



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.



INCLUSIVE COMMUNITY SERVICES RAP'D UP



Connect You Too has recently been working on a Reflect Reconciliation Action Plan (RAP) for 2025-2026. Our RAP will grow our understanding of what an inclusive community services sector looks like, for both transport and meals provision for our Aboriginal and Torres Strait Islander communities.

Connect You Too chose to engage local artist Krystal Randall to design our RAP artwork.

Krystal Randall is a proud Yaegl and Bundjalung woman. Krystal's father is a Bundjalung man and her mother is a Yaegl woman. Krystal's passion is culture and art. She teaches traditional dance, art and music. Krystal has shown a love of passing on knowledge to the younger generations through her many activities. The development of her Yarn Circles Wellbeing Cards is part of her continuing contribution to her communities. Her book 'Let's have a Yarn' is a personal recount/reflection and explanation of the importance of connecting to land, culture, community, family, language and self, as seen through her eyes. "My

favourite strength and the one which best describes me is connection! Being an Indigenous person, it is important to have connection – to land, culture, community, family, language and most importantly, yourself! When you are connected with all of these elements your spirit is happy!" says Krystal.

Krystal has included in this artwork for Connect You Too, the bush and the river that flows through the Clarence Valley, as well as tracks to each community as we connect with them in our transport services. The coolamons show the food sources, and our Elders of the region are shown centrally due to their importance in all that we do.

Connect You Too looks forward to finalising our Reflect Reconciliation Action Plan and formally unveiling it at an event coming soon.



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



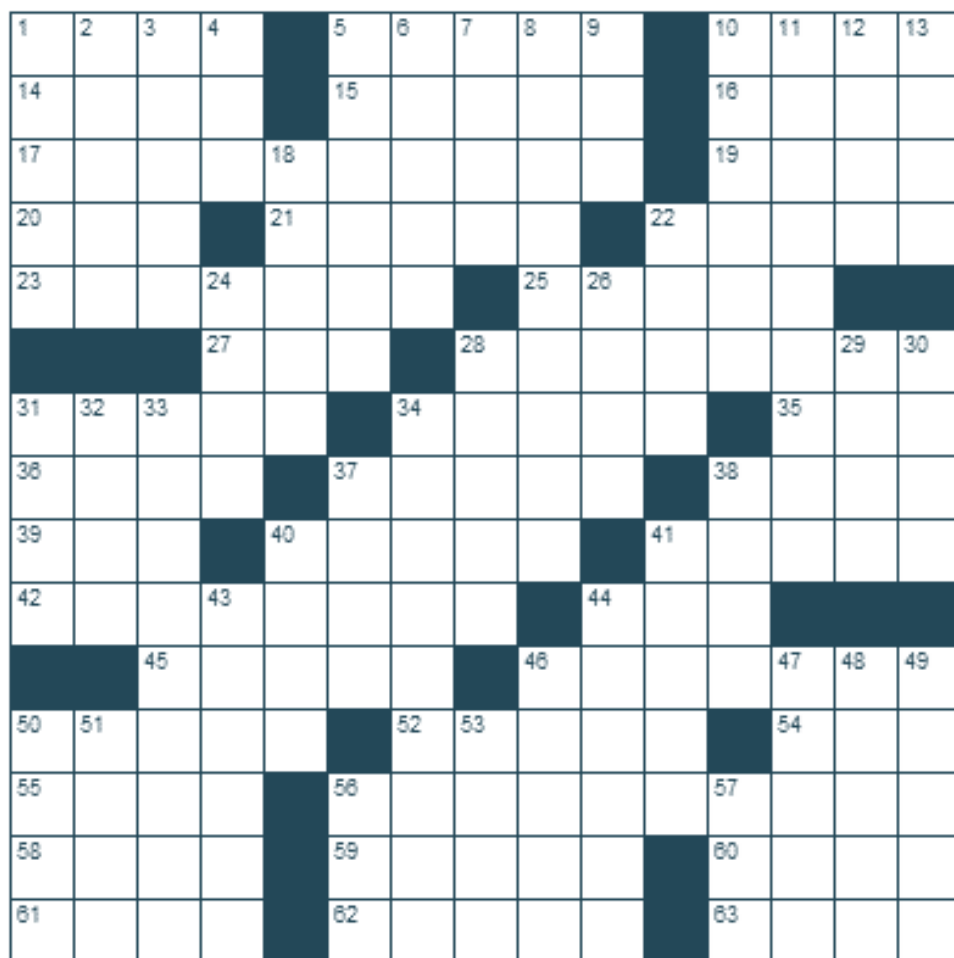
CELEBRATE HOW ALL OF OUR
DIFFERENCES MAKE AUSTRALIA
A GREAT PLACE TO LIVE!

MON 17 - SUN 23 MARCH 2025

EVERYONE BELONGS
www.harmony.gov.au

CONNECT YOU TOO

CROSSWORD PUZZLE



ACROSS

1. Distressed cry
5. Scour
10. Any thing
14. Reflected sound
15. Aircraft
16. Detective ____ Wolfe
17. Shipbuilder
19. Baby's bed
20. Be mistaken
21. Washer cycle
22. Impales
23. Individual meal portion
25. Andean animal
27. Picnic insect
28. Seizure disorder
31. Musical genre
34. Coffee shops
35. Frozen water
36. Cut back
37. Asian aquatic plant
38. Chew on
39. American Dental Association
40. Committee
41. Sail supports
42. Skew
44. Accomplished

45. Hag
46. Smooching
50. Bird sound
52. Innocent
54. Automobile
55. A rounded projection
56. Coldest part of the year
58. L L L L
59. Diner
60. Away from the wind
61. What we walk on
62. Highly favored
63. Long and open portico

DOWN

1. Affirmatives
2. Earth tone
3. Fan's sound
4. Chop off
5. Run very fast
6. Adhere
7. Tatters
8. Uncooperative
9. Wager
10. Revenue
11. Web-footed turtles
12. A Great Lake
13. Disorderly groups
18. A twisting squeeze

22. Ladies
24. Windmill blade
26. Prevaricates
28. Consumed
29. "Go away!"
30. Evergreens
31. Junk E-mail
32. Dry riverbed
33. Cantankerous
34. Friendly
37. Been in bed
38. Wanders restlessly
40. Raindrop sound
41. Cheapskate
43. Apprehend
44. Reroute
46. Flying toys
47. In an unfriendly way
48. What we are called
49. Welcome
50. Musical staff symbol
51. Puncture
53. Initial wager
56. A spider's home
57. Levy

Courtesy of www.mirroreyes.com



VICKI'S Fish Bake

INGREDIENTS

- 350gms white fish (eg. Whiting, Luderick)
- 4 to 6 sliced pink potatoes (skin on)
- 2 or 3 sliced onions
- 2 sliced carrots (skin on)
- Handful of corn kernels
- Handful of green beans
- 1 tsp minced garlic
- 1 x 400ml can of coconut cream
- Black pepper
- Cup grated cheese

METHOD

- Preheat oven to 180°C.
- Spray 2.5 litre casserole dish with oil.
- Place layer of onions in bottom of dish, followed by a layer of potatoes, layer of fish, scatter a small amount of carrots, beans and corn in each layer.
- Repeat layers until at least 2.5cm/1 inch from top, finishing with potatoes.
- In a jug combine coconut cream, garlic and pepper and pour over the top.
- Cover with a lid or foil and place in the oven for 1.5 hours.
- Remove lid and generously sprinkle cheese over the top.
- Return to oven without lid for 15 minutes or until cheese is golden brown.

MEAL OPTIONS x 3



Clarence Meals offers meals from 3 suppliers including Gourmet Meals; Grafton Meals on Wheels and Lite n' Easy. Call 6646 6742 to order.

NEW SINGLE PATHWAY FOR AGED CARE ASSESSMENTS

My Aged Care have changed aged care assessments to make it easier for you to enter aged care and access different services as your needs change.

As of 9 December, the new Single Assessment System for aged care will:

- be simpler to navigate for you, your family and carers
- ensure you only have to tell your story once
- adapt to your changing needs, without having to change assessment provider
- ensure access to assessments in regional, rural and remote areas
- have shorter wait times for assessments.

First Nations assessment organisations will also be rolled out from 1 July 2025. These organisations will provide culturally safe pathways for older Aboriginal and Torres Strait Islander people to access aged care.

What is changing?

Previously, there were different assessment pathways. As a result, people often moved between assessment organisations as their needs changed.

The new Single Assessment System workforce provides a single assessment pathway to enter and progress through the aged care system, which can adapt to your changing needs.

All organisations conducting aged care needs assessments are now able to do both:

- home support assessments for the Commonwealth Home Support Programme

- comprehensive assessments for the Home Care Packages Program, flexible aged care programs, residential respite and entry into residential aged care.

Some assessment organisations conduct residential aged care funding assessments. This assessment works out your funding level once you have settled into an aged care home.

Will the process for applying for an assessment change?

No, the process for how you apply for an assessment has not changed. But the Single Assessment System aims to make this process smoother.

There are also no changes to aged care eligibility requirements or referrals to urgent services.

I have an assessment/reassessment scheduled, do I need to do anything?

If you have already contacted My Aged Care to set up an assessment, you don't need to do anything else. A local assessment organisation will call you to book your assessment. If you already have an appointment booked in, it will go ahead as planned.

Your next reassessment may be with a different assessment organisation. But you will then keep the same one for all future reassessments.

Aged care assessments will continue to be done in person, at your own home. If you need an assessment while in hospital, you will be allocated the next available assessor.

www.myagedcare.gov.au/news-and-updates/new-single-pathway-aged-care-assessments



Home Care Packages

More than a healthy affordable meal



70%
PAID BY THE HCP PROVIDER

If you or a loved one is a client of a Home Care Package Provider, you may be eligible to receive subsidised meals from Connect You Too, delivered free by our friendly Clarence Meals volunteers.

30%
PAID BY CLARENCE MEALS CUSTOMER

This means approved HCP recipients won't pay more than \$4 per Clarence Meals delivered main meal. Call Clarence Meals on 6646 6742.

CONNECT YOU TOO

COMMUNITY TRANSPORT • CLARENCE MEALS • TRANSPORT SOLUTIONS
www.connectu2.org.au | 6645 3200 | bookings@connectu2.org.au



DID YOU KNOW?

Connect You Too delivered **20,749 meals and 4,879 desserts** during 2024.

Frequently asked QUESTIONS

CONTACT CONNECT YOU TOO ON 6645 3200, IF YOU NEED MORE ANSWERS.

Can I get transport if I am a self-funded retiree?
YES ✓

Can you offer transport suitable for a wheelchair?
YES ✓

If I am not eligible for subsidies, can I travel with Connect You Too?
YES ✓

Can I book a car/bus for a charter?
YES ✓

Let us connect you to SHOPPINGWORLD



GLENREAGH FORTNIGHTLY SHOPPERS
MONDAYS
FROM GLENREAGH

BROOMS FORTNIGHTLY SHOPPERS
THURSDAYS
FROM BROOMS HEAD



ILUKA FORTNIGHTLY SHOPPERS
WEDNESDAYS
FROM ILUKA

WOOL FORTNIGHTLY SHOPPERS
THURSDAYS
FROM WOOL

MACLEAN & YAMBA MONTHLY SHOPPERS
FRIDAYS
FROM MACLEAN & YAMBA



CONNECT YOU TOO 6645 3200
COMMUNITY TRANSPORT • CLARENCE MEALS • TRANSPORT SOLUTIONS



Wishing you all a huge congratulations!

TO OUR CUSTOMERS CELEBRATING 90 YRS & OVER DURING MARCH - MAY 2025

• Joan Allan	91	• Marie Eggins	94	• Pat Horwood	91	• Ted Northwood	92
• Joan Beazley	91	• Gwendoline Fischer	95	• Freda Johnson	92	• Betty Opie	90
• Jean Butcher	93	• Barbara Franks	91	• Kenrick Jones	92	• Iris Parker	93
• Murray Cole	98	• Marcia Franks	91	• John Kennedy	90	• Ken Phillips	98
• Sue Cole	92	• Vernon Gheller	95	• Judith Kennett	90	• John Robertson	94
• James Collis	90	• Gladys Grabham	94	• Betty Kneller	95	• Zona Rowles	94
• Howard Connor	95	• Tom Grantham	95	• Joan Knox	90	• Audrey Russell	90
• Thelma Cook	90	• June Greene	99	• Betty Lamb	94	• Eric Schaefer	91
• Joyce Cowen	95	• Ann Grennan	91	• Marie Loaney	91	• Barbara Scowcroft	93
• Monica Crittenden	92	• Les Griffiths	95	• Amy McArdle	90	• Anyon-Norma Smith	90
• Ada Dowman	96	• Bill Harley	91	• Jean McCosker	93	• Patrick Wheeler	93
• Dulcie Earea	91	• Shirley Hill	90	• Stanley McKenzie	97	• Elaine Woods	95

HAVE YOU SEEN US ON THE SCREEN?



Connect You Too services are now being promoted on waiting room screens at Grafton GP Super Clinic/ Ochre Health; Maclean Medical and Maclean Medical Specialist Centre (Cakora Aesthetics). New video footage will be coming soon so keep an eye out for the updates.



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.



NEED TO BOOK TRANSPORT

FOR DAY SURGERY OR HOSPITAL ADMISSION?



CLARENCE COMMUNITY TRANSPORT

DO YOU HAVE YOUR ADMISSION OR DAY SURGERY DATE?

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.

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

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:

