

Wollondilly Total Care newsletter: January 2026

The WTC Monthly. Issue 1, January 2026. Your local NDIS provider in Wollondilly.

This is the screen reader version of the January 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

Each month, Wollondilly Total Care shares a newsletter, available digitally and in hard copy, for our participants and the wider Wollondilly community. Inside, you'll find our Participant and Employee of the Month, a fun crossword, local events, a recap of our outings, and a calendar of what's coming up next — a simple way to stay connected and see all the excitement each month!

January was packed with summer adventures! Participant of the Month Lauren went to Ulladulla with her father David, supported by our roster coordinator Sidney. The group also enjoyed coastal swims at Coalcliff Rock Pools and Austinmer Beach, rainforest walks and hanging bridges at Minnamurra, and challenging walks at Little River in Buxton. These outings highlight our commitment to active, meaningful, and inclusive community participation for everyone.

Participant spotlight: Lauren Fuller-Hore

Name:

Lauren Fuller- Hore

What makes you smile the most?

Dad makes me happy

What is something you are really good at?

Dancing

What is a big goal you have for this year?

to get fit and continue with my Pilates.

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

to go out into the community with them.

My favorite things

Music or Movies?

Music

Outside or Inside?

Outside

Winter or Summer?

Summer

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

Starting Pilates

Employee of the month: Crystal Baier

Name & Role:

Crystal Baier and I am the Community Engagement Coordinator.

How long have you been with the company?

I began my journey with WTC in September 2024 as a casual support worker, then moved into my current role in April 2025.

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

Genuine care, support, and flexibility make this team so welcoming. It's a place where you can truly be yourself, and that's genuinely embraced.

What is your favorite part of your workday?

I don't have a single favourite part of my workday. I love my outing days, where we get to explore new places with participants, and I also really enjoy office days, where I'm building strong friendships with my colleagues. I truly can't pick a favourite — I'm lucky to have such a great job.

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

A make-believe skill would be reading people's minds. A practical skill would be being able to sing.

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

Coffee order is a caramel latte with full cream milk.

The best piece of advice you've ever received:

A therapist once told me that "No one person can meet all your needs. Take what people can give you, and find the rest elsewhere."

Events: a look back at our January adventures

Minnamurra Rainforest Centre

This month, our Tuesday outing took us to the Minnamurra Rainforest Centre, where Alex and Chris enjoyed the Lyrebird Loop Trail. Just over an hour's drive from the office, the walk offered stunning rainforest views, scenic hanging bridges, and the delightful sounds of native birds as well as spotting a lyrebird. It was a refreshing day in nature, and everyone had a wonderful time exploring the lush surroundings.

Swim and Gym

This month, our Swim and Gym sessions were a hit with participants Alex, Russell, and Dianne. They enjoyed both the indoor and outdoor pools, making the most of the cooler water and sunshine on the nicer days, despite the hit-and-miss weather. This group outing has been so popular that we started it for the summer season and hope to continue it throughout the year. Swim and Gym remains a favourite activity, offering a fun and refreshing way for everyone to stay active.

Austinmer Beach

This month, participants Alex and Dianne enjoyed a coastal outing to Austinmer Beach with workers Crystal and Solange. The group spent time on the beach, where Dianne especially enjoyed the ocean and playing in the waves. Due to changing conditions and following advice from the lifeguard, the group then moved to the nearby rock pools to continue the outing safely. It was a fun and refreshing morning by the sea, enjoyed by all.

February event calendar

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

Tuesday 3 February: Tuesday Outing, Port Kembla Beach

Transport provided. Beach gear & lunch money required.

Thursday 5 February: Walking Group, See Thru Pools, Tahmoor

Transport provided. Walking gear required.

Friday 6 February: Swim and Gym Group, Wollondilly Leisure Centre ^

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

Tuesday 10 February: Tuesday Outing, Shark Island, Sydney

Transport provided. Train and Ferry fare & BYO lunch required.

Thursday 12 February: Walking Group, O'Hare Creek, Wedderburn

Transport provided. Walking gear required.

Friday 13 February: Swim and Gym Group, Wollondilly Leisure Centre ^

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

Saturday 14 February

Valentine's Day

Tuesday 17 February: Tuesday Outing, Woonona Beach, Wollongong

Transport provided. Beach gear & lunch money required.

Thursday 19 February: Walking Group, Camden Bike Track, Camden

Transport provided. Walking gear required.

Friday 20 February: Swim and Gym Group, Wollondilly Leisure Centre ^

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

Tuesday 24 February: Tuesday Outing, Event Cinemas (Movie: Crime 101) ^

Transport provided. Movie ticket funded. Snacks at own cost.

Thursday 26 February: Walking Group, Cave Creek, Hill Top

Transport provided. Walking gear required.

Friday 27 February: Swim and Gym Group, Wollondilly Leisure Centre ^

Transport provided. Swim gear required. BBQ lunch will be provided.

Community events in February

We're excited to share some local community events happening in February.

These events are optional and provide great opportunities to get out, socialise, and connect with the community.

Social Saturday

Saturday 7 February, 11:00am – 2:00pm. Camden Valley Inn. Shop local businesses, enjoy live music, sip a signature cocktail, and soak up great community vibes. No bookings needed – just turn up!

Picton Cars & Coffee

Sunday 8 February, 7:00am – 9:30am. Davison Lane, Picton. A relaxed monthly catch-up for car lovers. Grab a coffee, check out some great cars, and chat with like-minded people.

Valentine's Dinner – Picton Social

Saturday 14 February, from 6:00pm. Enjoy a cosy and intimate evening with beautiful food and a relaxed atmosphere. Limited spots available.

Appin Ghost & History Tour

Friday 20 February, 8:00pm – 10:30pm. The Stone Cottage, 78 Appin Road, Appin. \$30 per person | Ages 16+. A guided walking tour featuring local history and eerie ghost stories. Torch and comfortable walking shoes recommended.

Cultural Connections – Multicultural Festival

Saturday 21 February, 2:00pm – 8:30pm. Picton Botanic Gardens. A family-friendly festival celebrating cultural diversity with food stalls, live music, dance, market stalls, and amusement rides.

These are community-run events. Attendance is optional. Please contact the office if you would like support or more information.

NDIS information

New Framework Plans

Starting in early 2026 the NDIS review is making steps to create a more person-centered approach with clearer processes, more transparency and greater flexibility.

Step 1: Getting Ready

You don't need to do anything yet. The NDIA will contact you when it is time to move to the new framework.

Step 2: The "Support Needs Assessment"

This is the biggest change. Instead of just relying on paperwork, you will meet with an NDIA assessor. You will discuss your daily life, support needs, and preferences directly with them.

Step 3: Building Your Plan

The NDIA will use the report from your assessment to create a total funding budget for you. You will receive a copy of this report so you can see exactly how they decided on your budget.

Step 4: Using Your Plan

Once your plan is ready, you can have an "implementation meeting" to help you get started. You will use the new NDIS Supports List to choose and purchase the services you need.

Don't Panic the transition doesn't start till July 2026 and everyone doesn't changes at once!

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. Participant Spotlight first name
- 3. Employee of the Month first name
- 4. Lauren's Goal: Get fit and continue
- 7. Coastal outing location
- 8. New assessment: Support ____ Assessment

Down

- 1. Employee of the Month's coffee flavour
- 5. Bird seen on the loop trail
- 6. Social Saturday location: ____ Valley Inn

Answers

Across: 2 Lauren. 3 Crystal. 4 Pilates. 7 Austinmer. 8 Needs.

Down: 1 Caramel. 5 Lyrebird. 6 Camden.

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

Contact us!

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