

Wollondilly Total Care newsletter: May 2026

The WTC Monthly. Issue 4, May 2026. Your local NDIS provider in Wollondilly.

This is the screen reader version of the May 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.

This month

April was full of adventure and connection, with participants enjoying a stunning hike along the Royal Coastal Track at Wattamolla alongside SW Monique, with Chris, Dianne and Alex taking in the beautiful coastal scenery together. Our walking group also explored Hoddles Track for the first time, following Vicki's introduction to the group earlier in the month on our familiar Miss Llewella Davis Pioneer Walk alongside SW Nikki, Becki, SW Katie, Chris and Alex. Another highlight was a visit to the Australian Museum with SW Monique, Dianne, Alex and Chris exploring the exhibits together. This month also marked SW David's second month with WTC as he continues building positive relationships with our male participants, while we also welcomed new SW Andrew to the team. We are now looking forward to another exciting month ahead, including our upcoming WTC company BBQ.

Participant spotlight: David Tuffin

Name:

David Tuffin

What makes you smile the most?

My dog, she is my shadow and just love her

What is something you are really good at?

Gardening and using tools. I like to fix things around the house.

What is a big goal you have for this year?

To go to swimming. I am on wait list for cornea transplant and hoping it will be this year. This will improve my vision by 100%.

What is your favorite thing to do with your support team?

Men's Shed and swimming.

What is something you've achieved lately that made you proud?

I made a cutting board at Men's shed for my wife.

My favorite things

Music or Movies?

Watching TV, my favourite movies are old western movies. I also like comedy movies.

Outside or Inside?

Outside, I spend a lot of time outside in the garden or playing games on my ipad – especially Scrabble.

Winter or Summer?

Summer, although I can't spend so much time in the sun these days.

Employee of the month: Nikki Rossiter

Name & Role:

Nikki Rossiter- Disability Support Worker

How long have you been with the company?

I have been with WTC for 9 months

What do you love most about being the part of this team?

being apart of a supportive and caring team that works together to make a positive impact in people's lives every day.

What is your favorite part of your workday?

seeing the participants happy, achieving their goals and knowing i've helped make their day a little easier and brighter.

If you could learn any new skill overnight, what would it be?

I would like to learn sign language so i could communicate with and support more people.

What is your "go-to" coffee or drink order?

Skim latte or a skim iced latte depending on the weather.

The best piece of advice you've ever received:

treat others the way you would like to be treated with kindness, patience and respect.

Events: a look back at our April adventures

Wattamolla and the Royal Coastal Track

This month, our group visited beautiful Wattamolla and explored part of the Royal Coastal Track. The views were absolutely stunning, and we enjoyed them so much that our walk turned into a 2-hour adventure! Although there were a few sore legs by the end, it was well worth it. Everyone had a fantastic time taking in the incredible coastal scenery.

Australian Museum

This month, our group travelled into Sydney to visit the Australian Museum. Participants enjoyed exploring the exhibits, travelling together by train, and spending time socialising while learning new things. The dinosaur displays were a huge hit with many participants, while others especially enjoyed seeing the Australian animal exhibits. It was a fantastic community outing filled with adventure, connection, and new experiences.

Madden Falls

Alex and Dianne enjoyed a beautiful day out at Madden Falls. The short 1km walk included rocky and sandy terrain as well as sections of metal boardwalk, with peaceful bush scenery along the way and a stunning waterfall waiting at the end. After exploring the area, the group visited a nearby café for lunch together. With beautiful weather and fresh air, it was a wonderful day spent out in nature.

May event calendar

Please note these are subject to change. ^ means community funded. * means participant costs associated.

Friday 1 May: Swim and Gym Group, Wollondilly Leisure Centre ^

Transport provided. Swim gear required. Bring snacks if needed.

Tuesday 5 May: Tuesday Outing, Movie Trip ^

Transport provided. Movie ticket is covered. Please bring your own snacks money.

Thursday 7 May: Walking Group, Picton Botanic Gardens and BBQ Lunch

Transport provided. Walking gear required. Lunch Supplied

Friday 8 May: Swim and Gym Group, Wollondilly Leisure Centre ^

Transport provided. Swim gear required. Bring snacks if needed.

Tuesday 12 May: Tuesday Outing, Illawarra IFly Treetop Walk *

\$25 entry ticket. Transport provided. Please bring funds for activity and any lunch or snacks.

Thursday 14 May: Walking Group, West Cliff Fire Trail and Georges River Loop

Transport provided. Walking gear required.

Friday 15 May: Swim and Gym Group, Wollondilly Leisure Centre ^

Transport provided. Swim gear required. Bring snacks if needed.

Tuesday 19 May: Tuesday Outing, Aqua Golf Penrith ^

First bucket included at no cost. Transport provided. Bring money for lunch.

Thursday 21 May: Walking Group, Bargo River Walk

Transport provided. Walking gear required.

Friday 22 May: Swim and Gym Group, Wollondilly Leisure Centre ^

Transport provided. Swim gear required. Bring snacks if needed.

Tuesday 26 May: Tuesday Outing, Bungoona Lookout and path and picnic lunch

Transport provided. Bring picnic lunch.

Thursday 28 May: Walking Group, Bong Bong Common

Transport provided. Walking gear required.

Friday 29 May: Swim and Gym Group, Wollondilly Leisure Centre ^

Transport provided. Swim gear required. Bring snacks if needed.

Community events – May 2026

Family Market at The Oaks Hotel

2 May, 11:00 AM – 3:00 PM. The Oaks Hotel, 36 John Street, The Oaks. A fun-filled day with kids' activities, jumping castle, animal cuddling, local market stalls, raffles, face painting, and more. A great chance to support local businesses and pick up Mother's Day gifts.

Thirlmere Festival of Steam

16 – 17 May, 9:00 AM – 4:00 PM. NSW Rail Museum, Thirlmere. Experience steam train rides, vintage machinery, live entertainment, market stalls, and a street parade. A fantastic event for families and anyone who enjoys history and hands-on activities.

Huff N' Puff Road Race & Family Fun Run

24 May, 8:00 AM – 12:00 PM. NSW Rail Museum, Thirlmere. A unique event where participants race against a steam train. Choose from a 6.7km run or a 3.5km fun run/walk. Includes a train and museum entry and is suitable for a range of fitness levels.

Cafe Connect – Assistance Programs

26 May, 10:00 AM – 1:00 PM. Tahmoor CWA Hall, 98 York Street, Tahmoor. Free information session on government supports and services, including presentations from Services Australia and Service NSW. Light lunch provided. Bookings are essential.

Picton Markets

31 May, 8:00 AM – 2:00 PM. 151–155 Menangle Street, Picton. Enjoy local stalls, delicious food, live music, and a relaxed community atmosphere. A great day out for participants, families, and support workers.

NDIS information: understanding your NDIS funding categories

NDIS funding is divided into three main categories: Core Supports, Capacity Building Supports, and Capital Supports.

Core Supports

help with everyday activities and daily living needs. This may include support workers, community access, transport, assistance with personal care, social activities, and consumables used in daily life.

Capacity Building Supports

focus on helping participants build confidence, independence, and skills over time. These supports can include therapy services, support coordination, improved daily living skills, employment support, and programs that help participants work towards their goals.

Capital Supports

are designed for higher-cost equipment and modifications that improve safety, mobility, and independence. This can include assistive technology, wheelchairs, communication devices, specialised equipment, and home or vehicle modifications.

Understanding these funding categories can help participants make the most of their NDIS plan and work towards their goals with confidence.

NDIS updates – what we know so far

On 22 April, the Federal Health and NDIS Minister, Mark Butler, announced proposed changes to the NDIS. We understand this may bring up questions or concerns, so here's a simple breakdown of what's happening.

Right now, nothing is changing. Your current NDIS plan stays the same. Your funding and supports continue as usual. You don't need to do anything. If you have any questions about your plan or spending, our team is here to help. These changes are still being proposed and must go through parliament before becoming official.

Some changes may start from 2026 and will focus on how plans are managed and reviewed:

Plan changes (reassessments)

It may become harder to request changes to your plan outside of your scheduled review, unless your needs change significantly.

Funding rollovers

Unused funds may no longer carry over into your next plan. This means funding will be more closely matched to your current needs.

Changes to some budgets

From October 2026, there may be gradual changes to funding for: Social and community participation; Some capacity building supports. Supports for daily living and essential care will not be affected.

Provider updates

From July 2026, some providers (like SIL and platform providers) will need to be officially registered with the NDIS.

What happens next?

These changes are not final yet. They still need to be approved by parliament, and more information will be shared over time.

We're here for you

We know change can feel uncertain, but you're not alone. If you have any questions or want to talk through what this could mean for you, please reach out — we're here to support you every step of the way.

Crossword

Have you been paying attention?? Fill out this crossword using words that can be found in the newsletter. Answers are at the end of this section.

Across

- 2. New support worker welcomed to the team
- 7. A key focus of all participant outings and activities
- 9. Support worker who joined several outings this month
- 10. Place the group visited in Sydney

Down

- 1. One of the main NDIS funding categories
- 3. Royal Coastal Track location visited by the walking group
- 4. Name of the track explored by the walking group
- 5. The museum display that was a huge hit with participants
- 6. Part of the Thirlmere Festival of Steam experience
- 8. Upcoming WTC team event to look forward to

Answers

Across: 2 Andrew. 7 Community. 9 Monique. 10 Museum.

Down: 1 Core. 3 Wattamolla. 4 Hoddles. 5 Dinosaurs. 6 Train. 8 BBQ.

Our community partners

- Flower Mamma - Tahmoor & Wollondilly's Local Florist.
www.flowermamma.com.au
- Retirement Village Thirlmere | Taara Gardens | RSL LifeCare.
<https://rslifecare.org.au/location/retirement-villages/thirlmere-taara-gardens/>
- Community Links Wellbeing | Servicing the community.
www.communitylinks.org.au
- The Blue Butterfly Institute. thebluebutterflyinstitute.org.au. 0405 009 990.
hello@thebluebutterflyinstitute.org.au

BBQ Grill & Chill

Join us after the walking group at 12pm for a fun BBQ at Picton Botanic Gardens! Food, music, games and plenty of laughs. Come hang out, relax, connect, feel a good vibe and soak up the sunshine!

Thursday 7th May 2026, 12pm - 2pm. Location: Picton Botanic Gardens Park.

RSVP to Rostering 0487 004 588 by 6th May.

Contact us!

WTC Office Hours: Mon-Fri, 8am-3pm.

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