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Welcome to This Week's GRANN Newsletter

At GRANN, we honour the wide spectrum of ways our brains process, feel, and understand the world. This week, we're diving into the vibrance of ***Autistic thinking styles***, including **bottom-up** and **top-down processing**, and the sensory wonder that is **mirror-touch synaesthesia**.

These aren't just technical terms. They're ways of *being*, ways of *navigating*, and ways of *belonging*.

For many of us, understanding how our brains take in detail, perceive patterns, or even feel other people's touch has been a turning point, reframing "too sensitive" or "too slow" into "deep processor," "precise thinker," or "emotionally attuned."

From the finely tuned nervous system that catches the flicker of fluorescent lights, to the feeling of another person's pain as if it were your own. there is no "wrong" way to sense or know. There's only the authentic Neurodivergent truth of how *you* do it.

We're also sharing dates for **August's Community Connections Sessions** - a gentle, low-demand space to parallel play, body-double, or just be around others in ways that feel good. Come as you are. Stay for the co-regulation, the quiet creativity, or the shared moments of "me too."

Whether you're here for the neuroscience, the stimming, the stories and tender truths, or the slow unmasking, this space is for you.

In this edition:

Cognitive Styles: Bottom-Up & Top-Down Thinking - not opposites, but part of our collective Neurodivergent toolkit.

Mirror-Touch Synaesthesia: A deeply embodied way of experiencing the world.

GRANN Community Connections: August session dates & info.

Thank you for being part of this proudly disabled, neuro-affirming, community-led space.

In solidarity,

The Collaborators @ [GRANN](#)

Embracing the Cognitive Diversity That Is Bottom-Up & Top-Down Thinking

Bottom-Up Thinking: Building from the Ground Up

Autistic individuals often engage in bottom-up thinking, where understanding is constructed from detailed observations rather than relying on preconceived frameworks.

This approach allows for a comprehensive and nuanced grasp of information, as it builds meaning from the specifics encountered.

This thinking style can lead to innovative insights, as it encourages a fresh perspective unbounded by conventional assumptions.

However, it may also present challenges in environments that prioritise rapid assimilation of broad concepts without accommodating detailed exploration.

Top-Down Thinking: Navigating the Big Picture

Top-down thinking involves processing information by applying existing frameworks, expectations, or prior knowledge to interpret new experiences. This approach allows for quick assimilation of information by fitting it into familiar patterns.

While many Autistic individuals naturally engage in bottom-up processing - building understanding from detailed observations - some also utilise top-down strategies, especially in structured environments or when leveraging learned routines.

This flexibility showcases the diverse cognitive approaches within the Autistic community.

The Interplay of Top-Down and Bottom-Up Processing

Autistic cognition isn't limited to a single processing style. Individuals may shift between top-down and bottom-up thinking depending on context, task demands, and personal strengths.

For instance, an Autistic person might use bottom-up processing to deeply analyse new information but apply top-down strategies when navigating familiar social situations or routines.

Recognising this dynamic interplay allows for a more nuanced understanding of Autistic cognition, moving beyond one-size-fits-all models.

Attention to Detail: A Distinctive Strength

A heightened attention to detail is a common trait among Autistic individuals. This focus enables the identification of patterns and subtleties that others might overlook, contributing to strengths in areas requiring precision and analytical skills.

While this meticulousness is advantageous, it can sometimes make it challenging to prioritise information, especially in situations demanding quick generalisations.

Recognising and valuing this trait can lead to more inclusive and effective environments.

Processing Time: The Need for Thoughtful Pauses

Processing information can take longer for some Autistic individuals, not due to a lack of understanding, but because of the depth and thoroughness of their cognitive processing.

Allowing extra time for responses and decision-making respects this need and can lead to more accurate and considered outcomes.

In practice, this means creating spaces where pauses are accepted and not immediately filled, enabling Autistic individuals to engage fully and authentically.

Embracing Cognitive Diversity

All cognitive styles are valid and valuable. Whether an individual leans towards top-down, bottom-up, or a combination of processing strategies, each approach offers unique insights and strengths.

By acknowledging and supporting these diverse thinking styles, we nurture environments where Autistic individuals can thrive authentically.

By embracing these cognitive styles, we not only support Autistic individuals in expressing their true selves but also enrich our communities with diverse ways of thinking and understanding the world.



“Mapping My Mind”

A Journey Between Top-Down and Bottom-Up Thinking

Co-authored by two late-identified Autistic & multiply Neurodivergent queer folks

👉 I didn’t have the language for it back then - “top-down,” “bottom-up”- but I lived it.

As a kid, I was a *collector*. Of facts, of textures, of patterns. I knew the birthdates of every kid in my class. I tracked bus routes and memorised the shapes of tree bark. I noticed when the tuckshop lady’s tone changed and when the classroom light flickered, even slightly.

People called me “observant” when they were being kind, and “weird” or “intense” when they weren’t, or they just stopped talking to me altogether.

This was bottom-up thinking in full bloom. I processed the world *through the details* - the flickers, the tones, the micro-expressions.

Meaning came *after* sensation, after perception. I needed time to sort it all out.

And when no one gave me that time, I froze or panicked or disappeared into stimming (or the bathroom to stim while I processed).

School didn’t make space for that kind of knowing.

It demanded neatness. It wanted answers first, and fast, not process. So I built a top-down scaffolding to survive. Scripts. Mental maps. If-then rules. I became a strategist, not because it came naturally, but because masking made it necessary.

Top-down thinking, for me, has always been about *survival in unsafe spaces*. When I didn’t know how someone would react to my honesty, I top-downed my way into neutrality.

When I wasn’t sure if stimming would get me judged, I rehearsed stillness. When the workplace expected linear timelines and PowerPoint fluency, I built flowcharts in my head - detached from my body, far from my joy.

But in safe spaces, I change again.

At home, in hoodies soft from wear, with my chosen family or co-regulating with my dog, I feel the shift. I return to details. I catch the way the steam rises from tea. I feel emotions as textures. I let myself learn sideways, wander through rabbit holes, follow glimmers instead of goals.

Bottom-up is my native language. It's slower, deeper, nonlinear, and full of wonder.

But I no longer frame top-down as “bad” or “masky.” For me now, it’s a tool, not a prison. Something I can choose *if* I need it. Something I can *step into*, rather than *live trapped within*.

Like:

In new environments, I use top-down maps to give myself safety. A plan, a route, an idea of what to expect.

If I'm fortunate enough and the comfort sets in, I let those maps dissolve into bottom-up experience. I go off-script. I stim. I let the day surprise me.

Coming out later in life as queer, identifying as Autistic, and as a multiply Neurodivergent person - these were moments of transition.

Each time, I felt the tension between the *structure* I had built to survive and the *authenticity* I was uncovering.

Learning to move between top-down and bottom-up thinking is part of my Neurodivergent rhythm. Not a failure to be consistent, but a sign that I am attuned to context, that I honour my needs.

Sometimes I still need the scaffolding. But now, I also build sanctuaries.

I organise my sensory spaces with intention: colour-coded drawers, ambient sound machines, fidget baskets.

I honour my detail-oriented cognition by letting it lead when I paint or research or write.

I give myself *permission* to switch modes without shame.

It's not a linear journey, this life of unmasking and reclaiming.

Some days I catch myself defaulting to scripts. Other days I surprise myself with how freely my body moves when something delights me.

But every time I choose rest over productivity, connection over performance, texture over pretending -I return to myself.

💬 “My brain works best when it feels safe. Safety isn't just the absence of danger. It's the presence of belonging. Within myself. Within my environment.”

To anyone out there wondering why some days feel foggy and others electric, why your skills shift with your stress level, or why you can explain everything except how you *feel* - you're not broken.

You're likely shifting between different cognitive gears, each with its own kind of magic. You're learning how your system speaks.

And maybe, like me, you're also learning to *listen*.

With you in the in-between,
Brea & Bee - fellow GRANN community members



What is Synaesthesia?

Synaesthesia is a beautifully diverse way some brains process the world, where senses are stimulated in unique and vivid ways. Instead of being "extra" or "strange," it's simply another way of perceiving the world. Sensory magic with a grounded nervous system twist.

The following are just a few types of synaesthesia, all valid, all real, all deeply human:

Grapheme–Colour Synaesthesia:

Letters or/and numbers each have a colour - "A" might always be red, and "5" might feel forest green.

Chromesthesia:

Sounds evoke colours. A kettle boiling might shimmer silver. A violin note might swirl violet. Music becomes not just heard, but *seen*.

Mirror-Touch Synaesthesia:

You feel what others feel - someone rubbing their arm, and your own arm tingles. It's not "too much empathy" - it's sensory cross-modal perception, and it can be beautiful and intense.

Time–Space Synaesthesia:

You *see* months, years, or dates spatially. The calendar wraps around you. Tuesday might sit to your left, and July might be far behind your shoulder.

Lexical–Gustatory Synaesthesia:

Words or names evoke taste. "David" might taste like lemon. "Tuesday" like burnt toast. Language, made flavourful.

There are many more, and no two synaesthetic experiences are alike.

Synaesthesia isn't a deficit, it's a form of sensory richness. If you experience it, you're not "making it up." You're living a beautifully wired, multi-experiential life. 🧠



In a Sense, "I Feel What You Feel": Exploring Mirror-Touch Synaesthesia

Imagine watching someone get a paper cut and feeling a sharp sting on your own finger or your reflex's flinch. For individuals with Mirror-Touch Synaesthesia (MTS), this is a daily reality. MTS is a rare neurological condition where observing someone else being touched or in pain stimulates the similar sensation on the observer's own body. It is as if their sensory systems mirror the experiences of others, leading to profound physical empathy.

What Is Mirror-Touch Synaesthesia?

Mirror-Touch Synaesthesia is a form of synaesthesia, a condition where stimulation of one sensory pathway leads to automatic, involuntary experiences in a second sensory pathway. In MTS, visual perception of touch or pain in others elicits tactile sensations in the observer. For instance, seeing someone tap their shoulder might cause the observer to feel a tap on their own shoulder. This mirroring can occur on the same side of the body or the opposite, depending on the individual.

The phenomenon is thought to be linked to hyperactivity in the brain's mirror neuron system, which is involved in understanding others' actions and emotions. While mirror neurons help most people empathise by simulating others' experiences mentally, in MTS, this simulation extends to actual physical sensations.

Personal Experiences: Living with MTS

The experiences of those with MTS vary widely, from mild sensations to intense physical responses. As one person who lives with MTS, shares:

"As far back as I can remember, understanding my MTS has always made me more considerate about the feelings of others."

However, the condition can also be overwhelming. One Allied Health Professional with MTS describes the challenges:

"Crowds can still be overwhelming. Waiting rooms can be overwhelming. Every day I feel strangers hurting. So completely and thoroughly, with all of myself. MTS is why I wanted to help people, what makes me good at my job, and what makes me good with my clients, but it's also part of what makes it hard to do."

The Science Behind MTS

Research into MTS is ongoing, but studies suggest that individuals who experience MTS have heightened activity in brain regions associated with empathy and touch perception. Functional MRI scans have shown that observing touch activates the somatosensory cortex in MTS individuals, the same area that processes actual physical touch.

This neural mirroring provides insight into the mechanisms of empathy and how closely our sensory experiences are tied to our perceptions of others. Understanding MTS not only sheds light on this rare condition but also offers a window into the broader human capacity for empathy.

Coping Strategies and Support

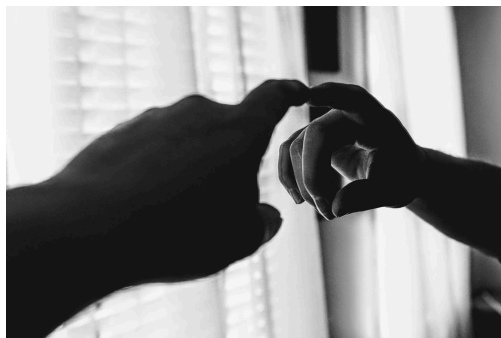
Living with MTS often requires strategies to manage the influx of sensory information. Some individuals find relief by avoiding certain visual stimuli, such as violent movies or crowded places. Mindfulness practices and grounding techniques can also help individuals distinguish between their own sensations and those mirrored from others.

For those seeking support, connecting with communities of individuals with synaesthesia can provide understanding and shared coping mechanisms. Mental health professionals familiar with sensory processing differences can offer tailored strategies to manage the condition's impact on daily life.

Embracing Neurodiversity

Mirror-Touch Synaesthesia exemplifies the diversity of human sensory experiences. While it presents unique challenges, it also offers profound insights into empathy and human connection. By acknowledging and supporting neurodiverse experiences like MTS, we move towards a more inclusive understanding of the human mind.

As we continue to explore the intricacies of conditions like MTS, we not only learn about the extraordinary capabilities of the brain but also about the depth of human empathy and the varied ways we connect with one another.



🧠 *Community Corner*

“The Unmasking Diaries”

“I Feel You”: Living with Mirror-Touch Synaesthesia

Co-authored by Brea & Bee, two late-identified Autistic & multiply Neurodivergent queer folks, & GRANN Community Members

There’s a moment I’ll never forget: a toddler scraped their knee in front of me, and I winced, not in sympathy, but because I *felt* it. Not imagined. Not empathy. I physically felt the sting ripple across *my* skin. It happened fast, automatic, like someone reached through space and touched me without permission.

At the time, I didn’t have a name for it. I thought I was just “sensitive.” That word, ***sensitive***, followed me my whole life, whispered like a compliment with a sting. I was told I took things too personally. That I overreacted. That I should build a thicker skin.

But what happens when you’re born with skin that is *porous*? Where every emotion, every injury, every gesture doesn’t just get seen, but enters your body like a secondhand bruise?

This is what it’s like living with ***mirror-touch synaesthesia***. And when I finally, in my thirties, also received my ***Autistic identification*** (not diagnosis however) a thousand scattered connections began to softly click into place.

Naming the Unnamed

Mirror-touch synaesthesia is one of those things I didn’t know had a name until I stumbled across a random article online. It was like reading a biography of my own body. “*Some individuals feel physical sensations on their own skin when watching another person being touched.*” I stared at that sentence for a long time.

It wasn’t just the touch. It was also the expressions. Someone yawns, I feel heavy. Someone furrows their brow, I get a tension headache. Someone gasps, my chest tightens. And if someone cries? It’s like their grief has permission to borrow my lungs.

For years, I didn’t realise that not everyone felt like this. I assumed everyone else was just better at handling it. I tried to follow their lead: ignore the feelings,

toughen up, suppress the reactions. It didn't work. I just got better at hiding them.

Double Empathy & the Myth of "Too Much"

When I later came across the term "double empathy problem", the idea that communication difficulties between Autistic and non-Autistic people are *mutual misunderstandings*, not Autistic deficits, I wept. For decades, I had been called "too much" for *caring too deeply, crying too easily, being too intense*. But what if it wasn't "too much"? What if it was just... ***different?***

Mirror-touch isn't a superpower. It's also not a curse. It's a part of my ***neurological truth***, a way my brain and body process the world. Like being tuned to a frequency most people can't hear. And being Autistic, with heightened interoception, pattern recognition, and emotional depth, *amplifies* that frequency. The result? A nervous system that doesn't just observe the world, but ***participates*** in it, sometimes involuntarily.

Overwhelm, Shutdown, and the Sponge that is My Body

Living with mirror-touch means I'm often closer to overwhelm than I realise. My body collects echoes of other people's experiences like static cling wrap. Crowded spaces, hospitals, long queues, and school pick-ups can all leave me buzzing, overstimulated from contact I never physically had, but felt all the same.

I used to think I was just bad at coping. That I wasn't trying hard enough. But what I've learned is that I'm ***processing more*** than most. Not just my own sensations, but yours too.

When I hit my limit, it's not always a meltdown, it's a shutdown. I get quiet. Numb. Words slow down. I forget simple tasks. It's not regression, it's my system triaging. ***My body trying to preserve capacity in a world that constantly leaks into me.***

Claiming Support, Without Justifying Pain

It's hard to explain mirror-touch to people without sounding poetic or fragile.

I've had professionals tell me it "doesn't sound real" or that I'm "just very empathetic" or "hyper-sensitive." But mirror-touch isn't *just* empathy. It's ***somatic***. It's felt in the skin, the muscles, the gut.

I've stopped trying to convince others. Instead, I've started writing it down on forms: "I experience mirror-touch synaesthesia. This means I may become distressed or overwhelmed when others are visibly in pain." I include it in access plans. I build it into decompression time after meetings, workshops, and public events.

Because ***we shouldn't have to bleed to be believed.***

Unmasking With a MTS Body

Unmasking as Autistic, for me, has included embracing this mirrored way of being. I stim to regulate during and after contact. I carry cooling patches and fingerless gloves to regulate my body temperature after overwhelm. I now ask

friends to check in *before* they unload something intense. And I seek spaces that understand that needing distance doesn't mean I don't care, it often means I care *too much*.

One of the most affirming things I've learned is that ***being different isn't broken***. Our bodies, even when sensitive, overwhelmed, or overloaded, are not wrong. They are ***truth-tellers***. They respond to a world that often moves too fast, speaks too harshly, or forgets that vulnerability is not weakness.

Dear Reader, You Are Not Alone

If any of this resonates with you, if you've ever watched someone get hurt and flinched because *you felt it*, or you leave social spaces feeling like your nerves got scrambled, you are not alone.

There is nothing wrong with having a nervous system that participates deeply.

There is nothing wrong with feeling the world in high fidelity.

We are not here to explain away our bodies. We're here to ***honour*** them. To hold space for the ways our experiences live in our skin, our breath, our senses.

We are not "too sensitive." We are ***deeply alive***.

And that, dear reader, is something worth feeling proud of.



Body Doubling & Parallel Play - with GRANN

Parallel Play: Prefer quiet presence over conversation? Join a shared (virtual) space with no pressure to talk or perform - just being together is enough.

JULY Dates:

Tuesday 1st, 8th, 15th, 22nd: 6:30pm - 8pm

Thursday 3rd, 10th, 17th : 6:30pm - 8pm

Register :

<https://events.humanitix.com/parallel-play-with-grann>

**Online event is held via MS Teams. Access link will be delivered via email the day before the event.*

and

Body Doubling: Need help starting or staying on task? Come sit with us (virtually) while we each do our own thing.

JULY Dates:

Wednesday 2nd, 9th, 16th: 10am - 11:30am

Register:

<https://events.humanitix.com/body-doubling-with-grann>

**Online event is held via MS Teams. Access link will be delivered via email the day before the event.*

These gentle, neuro-affirming spaces are designed to support motivation, connection, and belonging - whether you're tackling a task, creating something, or simply need company while doing your own thing. These sessions are community-led, flexible, and low-demand. Come as you are.

You can also contact GRANN directly to express your interest:

enquiries.grann@gmail.com

Or message us directly on Messenger


Let us know what kind of support feels good for you.

More information will be provided via our [Facebook page](#), or visit our website: <http://www.grann.com.au>

GRANN Body Doubling & Parallel Play Sessions - JULY 2025

Tuesday 1st, 8th, 15th, 22nd : 6:30pm – 8pm **Parallel Play**
Wednesday 2nd, 9th, 16th : 10am – 11:30am **Body Doubling**
Thursday 3rd, 10th, 17th : 6:30pm – 8pm **Parallel Play**

These sessions are community-led, flexible, and low-demand.
Come exactly as you are.



Parallel Play <https://events.humanitix.com/parallel-play-with-grann>
Body Double <https://events.humanitix.com/body-doubling-with-grann>
✉ Email GRANN at: enquiries.grann@gmail.com
🌐 Visit: <http://www.grann.com.au>

Badge-Making Workshop

This is me,
Neurokind Circles

A Creative Online Workshop
Celebrate identity, connection, and belonging through wearable art!

Now Taking Expressions of Interest

Join GRANN for a badge-making experience that welcomes all ages and minds.
Create your own badge & Submit your design
or choose a pre-printed design

Session 1: All ages - Wednesday - 23 July @ 4:30pm - 6pm

<https://events.humanitix.com/this-is-me-neurokind-circles-a-creative-online-badge-making-workshop/tickets>

*Link to the event will be sent out via email the day before the event.

Session 2: 18+ - Thursday - 24 JULY @ 6:30pm - 8pm

<https://events.humanitix.com/this-is-me-neurokind-circles-a-creative-online-badge-making-workshop/tickets>

*Link to the event will be sent out via email the day before the event.

Watch your badge being made via livestream
Collect badges after both sessions complete
(option to have badges posted at participant expense of \$12.50)

Contribution: \$12 per person (GRANN Members - \$10 p/p)

This covers 6 x badges & materials
(3 different sizes - 25", 32", 58" - 2 of each size)

EOI OR QUESTIONS: enquiries.grann@gmail.com

Or visit: <http://www.grann.com.au>

***Let's make art, connection, and small wearable acts of resistance,
together. 🙌***

**This is me,
Neurokind Circles**
A Creative Online Workshop
Celebrate identity, connection, and belonging
through wearable art!



Now Taking Expressions of Interest

JOIN GRANN FOR A BADGE-MAKING EXPERIENCE THAT WELCOMES ALL AGES AND MINDS.
CREATE YOUR OWN BADGE & SUBMIT YOUR DESIGN
OR CHOOSE A PRE-PRINTED DESIGN

SESSION 1: ALL AGES - WEDNESDAY - 23 JULY @ 4-30PM
<https://events.humanitix.com/this-is-me-neurokind-circles-a-creative-online-badge-making-workshop/tickets>

SESSION 2: 18+ - THURSDAY - 24 JULY @ 6-30PM
<https://events.humanitix.com/this-is-me-neurokind-circles-a-creative-online-badge-making-workshop/tickets>

WATCH YOUR BADGE BEING MADE VIA LIVESTREAM
COLLECT BADGES AFTER BOTH SESSIONS COMPLETE
(option to have badges posted at participant expense of \$12.50)

CONTRIBUTION: \$12 PER PERSON (GRANN MEMBERS - \$10 P/P)
THIS COVERS 6 X BADGES & MATERIALS
(3 different sizes - 25", 32", 58" - 2 of each size)

EOI OR QUESTIONS: enquiries.grann@gmail.com



GRANN's Community Connections Sessions *August Dates*

This August, our Community Connections Sessions are back - now gently held in online spaces, and taking the place of our previously held in-person Community socials (they will also take the place of our Parallel Play & Body Doubling sessions this month).

They are community-led, low-demand, and entirely flexible.
You can join with your camera off, bring a task (or not), sit in silence, stim, share, or just exist alongside others who get it.
Come as you are. Stay as you need. No pressure, ever.

AUGUST DATES:

Monday 4th, 11th, 18th, 25th : 1:30pm - 3pm
Wednesday 6th, 13th, 20th, 27th : 6pm - 7:30pm
Friday 1st, 8th, 15th, 22nd, 29th : 10am - 11:30am – 11:30am

Register via link below:

<https://events.humanitix.com/online-community-connection...>

You can also contact GRANN directly to express your interest:
info@grann.com.au

Or message us directly on Messenger
Let us know what kind of support feels good for you.


More information will be provided via our [Facebook page](#)
or visit our website: <http://www.grann.com.au>



**Online Community Connection Sessions -
AUGUST 2025**

Monday 4th, 11th, 18th, 25th : 1:30pm – 3pm
Wednesday 6th, 13th, 20th, 27th : 6pm – 7:30pm
Friday 1st, 8th, 15th, 22nd, 29th : 10am – 11:30am

These sessions are community-led, flexible, and low-demand.
Come as you are.



Register  <https://events.humanitix.com/online-community-connection-sessions-with-grann>

Email  info@grann.com.au
Visit  <http://www.grann.com.au>

Autistic & Neurodivergent Books and Authors

Looking for stories that reflect *you* or someone you love?
GRANN's carefully curated 2024 Booklist includes powerful titles by and for
Autistic and Neurodivergent people - spanning identity, advocacy, creativity,
lived experience, children's stories, YA fiction, and more.
Whether you're seeking representation, learning, or just a good read that doesn't
pathologise your existence, there's something here for you.

**Neuro-
Affirming
Reading List**

**Neuro-
Affirming
Reading List**



Autistic & Neurodivergent-led Organisations, Supports, & Resources

Bri Guerra, Nonspeaking Advocate for Change

<https://www.facebook.com/SabrinaGuerraNonspeakingAdvocate/>

A powerful nonspeaking Autistic youth advocate whose poetry, QWERTY typing, and public presentations uplift and redefine how we support Autistic voices.

One Tic at a Time

<https://www.facebook.com/oneticatatime/>

A community space focused on raising awareness and normalising the lived experience of tics, especially as they intersect with Autism and Neurodivergence.

Spectrum Sloth

<https://www.facebook.com/spectrumsloth/>

A chill, sensory-friendly space amplifying Autistic perspectives at a relaxed pace, perfect for slow, thoughtful connection and self-acceptance.

Diversity Doodles

<https://www.facebook.com/p/Diversity-Doodles-61557677262825/>

An Autistic-led art initiative celebrating Neurodiversity through inclusive, expressive doodles that reflect the wide range of human experience.

Badger Education - Inclusive Support

<https://www.facebook.com/Badger.Education.Inclusive.Supports>

A Neurodivergent-run educational support page offering flexible, inclusive strategies and advocacy for individuals who don't fit traditional learning moulds.



Your Views Matters

We'd Love Your Feedback

At GRANN, everything we do is shaped by *you* - our community. Your experiences, insights, and ideas help us create spaces that feel safer, more supportive, and more *you-shaped*. Whether you've joined one of our sessions, explored our website, or just want to share a thought or suggestion - we'd love to hear from you. Your feedback doesn't have to be formal or polished. Honest, imperfect, and heartfelt is welcome.

✨ **Share what's working. Tell us what's not. Suggest something new.**

 **Access our feedback form here:**

Feedback Form

or visit our homepage at www.grann.com.au and click "Contact" in the menu. Prefer to send a message directly or use voice, pictures, or dot points instead of a form? That's okay too. Let us know how we can walk beside you.

 Email us at: **enquiries.grann@gmail.com**

 Your views helps us build a place to belong, together.

Thank you for being part of it.





Want to Get Involved?

Volunteer with GRANN

GRANN is powered by community - and we're always grateful for kind, creative, Neurodivergent-led hands to help shape what we do.

Whether you're looking to contribute your time, skills, ideas, or presence, we'd love to hear from you.

Volunteering with GRANN can look like:

-  Helping behind the scenes with admin or website content
-  Co-creating accessible resources or artwork
-  Supporting events, workshops, or advocacy campaigns
-  Offering lived experience wisdom or gentle peer support

Lived-experience needed and a willingness to show up in your own way.

Flexible, affirming, and low-demand roles available.

We'll always work with your access needs and capacity.

 **Register your interest to volunteer here:**

**Volunteer
EOI Form**

Or visit our website www.grann.com.au and click “Volunteer” in the menu

You can also  Email us at: [**enquiries.grann@gmail.com**](mailto:enquiries.grann@gmail.com)

 Thank you for helping us build something meaningful, inclusive, and proudly Neurodivergent-led.

Rosella Park School is excited to announce that they will be hosting a
Post-School Support Expo this September!

They are currently inviting agencies, organisations, and service providers to register their interest in exhibiting. This is a fantastic opportunity to share your programs and services with senior students preparing for life beyond school.

Check out the brochure for more details and how to get involved.

Date: Tuesday 2nd September

Time: 9:30am - 11:30am

Contact: Jo-Anne Leeson at jlees37@eq.edu.au or ph: (07) 4976 8333

Know a group or service that might be interested? Please share the brochure with them - let's make this a valuable and inclusive event for all senior students across our district!

EXPRESSIONS OF INTEREST 2025

POST-SCHOOL SUPPORT EXPO

TUESDAY 2ND SEPTEMBER
9:30AM - 11:30AM

ROSELLA PARK SCHOOL
EVERY CHILD CAN LEARN AND EXPERIENCE SUCCESS



We are looking for providers to connect with our students and their families, to gather valuable information, and explore pathways that help shape bright futures.

Whether you're providing employment options, community access, future education, therapy services, or day programs, this expo is the perfect place to start meaningful conversations and plan ahead.

To register your interest to have a display at this event please contact:
Jo-Anne Leeson - Lead Senior School Support Teacher
Rosella Park School
e: jlees37@eq.edu.au
p: (07) 4976 8333

Rockabilby & Neurokin Events- Supporting RAD Artists

Are you a RAD (Regional Australian Disabled) Artist?

Did you know that RAD artists are the lowest paid people in the Australian creative industries?

Want to be part of a collective action to improve the payment and representation of and services for RAD artists?

Rockabilby & Neurokin Events are looking for Neurodivergent, D/deaf and Disabled artists from across regional and remote Australia to be part of our Tshirt Drive on October 23, National Giving Day to the Arts.

We won't let RAD artists die from exposure!

Featured artists will be paid \$10 per tshirt sold with their design on it.

Express your interest & submit a design (they don't have to relate to disability)

<https://forms.gle/Wcd4enEdL9sMQTsXA>

Are you a RAD (Regional Australian Disabled) Artist?

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Express your interest and/or submit a design
www.fb.me/rockabilby



Gladstone Region Autistic & Neurodivergent Network Inc.

enquiries.grann@gmail.com

You've received it because you've subscribed to our newsletter.



GRANN acknowledges the Bailai, Gurang, Gooreng Gooreng and Taribelang Bunda people who are the traditional custodians of the land on which we reside and pay respect to Elders past, present and emerging. We extend that respect to all Aboriginal and Torres Strait Island people.

Always Was. Always Will Be. Sovereignty Never Ceded.