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## **Welcome to This Week's GRANN Newsletter**

### ***Unlearning, Reclaiming, Celebrating: Welcome to Disability Pride Month***

Hello GRANN Community,

As we get ready to welcome July, we also prepare to welcome Disability Pride Month - a time to honour the wisdom, joy, and resistance of our disabled communities, this includes our Autistic and Neurodivergent, chronically ill, and mad communities alike. This month is more than a celebration; it's a reclamation. A chance to unlearn the internalised messages that told us we needed to mask, conform, or prove our worth. A moment to reflect on how we've been shaped by neuronormative, capitalistic, and exclusionary systems - and to gently, collectively choose other ways of being.

This week, we uplift stories of quiet resistance, accessible creativity, and the beauty of doing things differently. This newsletter is a love letter to those living on their own terms - boldly, softly, proudly. Your way.

Thank you for being here. You are part of a lineage of change, joy, and community care. Let's celebrate all the ways we exist - loudly, quietly, and everything in between.

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

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## ***July: Disability Pride Month***

 ***A Brief History***

Disability Pride Month began in the United States to mark the passing of the Americans with Disabilities Act (ADA) on July 26, 1990 - a ground-breaking civil rights law that recognised the basic rights of people with disabilities to access public life. and a pivotal moment for the rights of disabled people. The first official Disability Pride Day was held that same year in Boston, and over the years it grew into a global celebration of disabled identity and resistance.

What began as a legal milestone has since grown into a global celebration of identity, resistance, and community.

What makes Disability Pride so powerful is that it refuses to sanitise disability. It isn't about heroism or tragedy - it's about reclaiming disabled identity as something valid, powerful, and beautifully complex.

It's not about pretending the struggle is over - but about celebrating the people who live and thrive despite systems that try to fix or erase us.

For Autistic and Neurodivergent, chronically ill, physically disabled, and mad communities alike - this is our history, our present, and our power.

Let's carry it forward with intention.

In 2025, Disability Pride Month also reflects how far we still have to go. Inaccessibility, medical gaslighting, and systemic barriers persist. But we don't just endure - we thrive in community, creativity, and shared resistance.

Let July be a reminder: We are not a problem to fix. We are a movement to honour.



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## ***Unlearning Norms, Reclaiming Ourselves***

As we step into Disability Pride Month, we reflect not only on the systems that have historically marginalised disabled and neurodivergent people, but also on the internalised expectations we carry - often silently. So we're taking a moment at GRANN to honour not just who we are, but also the ongoing process of *unlearning* who we were told we had to be.

For many of us, neuronormative, ableist, and capitalist systems have instilled expectations about how we should move through the world - how we should work, communicate, behave, or “cope”. So many of us have been taught to chase “independence” at all costs, to hide our distress, to perform productivity, or to shrink our needs into neat, palatable boxes. These aren’t just habits - they’re survival mechanisms forged under ableism, capitalism, and neuronormativity.

But what happens when we start to unlearn those systems?  
We begin to reclaim rest without guilt. We seek support without shame. We stop confusing burnout with success.

July gives us space to reflect on this. To say *no more* to internalised urgency culture. To say *yes* to rest, to joy without justification, and to ways of being that honour our needs, not just our output.

This month, we celebrate the radical act of existing as ourselves, on our terms. Whether you’re resting, resisting, or just remembering to eat or to drink your cup of tea while it is still hot- it counts. It matters. And it’s all part of reclaiming pride in a bodymind the world wasn’t built for.

This month, we encourage you to explore what freedom might look like for you. Maybe it’s turning off your camera during a Zoom call. Maybe it’s wearing your noise-cancelling headphones at the supermarket. Maybe it’s unapologetically asking for what you need - *not because you have to prove yourself worthy*, but because you already are.



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## ***Autistic and Neurodivergent Pride***

Autistic Pride Day (June 18) may have passed, but the celebration of Neurodivergent identity carries on. Autistic and otherwise Neurodivergent people have long been told our differences are deficits. Pride flips that narrative on its head.

Autistic Pride isn’t about masking or assimilation. It’s about showing up as we are - and being seen and loved in that. It is about visibility without apology.

We are not broken. We are not less. We are not unfinished neurotypicals. We are complete and complex - full of insight, innovation, and community care.

It's about seeing ourselves not through deficit-based lenses, but as full-spectrum people with valid communication styles, sensory realities, and beautiful complexity.

It's also about solidarity. With others who are overstimulated by lights. With those who find language through AAC. With anyone navigating a world that wasn't designed for them - yet continues to make room for their brilliance.

Pride isn't a day. It's a declaration:

We exist. We matter. And we're not masking to make anyone else comfortable. Whether you are late-diagnosed, self-diagnosed, or simply questioning, you are part of the community. Pride is for *you*, too.



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## 🌟 *Celebrating Disabled Joy and Resistance*

Disability Pride is not solely about public parades or loud celebrations. It is also about pajamas, pacing, playlists, and parallel play; the quiet moments of self-acceptance, the daily acts of resistance against ableism, and the joy found in living authentically. Whether it's taking a needed rest, engaging in a favourite hobby, or connecting with others who understand, every act of self-care and authenticity is a celebration.

Disabled joy is an act of defiance in a world that demands we constantly perform productivity or recovery. It is in the quiet reclaiming of our time. The joy of stim dances. The rest we give ourselves, even when everything says we haven't "earned" it.

So whether you're out and proud or curled up with a special interest, know this: *you're still celebrating*. There's no wrong way to take up space.

### ***Disabled joy is radical.***

Not because it's rare, but because it's constantly undervalued by a society obsessed with productivity and palatability.

Joy can be loud - flapping, spinning, singing in the supermarket. Or quiet - watching the same comfort show for the 33rd time, wearing the same shirt every day because it *feels right*, refusing to feel bad for needing naps, headphones, or help.



Resistance can also look like not explaining yourself. Like cancelling your plans, again, *without* having to “justify” yourself or offer an apology.

Let this month be a reminder that rest is not laziness, it’s survival. That pacing yourself is not weakness - it’s wisdom. And that joy - especially disabled joy - is not a reward.

**It’s your right.**

## **Short Story: "The Quiet Roar of Protest"**

The following is a tribute to the generations who paved the way - not only with protest, but with joy, gentleness, and community. This Disability Pride Month, we remember: resistance doesn’t always roar. Sometimes, it whispers: “*I matter. I’m enough*”. Sometimes, it rolls gently down the street with a ginger slice, and a stubborn sense of hope.

There’s a photograph of Rose taken on the steps of Parliament House in Canberra, 1981. She’s wearing her best op-shop blazer, cradling her walking stick like a sceptre. Behind her, the banner reads: “**Crip Rights**” - a phrase they painted by hand the night before with a bedsheet and borrowed paint. She hadn’t slept. Her cerebral palsy was flaring in the cold, and the bus ride from Adelaide to Canberra had left her stiff and sore. But she was alive with something more powerful than pain: *purpose*.

Rose wasn’t alone. That year, she joined thousands across the country for the International Year of Disabled Persons. While governments hosted “awareness events,” grassroots activists like Rose demanded actual access: to schools, to footpaths, to politics. They didn’t just want ramps. They wanted visibility. They wanted a seat at the table.

Fast forward to today. Rose is 66 and lives in a small flat in Port Adelaide, surrounded by plants and protest posters. She still writes letters to editors. Still teaches her grandniece how to speak up without asking permission. Still celebrates Disability Pride Month by baking her late best friend’s ginger slice recipe and playing old records from the first National Disabled People’s Conference in Sydney, 1981.

“I fought for joy,” she says, stirring her tea slowly. “Not just rights on paper. The right to participate. To love. To rest without guilt. To be complex and messy and proud”.

And when she wheels down to the local library on July 26th, in her denim jacket with pins that say *crip joy is real* and *disability rights are human rights*, she knows she is still resisting. Still here.  
Still joyful.



## Community Corner

-Shared by a GRANN community member

### “How I ND”

Featuring the unique ways of navigating life as a Neurodivergent individual, a toolkit of daily life hacks - born from both creativity and necessity.

Bite-sized insights from the community on creating a lifestyle that feels *just right*.

Because sometimes survival is an art form. And thriving looks like setting timers for rest, wearing your comfiest hoodie to the post office, or finding joy in sorting beads by texture.



#### Sensory-Safe Shopping

“I do my grocery shopping online to reduce time spent in overwhelming spaces”.



#### Texture-First Meal Prep

“I make meals in batches based on sensory-comforting textures and freeze them in labelled or colour-coded containers”.



#### Desk-Side Regulation Kit

“At work, I keep a stim kit in my desk: a lavender pen, headphones, a chewable necklace, and a tiny slinky”.



#### Exit Plan = Entry Plan

“I make an ‘exit plan’ before every social outing - having a reason to leave helps me feel safe enough to show up”.



#### Snack Trays for Decision Paralysis

Instead of choosing one meal, I make a snack tray with lots of small options. No pressure. Just comfort.



#### Playlist for Task Initiation

I use the same 3-song playlist to start specific tasks. It becomes a sensory cue that tells my brain, “We’re doing this now”.



#### Soft Clothes Only

I dress for *regulation*, not performance. That means tagless, seamless, breathable fabrics every time. Sensory comfort is self-care.

## 17 **Visual Weekly Board**

I use a colour-coded magnetic whiteboard to map the week. It gives me timeblindness support without overloading my brain.

### **Conversation Scripts**

I keep go-to responses in my phone for social events, phone calls, or emails. Scripting isn't fake - it's functional and affirming.

### **Window Gardening from Bed**

Chronic fatigue? I still grow herbs in jars on the windowsill near my bed. Small joys, no guilt.

### **Task Pairing**

I pair hard tasks with comfort rituals: washing dishes with stimmy music, budgeting with a weighted blanket. It softens the edges.

### **Creative Stimming**

I keep a tactile "craft drawer" - pom poms, soft yarn, squishy paint. I stim with art supplies instead of suppressing the urge.

### **"Done is Done" Boxes**

I keep a visible "done" pile for tasks I complete - dishes, paperwork, laundry. It helps reinforce progress when my brain forgets.

### **Post-Event Downtime is Non-Negotiable**

I plan decompression time *into* my schedule after any social or sensory-heavy event. Recovery is part of participation.

### **Hydration Stations**

Multiple water bottles in different rooms, because object permanence is real and thirst cues can be forgotten.

### **Watch While Doing**

I rewatch familiar shows while cleaning or dressing. Predictable background noise lowers stress and keeps me from spiralling.

### **Gentle Reminders > Alarms**

I switched loud alarms for vibration, light, or soundscapes. Harsh alarms trigger dysregulation - now I wake to birdsong instead.

### **Body Doubling for Tasks**

I do admin, laundry, or even send texts while coexisting with a friend on video chat. Parallel presence = productive and safe.

### **Reframe "Lazy"**

I don't shame myself for low-spoon days. Rest is resistance. Listening to my body is not laziness - it's liberation.

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](mailto:enquiries.grann@gmail.com)**

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



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## **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](mailto: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 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> : 6:30pm – 8pm **Parallel Play****  
**Wednesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> : 10am – 11:30am **Body Doubling****  
**Thursday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> : 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](mailto:enquiries.grann@gmail.com)  
🌐 Visit: <http://www.grann.com.au>

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## **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  
<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](mailto: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](mailto:enquiries.grann@gmail.com)

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***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](http://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.

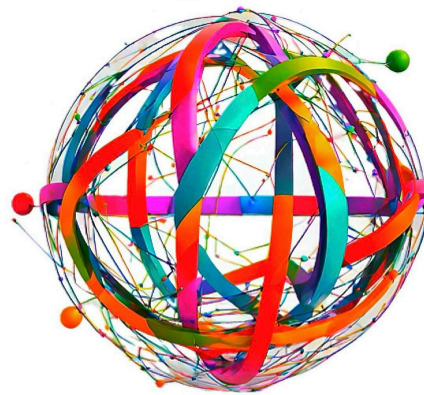
Your feedback is essential: whether it's congratulatory, bugs, or accessibility needs, let us know! 🛠️

👉 Visit us at: [www.grann.com.au](http://www.grann.com.au)

✉️ Share your thoughts: [enquiries.grann@gmail.com](mailto: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.*



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## 📖 ***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.



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## *Autistic & Neurodivergent-led Organisations, Supports, & Resources*

### *Autistic Collaboration*

<http://www.autcollab.org>

A global initiative nurturing neurodivergent-led ventures and communities.

They emphasise co-creating unique autistic relationships and cultural organisms, aiming to challenge competitive behaviours and promote social justice.

### *Thriving Autistic*

<https://thrivingautistic.org>

A volunteer-led, non-profit organisation dedicated to advancing the human rights of Autistic and neurodivergent individuals. They offer training, workshops, support services, and a directory of neurodivergent practitioners, promoting a human rights-based approach over traditional models.

### *NeuroBears*

<https://www.pandasonline.org/>

An educational course designed for autistic children aged 8-14 and their families. It covers topics like autism history, sensory experiences, communication, masking, and identity, aiming to help young people understand and express their autistic experience positively.

### *Fergus Murray Arts, Science & Minds*

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

Fergus Murray is an autistic writer, science teacher, and community organiser based in Edinburgh. They co-founded the Autistic Mutual Aid Society Edinburgh and initiated Weird Pride Day. Their work focuses on autism, neurodiversity, and politics, aiming to foster understanding and acceptance.

Celebrated annually on March 4th, Weird Pride Day encourages individuals to embrace their uniqueness and reject the stigma associated with being different. It's a day to express pride in one's individuality and celebrate human diversity.



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## ***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](http://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](mailto:enquiries.grann@gmail.com)**



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





Thank you for being part of it.

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## ***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](http://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.

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**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](mailto: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](mailto:jlees37@eq.edu.au)  
p: (07) 4976 8333

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## ***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  
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*We are looking for Neurodivergent, D/deaf & Disabled artists  
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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](http://www.fb.me/rockabilby)*



## Gladstone Region Autistic & Neurodivergent Network Inc.

[enquiries.grann@gmail.com](mailto: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.**