

Easy Read

Our newsletter: April 2026

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



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 Linda



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

Spotlight

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



Linda's grandson makes Linda smile.



Linda is good at cooking.



Linda went on a holiday for the first time in more than 20 years.

Linda is very proud of this.

2

Meet Melanie



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

Melanie is a support worker.

Employee of the Month

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

We give them flowers.



Melanie has worked with us since September 2024.

Melanie loves helping people live their everyday life.



Melanie's favourite drink is a vanilla latte.

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What we did in March



We went on a day trip to Goulburn.

We saw old buildings.

We went to a book shop in an old police station.



We went to the Upside Down House.

We laughed a lot and felt a bit dizzy.

It was Jo's last day with us.



We walked at Empress Falls.

There were lots of stairs.

We had breaks and a cafe stop.



Our **walking group** went to 3 places.

Picton Botanic Gardens, Woodlands Walk and
Harrington Park Lake.

Walking group

A group of people who go for a walk together.

We go every Thursday.

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Coming up in April



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

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

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

Thursday 2 April

Royal Sydney Easter Show. We go on the train. We pay for your ticket.

Tuesday 7 April

Walk at William Howe Loop, Narellan Vale

Thursday 9 April

Walk at Miss Llewella Davis Pioneer Walk

Tuesday 14 April

Walk to Providential Point. Bring a picnic lunch.

Thursday 16 April

Walk at Hoddles Track, Lakesland

Tuesday 21 April

Australian Museum in Sydney. We go on the train. It is free to get in.

Thursday 23 April

Walk at Boronia Avenue Trail, Hill Top

Tuesday 28 April

Maddens Falls, and lunch at Darkes Kitchen

Thursday 30 April

Walk at Wattle St and Falls Firetrail, Colo Vale

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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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.



Do you want to join the NDIS?
We can help you get started.



Talk to your **local area coordinator**.
They can help you apply.

Local area coordinator

A person who helps you apply for the NDIS.
They can send the forms for you.



You will need to show who you are.
Like a birth certificate or licence.



You will need a report about your disability.
It comes from a doctor who has known you for at
least 6 months.

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Fun things near you



The Enchanted Sanctuary in Bargo.
2 to 19 April, at night.
A walk in the bush with lights.
It costs \$12.50 or more.



Free native plants in Picton.

Saturday 11 April.



Rock The Dilly in Picton.

Saturday 18 April.

Free music and a sausage sizzle.



School holiday fun at Camden Valley Inn.

8 to 16 April.

A reptile show, Mario and Luigi, and a disco.

It is free.

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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.