

Wollondilly Total Care newsletter: February 2026

The WTC Monthly. Issue 2, February 2026. Your local NDIS provider in Wollondilly.

This is the screen reader version of the February 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.

This month

February was all about connection, movement, and enjoying the last month of summer. We made the most of the outdoors, with Tuesday Outings to Woonona Beach and a big hit, Shark Island, an isolated spot of stunning natural beauty in Sydney, where I was joined by support workers Jo and Katie.

Our Walking Group explored scenic tracks: Alex and Chris visited See Thru Pools in Tahmoor, Alex, Chris, and Dianne braved the rain at O'Hares Creek in Wedderburn, Alex and Chris walked the Camden Bike Track, and Alex, Chris, and Dianne explored Cave Creek in Hill Top, one of our favorites.

At Swim and Gym, Alex and I tried aqua aerobics while Russell and Lanie sat out this time. We laughed, stayed active, and enjoyed something new.

These activities reflect our commitment to fun, inclusive, and meaningful community participation.

Participant spotlight: Alex Dawe

Name:

Alex

What makes you smile the most?

Being out in nature, and the beach

What is something you are really good at?

Multitasking, Bowling and Trivia

What is a big goal you have for this year?

Getting a car and getting my own place

What is your favorite thing to do with your support team?

I absolutely love the outings we do and to be able to explore new places as well as walking group.

What is something you've achieved lately that made you proud?

Consistently saving/budgeting and sticking to it

My favorite things

Music or Movies?

Music

Outside or Inside?

Outside

Winter or Summer?

Both are underlined on the page.

Employee of the month: Monique Sharp

Name & Role:

Monique, I am a support worker.

How long have you been with the company?

I have been with the company for about 3 months

What do you love most about being the part of this team?

The team feels like a family I love that the team is always there even if it's just for a chat!

What is your favorite part of your workday?

Getting to work with participants that appreciate the help with everyday needs and putting smiles on their faces!

If you could learn any new skill overnight, what would it be?

To have super powers

What is your "go-to" coffee or drink order?

Definitely a milkshake!

The best piece of advice you've ever received:

to always enjoy the little things in life because you never know what tomorrow may hold

Events: a look back at our February adventures

Shark Island

Our Tuesday outing took Alex, Dianne, and Russell on an adventure to Shark Island, supported by Katie, Jo, and Crystal. After navigating trains and ferries, the group spent time exploring the island and collecting seashells along the beach, while taking in the stunning harbour views. With sunshine, snacks, and great conversation, it was a fun and memorable day out.

Woonona Beach

Alex, Dianne, and Crystal wrapped up summer with a refreshing day at Woonona Beach. Mild weather made it perfect for a swim, and the group spent over an hour enjoying the waves and sea air. Lunch at Hungry Jack's rounded out a relaxed and enjoyable end-of-summer outing.

O'Hare Creek Lookout

Thursday's walking group with Chris, Alex, and Dianne enjoyed a visit to O'Hare Creek Lookout. Despite cloudy skies and light rain, everyone embraced the fresh air and beautiful views. Although they returned to the car very wet, spirits were high and the outing was a great reminder of the joy of getting out in nature.

March event calendar

Please note these are subject to change. ^ means community funded. * means participant costs associated.

Tuesday 3 March: Tuesday Outing, Bingo & Lunch at Campbelltown Catholic Club ^

Transport provided. Bingo funded. Lunch at own cost.

Thursday 5 March: Walking Group, Picton Botanic Gardens, Picton

Transport provided. Walking gear required.

Friday 6 March: Swim and Gym Group, Wollondilly Leisure Centre ^

Transport provided. Swim gear required. Bring snacks if needed.

Tuesday 10 March: Tuesday Outing, Day trip to Goulburn, Heritage Tour and lunch at The Roses Cafe for lunch

Transport provided. Lunch at own cost.

Thursday 12 March: Walking Group, Woodlands Walk, Mount Annan

Transport provided. Walking gear required.

Friday 13 March: Swim and Gym Group, Wollondilly Leisure Centre ^

Transport provided. Swim gear required. Bring snacks if needed.

Sunday 15 March

Sydney St. Patrick's Day Parade & Festival, Sydney CBD

Tuesday 17 March: Tuesday Outing, Upside Down House ^

Transport provided. Entry cost is funded.

Thursday 19 March: Walking Group, Wattle St & Falls Firetrail, Cole Vale

Transport provided. Walking gear required.

Friday 20 March: Swim and Gym Group, Wollondilly Leisure Centre ^

Transport provided. Swim gear required. Bring snacks if needed.

Tuesday 24 March: Tuesday Outing, Empress Falls and Conversation Hut Cafe for lunch

Transport provided. Walking gear needed. Lunch at own cost

Thursday 26 March: Walking Group, Harrington Lakes, Harrington Park

Transport provided. Walking gear required.

Friday 27 March: Swim and Gym Group, Wollondilly Leisure Centre ^

Transport provided. Swim gear required. Bring snacks if needed.

Tuesday 31 March: Tuesday Outing, Wollongong Botanic Gardens and lunch at Pani Cafe

Transport provided. Lunch at own cost. Entry free.

Community events – March 2026

We're excited to share some local community events happening in March. These events are optional and provide great opportunities to get out, socialise, and connect with the community.

Wildlife First Aid

Tuesday 3 March 2026, 5:00 PM – 7:00 PM. Robin Davies Wollondilly Community Nursery, 42 Wonga Rd, Picton. Learn essential first aid skills specifically for wildlife. This is a hands-on session providing practical tips and knowledge.

Day Out With Thomas

Friday 6 – Sunday 15 March 2026 (6, 7, 8, 13, 14 & 15 March), 9:00 AM – 3:00 PM. NSW Rail Museum, 10 Barbour Road, Thirlmere. Join Thomas & Friends for

family fun! Choose Museum Only from \$20–\$25 or Museum + Train Ride from \$35–\$45.

The Dolly Show

Friday 20 March 2026, from 8:00 PM. Wollondilly Performing Arts Centre, 66 Menangle Street, Picton. Experience the world's number one Dolly Parton tribute, Kelly O'Brien, endorsed by the Parton family. Tickets from \$69.90. Kelly has worked as Dolly's body double and was the only UK finalist in the official global casting search for the new Dolly Parton Broadway musical.

Resilient Wollondilly FREE First Aid Training

Tuesday 24 March 2026, 10:30 AM – 2:30 PM. Warragamba Town Hall, 1 Civic Centre Circle, Warragamba. A free first aid training session for the community. Learn valuable skills and build confidence to respond in emergencies.

Seniors' Festival – Wollondilly

1 – 31 March 2026. Various locations across Wollondilly. From workshops and classes to social gatherings and performances, there's something for everyone to enjoy. Celebrate the vibrant Seniors community and connect with others.

https://wollondilly.cdn.greenhousecreative.au/assets/Images-NEW/Events/Seniors-Festival/Seniors-Festival_2026_Booklet_A4.pdf

These events are community-run and optional. Please contact the office if you would like support, more information, or assistance attending.

NDIS information

NDIS Update: A New Way to Plan

At Wollondilly Total Care, We want to share some news about the NDIS. The NDIS is making things easier to understand. Here is what is happening in simple words.

What is changing?

The NDIS is testing a new way to make your plan. They are using a new tool called the I-CAN tool. People with disability are helping to design and test it right now.

What will the new meetings be like?

You will have face-to-face talks with a real person. You can take breaks and ask plenty of questions. People who tested it said they felt comfortable, calm, and safe to be honest.

Why is the NDIS doing this?

To make NDIS plans clearer, fairer, and more transparent. So your plan does not depend on how much you can pay for expensive health reports. To give you longer plans so you have fewer reviews.

When does this start?

The new way will start slowly from the middle of 2026. It will happen over several years, so many people will not see changes for a long time. You do not need to do anything right now. The NDIA will reach out to you when a change might impact your plan. We will always be here to support you

Crossword

Have you been paying attention?? Fill out this crossword using words that can be found in the newsletter. Answers are at the end of this section.

Across

- 2. Lookout visited in Wedderburn
- 4. Beach visited for the final summer outing
- 5. Name of the month featured in the newsletter
- 6. What participants collected on Shark Island
- 7. Name of the island visited on a Tuesday outing
- 9. Season mentioned as coming to an end

Down

- 1. Place where lunch was eaten after swimming
- 3. Activity done in the water during Swim and Gym
- 8. Name of the participant featured in the spotlight

Answers

Across: 2 O'Hare. 4 Woonona. 5 February. 6 Seashells. 7 Shark. 9 Summer.

Down: 1 Hungry Jacks. 3 Aerobics. 8 Alex.

Our community partners

- Flower Mamma - Tahmoor & Wollondilly's Local Florist.
www.flowermamma.com.au
- Retirement Village Thirlmere | Taara Gardens | RSL LifeCare.
<https://rsllifecare.org.au/location/retirement-villages/thirlmere-taara-gardens/>
- Community Links Wellbeing | Servicing the community.
www.communitylinks.org.au

- The Blue Butterfly Institute. thebluebutterflyinstitute.org.au. 0405 009 990.
hello@thebluebutterflyinstitute.org.au

Contact us!

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