroboam) and no prize for guessing how big that is – three litres (twice the size of a magnum). Then there's a minor 4.5 litres of Jeroboam. Confusingly, this is the same name, but here it's meant for still wine as opposed to Champagne.

The next in line is the Methuselah (or Imperial, which is reserved for still wine). Holding a hefty six litres, things then start to increase in multiples of three litres. It jumps to nine litres with the Salmanazar, then 12 with the Balthazar, 15 with the Nebuchadnezzar, and then we hit the equivalent of a whopping 26 bottles of wine in the Solomon. No small feat, this bottle stands at around 85cm. To avoid getting lost in even more wacky names, the largest one we'll leave you with is the Melchizedek, which is nothing less than an enormous 30 litres, or 40 standard bottles. It's the perfect choice to share with 100 of your closest friends – and 100 of theirs, too.

If you're thinking these names sound ancient, you'd be right. Most are biblical kings and historical figures, hence the capital letters. Nebuchadnezzar was a King of Babylon, Balthazar was one of the Three Wise Kings in the nativity scene, and Methuselah, according to legend, lived for more than 900 years.

RECOGNISE



Connect You Too's Recognise & Reward program shows appreciation towards our valuable volunteers and their contribution to the Clarence Valley community.

Kindly sponsored by:

