

Wollondilly Total Care newsletter: April 2026

The WTC Monthly. Issue 3, April 2026. Your local NDIS provider in Wollondilly.

This is the screen reader version of the April 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

This month was full of fun outings and adventures. Alex and Chris attended two company-funded events, enjoying Bingo and a visit to the Upside Down House. The group also travelled to Goulburn for a day trip, with Chris, Alex and Dianne exploring the town and visiting the Emporium. Our walking groups visited Picton Botanic Gardens, Woodlands Walk and Harrington Park Lake, while Dianne and Alex also took on the challenge of the Empress Falls hike. These outings highlight our commitment to staying active, social and connected in the community.

Participant spotlight: Linda Mellor

Name:

Linda Mellor

What makes you smile the most?

my grandson

What is something you are really good at?

Cooking

What is a big goal you have for this year?

to continue to enjoy life while being well

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

love going out with my support workers and chatting

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

I went on my first holiday in over 20 years

My favorite things

Music or Movies?

Music

Outside or Inside?

Outside

Winter or Summer?

Winter

Employee of the month: Melanie Bowell

Name & Role:

Melanie Bowell- support worker

How long have you been with the company?

Since September 2024

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

Helping participants in being able to live normal everyday lives

What is your favorite part of your workday?

Having a participant smile or successfully succeed in there goals

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

to read minds

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

Vanilla latte

The best piece of advice you've ever received:

You can achieve anything you put your mind to

Events: a look back at our March adventures

Day trip to Goulburn

Participants enjoyed a day out in Goulburn, where Alex, Dianne and Chris explored the town on a self-guided heritage walk and took in the historic buildings and scenery. The group then enjoyed lunch at Roses Cafe before visiting The Argyle Emporium, a unique bookstore set inside the old Police Station filled with second-hand books, vinyl records and memorabilia. It was a relaxed and enjoyable day exploring together

Upside Down House

We had a fantastic day visiting the Upside Down House with Alex and Chris! We laughed a lot, got a little dizzy, and captured plenty of happy snaps to remember

the day. It was also a special outing as we celebrated our beloved support worker Jo on her last shift with us at Wollondilly — a day full of fun, friendship, and upside-down memories!

Empress Falls

We had a wonderful day exploring Empress Falls with Dianne and Alex! The walk included some steep stairs, but with support and regular rest breaks, both participants remained motivated and enjoyed taking in the beautiful scenery along the way. We paused at the lookout to admire the peaceful surroundings before making our way back up the track at a steady pace. After the walk, the group enjoyed a well-deserved café stop, a lovely way to finish a rewarding day in nature.

April event calendar

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

Thursday 2 April: Outing, Royal Sydney Easter Show ^

Entry ticket covered. Transport by train. Spending money if needed.

Tuesday 7 April: Walking Group, William Howe Loop, Narellan Vale

Transport provided. Walking gear required.

Thursday 9 April: Walking Group, Miss Lellwella Davis Pioneer Walk

Transport provided. Walking gear required.

Friday 10 April: Swim and Gym Group, Wollondilly Leisure Centre ^

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

Tuesday 14 April: Tuesday Outing, Hike to Providential Point and picnic lunch

Transport provided. Bring your own picnic for lunch.

Thursday 16 April: Walking Group, Hoddles Track, Lakesland

Transport provided. Walking gear required.

Friday 17 April: Swim and Gym Group, Wollondilly Leisure Centre ^

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

Tuesday 21 April: Tuesday Outing, Australian Museum

Transport provided. Train Ticket Needed. Lunch at own cost. Entry free.

Thursday 23 April: Walking Group, Boronia Avenue Trail, Hill Top

Transport provided. Walking gear required.

Friday 24 April: Swim and Gym Group, Wollondilly Leisure Centre ^

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

Saturday 25 April

Anzac Day. Lest We Forget.

Tuesday 28 April: Tuesday Outing, Maddens Falls and Darkes Kitchen for lunch

Transport provided. Bring money for lunch.

Thursday 30 April: Walking Group, Wattle St & Falls Firetrail, Colo Vale

Transport provided. Walking gear required.

Community events – April 2026

The Enchanted Sanctuary

2 – 19 April, 6:45 PM – 10:00 PM. Australian Wildlife Sanctuary, 3105 Remembrance Driveway, Bargo. From \$12.50 per person | Family passes available. Magical night-time walk through bushland transformed by lights. Spot native wildlife and explore at your own pace. Tickets limited each evening.

Free Native Plants – Wollondilly Residents

Saturday, 11 April, 8:00 AM – 12:00 PM. Robin Davies Wollondilly Community Nursery, 42 Wonga Rd, Picton. Collect 5 free native plants to grow on your property. Extra plants may be available for landholders doing environmental plantings. Species include Eucalyptus, Callistemons, Figs, Hakeas, Acacias and more.

Rock The Dilly – Free Family Music Event

Saturday, 18 April, 4:00 PM – 8:00 PM. Picton Botanic Gardens, 13 Regreme Rd, Picton. Enjoy live music from local youth, free sausage sizzle, ice cream, and fun activities. Bring a picnic blanket and support young performers on stage. Ages 12–24 welcome to perform.

FREE School Holiday Fun – Camden Valley Inn

8 – 16 April, from 11:00 AM. Camden Valley Inn, 290 Remembrance Drive, Cawdor. No bookings needed, just walk in! Fun includes:

- Wed 8 April – Reptile Show (12–1 PM)
- Fri 10 April – Torque Town Mini Diggers Pop-Up (11 AM–1 PM)

- Tue 14 April – Mario & Luigi Visit (12–1 PM)
- Thu 16 April – Disco Party

NDIS information

Are you struggling to get started on NDIS? Let us help you get started!

How to contact the NDIS

Recommended by NDIS: visit your local area coordinator or early childhood partner (if children are under 9) to coordinate the evidence needed to complete your application. Partners can help you apply to the NDIS by submitting the application on your behalf. This means you don't need to complete the access request form yourself. All downloadable forms can be found on <https://www.ndis.gov.au/applying-access-ndis/how-apply>

What information is needed

Evidence for AGE (100 points of ID needed)

birth certificate, passport, driver's licence, or proof of age card

Evidence for RESIDENCE

Australian birth certificate, Australian citizenship or naturalisation certificate, or a passport or travel document including a valid visa.

Evidence for DISABILITY

Evidence can include assessments, reports, and written statements. Evidence of your disability should come from a health professional who has treated you for at least 6 months (GP, pediatrician, or neurologist)

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. Employee of the month who always goes above and beyond.
- 5. Our beloved support worker who is leaving Wollondilly.
- 7. The kind of house we explored in Rouse Hill, full of laughs and dizzy moments.
- 8. National day of remembrance for Australian and New Zealand soldiers.
- 9. Our participant of the month, full of smiles and fun.
- 10. Holiday in April celebrated with eggs and ... (the rest of this clue is cut off on the page)

Down

- 1. Fun events held at Camden Valley Inn during April for children.
- 3. The historic city we visited on our recent outing.
- 4. A famous bookstore in Goulburn with second-hand treasures.
- 6. A magical night-time walk at the Australian Wildlife Sanctuary.

Answers

Across: 2 Becki. 5 Jo. 7 Upside Down. 8 Anzac. 9 Linda. 10 Easter.

Down: 1 School Holidays. 3 Goulburn. 4 Emporium. 6 Enchanted.

Our community partners

- Flower Mamma - Tahmoor & Wollondilly's Local Florist.
www.flowermamma.com.au
- Retirement Village Thirlmere | Taara Gardens | RSL LifeCare.
<https://rsllifecare.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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