

Care

Your Local NDIS Provider In Wollondilly

The WTC Monthly

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 Highlight
Getting to know one of our participants



Employee of the Month
Meet the friendly face making a difference



Outing Highlights
A look back at our February adventures

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?

Outside or Inside?

Winter or Summer?



Employee of the Month

Monique Sharp



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

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!





Events

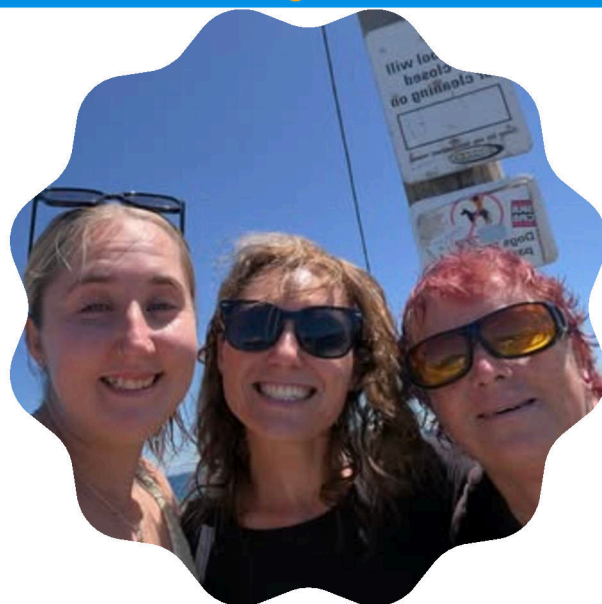


Shark Island

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.

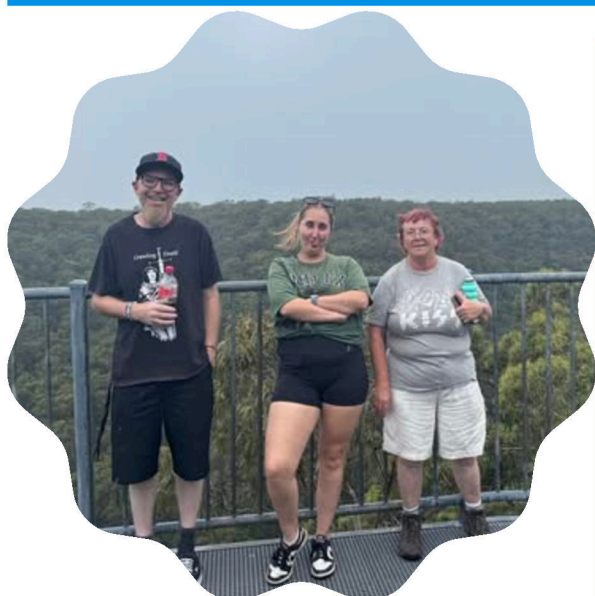
Woonona Beach

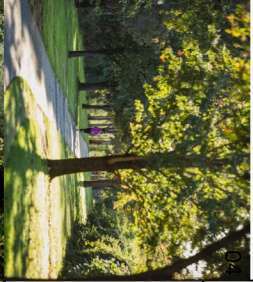
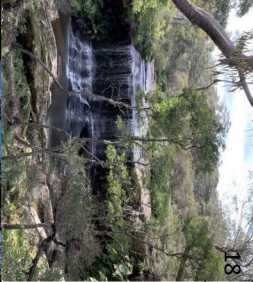
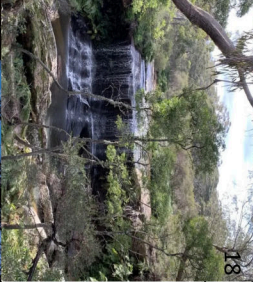
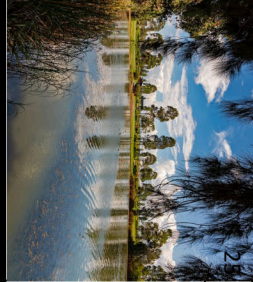
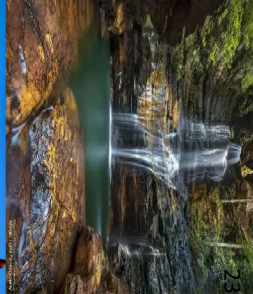
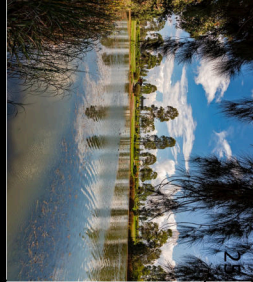
Alex, Dianne, and Crystal wrapped up summer with a refreshing day at Woonona Beach. Mild weather made it perfect for a swim, and the group spent over an hour enjoying the waves and sea air. Lunch at Hungry Jack's rounded out a relaxed and enjoyable end-of-summer outing.



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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03		05	06	07
	 Tuesday Outing- Bingo & Lunch at Campbelltown Catholic Club Transport provided. Bingo funded. Lunch at own cost.		 Walking Group- Picton Botanic Gardens, Picton. Transport provided. Walking gear required.	Swim and Gym Group- Wollondilly Leisure Centre Transport provided. Swim gear required. Bring snacks if needed.		
08	09	10	 Walking Group- Woodlands Walk, Mount Annan. Transport provided. Walking gear required.	12	13	14
	 Tuesday Outing- Day trip to Goulburn, Heritage Tour and lunch at The Roses Cafe for lunch. Transport provided. Lunch at own cost.		 Walking Group- Wattle St & FallsFiretrail, Cole Vale. Transport provided. Walking gear required.	19	20	21
15	16	17	 Walking Group- Wattle St & FallsFiretrail, Cole Vale. Transport provided. Walking gear required.			
 Sydney St. Patrick's Day Parade & Festival, Sydney CBD	 Tuesday Outing- Upside Down House Transport provided. Entry cost is funded.	17				
22	23	24	 Walking Group- Harrington Lakes, Harrington Park. Transport provided. Walking gear required.	26	27	28
	 Tuesday Outing- Empress Falls and Conversation Hut Cafe for lunch. Transport provided. Walking gear needed. Lunch at own cost		 Swim and Gym Group- Wollondilly Leisure Centre Transport provided. Swim gear required. Bring snacks if needed.			
29	30	31	* participant costs associated			
	 Tuesday Outing- Wollongong Botanic Gardens and Lunch at Pani Cafe. Transport provided. Lunch at own cost. Entry free.		^ community funded			
			Please note these are subject to change			

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



Answers are on pg10.

[illegible]

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**

Our Community Partners

Flower Mamma.

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



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Contact Us!

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ACROSS

2: OHARE 6: SEASHELLS
4: WOONONA 7: SHARK
5: FEBRUARY 9: SUMMER

10

DOWN

1: HUNGRYJACKS
3: AEROBICS
8: ALEX