

Wollondilly Total Care newsletter: September 2026

Your monthly recap. Provider highlights from Wollondilly, NSW.

This is the screen reader version of the September 2026 newsletter. It has the same words as the designed edition, in reading order. Photos are not included.

To join in on anything in this newsletter, contact the team on 02 4683 2377 and we can do the rest for you.

Participant spotlight: Russell King

How long have you been a local to the Wollondilly for?

5 years living here.

What makes Russell smile the most?

the girls at Wollondilly Total Care.

Russell is really good at..

cooking, getting out and doing outings and Tenpin Bowling.

Russell has a big goal this year, and it is..

saving money to go on holiday to Newcastle to see my mum and stay in a motel.

What is something you have achieved lately that has made you super proud?

I have been volunteering at Thirlmere Nursery.

This or that?

Beach or Bush?

Beach- I am visiting the gong on Saturday.

Road Trip or Holiday by Plane?

Holiday by plane.

Pasta or Pizza?

Pasta

Early Bird or Night Owl?

Early Bird

Camping or Glamping?

Camping

Be able to fly or be invisible?

Be able to fly.

Talk to animals or speak every language?

Talk to animals.

Employee of the month: Marye

How long have you been a local to the Wollondilly for?

Local for 33 years

What's one thing people might be surprised to know about you?

People would be surprised that I've had the same 29 friends since primary and high school we catch up all the time

What's one thing on your bucket list?

bucket list is to volunteer and feed those in need

The best piece of advice you have ever received:

best advice from my beautiful mum if you have nothing nice to say about someone hold your tongue and make up something nice.

What is something you have achieved lately that has made you super proud?

receiving those flowers yesterday brought me to tears at home

What is your..

Favourite snack?

Watermelon

Favourite season?

Spring

Favourite place you've visited?

Ireland

Weirdest food you've tried?

red meat and all berries

Superpower you'd choose?

I would choose is to be able throw magical moon beans on all those who are struggling

My hidden talent is...

I'm an amazing cook

Upcoming events in October

Outings, walks, activities, hangouts, BBQs and so much more. October events are not ones you want to miss! Please note these are subject to change.

Thursday 1st October: Walking Group, Cherry Tree Walk, Bowral

Easy, out and back, paved. Transport provided. Walking gear required.

Tuesday 6th October: Tuesday Outing, Burradoo Park Farm, Burradoo

Transport provided. Please bring money for lunch.

Thursday 8th October: Walking Group, Telopea Park, Buxton

And BBQ Grill and Chill. Transport provided. Walking gear required.

Tuesday 13th October: Tuesday Outing, Wollongong Botanic Garden

And lunch at Pani Cafe. Transport provided. Please bring money for lunch.

Thursday 15th October: Walking Group, Mount Annan Botanic Gardens

Moderate, loop, paved. Transport provided. Walking gear required.

Tuesday 20th October: Tuesday Outing, Walkabout Wildlife Sanctuary, Calga

\$35 entry. Transport provided. Please bring money for entry and lunch.

Thursday 22nd October: Walking Group, Hoodles Track, Nattai

Easy, out and back, natural. Transport provided. Walking gear required.

Tuesday 27th October: Tuesday Outing, Parramatta River Ferry

Train will be taken. Opal card and packed lunch needed.

Thursday 29th October: Walking Group, Georges River Loop, Appin

Moderate, loop, natural. Transport provided. Walking gear required.

Want to join in on the fun? Contact the team and we can do the rest for you: 02 4683 2377.

Previous events: what we got up to this month

Central Gardens Nature Reserve

Dianne and Alex enjoyed a wonderful community outing to Central Gardens Nature Reserve, accompanied by SW Solange and myself. We travelled together

by train and bus, making the journey part of the experience and providing a great opportunity to practise and encourage good communication, social interaction and community access along the way.

Once we arrived, we explored the beautiful reserve and enjoyed seeing the waterfalls and the animals in their enclosures. There were many people out and about, enjoying picnics and making the most of the gorgeous spring weather. Throughout the day, everyone commented several times on what a beautiful day it was, taking in the sunshine, peaceful surroundings and lovely atmosphere.

After exploring the gardens, we headed to Merrylands Pub for lunch, where we enjoyed a relaxing meal before beginning our journey home. It was a fantastic day filled with travel, communication, nature, animals, good food and shared memories.

Harrington Lakes

We kicked off our first Walking Group of September and the start of spring with a lovely morning at Harrington Lakes! Chris, Vicki and Darcy joined us, along with Support Workers Solange and Nikki and myself. The walk was a great way to welcome the warmer weather, with a fully paved path making it easy to enjoy two loops around the lake.

Along the way, we enjoyed the fresh air and sunshine, spotted plenty of birds and ducks, and had lots of chats and laughs together. We also noticed something in the water that we didn't recognise and had fun trying to guess what it was. It was a relaxed and enjoyable morning spent getting active, enjoying the outdoors and connecting with each other.

Nattai Creek Circuit

Our Walking Group visited the Nattai Creek Circuit for the first time after discovering the location on AllTrails, where it was described as an easy walk. Although the circuit was not particularly long, it offered a variety of terrain and challenges, including rocky and sandy sections, river crossings, bridges, fire trails and wooden stairs. Sometimes, we need to visit a new location to discover what it is really like and whether it is suitable for our group.

One of the highlights was seeing the creek, which was a beautiful aqua colour. Unfortunately, no photograph could truly capture how stunning the water looked in person. It was a lovely experience being surrounded by nature, enjoying the peaceful scenery and listening to the sounds of the bush and the birds along the way. Alex managed the walk well and demonstrated great flexibility throughout the circuit. The group completed 5.2 kilometres in 70 minutes.

Koala Park

Chris and Alex enjoyed a wonderful outing to Koala Park, joined by SWs Rachael and Solange & Myself.

We enjoyed seeing the wonderful variety of animals throughout the park, including birds, emus, kangaroos and sheep. We even had the opportunity to hand-feed the kangaroos, while the sheep were very greedy and happily tried to get as much food as possible!

Of course, the koalas were the biggest highlight! We were incredibly lucky to spend some time up close with a keeper who shared information about the koalas that call the park home. All three of the koalas we saw had baby joeys tucked inside their pouches, making the experience even more special. We were fortunate enough to get close to one of the koalas and could actually see her little joey moving around inside her pouch! We were even able to capture many photos.

We then visited another koala who had a 7-month-old joey happily hanging onto Mum's back. It was such a beautiful sight, and we all agreed we could have stood there watching them all day! It was an amazing experience and one we feel very lucky to have had the opportunity to enjoy together.

Hammock Hill Reserve

Our Walking Group recently visited Hammock Hill Reserve in Bowral for a morning of fresh air, exercise and enjoying the beautiful Southern Highlands. Our group included participants Paul, Alex, Chris and Vicki, along with SWs Nikki, Mary and Katie.

We began on a paved path before continuing along a natural track through the bush. Along the way, we spotted some fun wombat statues and enjoyed the many wooden benches placed throughout the reserve, providing plenty of opportunities to stop, rest and take in the surroundings. The walk included a few short hills and several loops around the reserve, giving everyone the opportunity to stay active while enjoying the peaceful surroundings and beautiful scenery. It was a great morning of movement, connection and community participation, with everyone getting involved and enjoying the walk together.

NDIS updates

What's changing in the NDIS industry, and what this means for you.

Important NDIS update: changes to support budgets from 1 October

The NDIS has announced some changes to support budgets starting 1 October.

What is changing?

Budgets for two specific support categories are reducing over the next 12 months as new NDIS laws roll out:

- Social, Economic and Community Participation
- Improved Daily Living Skills

These changes will apply as new plans are created, reassessed, or renewed.

What stays the same?

Your safety and wellbeing remain a priority. Essential day-to-day supports will not be affected. This includes:

- Help with eating, drinking, dressing, and personal care
- Cleaning, laundry, and nurse care
- Home and vehicle modifications, and mobility equipment
- Employment supports, disability-related health supports, and high-intensity or complex behavior supports.

Need more information?

Because every NDIS plan is unique, the impact will look different for everyone. If your personal circumstances, living arrangements, or support needs change, you can still ask for a plan review or change.

Community events

School holiday fun: Camden Valley Inn

290 Remembrance Drive, Cawdor. Free entry.

Enjoy a range of FREE school holiday activities at Camden Valley Inn. No bookings required.

Reptile Show: Tuesday 6 October, 12pm to 1pm.

Petting Zoo: Thursday 8 October, 12pm to 2pm.

STA Screen: Ghostbusters

Sunday 4 October, 4pm. Wollondilly Performing Arts Centre, Picton. Tickets \$12.

Enjoy a screening of Ghostbusters at the Performing Arts Centre.

Arts Alive: Picton

Saturday 10 October, 12pm to 9pm. Menangle Street, Picton. Free entry.

A full day of free arts, entertainment and community fun, including live performances, workshops, markets, roving artists, food trucks, carnival rides and immersive art experiences.

Stay into the evening for Arts Alive After Dark, with illuminated artworks, entertainment and a fireworks finale.

Warragamba Dam Fest

Saturday 17 and Sunday 18 October, 10am to 4pm. Warragamba Recreation Reserve, Warragamba. Free entry.

Enjoy a weekend of community fun with live entertainment, kids' activities, car and bike shows, market stalls, displays and helicopter rides.

Advertisements

2-bedroom unit available

A comfortable 2- bedroom unit is now availavle at Taara Gardens.

For more information or to arrange an inspection, please contact Jenny Cheetham, Village Manager, Taara Gardens, on 0418 265 416.

Thank you, Flower Mama Tahmoor

A big thank you to Flower Mama Tahmoor for providing the beautiful flowers we present to our Employee of the Month each month.

For fresh flowers, thoughtful gifts, and exceptional customer service, be sure to support this wonderful local business.

Flower Mama, 152-158 Remembrance Driveway, Tahmoor NSW. Phone (02) 4604 1110.

That's a wrap for this month!

Thank you for taking the time to catch up on what's been happening at WTC. We can't wait to share more with you next month.

Wollondilly Total Care: 02 4683 2377.