

Easy Read

Our newsletter: June 2026

This tells you what we did in May. And what is coming up in June.



You can ask someone to read this with you.
That could be a friend, a family member, or a support worker.



Some words are **bold**.
We explain those words in an orange box.

1

Meet Charlotte



Charlotte is in our **spotlight** this month.

Spotlight

Each month we get to know 1 person who uses our support.
We ask them some questions.



Charlotte smiles big when Mummy gives cuddles.



Charlotte is good at singing songs.

Charlotte says: I want to dance like my sister.



Charlotte made a new friend at school.

The new friend is called Layla.

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Meet Becki



Becki is our **Employee of the Month**.

Becki is a **support coordinator**.

Employee of the Month

Each month we say thank you to 1 of our workers.

We give them flowers.

Support coordinator

A worker who helps you understand your NDIS plan.

They help you find the right support.



Becki has worked with us since December 2024.
Becki loves hearing about the good things that happen for you.



Becki's favourite drink is an iced caramel latte.

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What we did in May



We went to the Illawarra Fly Treetop Walk.
We walked high up in the trees.



Our **walking group** went to Appin.
We walked on bush tracks and sandy paths.

Walking group

A group of people who go for a walk together.
We go every Thursday.



We played aqua golf.
Chris was very good at it.
Nobody won a prize this time.



We had our first BBQ Grill and Chill.

We played games and ate good food.

We will have another one in the July school holidays.



Some of us went to the movies.

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Coming up in June



We go on a trip every **Tuesday**.

We go for a walk every **Thursday**.

We go to the swim and gym group every **Friday**.

Tuesday 2 June

Walk at Georges River Ridge Track, and a picnic lunch

Thursday 4 June

Walk at Cherry Tree Walk, Bowral

Tuesday 9 June

Bungoona Lookout, and a picnic lunch

Thursday 11 June

Walk at Westbreak Fire Trail, Colo Vale

Tuesday 16 June

Barefoot bowls in Picton. We pay to get in.

Thursday 18 June

Walk at Camden Bike Track

Tuesday 23 June

Walk at Jersey Springs, and lunch at a cafe

Thursday 25 June

Chair yoga at our office

Tuesday 30 June

Mini golf at Holey Moley, Penrith. We pay for your first game.

Every Friday

Swim and gym at Wollondilly Leisure Centre. Bring your swimmers.



We drive you to most trips.

Bring money for lunch. Or bring a picnic lunch.



Sometimes a date has to change.

Ring us to check before you go.

Do you want to come?

(02) 4683 2377

Ring us. We will organise it with you.

NDIS

NDIS is short for the National Disability Insurance Scheme.

It is money from the government to pay for the support you need.



The NDIS is changing how plans look.
Your plan may be easier to understand.



The NDIS will look at your plan again.
This is called a **plan review**.

Plan review

When the NDIS looks at your plan again.
They check it still works for you.



Before your review, think about what is working.
And what needs to change.
Write it down.



Keep your reports together in 1 place.

Do you need help with your plan?

(02) 4683 2377

Ring us. Ask for your support coordinator.

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The Companion Card



The **Companion Card** helps you go out with a support person.

Companion Card

A card for people who need a support person to go out.
Your support person can get in free at many places in NSW.



To get a card, go to the Companion Card website.
Or ring them on 1300 887 082.



A health worker who knows you fills in a form.
Like your doctor or support coordinator.



It can take a few weeks.
Then your card comes in the mail.



Your support coordinator can help you apply.
You do not have to do it alone.

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Fun things near you



Trivia nights in Picton.

Every Wednesday at Picton Hotel.

Every Thursday at Picton Bowling Club.



William Barton concert in Picton.

Friday 5 June at 7 pm.

Tickets cost \$25 or more.



The Biggest Morning Tea in Picton.

Thursday 11 June.

It costs \$20. The money goes to a good cause.



Comedy show in Picton.

Thursday 18 June at 7:30 pm.

Tickets cost \$25 or more.



Craft afternoon in Picton.

Sunday 28 June.

It costs \$15.



Our office is open Monday to Friday.

From 8 am to 3 pm.

Ring us

(02) 4683 2377

Or send an email to

wollondillytotalcare@outlook.com

That is the end

Thank you for reading.

See you next month.