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Welcome to This Week's GRANN Newsletter

Neuro-Affirming, Community-Led, and Proudly Disabled

Hello GRANN Community,

As we reach the heart of the winter months and **Disability Pride Month** cruises into gear, we're taking a breath, a deep one, to reflect, reconnect, and root ourselves in what matters most.

At GRANN, being **neuro-affirming** means honouring the full spectrum of Autistic and Neurodivergent experience - including the messy, nonlinear, and beautiful ways we exist in the world. It means knowing that skill regression isn't failure, that rest is resistance, and that our needs don't have to be explained to be valid.

Being **community-led** means our stories, insights, and supports come from us - not handed down from systems that never fully saw us. From stim kits in desk drawers to snack trays on hard days, every strategy we share is born from lived experience and shared survival.

And being **proudly disabled** means we don't wait for the world to celebrate us. We celebrate ourselves - loudly, quietly, creatively - and in our own time. Disability Pride isn't just parades and posters. It's winter glimmers. It's the joy of a favourite stim. It's unmasking in small, brave ways. It's stepping away from the world when the noise gets too much.

This week's newsletter includes:

A look into the **Disability Pride Flag** and what each colour means

What we mean when we say **Neuro-Affirming, Community-Led, and Proudly Disabled**

Our feature on **When the Autistic Nervous System Reaches Capacity:
Understanding Skill Regression**

Community Corner, where we spotlight:

- “The Unmasking Diaries”
- “How I ND” - community-shared life hacks
- And cosy **Winter Glimmers** to hold onto light in the colder months

Thank you for being here - in all your wholeness, in whatever shape today takes.
Let's keep building something bold, beautiful, and Neurodivergently ours.

In solidarity,
The Collaborators @ [GRANN](#)

Understanding the Disability Pride Flag

The Disability Pride Flag, designed by disabled activist Ann Magill in 2019 and updated in 2021 for greater accessibility, is a powerful symbol of the disability community's strength and diversity.

Design Elements:

Black Background: Represents mourning and rage for disabled individuals who have experienced ableist violence, neglect, and death.

Diagonal Band: Symbolises the creative and innovative ways disabled people navigate barriers in society.

Colour Stripes:

Red: Physical disabilities.

Gold: Intellectual and cognitive disabilities.

White: Non-visible and undiagnosed disabilities.

Blue: Psychiatric disabilities.

Green: Sensory disabilities.

This flag serves as a unifying emblem, celebrating the myriad experiences within the disability community and promoting pride and solidarity.

Community-Led: Built by Us, for Us

So much of the disability, Autistic and Neurodivergent experience has been shaped by people speaking *about* us, instead of with us or *alongside* us. At GRANN, we flip that script. This space is community-led: our perspectives, our rhythms, our priorities.

Every resource we create, every event we run, every body doubling session or stim-safe workshop we offer, it all begins with community. With listening. With lived experience.

Because *you* are the expert in your own bodymind.

When we say community-led, we mean:

- We believe in co-creation, not top-down services.
- We share power, rather than hoarding it. We do not bend the knee to hierarchies.

- We centre marginalised perspectives within the Autistic, Neurodivergent and disabled community, including Black, Blak, queer, trans, chronically ill, and low-income experiences.

We don't need to fight for a seat at someone else's table.

We are more than comfortable sitting at our own table.

What does it mean to be neuro-affirming?

It means we don't view Autism and Neurodivergence as something broken to be fixed, but as a valid and valuable way of being in the world. It means recognising that stimming can be communication or sensory. That burnout isn't laziness. That needing support doesn't make us less. It means holding space for ourselves and each other in ways that feel soft, spacious, and real.

To affirm Neurodivergence is to say:

“You don't need to pass as anything other than yourself to belong here.”

It's not performative inclusion. It's rewriting the whole script.

Proudly Disabled

Disability Pride doesn't always look like a parade (though we love those too!). It can be quiet. Gentle. Internal. It can be found in slow mornings, in noise-cancelling headphones, in crafting the perfect sensory corner. It's in saying no.

In resting unapologetically. In asking for what we need without guilt.

To be proudly disabled is to reject the shame that was never ours to carry.

It means knowing our value exists whether or not we are productive. Whether or not we “overcome.” Whether or not we mask. It means celebrating the ways our bodies and minds adapt, connect, survive, resist, *thrive*, in a world that wasn't built for us.

We are not less-than.

We are not burdens.

We are culture.

We are change-makers.

We are worthy, just as we are.

This Disability Pride Month, and every day:

✨ Be neuro-affirming, toward yourself and others

✨ Honour community wisdom and care

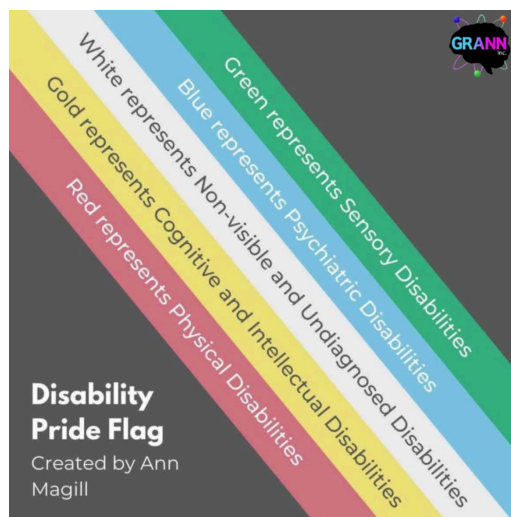
✨ Claim your space with pride, however that looks for you

There is no one way to be disabled.

There is no one way to take pride.

You don't have to be “out and loud” to be proud.

Your softness is not a weakness. It's a revolution.



🧠 *When the Autistic Nervous System Reaches Capacity: Understanding Skill Regression*

In the journey of Neurodivergent experiences, there are times when the world becomes overwhelmingly intense. For Autistic individuals, this can lead to a phenomenon known as skill regression - a temporary loss of abilities such as communication, planning, or completing basic tasks. This experience is not a failure but a signal from the body and mind indicating the need for rest and support.

Skill regression is often associated with Autistic burnout, characterised by intense fatigue, difficulty with daily tasks, increased sensitivity to sensory input, and a diminished capacity to mask or cope with social demands . It is a response to prolonged periods of social overload, sensory overwhelm, and the chronic stress of trying to fit into a neuronormative world.

Recognising the signs of regression is crucial. These may include decreased social engagement, loss of language abilities, emotional fatigue, heightened anxiety, and a retreat to past coping mechanisms . Understanding these signs allows for timely support.

📊 *What Is Skill Regression?*

Skill regression isn't losing ability - it's **losing access**.

It often shows up as:

- Struggling to speak or communicate in usual ways
 - Difficulty with executive function (planning, initiating, switching tasks)
 - Forgetting how to complete familiar routines
 - Feeling disconnected from interests, identity, or joy
 - Heightened sensory sensitivity or shutdown responses
 - Re-emergence of earlier coping strategies (e.g., scripting, echolalia, withdrawal)
- It's the nervous system asking: "Can I press pause for a moment?"
- And for some, it doesn't whisper, it shuts the whole system down to get the message across.

🌀 *When Our Skills Go Quiet: Understanding Regression and the Autistic Nervous System*

Let's talk about something many of us experience, but too few feel safe to name:
skill regression.

Sometimes, when our nervous systems reach capacity - from stress, overwhelm, burnout, sensory overload, illness, grief, change, or *life itself* - our usual abilities can disappear. Tasks we once handled with ease - speaking, making decisions, cooking, working, even texting a friend back - become temporarily inaccessible.

This is not failure. This is not a lack of willpower.

This is our nervous system doing exactly what it's designed to do: **protect**.

🧠 *Why It Happens: A Nervous System View*

Autistic and Neurodivergent people often live in a state of heightened nervous system activation. We move through a world not designed for our bodies, rhythms, sensory needs, or minds. Micro-stresses add up. The daily effort of masking, adapting, translating, or enduring builds pressure.

Eventually, the system flips into survival mode: *freeze, fawn, flight, or shutdown*.

What looks like "regression" is actually **self-protection**. A neurological timeout.

And here's the most important part: with time and individualised supports, we can gently reconnect with those skills.

What Happens in Our Bodies and Brains

When we talk about the Autistic nervous system hitting capacity, we're talking about a whole-body experience - one rooted in neurology, physiology, trauma, and the day-to-day grind of surviving in a world not built for us.

This isn't weakness. It's *nervous system intelligence* doing its job: protecting us from overwhelm.

🌀 *Autistic Burnout & the Body*

Autistic burnout isn't just emotional - it's physical, neurological, and deeply tied to **autonomic dysregulation**. Years of masking, surviving microaggressions, sensory misattunement, and being "on alert" can lead to:

Heightened cortisol and adrenaline

Digestive issues (gut-brain link is real)

Hormonal shifts

Sleep disruptions

Chronic fatigue or immune flare-ups

If you're wondering why "just resting" isn't helping, it might be because **you need more than rest - you need nervous system repair**.

⚡ *The Sympathetic Nervous System: Stuck in Alert*

When sensory input stacks up - loud noises, bright lights, rapid social shifts, expectations to perform or mask - our **sympathetic nervous system** (that's

the fight-flight-freeze system) kicks in.

For Autistic and Neurodivergent folks, this state may be activated **more often, more intensely, and for longer** than in neuronormative people. What looks like "shutdown," "meltdown," or "regression" is often the nervous system sounding an alarm: *I can't keep up. I need safety.*

This can feel like:

- Racing thoughts or difficulty concentrating
- Rapid heartbeat or muscle tension
- Heightened startle reflex
- Feeling trapped or wanting to escape (flight)
- Bursts of anger or panic (fight)
- Going blank, dissociating, going non-verbal (freeze)

The Parasympathetic System: Collapsing into Shutdown

After prolonged stress or stimulation, our system may flip from **hyperarousal** into **hypoarousal** - where the **parasympathetic nervous system** (specifically the dorsal vagal pathway) takes over.

This can look like:

- Emotional numbness or flat affect
 - Skill regression (like losing speech, forgetting tasks, sensory overwhelm)
 - Physical fatigue, heaviness, or immobility
 - Brain fog, forgetfulness, loss of executive function
 - Sensory sensitivities that feel unbearable
- This is the body hitting the brakes, not because we're lazy, but because we're protecting ourselves from further harm. **It's a natural, somatic boundary.**

Skill Regression Isn't Failure - It's a Flag

Skill regression isn't a moral failure. It's *your nervous system waving a flag*, saying:

 "I'm not okay."

 "I need less input."

 "I need a different kind of support."

You might lose access to things you could usually do - reading, cooking, speaking, typing, making decisions. This doesn't mean the skills are gone. It means your brain has *reprioritised survival*.

And here's the truth: **with the kinds of rest suited to you, co-regulation, and support, those skills can return.** Often stronger. Often with deeper self-awareness than before.

Affirming Support and Varied Rest: Pathways to Healing

Healing from skill regression involves creating neuro-affirming environments that respect and support the unique needs of Autistic individuals. This includes acknowledging the importance of rest, reducing demands, and providing sensory-affirming spaces.

Strategies for support include:

Low-Demand Approaches: Adopting a low-demand lifestyle can help reduce stress and allow for healing.

Sensory Regulation: Using sensory tools like noise-cancelling headphones, weighted blankets, and fidget items can help manage sensory sensitivities and maintain a sense of balance.

Community Support: Connecting with other Autistic individuals who understand burnout can be incredibly validating. Online support groups and Neurodiversity-affirming coaches and therapists can provide individualised guidance and coping strategies.

It's important to note that healing is not linear. Some people start feeling more like their true selves within days or weeks, while others may take months or longer. Patience, self-compassion, and ongoing support are key to long-term healing. And remember, the neuronormative idea of recovery is not always the end goal.

The Rest Is the Work: Healing Is not Linear

Healing from overload or regression isn't about "bouncing back." It is about *finding soft places to land*. Different states need different types of rest, just as different people need different types of rest. Here are some of the many neuro-affirming forms of rest that help reconnect us with ourselves, beyond generic advice like "just take a nap", alternatives that honour our neurology:

Sensory Rest

Time in low-stimulation spaces. Soft lighting. Silence or calming sounds.
Weighted blankets. Stimming without interruption.

Nervous System Rest

Breathwork, rocking, co-regulation with a trusted person or pet, body doubling.
Anything that says: *I'm safe right now*.

Cognitive Rest

No decisions. Familiar shows. Repetitive games. Autopilot. Letting the brain coast in neutral for a while.

Social Rest

Stepping back from performative or high-effort interactions. Time with people who don't require explanations. Parallel presence over performance.

Creative Rest

Unstructured play. Art journaling. Singing. Building Gundam. Building blanket forts. Engaging the senses without a goal.

Nature Rest

Bare feet on grass. Staring at clouds. Sunlight on skin. Observing birds or bugs or rustling trees.

Tech Rest

Pausing social media or screens (if it's overstimulating). Reconnecting with offline life or setting boundaries with notifications.

Needs-First Rest

Resting **before** collapse. Drinking water. Eating what's accessible, sensory-

pleasing. Taking meds. Napping without guilt.

💛 There is no single formula. What restores you might be different from someone else, and that's okay. It's about listening in, not pushing through.

Regression Is not Weakness. Tuning in is Wisdom

Skill regression can feel frightening. Especially when the world frames productivity as identity. But at GRANN, we want to reframe this moment:

➡ What if regression is information, not failure?

➡ What if rest is **resistance** to systems that demand unrelenting performance?

➡ What if your body's request for pause is not a betrayal, but a profound act of self-loyalty?

✨ You are not broken. You are biologically wise.

You are not lazy. You are surviving the cost of expectation.

You are not alone. We've been there, too.

Let this newsletter be your reminder:

Your worth is not measured by your capacity.

You are valuable, even when you can't function "like before."

Rest is a skill. Listening to your limits is a strength.

If you're in a regression space, we're sending you a soft place to land.

If you're healing, we're walking beside you - gently, quietly, with a fidget toy in hand.

If you're holding it together by a thread, we see you.

We are so glad you're here.

Embracing the Autistic Experience of Capacity

We aren't meant to operate like machines. We're meant to *pulse*. To retreat and re-emerge. To move in rhythm with our needs, not against them.

Understanding that our nervous system has its own language is empowering. It allows us to plan, pace, and most importantly, ***not blame ourselves when the world gets too much.***

Skill regression is not regression in identity.

It's the nervous system's sacred whisper: *Please make it safe for me to return.*

✨ ***Embracing Neurodivergent Individuals and Experiences as Whole***

Understanding and supporting skill regression in Autistic individuals is a vital part of creating inclusive and affirming communities. By recognising the signs, providing appropriate support, and nurturing environments that respect Neurodiversity, we can help individuals navigate these challenging periods and promote overall well-being.

Let's be clear: ***skill regression is not regression of the self.***

It is a temporary withdrawal of energy from functions that require effort, precision, and capacity - so that the system can *prioritise survival*. And in the Neurodivergent experience, this is not rare. This is part of how we live. Of how we *adapt*. Of how we continue.

This truth can be hard to hold in a society that still defines value by productivity and communication.

But here at GRANN, we say:

💬 *You are still you when you go non-speaking.*

💬 *You are still you when you cancel everything and crawl under a weighted blanket.*

💬 *You are still you when you forget how to cook your safe food or reply to a message.*

These experiences are not failures. They are realities of an overstretched system trying to recover from a world that doesn't yet recognise our needs.

🌿 And healing is possible.

With the right conditions - safety, validation, time, co-regulation, and gentleness - your nervous system can begin to re-open. Skills may return slowly or suddenly, in fragments or in new forms. You may come back changed. That's okay.

Because you never stopped being whole.

🧠 Skill regression isn't a glitch. It's a feature of a beautifully adaptive, deeply responsive, and incredibly sensitive brain. One that deserves care, not correction.

So this week, this month, this moment - if your system is stretched or shutting down:

Pause. Breathe. Trust your knowing. Reach out (or don't).

Rest, however that looks for you.

And know that here, within this community, we honour your whole self, in all your regulated and unregulated, expressive and withdrawn, speaking and silent states.

You do not have to perform wholeness to belong here.

You already belong.

Let's continue to build a community where every Autistic, Neurodivergent and disabled person feels seen, heard, and valued.



Community Corner

Winter Glimmers

As the days stretch long and slow, winter offers something rare: pause (and snuggles under the blankets, if that's your thing). While much of the world rushes to stay productive, we honour this quieter season as an invitation to notice what soothes us - what *glimmers*, even softly, in the cold.

Winter glimmers don't have to be grand. Sometimes they're a favourite blanket, warmed in the dryer. A slow-brewed tea sipped from the same chipped mug. A podcast played quietly while the rain taps its rhythm on the roof. The hush of dusk before dinner, when lights are low and time feels soft.

We find comfort in slowness. In rituals that don't demand but invite. In the kind of quiet joy that doesn't need to be explained.

Monotropic Glimmers

There's a special kind of warmth in the monotropic focus that often comes alive in winter, a deep, immersive joy that blooms when we can turn inward and stay with something we love for as long as we need.

Maybe it's the flow of knitting, the rhythmic click of needles matching the rhythm of thought. Maybe it's spending four hours researching sea slugs or Antarctic architecture or the right playlist for an upcoming road trip. It might be lining up all your books by colour, or year published, before rereading the same comforting novel for the twelfth time.

Winter feels like it supports this kind of presence. The world is quieter. Expectations loosen. The pressure to mask productivity as worth eases, even momentarily - and in that stillness, your focus is no longer something to suppress, but to celebrate.

Where our joy's aren't seen as "wasting time." They're how we heal. How we build joy. How we feel most *us*.

 "I spent eight straight hours in bed cross-stitching moth patterns, with hot soup and no interruptions. That was my glimmer."

🌨️ “I watched snowfall through the same window, from the same spot, every day for a week. It changed slightly each time.”

📖 “I deep-dived into Tasmanian fungi, and a new sense of peace.”

🤖 “My special interest in Gundam gave me a project to keep my hands busy through the darkest weeks. My hands remembered joy.”

❄️ *Winter Glimmers*

As the chill continues, here are some cosy comforts shared by GRANN members:

🍵 “Warming my clothes in the dryer before getting dressed.”

🧤 “Soft fingerless gloves for tactile safety + typing.”

🕯️ “Lighting my salt lamp every night. Low sensory glow = bedtime cue.”

📖 “Reading a favourite book out loud to myself - pacing, processing, pleasure.”



🧠 *Community Corner*

“The Unmasking Diaries”

Visible is Vulnerable

Story shared by Riley (they/them), 29, Meanjin

“Unmasking didn’t happen all at once. At first, it was small: I stopped pretending I liked eye contact. I told people I wouldn’t do group calls anymore. I wore my noise-cancelling headphones outside, even though I used to hide them.

The first time I flapped my hands while excited, in public, I cried after. Not because I was embarrassed, but because it felt like *me*. Something ancient and true that I had kept folded up too long.

Then came the clothing changes. I let go of stiff, sensory-hostile outfits I used to wear just to look ‘normal.’ Now I live in soft fabrics and compression layers.

Getting dressed feels like an exhale.

I stopped forcing small talk. Started using scripts again, out loud, not just in my head.

I stim more freely. I unmask around my partner and slowly, carefully, around new friends too. The people who make space for the real me stay. That’s how I know they’re safe.

But it's still hard sometimes. I overexplain. I backtrack. I apologise for things I didn't do wrong. I catch myself camouflaging in job interviews or formal settings, and it stings.

And sometimes, I want to go back to the mask. Not because I miss it, I don't. But because masking felt safer in a world not made for us. Letting it go means being more visible. More vulnerable.

But I keep going.

I no longer try to erase myself, just pace the process.

Unmasking isn't about arriving at some perfect, confident self. It's about letting parts of me breathe again. It's about whispering to the masked version of me,

You did what you had to. Thank you. But I've got it from here.

My unmasking is ongoing. Messy. Imperfect. But real.

And that's enough."

Your unmasking is valid even if it's messy, nonlinear, or still in progress.



Community Corner

-Shared by GRANN community members

“How I ND”

Celebrating the ingenious, gentle, and empowering ways our community does life.

These crowd-sourced gems are more than just hacks, they are declarations of autonomy, sensory sovereignty, and soft resistance in a world that often demands too much.

Your toolkit might include a squishy charm on your keyring or a whole shelf of same-shirt-different-colour duplicates, and it's all valid.

Because thriving doesn't have to look like what they told us it would.



“Bed Desk” as Basecamp

“I've made my bed my office. It's got a lap desk, lamp, weighted pillow, and snacks within reach. I work better when I'm comfy and cocooned, and my puppy is happier too!”

👜 **One-stop Outfit System**

“I keep my next-day clothes, meds, and stim toy ready on the chair in my room. It helps with executive function in the morning. Less decisions = more peace.”

🔄 **Loop Lists**

“I use laminated ‘loop lists’ with dry-erase checkboxes. Instead of daily to-dos, they’re flexible routines I circle back to whenever I can.”

🐾 **Pet-Shared Regulation**

“My dog is my co-regulation buddy. When I stim, she lays against my legs. When I’m anxious, we walk the same quiet route together.”

🌟 **Comfort Repeats**

“I eat the same meal every Monday and Tuesday. It’s my texture-safe, zero-decisions ritual. No shame in routine, it’s a kindness I give myself.”

🎧 **“My Favourite Stim”**

This week’s spotlight: Rhythmic Rocking

💬 “I’ve rocked since I was a baby. On bad days, it soothes my breath. On good days, it feels like dancing with gravity. People used to make me stop, now I put on music and let myself move without apology.”

– Multiply ND Community Member.

💡 *Rhythmic rocking* is one of the most common vestibular stims and holds deep emotional meaning for many in our community. It’s regulation, celebration, and embodiment, all in one.

Everyone has their own way of “ND-ing”. There is no one-size-fits-all.
We’d love to hear yours.

✉️ Want to contribute your own “How I ND” ideas?

Email us at enquiries.grann@gmail.com

We welcome voice notes, dot points, paintings, and everything in between.



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 - 23July @ 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. 🙌*

Our Website is LIVE!

Welcome to [grann.com.au](http://www.grann.com.au)

We're thrilled to announce the official launch of www.grann.com.au - our new online hub for everything GRANN.
After a brief delay (thanks to a surprise stomach bug - yes, we practice what we preach: *rest is radical*), our lead web designer has given the green light, and we're proud to share our evolving digital home with you.

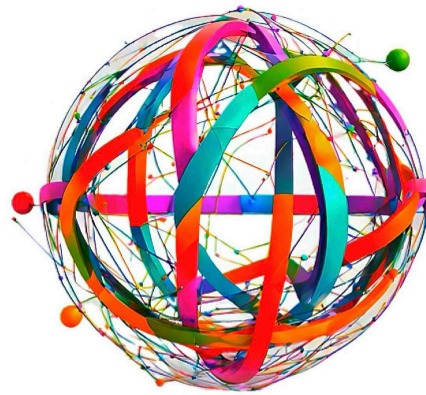
🌐 Inside you'll find:

A growing library of **neuro-affirming resources**
Updates on our **events, sessions, and advocacy work**
Ways to **get involved, collaborate, or support**
A glimpse into who we are and what we stand for
We're still building, refining content, and co-creating with community in mind.
Your feedback is essential: whether it's congratulatory, bugs, or accessibility
needs, let us know! 🛠️

👉 Visit us at: www.grann.com.au

✉️ Share your thoughts: enquiries.grann@gmail.com

*This site was made by and for Autistic & Neurodivergent people - with love,
purpose, and the vision of a more affirming future.
Thank you for being part of it.*



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

Autistic PhD

<https://autisticphd.com/>

A platform dedicated to making complex topics like Autism, ADHD, disability, and accessible teaching understandable through personal narratives and lived experiences.

Parenting Through the Fog

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

A supportive Facebook community offering insights and shared experiences for parents navigating the complexities of raising Neurodivergent children.

Trauma Geek - Janae Elisabeth

<https://www.traumageek.com/>

An educational hub exploring polyvagal theory, trauma science, and Neurodiversity, providing resources and courses grounded in lived experience.

When My Brain is Messy

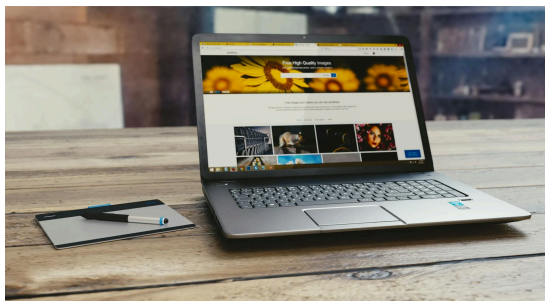
<https://whenmybrainismessy.com.au/>

A gentle, neuro-affirming and Autistic author of picture books designed to help young children understand sensory overwhelm, big emotions, communication and the world of Neurodivergent acceptance.

Wild of Brain - Anissa Ljanta, Writer & ND Coach

<https://www.wildofbrain.com/>

A resource offering coaching, education, and advocacy for Neurodivergent individuals, focusing on building a life that aligns with one's unique brain.



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?

Did you know that RAD artists are the lowest paid out of all artists in Australia?

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



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

Artists selected to be part of the drive will be paid \$10 for each tshirt sold with their artwork on it

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.

Sovereignty Never Ceded. Never Was, Never Will Be.