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Reflections: March's Many Moments

This week, two things have been on our minds.

First, with International Women's Day behind us, we find ourselves sitting with an ongoing reality: for far too long, Autism has been framed as a "male" experience. Even now, the way Autism is understood, by professionals, by the public, by policy, is shaped by that narrow lens. But Autism has always belonged to all genders.

So, to the Autistic women, non-binary and trans people in our community: What do you want the world to know about your experience? What truths remain unheard? If you'd like to share, we're listening.

Second, March is packed with meaning. It's Neurodivergent Month. We've just had World Book Day. International Women's Day. And just over the horizon, April brings Autism Acceptance Month. The calendar is dense with moments meant to uplift, to educate, to connect. But that weight isn't always light.

Because let's be honest - celebrations aren't always easy. They come with expectations, invitations, invisible demands. The pressure to "show up" in the right way, at the right time. And for many of us in the Autistic and Neurodivergent community, that can be overwhelming.

GRANN wants you all to know this: You're not alone. However you choose (or don't choose) to engage with these days, that choice is yours. Your presence, your voice, your perspective, your way of being in the world, it's already enough.



[GRANN Introduction to Neurodiversity Document](#) (Opens in Canva)

[GRANN Introduction to Neurodiversity Slides](#) (Opens in Canva)

ND Allied Health Directory

Created by [Inclusion at Heart](#)

Originally published November 2024

To get a copy of the directory, please join the distribution list by using the following link: <https://forms.gle/yvnDesUcdKwGteA76>

If you are an Autistic or Neurodivergent allied health/health/supporting health professional in Australia and would like to be added to the directory, please use the following form: <https://forms.gle/LEFwykDs33bi1RJz9>

A gentle reminder that just because someone shares our neurotype, it doesn't automatically mean they are the right professional for us. Use due diligence to ensure their qualifications, expertise, experience, and practice match your needs.

Learning Events From 'Learn Play Thrive'

Event #1: [What's in Kelsie's OT Bag?](#)

with Kelsie Olds, MOT, OTR/L

March 13, 5:30PM CT / 8:30 PM ET (recorded replay available)

Event #2: [Reflective Practice Group](#)

with Dr. Gillian Boudreau, Ph.D.

March 30th at 11 AM PT / 2 PM ET (adapted recorded version available)

Disability Leadership Institute (DLI) Foundations of Disability Leadership

The Foundations of Disability Leadership is a virtual program designed in response to many of the experiences disability leaders have spoken about during coaching sessions, member groups, and the DLI member's community. Its about you!

Are you often the only disabled person in the room?

Do you feel the need to conceal your disability or minimise it?

Have you been hitting the concrete ceiling with your career going nowhere?

Foundations of Disability Leadership will provide you with the skills to tackle some of these common challenges.

Grow your understanding of how to operate as a leader in the many places disability leaders work.

Own your disability as part of your leadership work.

Covering:

Disability Rights

Skills of excellence

Operating your way

Managing me

Horizontal leadership / vertical leadership

Networking & Taking up space

Being the only one

And a lot more.

Commencing Wednesday 1 May 2024, 10 am (AEST UTC+10) and running over 8 consecutive Wednesdays.

Contact [Disability Leadership Institute](#) for more information or to become a member and enrol.

National Assistance Card

About the Card

The National Assistance Card is a *personalised* card to assist people with disability in the community. The project is funded by the Australian Government Department of Social Services.

The Card is currently available to *people living with brain injury and Autistic people* in in Australia.

The Card can be used in everyday and emergency situations to help cardholders communicate their unique areas of difficulty and the assistance they may need.

Every Card is personalised, and cardholders can choose what information to include on their Card. Additional information (in writing and/or via video) can be added to a QR code.

The National Assistance Card can:

- benefit eligible people by giving them greater independence and making them feel more confident in communicating their needs in the community
- provide peace of mind for families and carers
- help to contribute to creating a more inclusive society.

This is what the Card looks like (including an example of the back of the Card for people with brain injury/autistic people)

You can scan the QR code on the sample Card to see an example of the information people can add (video is optional).



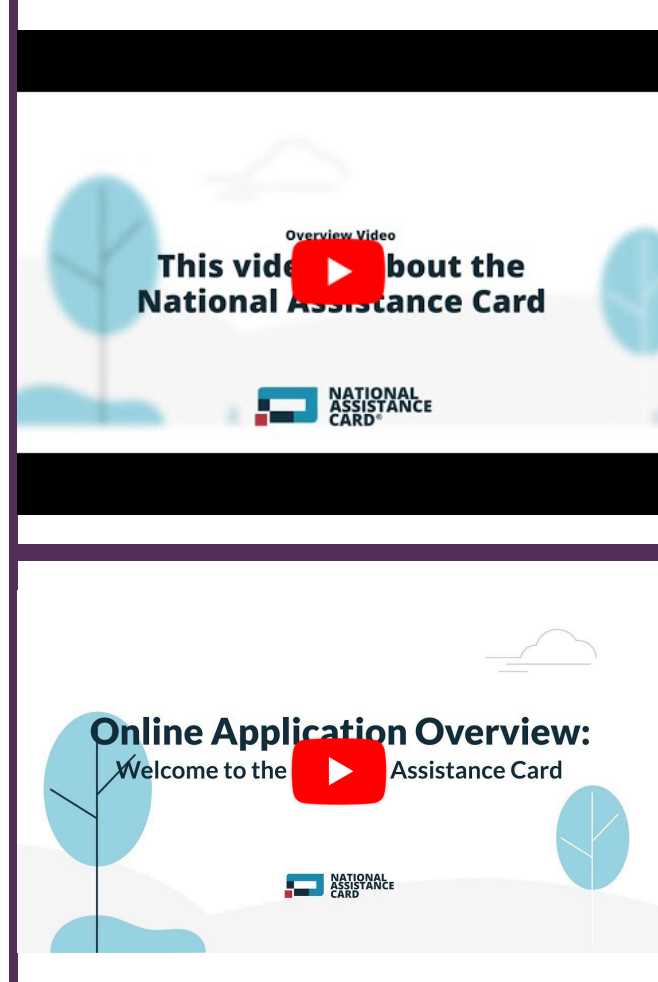
How to Apply

- Complete the online application here:
www.nationalassistancecard.com.au/apply

Other resources:

- [Watch the Overview video](#)
- [Watch the How to Apply video](#)
- [Visit the Digital Library](#)
- [Read testimonials from cardholders, businesses and service providers](#)





Contact National Assistance Card Service

1300 680 045

info@nationalassistancecard.com.au

www.nationalassistancecard.com.au

Like and Follow National Assistance Card on [Facebook](#)



GRANN's first AGM!

Date: Saturday, 15th March

Time: 9:00–11:00 AM

Location: Online via MS Teams

Agenda and MS Teams link will be sent out upon RSVP'ing.



Website in Progress!

or anything you would like to Exciting news! We're working on creating our website to house all GRANN's resources in one accessible place. This will be a hub for information,



EMBRACE KIDS Film Screening

Saturday, March 22nd

9:30am - 11:30am

Online Event via MS Teams

Access link & Worksheets will be delivered via email upon RSVP'ing.

**Contact GRANN to
nominate or rsvp today.
We'll see you there!**

support, and community
connections.

**In Celebration of
Neurodiversity Week,
March 17 - 23 2025.
We'll see you there!**

RSVP here!

RSVP here!

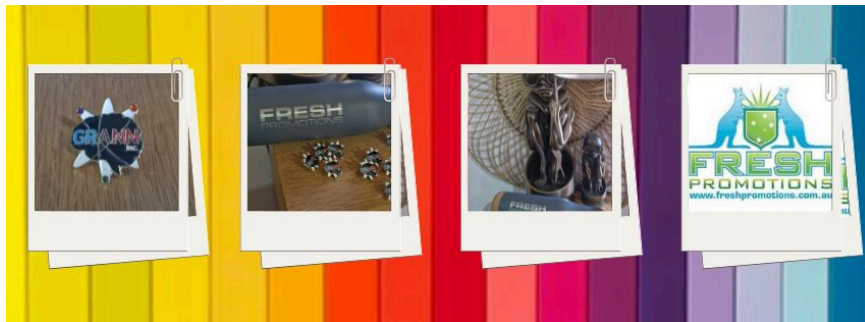
We'd love your input!

What features or resources would you like to see on the new website or in the newsletter? Let us know your ideas so we can make it as accessible as possible.

Share Your News with GRANN!

Do you have something to share with the GRANN community? We're always looking for contributions for our newsletter! Whether it's an upcoming event, a personal story, resources, or important updates, we'd love to include it.

Send your suggestions or anything you would like to share to enquiries.grann@gmail.com or hit us up on [Messenger](#) - we can't wait to hear from you! Let's keep our community informed and connected!



☀️ **Sponsor Spotlight: Fresh Promotions** ☀️

We are thrilled to give a huge shoutout to **Fresh Promotions** for their generous contribution of our stunning new lapel pins! These pins are not only a beautiful representation of GRANN, but they also serve as a symbol of dynamic neurodiversity within our community.

From the very first enquiry to the moment our pins arrived at our door, Bill from **Fresh Promotions** was incredibly supportive and made the entire process seamless. His expertise and attention to detail ensured that the final product was nothing short of amazing.

And as an extra thoughtful touch, **Fresh Promotions** even included a handy water bottle, perfect for braving the extreme Queensland heat! ☀️💧

We can't wait to show off these pins and share them with everyone. A huge ***thank you*** to **Fresh Promotions** for helping bring our vision to life and for their outstanding customer service.

📸 Check out the photos of our beautiful new pins above!

Gladstone Region Autistic & Neurodivergent Network Inc.

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