

Easy Read

# Our newsletter: September 2026

This tells you what we did in September. And what is coming up in October.



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.

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## Meet Russell



Russell is in our **spotlight** this month.  
Russell has lived in Wollondilly for 5 years.

### Spotlight

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



Russell likes cooking.

Russell likes going on outings and tenpin bowling.

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Russell helps out at Thirlmere Nursery.

Russell is very proud of this.

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Russell is saving money for a holiday.

Russell wants to visit Mum in Newcastle.

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## Meet Marye

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

Marye has lived in Wollondilly for 33 years.

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### Employee of the Month

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

We give them flowers.



Marye got flowers from us.

Marye cried happy tears.

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Marye says: I am an amazing cook.

One day Marye wants to help feed people in need.



We went to Central Gardens Nature Reserve.

We went on the train and the bus.

We saw waterfalls and animals.

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Our **walking group** went to Harrington Lakes.

We walked around the lake 2 times.

We saw lots of birds and ducks.

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### **Walking group**

A group of people who go for a walk together.

We go every Thursday.



We walked at Nattai Creek.

The water was a bright blue.

We walked 5.2 kilometres.

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We went to Koala Park.

We fed the kangaroos.

We saw koalas with babies in their pouch.

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We walked at Hammock Hill Reserve in Bowral.

We saw wombat statues.

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## Coming up in October

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

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

### Thursday 1 October

Walk at Cherry Tree Walk, Bowral

### Tuesday 6 October

Trip to Burradoo Park Farm

### Thursday 8 October

Walk at Telopea Park, Buxton, and a BBQ

### Tuesday 13 October

Trip to Wollongong Botanic Garden

### Thursday 15 October

Walk at Mount Annan Botanic Gardens

### Tuesday 20 October

Trip to Walkabout Wildlife Sanctuary. It costs \$35.

### Thursday 22 October

Walk at Hoodles Track, Nattai

### Tuesday 27 October

Ferry ride in Parramatta. We go on the train.

**Thursday 29 October**

Walk at Georges River, Appin



We drive you to most trips.

Bring money for 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.

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## **NDIS news**

### **NDIS**

NDIS is short for the National Disability Insurance Scheme.

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



From 1 October, some NDIS money is going down.

This is money for joining in your community.

And money for learning skills for every day.



Help to stay safe and well is not changing.  
Like help to eat, wash and get dressed.

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Every plan is different.  
If your life changes, you can ask the NDIS to look  
at your plan again.

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**Do you have a question about this?**

**(02) 4683 2377**

Ring us. We will talk it through with you.

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## **Fun things near you**

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**Arts Alive** in Picton.  
Saturday 10 October.  
It is free.

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**Warragamba Dam Fest.**  
Saturday 17 and Sunday 18 October.  
It is free.

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**Ghostbusters** movie in Picton.  
Sunday 4 October at 4 pm.  
It costs \$12.

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## **Animals at Camden Valley Inn.**

Reptile show on Tuesday 6 October.

Petting zoo on Thursday 8 October.

It is free.

**Do you want help to go?**

**(02) 4683 2377**

Ring us. We can help you get there.

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## **Notices**



A 2-bedroom unit is free at Taara Gardens.

Ring Jenny on 0418 265 416.



Thank you to Flower Mama in Tahmoor.

They give us the flowers for our Employee of the Month.

## **That is the end**

Thank you for reading.

See you next month.