

Wollondilly Total Care newsletter: June 2026

The WTC Monthly. Issue 5, June 2026. Your local NDIS provider in Wollondilly.

This is the screen reader version of the June 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 filled with fun outings, new adventures, and plenty of community connection. Participants enjoyed a movie trip with Alex and Dianne seeing The Devil Wears Prada 2, while Chris and SW Monique watched the horror film Hokum. Our very first BBQ Grill & Chill was a huge success, with lawn games, egg and spoon races, great food, and even better company, and we're already looking forward to another in July. Nikki, Alex, and Vicki challenged themselves at the Illawarra Fly Treetop Walk, while Walking Group explored the West Cliff Fire Trail in Appin with Dianne, Chris, Alex, Becki, and SW Monique. We also welcomed new SW Sarah on her first outing with the group at Aqua Golf, where everyone enjoyed friendly competition, movement, and lots of laughs together.

Participant spotlight: Charlotte Cole

What's your name?

Charlotte

What makes you super happy or smile really big?

when mummy gives me cuddles

What are you really good at doing?

singing songs

What is something special you want to do or learn this year?

Dancing like my sister

What do you love doing most with your family?

going to park

What is something you did recently that made you feel proud?

made a new friend at school "Layla"

My favourite things!

Music or Movies?

Movies. Superkitties & Kpop

Playing outside or staying inside?

Playing outside

Summer or Winter?

Summer

Employee of the month: Becki Digger

Name & Role:

Becki - Support Coordinator

How long have you been with the company?

Since Dec 2024

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

What I love most about being part of this team is the genuine care and respect WTC has for their staff and their lives outside of work. Returning to the workforce after maternity leave was honestly really daunting, but WTC has shown me what it feels like to work for a company that truly values understanding, trust, and flexibility. The support I've received has allowed me to grow my career while still being present as a mum, and that balance is something I'm incredibly grateful for.

What is your favorite part of your workday?

Depends on what day! Being a support Coordinator, and working in the NDIS industry in general, no day is the same! but speaking with our participants and hearing the good feedback and the little wins they have each day, puts a genuine smile on my face! ...and opening a crisp can of Oxyshred - that's high on the list too!

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

to be able to access 100% of my brain.. like that movie, Limitless! AND TOUCH TYPING omg, i type soo much everyday on a computer and i still cant do it after 20 years of using computers lol

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

Coffee: Caramel Iced Latte with lactose free milk. Other: Margarita, always!

The best piece of advice you've ever received:

It's not really advice, but I suppose this 'life goal' of mine and what I live by has stemmed from lots of great advice. When I'm older, like older older, like 90 years old with grown kids and grandkids running around, I want to be able to sit back in my chair and laugh, like really laugh. When I think about all the moments in my life that truly made me happy. The silly things I did when I was younger, the memories made with my girlfriends, the chaos and fun I had with my husband, the spontaneous moments that didn't make sense at the time but became the stories we tell and remember forever. I want a life full of memories that still make me giggle when I think about them years later :)

Events: a look back at our May adventures

Illawarra Fly Treetop Walk

This month we enjoyed a fantastic outing to the Illawarra Fly Treetop Walk. The group explored the beautiful rainforest scenery and walked among the treetops. Vicki challenged herself by completing the tower stairs, while SW Nikki and Alex faced their fear of heights and still completed the walk. Everyone showed great courage and encouragement toward one another, making it a fun and memorable day out.

West Cliff Fire Trail and Georges River Loop, Appin

Our Walking Group enjoyed exploring the West Cliff Fire Trail and Georges River Loop in Appin this month. Participants took on a mix of bush tracks, sandy paths, and steep terrain while enjoying the fresh air, river views, and great company. As it was our first time exploring this location, everyone had a fantastic experience, and it will now be added into our regular walking group rotation. The outing was filled with laughter, teamwork, and another successful community adventure.

Aqua Golf

Aqua Golf was full of laughs, movement, and friendly competition! We welcomed new SW Sarah, who quickly bonded with participant Chris over their shared love of horror movies. Chris showed off his natural golfing skills from his younger days playing with his parents, while the rest of us tried our luck aiming for the prize holes. There were a few close shots, but no winners this time! A fantastic day out with great company and lots of fun.

BBQ Grill and Chill

Our recent BBQ Grill & Chill was a fantastic success, bringing participants and staff together for a fun and relaxed afternoon, with great food, laughter, music,

and plenty of smiles, it was wonderful to see everyone enjoying time together and building social connections.

Due to the positive feedback, we'll be hosting another BBQ Grill & Chill during the July school holidays — keep an eye out for details coming soon!

June event calendar

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

Tuesday 2 June: Tuesday Outing, Georges River Ridge Track and picnic lunch

Transport provided. Please bring picnic lunch.

Thursday 4 June: Walking Group, Cherry Tree Walk, Bowral

Transport provided. Walking gear required.

Friday 5 June: Swim and Gym Group, Wollondilly Leisure Centre ^

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

Tuesday 9 June: Tuesday Outing, Bungoon Lookout and path and picnic lunch

Transport provided. Bring picnic lunch.

Thursday 11 June: Walking Group, Westbreak Fire Trail, Colo Vale

Transport provided. Walking gear required.

Friday 12 June: Swim and Gym Group, Wollondilly Leisure Centre ^

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

Tuesday 16 June: Tuesday Outing, Barefoot Bowls, Picton ^

Transport Provided. Entry fee covered. Bring money for lunch.

Thursday 18 June: Walking Group, Camden Bike Track

Transport provided. Walking gear required.

Friday 19 June: Swim and Gym Group, Wollondilly Leisure Centre ^

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

Tuesday 23 June: Tuesday Outing, Jersey Springs Walk and lunch at Audley Dance Hall Cafe

Transport provided. Please bring money for lunch.

Thursday 25 June: Walking Group, Chair Yoga

Location: Office. Please wear comfortable clothing.

Friday 26 June: Swim and Gym Group, Wollondilly Leisure Centre ^

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

Tuesday 30 June: Tuesday Outing, Holey Moley Mini Golf, Penrith ^

First game will be covered. Bring money for lunch.

Community events

Trivia nights

Every Wednesday, recurring, from 3 June 2026, 7:00 PM. Picton Hotel, 129 Argyle St, Picton.

Every Thursday, recurring, from 4 June 2026, 6:30 PM. Picton Bowling Club, 10 Cliffe St, Picton.

William Barton & the Sydney Symphony

5 June 2026, 7:00 PM. Tickets from \$25. Wollondilly Performing Arts Centre, 66 Menangle St, Picton.

In this powerful performance with the Sydney Symphony Orchestra, William Barton presents music shaped by years of collaboration and personal connection. Whether writing for voice, yidaki and guitar or the full force of a symphony orchestra, William Barton creates music that feels grounded and expansive.

The Biggest Morning Tea – a community fundraiser

Thursday, 11 June 2026, 10:30 AM – 12:00 PM. Tickets: \$20. The Celebration Society, 36 Menangle Street, Picton NSW 2571.

Join us for a heartfelt morning of connection, conversation, and giving back.

Melbourne International Comedy Festival Roadshow

18 June 2026, 7:30 PM. Tickets from \$25. Wollondilly Performing Arts Centre, 66 Menangle St, Picton.

Join the Melbourne International Comedy Festival Roadshow as it journeys around Australia delivering hot and tasty comic treats to audiences near and far, featuring a curated line-up of comedy legends and fresh faces from Australia and beyond.

Cozy Winter Craftanoons

Sunday, 28 June 2026, 1:30 PM – 3:00 PM. Tickets: \$15. The Celebration Society, 36 Menangle Street, Picton NSW 2571.

We're bringing back our much-loved Cozy Craftanoons this winter. These relaxed and welcoming afternoons are all about slowing down, getting creative, and connecting with like-minded women in a cosy and inspiring space.

NDIS information

Plan changes & updates

The National Disability Insurance Agency is improving how plans are created and viewed. You may notice:

- Clearer budget breakdowns
- Easier-to-understand funding categories
- Updated plan formats (PACE system in some areas)

Plan reviews are important

Your plan review helps make sure your supports still meet your needs. Be ready to talk about:

- What is working well
- What needs to change
- Any new goals or support needs

Tip: Write down examples before your review.

Reports & supporting evidence

Sometimes the NDIA may request updated reports from therapists or providers. This may include:

- Allied health reports
- Progress notes
- Updated goals

Keep your documents in one easy-to-find place.

Using your funding well

Check your plan regularly to:

- Understand your budgets

- Track your spending
- Ask for help if unsure

You're not alone

Support coordinators, therapists, and providers are here to help you understand and use your plan. Need help understanding your NDIS plan? Speak to your support coordinator today.

Companion Card: step-by-step guide

The Companion Card is for people with a permanent disability who need lifelong support from a companion to participate in community activities. Your support person can come with you for FREE at many venues and events across NSW.

Step 1. Check if you're eligible

You may be eligible if you have a permanent disability and need ongoing support from a companion to take part in most community activities. It's not about your diagnosis, it's about the support you need.

Step 2. Apply online

Go to the NSW Companion Card website and complete the online application form: companioncard.nsw.gov.au. You can also call 1300 887 082 for help or to request a paper form.

Step 3. Gather supporting information

You will need information from a health professional who knows you well (e.g., GP, therapist, specialist, support coordinator). They need to confirm that you need ongoing attendant care. They can complete the professional support form online or on paper.

Step 4. Submit your application

Upload or attach your supporting documents and submit your application online. If using a paper form, mail it to the address provided. Make sure all sections are complete to avoid delays.

Step 5. Wait for assessment

The Companion Card team will assess your application. This can take a few weeks. If more information is needed, they will be in touch. You may be contacted if they need more information.

Step 6. Receive your card

If your application is approved, your Companion Card will be mailed to you. Use it when a venue or event offers companion tickets. Enjoy more accessible, affordable and inclusive experiences with your companion!

Need help?

Your support coordinator, service provider or local community organisation can help you with your application. You don't have to do it alone! Call: 1300 887 082. Visit: companioncard.nsw.gov.au. Email: info@companioncard.nsw.gov.au

The Companion Card. Opening doors. Changing lives.

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

- 6. Card that allows a support person to attend venues at no extra cost
- 7. Walking trail explored by the Thursday walking group
- 8. Name of Charlotte's new friend at school
- 9. Participant featured in the spotlight section
- 10. Gentle activity featured on the upcoming June calendar

Down

- 1. Accessible walking location in Burradoo
- 2. Adventure where Nikki, Alex and Vicki challenged themselves
- 3. Event with lawn games and egg and spoon races
- 4. One of the stores visited at Sydney Outlet Centre
- 5. Movie Chris and SW Monique watched

Answers

Across: 6 Companion Card. 7 Georges River Walk. 8 Layla. 9 Charlotte. 10 Chair Yoga.

Down: 1 Bong Bong Common. 2 Illawarra Fly Treetop Walk. 3 BBQ Grill & Chill. 4 Converse. 5 Hokum.

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!

WTC Office Hours: Mon-Fri, 8am-3pm.

Contact Number: 46832377.

Contact Email: wollondillytotalcare@outlook.com