

# **Wollondilly Total Care newsletter: August 2026**

Your monthly recap. Provider highlights from Wollondilly, NSW.

This is the screen reader version of the August 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: Bianca R**

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

3 years

**What makes Bianca smile the most?**

Being with family

**Bianca is really good at..**

Lego, I have a disney collection and love expanding on it.

**Bianca has a big goal this year, and it is..**

Save money for our holiday for my birthday next year.

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

Recently started exercise physiology and did not think I would like it but rather enjoy it.

**This or that?**

**Beach or Bush?**

That's hard as I love both for different reasons. Don't think I could choose on this one.

**Road Trip or Holiday by Plane?**

Definitely road trip.

**Pasta or Pizza?**

A good pizza and it must have pineapple.

**Early Bird or Night Owl?**

Early bird, never been a night owl

**Camping or Glamping?**

Camping, no point glamping you may as well have stayed home.

**Be able to fly or be invisible?**

Not sure on this one.

**Talk to animals or speak every language?**

Maybe talk to animals. I have conversations with them now like they are human. Would be good to know what they are thinking.

**Employee of the month: Solange Hardin****How long have you been a local to the Wollondilly for?**

20+ years

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

I once sang in a band

**What's one thing on your bucket list?**

Visit Egypt

**The best piece of advice you have ever received:**

What you say about me defines you, not me.

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

Nothing achieved lately

A big shoutout to Solange for going above and beyond this month! Her dedication, communication and care towards our participants has made a real difference. We're so grateful to have her as part of the WTC team and look forward to seeing her continue to grow with us!

**What is your..****Favourite snack?**

Fruit

**Favourite season?**

Summer

**Favourite place you've visited?**

Mexico, Brazil, Peru and Türkiye are my top pics

**Weirdest food you've tried?**

Bulls balls - delicious

### **Superpower you'd choose?**

Flying

### **My hidden talent is...**

I am a walking lie detector

## **Upcoming events in September**

Outings, walks, activities, hangouts, BBQs and so much more. September events are not ones you want to miss! Please note these are subject to change. ^ means community funded. \* means participant costs associated.

### **Tuesday 1st September: Tuesday Outing, Central Gardens Nature Reserve + Greystanes Hotel**

Transport provided. Lunch money needed.

### **Thursday 3rd September: Walking Group, Harrington Lakes, Harrington Park**

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

### **Tuesday 8th September: Tuesday Outing, Koala Sanctuary, West Pennant Hills**

\$38 for entry. Transport provided. Lunch money needed.

### **Thursday 10th September: Walking Group, Nattai Creek Circuit, Woodlands**

Easy, loop, mostly natural. Transport provided. Walking gear required.

### **Tuesday 15th September: Tuesday Outing, Wollongong Botanic Garden and lunch at Pani Cafe**

Transport provided. Lunch money needed.

### **Thursday 17th September: Walking Group, Thirlmere Lakes, Thirlmere**

Moderate, out and back, natural and gravel. Transport provided. Walking gear required.

### **Tuesday 22nd September: Tuesday Outing, Parramatta River Ferry & Lucien Café**

Train will be taken. Money or packed lunch needed.

### **Thursday 24th September: Walking Group, Hammock Hill Reserve Loop, Bowral**

Easy, loop, natural, paved and grass. Transport provided. Walking gear required.

### **Tuesday 29th September: Tuesday Outing, UOW Science Centre, Wollongong ^**

Transport provided. Entry fee will be covered by WTC. Lunch money needed.

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**

### **South Lawson Waterfall Circuit**

Our First August Tuesday Outing took participants on a memorable adventure through the beautiful South Lawson Waterfall Circuit in the Blue Mountains. With cool winter weather and sunshine overhead, it was the perfect day to explore one of the region's most picturesque bushwalks. Participants made their way through lush rainforest, crossed creeks, admired natural rock formations, and visited four stunning waterfalls along the circuit. Although the walk included plenty of stairs and some challenging sections, everyone embraced the experience and described the day as "magical."

After completing the walk, the group enjoyed a well-deserved lunch together before heading home. It was another fantastic outing that encouraged physical activity, community participation, and the opportunity to create lasting memories while enjoying the beauty of the great outdoors.

### **Berrima River Walk**

Our Thursday Walking Group took our participant to the beautiful historic village of Berrima for a relaxing walk along the Berrima River. Due to other participant commitments, Alex was the only participant able to join us this week, but it turned into a lovely one-on-one outing and a great opportunity for Alex to meet our new Support Worker, Elise. Alex enjoyed exploring the peaceful river walk, taking in the surrounding bushland, greenery and scenic views along the way.

The walk provided a great opportunity for gentle exercise, fresh air and conversation while enjoying the beautiful Southern Highlands surroundings. It was a lovely morning spent connecting with our new team member, enjoying the outdoors and making the most of the beautiful Berrima scenery.

### **Gibraltar Reserve Walk**

This week's Thursday Walking Group was a little different from our original calendar plans. As it was just Alex and I attending, we decided to make a change to the planned Cave Creek walk, as the track was a little too intense for Alex at this time. Instead, we headed to Gibraltar Reserve in Bowral for a shorter and more relaxed walk.

Alex wasn't feeling up to a full walk, so we took things at a comfortable pace and enjoyed some fresh air, gentle exercise and the beautiful bushland surroundings. After our walk, we headed into town for a little treat before making our way home. It was a lovely morning and a good reminder that our walking group can be flexible and adapt activities to suit our participants on the day, ensuring everyone can enjoy getting out into the community at a comfortable pace.

### **Berrima Day Trip**

Our Tuesday outing took us on a lovely day trip to beautiful Berrima! While it was a rainy day, the rain was only a light sprinkle while we were out exploring, so it didn't stop us from enjoying ourselves. Participants Alex and Dianne, along with myself and SW Solange, explored the charming village, browsing the boutiques and vintage shops, visiting the Lolly Swagman shop and stopping by Mrs Oldbucks Pantry to check out the local produce.

We had planned to have lunch at the pub, but with the later opening time, we changed plans and enjoyed a light lunch at a local café instead. Everyone had a lovely time exploring Berrima, enjoying the shops, good company and the beautiful village atmosphere.

### **Walking Group at Lake Alexandra**

Today's walking group headed to Lake Alexandra in Mittagong for a relaxing walk around the lake. Participants Alex and Vicki, along with myself and SW Nicki, enjoyed the paved walkway while taking in the beautiful scenery and spotting some of the local animals along the way.

We were lucky with the weather, with the rain holding off completely while we walked! Everyone enjoyed walking together, chatting and spending time outdoors in such a peaceful setting. Another great Thursday walking group with plenty of fresh air, conversation and beautiful scenery!

## **NDIS updates**

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

### **Changes to plan reassessments**

#### **What you need to know**

New NDIS changes came into effect on 27 August 2026, including some changes to how participants can request a plan reassessment. From now on:

- Only the participant, their nominee or child representative can request a plan reassessment.

- Requests must be made using the NDIS plan reassessment form.
- You will need to explain what has changed and why your plan needs to be reassessed.
- Supporting evidence may be required, such as information from a GP or health professional.
- Once the NDIS has all the information they need, they will make a decision within 90 days.

### **What does this mean for you?**

There is no need to panic or change anything right now. Participants should continue using their current plan and supports as usual unless the NDIS advises otherwise.

If your circumstances or support needs change, Wollondilly Total Care is here to help you understand your options and prepare the information you may need. For urgent, minor or short-term changes to your supports, a plan variation may still be available. You can also speak with your NDIS contact for guidance about whether a reassessment or variation is the right option for you.

We'll continue to keep you updated as further NDIS changes are introduced.

## **Community events**

### **ABBA – Thank You For The Music**

Friday 4 September, 7:30pm. Wollondilly Performing Arts Centre, Picton. A spectacular live concert celebrating ABBA's greatest hits including Dancing Queen, Waterloo and Mamma Mia.

### **Authors' Table – Behind Every Great Story**

Tuesday 8 September, 11:30am–2:00pm. Wollondilly Performing Arts Centre, Picton. Meet local author Steve Matthews and hear the story behind his books. Includes audience Q&A and book signing.

### **Heritage Trades & Craft Fair**

Sunday 13 September, 10:00am–3:00pm. Heritage Centre, The Oaks. Traditional crafts, heritage displays, live music, guided tours, homemade scones, BBQ and family activities.

## **Camden Park House Spring Open Weekend**

19–20 September, 10:00am–4:00pm. Camden Park House. Tour the historic home and stunning spring gardens. Enjoy Devonshire tea, heritage walks, market stalls and garden tours.

## **Appin Wheels Festival**

Sunday 20 September, 9:00am–3:00pm. Appin. Classic cars, motorbikes, market stalls, food trucks, rides, entertainment and family fun.

### **Want to attend?**

Speak with your Support Worker or Rostering if you'd like assistance attending one of these community events.

## **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.