

Easy Read

Our newsletter: January 2026

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



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 Lauren



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

Spotlight

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



Lauren's dad makes her happy.



Lauren is good at dancing.

She likes music, being outside and summer.



Lauren started Pilates.

She wants to get fit and keep going with Pilates.

2

Meet Crystal



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

Crystal helps people take part in the community.

Employee of the Month

Each month we say thank you to 1 of our workers.

We give them flowers.



Crystal started with us in September 2024.

Crystal loves going on outings with you.



Crystal's favourite drink is a caramel latte.

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What we did in January



We went to Minnamurra Rainforest.

We walked over bridges in the trees.

We saw a lyrebird.



We went to the swim and gym group.

We swam in the indoor and outdoor pools.



We went to Austinmer Beach.

We played in the waves.

Then we swam in the rock pools to stay safe.

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Coming up in February



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 February

Port Kembla Beach. Bring your beach things and lunch money.

Thursday 5 February

Walk at See Thru Pools, Tahmoor

Tuesday 10 February

Shark Island in Sydney. We go on the train and a ferry.
Bring your fare and lunch.

Thursday 12 February

Walk at O'Hare Creek, Wedderburn

Tuesday 17 February

Woonona Beach. Bring your beach things and lunch money.

Thursday 19 February

Walk at Camden Bike Track

Tuesday 24 February

Movies at Event Cinemas. We pay for your ticket.

Thursday 26 February

Walk at Cave Creek, Hill Top

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 changing how plans are made.



You will meet with a person from the NDIS.

You talk about your life and the help you need.

This is called a **support needs assessment**.

Support needs assessment

A meeting with a person from the NDIS.

They learn about the support you need.



The NDIS will use this to work out your plan money.

You will get a copy of the report.



You do not need to do anything yet.

The changes start from July 2026.

The NDIS will tell you when it is your turn.

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Fun things near you



Social Saturday at Camden Valley Inn.

Saturday 7 February.

Shops and live music.



Cars and coffee in Picton.

Sunday 8 February in the morning.



Valentine's dinner in Picton.

Saturday 14 February.



Ghost and history tour in Appin.

Friday 20 February at night.

It costs \$30. You need to be 16 or older.



Multicultural festival in Picton.

Saturday 21 February.

Food, music, dance and rides.

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.