

Easy Read

Our newsletter: August 2026

This tells you what we did in August. And what is coming up in September.



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 Bianca



Bianca is in our **spotlight** this month.
Bianca has lived in Wollondilly for 3 years.

Spotlight

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



Being with family makes Bianca smile.



Bianca loves Lego.

Bianca collects Disney things.



Bianca is saving money for a holiday.



Bianca started **exercise physiology**.

Bianca likes it more than expected.

Exercise physiology

Exercise with a health worker.

They help you move and get stronger.

2

Meet Solange



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

She has lived in Wollondilly for more than 20 years.

Employee of the Month

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



Solange once sang in a band.



One day Solange wants to visit Egypt.



We say a big thank you to Solange.
She cares a lot about the people she supports.

3

What we did in August



We walked at South Lawson Waterfall Circuit.
We saw 4 waterfalls.
People said it was magical.



Our **walking group** walked by the river in
Berrima.
Alex met our new support worker, Elise.

Walking group

A group of people who go for a walk together.
We go every Thursday.



We changed our walk 1 week.

We went to Gibraltar Reserve in Bowral.

It was a shorter, easier walk.



We went on a day trip to Berrima.

We looked in the shops and a lolly shop.

It rained a little bit.



Our walking group went to Lake Alexandra in Mittagong.

We saw some animals.

4

Coming up in September



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

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

Tuesday 1 September

Central Gardens Nature Reserve, and lunch

Thursday 3 September

Walk at Harrington Lakes

Tuesday 8 September

Koala sanctuary, West Pennant Hills. It costs \$38.

Thursday 10 September

Walk at Nattai Creek Circuit

Tuesday 15 September

Wollongong Botanic Garden, and lunch at a cafe

Thursday 17 September

Walk at Thirlmere Lakes

Tuesday 22 September

Ferry ride in Parramatta. We go on the train.

Thursday 24 September

Walk at Hammock Hill Reserve, Bowral

Tuesday 29 September

UOW Science Centre, Wollongong. We pay to get in.



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.

NDIS

NDIS is short for the National Disability Insurance Scheme.

It is money from the government to pay for the support you need.



From 27 August 2026, there are new rules.

They are about a **plan reassessment**.

Plan reassessment

When you ask the NDIS to look at your plan again.

Because something in your life has changed.



Only you can ask for one.

Or a person who is allowed to speak for you.



You fill in a form.

You say what has changed.

You might need a letter from your doctor.



The NDIS will tell you their answer within 90 days.



You do not need to do anything right now.

Has something in your life changed?

(02) 4683 2377

Ring us. We can help you get ready.

6

Fun things near you



ABBA concert in Picton.

Friday 4 September at 7:30 pm.



Meet an author in Picton.

Tuesday 8 September.



Heritage craft fair at The Oaks.

Sunday 13 September.



Camden Park House is open.

Saturday 19 and Sunday 20 September.



Appin Wheels Festival.

Sunday 20 September.

There are old cars, motorbikes and food.

Do you want to go?

(02) 4683 2377

Talk to your support worker. Or ring us.

7

Notices



A 2-bedroom unit is free at Taara Gardens.

Ring Jenny on 0418 265 416.



Thank you to Flower Mama in Tahmoor.

They give us the flowers for our Employee of the Month.

That is the end

Thank you for reading.

See you next month.