

Easy Read

Our newsletter: May 2026

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



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 David



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

Spotlight

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



David's dog makes David smile.
The dog follows David everywhere.



David is good at gardening.
David likes to fix things around the house.



David made a cutting board at the Men's Shed.
It was a present for David's wife.

2

Meet Nikki



Nikki is our **Employee of the Month**.
Nikki is a support worker.

Employee of the Month

Each month we say thank you to 1 of our workers.
We give them flowers.



Nikki has worked with us for 9 months.
Nikki loves seeing you happy.



Nikki wants to learn sign language.
So Nikki can talk with more people.

3

What we did in April



We walked on the coast at Wattamolla.

We walked for 2 hours.



We went to the Australian Museum in Sydney.

We went on the train.

We saw dinosaurs.



We walked to Madden Falls.

Then we had lunch at a cafe.



Our **walking group** went to Hoddles Track for the first time.

Walking group

A group of people who go for a walk together.

We go every Thursday.

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Coming up in May



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 5 May

Movie trip. We pay for your ticket.

Thursday 7 May

Walk at Picton Botanic Gardens, and a BBQ lunch. We give you lunch.

Tuesday 12 May

Illawarra Fly Treetop Walk. It costs \$25.

Thursday 14 May

Walk at West Cliff Fire Trail and Georges River

Tuesday 19 May

Aqua golf in Penrith. Your first bucket of balls is free.

Thursday 21 May

Walk at Bargo River

Tuesday 26 May

Bungoona Lookout. Bring a picnic lunch.

Thursday 28 May

Walk at Bong Bong Common

Every Friday

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



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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BBQ Grill and Chill



Come to our BBQ at Picton Botanic Gardens.
Thursday 7 May.
From 12 pm to 2 pm.



Tell us if you are coming by 6 May.
Ring Rostering on 0487 004 588.

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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.



NDIS money comes in 3 types.



Core supports help with everyday things.

Like a support worker, or help to wash.



Capacity building helps you learn new skills.

Like therapy, or a support coordinator.



Capital supports pay for big things.

Like a wheelchair, or changes to your home.



The government wants to change some NDIS rules.

These changes are not final yet.



Right now, nothing is changing.

Your plan stays the same.

Do you have a question?

(02) 4683 2377

Ring us. We are here to help.

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Fun things near you



Family market at The Oaks Hotel.

Saturday 2 May.



Festival of Steam in Thirlmere.

16 and 17 May.

Ride on steam trains.



Race a steam train in Thirlmere.

Sunday 24 May.

You can run or walk.



Cafe Connect in Tahmoor.

Tuesday 26 May.

Free information about government help.

You need to book.



Picton Markets.

Sunday 31 May.

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Contact us



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.