

Easy Read

Our newsletter: February 2026

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



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 Alex



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

Spotlight

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



Being out in nature makes Alex smile.
So does the beach.



Alex is good at bowling and trivia.



Alex wants to get a car.
Alex also wants a new place to live.



Alex is proud of saving money.

2

Meet Monique



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

Employee of the Month

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



Monique says our team feels like a family.



Monique's favourite drink is a milkshake.

3

What we did in February



We went to Shark Island in Sydney.

We went on the train and a ferry.

We collected seashells.



We went to Woonona Beach.

We swam in the waves.

Then we had lunch at Hungry Jack's.



Our **walking group** went to O'Hare Creek Lookout.

It rained and we got very wet.

We still had fun.

Walking group

A group of people who go for a walk together.

We go every Thursday.



At the swim group, we tried aqua aerobics.

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Coming up in March



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 3 March

Bingo and lunch at Campbelltown Catholic Club. We pay for bingo.

Thursday 5 March

Walk at Picton Botanic Gardens

Tuesday 10 March

Day trip to Goulburn, and lunch at a cafe

Thursday 12 March

Walk at Woodlands Walk, Mount Annan

Tuesday 17 March

Upside Down House. We pay to get in.

Thursday 19 March

Walk at Wattle St and Falls Firetrail, Colo Vale

Tuesday 24 March

Walk at Empress Falls, and lunch at a cafe

Thursday 26 March

Walk at Harrington Lakes

Tuesday 31 March

Wollongong Botanic Gardens, and lunch at a cafe

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.



The NDIS is testing a new way to make your plan.



You will talk face to face with a real person.

You can take breaks and ask questions.



It will start slowly from the middle of 2026.

You do not need to do anything right now.



We will always be here to help you.

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Fun things near you



Wildlife first aid in Picton.

Tuesday 3 March.

Learn how to help hurt animals.



Day Out With Thomas in Thirlmere.

On some days from 6 to 15 March.

Tickets cost \$20 or more.



The Dolly Show in Picton.

Friday 20 March at 8 pm.

Tickets cost \$69.90 or more.



Free first aid training in Warragamba.

Tuesday 24 March.



Seniors' Festival all over Wollondilly.

All through March.

Do you want help to go?

(02) 4683 2377

Ring the office.

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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.