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🌈 Happy Pride Month from all of us at GRANN! 🌈

This week we are shining a light on the beautiful intersection of Autism, Neurodivergence, and LGBTQIA2S+ identities, in honour and celebration of Pride Month. Research shows that many Autistic and Neurodivergent people identify with diverse genders and sexualities, a reflection of the openness and authenticity that exists within our community. We believe everyone deserves to live as their whole self, embraced and supported. In this edition, we explore ways to celebrate, connect, and live authentically - this month and always.

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

🌈 *The Double Rainbow: Where LGBTQIA+ and Autism Meet* 🌈

You may hear the term “**Double Rainbow**” used to describe the beautiful intersection of being both **Autistic** and part of the **LGBTQIA2S+** community. Like an actual double rainbow, this intersection represents richness, diversity, and layers of identity, all of which deserve to be celebrated.

Research shows that Autistic people are far more likely than the general population to identify as LGBTQIA2S+. Why such strong overlap? Many believe that Autistic people may feel freer to explore and express identities outside of conventional social norms, including gender and sexuality, and may be less swayed by societal expectations around “fitting in.” Living authentically is core to both communities.

At GRANN, we celebrate this *Double Rainbow*. We recognise that many in our community hold multiple identities that shape their experiences of the world, and that all of those identities are valid, real, and worthy of pride. Whether you are Autistic and LGBTQIA2S+, questioning, exploring, or an active ally - you are welcome here.

As one Autistic LGBTQIA2S+ advocate writes:

"Both my queerness and my Autism teach me that diversity is strength. I honour both, they are part of who I am."

So this Pride Month and beyond, we raise up the Double Rainbow, and all who shine within it. 🌈🌈

Kaleidoscope of Identity

Recent research highlights a vibrant spectrum of sexuality within our community. In fact, nearly 70% of Autistic people report a non-heterosexual orientation, far higher than in the general population. University of Cambridge scientists confirm that Autistic individuals are “less likely to identify as heterosexual and more likely to identify with a diverse range of sexual orientations.” All these identities - lesbian, gay, bisexual, queer, asexual, and more - are valid and beautiful. Live your truth with pride, and know that you belong. The "double rainbow", representing both Autism and LGBTQIA+ identities, welcomes you. Being authentically you is a gift. Celebrate it!

Gender Journeys and Acceptance

Many Autistic people also explore diverse gender identities, and that diversity is embraced. A major study found that transgender and gender-diverse adults are three to six times more likely to be Autistic than cisgender adults (University of Cambridge), confirming a strong connection between gender diversity and neurodivergence. Your gender identity - whether trans, non-binary, or any expression - is real and deserves respect. Organisations “run by and for Autistic people” champion this diversity and inclusion. Everyone deserves to live openly and joyfully as their true self.

Intersectional Pride

No one is just one thing, your identity can shine in many colours. You might be Autistic, queer, a person of colour, or any combination - and every part of you enriches who you are. We honour all “diverse lived experiences,” including disability, sexuality, culture, and more. Intersectionality means that your multiple identities are all valid and connected. You have a rightful place at Pride, and within the Autistic and Neurodivergent community. Remember: being Autistic and LGBTQIA2S+ makes you uniquely you - and that whole self is powerful and loved.

"Being Autistic and queer isn't two separate things - both are part of how I experience the world, and that's something to celebrate."



Living Authentically

Pride is about advocacy and authenticity. For many Autistic and Neurodivergent LGBTQIA2S+ people, living authentically means navigating a world that often misunderstands both Neurodivergence *and* gender *and* sexual diversity. It can be exhausting to mask or to "fit in" - but you are not required to do so. It is also exhausting to constantly explain who you are to the world around you. You deserve spaces where your whole self is seen and celebrated. Pride Month is a time to honour your unique journey. Whether you're out and proud, questioning, or exploring - you belong, just as you are.

Neurodivergent Ways of Being in Pride Spaces

Sometimes Pride events can feel overwhelming for Autistic or Neurodivergent people - large crowds, noise, sensory overload. That's okay. Pride is not about doing what everyone else is doing - it's about showing up authentically in ways that work for *you*. Maybe that's attending a quieter event, participating online, wearing sensory-affirming Pride gear, or celebrating in private ways. You define your Pride experience. Your boundaries are valid. Your presence matters. And you do not have to be loud to be Proud.

Affirming Families and Allies

If you're a parent, carer, friend or ally of an Autistic and/or LGBTQIA2S+ person, *Pride Month* is an important time to reflect on what *affirming support* looks like. It means listening to their experiences, believing them, respecting their identities, and advocating for inclusive spaces. Small everyday actions - like using correct pronouns, supporting sensory needs, or amplifying LGBTQIA2S+ Autistic perspectives - make a big difference. At GRANN, we value and support allies who are committed to walking alongside Autistic and Neurodivergent LGBTQIA2S+ people with love, respect, and authenticity.

Representation Matters

Seeing people who are openly Autistic and LGBTQIA2S+ - in media, advocacy, leadership, and everyday life - matters. It sends the message that we can live openly and proudly. Seek out and support creators, activists, and organisations led by Autistic LGBTQIA2S+ perspectives. Representation nurtures belonging and helps us all imagine possibilities for authentic futures.

"Neurodivergence and queerness both teach us that difference is not deficit - it's diversity. That is worth celebrating."

- Maxfield Sparrow, Multiply Disabled Writer.

Community Pride Celebrations

Join celebrations that honour both Autism and LGBTQIA2S+ identities. For example, **Neurodiversity Pride Week** (*June 10–17*, with the official *Pride Day* on *June 16*) is a global event created by and for Neurodivergent people. It's a time to embrace our strengths and stand together in solidarity. Likewise, **Autistic Pride Day** (*June 18*) is a worldwide movement led by Autistic people that celebrates identity, inclusion, belonging, and self-advocacy. These gatherings, whether small local meetups or online events, create safe, joyful spaces to connect and celebrate community.

Celebrate at Your Pace

There is no "right way" to do *Pride*. Whether you're marching, painting rainbows, or quietly reflecting - it's all valid. Take care of your sensory needs, lean into supportive spaces, and remember that your existence is something to be celebrated this month and always. GRANN sees you, values you, and stands proudly with our Autistic and Neurodivergent LGBTQIA2S+ community.



Making Pride More Accessible

Pride celebrations should be a place where *everyone* — including Neurodivergent and Autistic community members — can feel welcome, safe, and able to participate authentically. However, traditional Pride events can sometimes be overwhelming or inaccessible: loud music, large crowds, bright lights, and unstructured environments can present real barriers. Fortunately, more Pride organisers are recognising this and taking steps to create *Neurodivergent-affirming* Pride spaces. This may include:

Providing *quiet zones* or sensory spaces

Offering *visual schedules* or detailed event information in advance

Ensuring volunteers are trained in *neuro-affirming approaches*

Encouraging mask-friendly, stim-friendly, and AAC-friendly environments

Holding smaller, quieter community Pride events for those who need them

If you're attending a Pride event this year, check whether these supports are in place, and don't hesitate to ask organisers what accommodations are available.

Neurodivergent-Affirming Pride Tips

Here are some ways to support your own sensory needs and well-being while celebrating Pride in a way that works for *you*:

Bring noise-cancelling headphones or earplugs

They can help you enjoy the event while managing sound sensitivity.

Look for quiet zones or online options

Many events offer sensory-friendly spaces or livestreams you can watch from home.

Give yourself permission to take breaks - or leave early

Your comfort comes first. It's okay to step away as often as you need, or to attend only the parts of Pride that feel manageable.

Choose smaller or community-led Pride spaces

Large city-wide parades can be overwhelming. Smaller local events or Autistic- or LGBTQIA2S+-specific community gatherings may feel more welcoming and easier to navigate.

Celebrate creatively at home

There is no “one right way” to do Pride. If big events aren't for you, celebrate at home - decorate your space, wear your Pride colours, create art, or join an online community event.

Communicate your needs

If you're attending with friends or family, let them know how they can support you — whether that's helping you find a quiet spot or checking in throughout the event.

Above all: *you do not need to conform to how others celebrate Pride*. You deserve to experience Pride in ways that feel joyful, safe, and authentic for you. Whether you march in the streets or celebrate quietly in your own way - you belong, and your presence matters.

Accessibility and Inclusion Checklist

For Pride Event Organisers and Community Members

Let's make Pride celebrations welcoming for our Autistic, Neurodivergent, and Disabled community members. This checklist offers ideas for creating more accessible, inclusive spaces - and for helping you advocate for your needs as a participant:

For Organisers:

- ✓ Provide clear event information ahead of time (maps, schedules, transport tips, sensory notes).
- ✓ Offer sensory-affirming spaces and quiet zones.
- ✓ Provide visual schedules and signage where possible.
- ✓ Include content warnings for loud noises, flashing lights, or other sensory impacts.
- ✓ Encourage a welcoming environment for stimming, AAC use, mobility devices, and comfort items.
- ✓ Train volunteers on accessibility and Neurodivergent-affirming approaches.
- ✓ Ensure gender-neutral and accessible bathrooms (or portable changing places) are available.
- ✓ Offer online participation options where possible (livestream, virtual Pride spaces).
- ✓ Collaborate with Autistic, Neurodivergent, and Disabled voices in event planning (don't leave it as an afterthought).

For Community Members:

- ✓ Check accessibility info before attending - don't hesitate to ask organisers if it isn't provided.
- ✓ Bring sensory supports that work for you (noise-cancelling headphones, sunglasses, fidgets).
- ✓ Attend with trusted friends/allies who understand your needs.
- ✓ Make a flexible plan - know where you can take breaks or leave if needed.
- ✓ Trust your instincts - it's okay to celebrate Pride in your own way, at your own pace.
- ✓ Share feedback with organisers afterwards to help make future events even more inclusive.

Affirming Language Tips for Allies

How can we affirm and support our Autistic LGBTQIA2S+ friends?

Examples:

Use chosen names and correct pronouns (if you are unsure, ask)

Believe and respect self-identification

Support sensory needs

Don't expect masking or "fitting in"

Uplift Autistic LGBTQIA2S+ voices

This list is not exhaustive.

Remember: An accessible Pride is a more joyful and inclusive Pride - one where all members of our diverse community can show up as their full selves.

Together, we can build spaces where *everyone* belongs.



Support and Connection

You are not alone. Many resources and groups are here to support Autistic and Neurodivergent LGBTQIA2S+ people. Reach out, share your story, or simply join a community chat, acceptance and connection await. Together, we are building a world where being Autistic, Neurodivergent, and LGBTQIA2S+ is celebrated and supported.

You can also find support through GRANN's Body Doubling, Parallel Play, and 1:1 sessions, starting Monday 16th June. These gentle, affirming spaces give everyone the opportunity to show up however they choose, and to connect in ways that feel right for them. We are here to support you, authentically, in every way.

"Finding people who understand both my Autism, ADHD, and my queer identity has made such a difference. At GRANN I can be my full self."

— GRANN Member (anonymous, shared with permission).

As Pride Month continues, we invite each of you to honour your journey and celebrate the unique and powerful ways that you move through the world.

Whether you find joy in community, in quiet reflection, in creativity, or in connection - know that your identity is valid, your presence is valued, and you are deeply welcome here.

GRANN is proud to walk alongside our Autistic, Neurodivergent and LGBTQIA2S+ community members in creating spaces where everyone can be seen, heard, and celebrated - not just in June, but every day.



SensoryRX.com

GRANN Body Doubling & Parallel Play Sessions - Starting Monday, June 16!

We're excited to share that GRANN's online Body Doubling and Parallel Play sessions will begin as a trial starting the week of Monday, June 16th!

These gentle, neuro-affirming spaces are designed to support motivation, connection, and co-regulation - whether you're tackling a task, creating something, or simply need company while doing your own thing.

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

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

🧸 **Prefer to book a 1:1 session?** No worries. We're trialling this too!

📅 **Trial Period:** We're trialling different session times and formats based on community interest.

📧 **We are still taking EOIs (Expressions of Interest) for:**
Individual sessions (1:1 co-regulation space)
Small group sessions (2 - 8 people max)

Monday 16th June: 10am - 11am *Body Doubling*

Tuesday 17th June: 2pm - 3pm *Parallel Play*

Wednesday 18 June: 10am - 11am *Body Doubling*

Thursday 19th June: 3pm - 4pm *Body Doubling*

Please contact GRANN to express your interest or request a time that works for you:

 enquiries.grann@gmail.com

 Or message us directly on [Messenger](#)

Let us know what kind of support feels good for you. These sessions are community-led, flexible, and low-pressure. *Come as you are.*

More information will be provided via Facebook and in upcoming GRANN newsletters.



Books about Autism and Neurodivergence

Identity, Advocacy & Lived Experience

Supporting Transgender Autistic Youth and Adults by Finn V. Gratton

A compassionate guide offering insights and strategies for professionals and families to support transgender autistic individuals, emphasizing the unique intersection of gender diversity and neurodivergence.

On Being An Autistic Therapist edited by Max Marnau

A groundbreaking anthology where autistic therapists share personal narratives, challenging traditional therapeutic practices and advocating for neurodiversity-affirming approaches.

Rediscovered: A Compassionate and Courageous Guide For Late Discovered Autistic Women (and their allies) by Catherine Asta

A heartfelt exploration for women who discover their autism later in life, blending personal stories with practical advice to navigate self-discovery and acceptance.

Autistics in Academia: Narratives of Work, Adversity, and Achievement from Around the World by Sandra Thom-Jones

An inspiring collection of stories from 37 autistic academics worldwide, highlighting their challenges and triumphs within academic environments.

The Little Book of Madness: Words About Madness, Autism, And The Liberation of Bodyminds by David Gray-Hammond

Drawing from personal experiences, Gray-Hammond offers a powerful collection of essays exploring the intersections of madness, neurodivergence, and societal norms.

A Neurodivergent Introduction to Diversifying Your Self-Care by Jade Farrington

An affirming guide that reimagines self-care through a Neurodivergent lens, offering practical strategies to help Neurodivergent individuals create personalised, sustainable self-care practices that honour their unique needs and experiences.

Children's Picture Books

Bitsy Bay, Team Star by Kaz Windness

A delightful tale of Bitsy, a bat who feels different at school, teaching young readers about embracing uniqueness and finding one's place.

Actually Owl-tistic: The First 100 Comics by Abby Lastowski

A charming collection of comics featuring autistic, queer owls, offering humor and insight into neurodivergent experiences.

A Rainbow in Your Cloud by Amina Mucciolo

An empowering picture book celebrating self-love and individuality, encouraging children to embrace their unique selves.

Middle Grade & Tween Reads

Navigating life in Co-Op Mode by Victoria Ellen and Iñaki Girón

A relatable guide for neurodivergent tweens, using gaming metaphors to navigate life's challenges and build social connections.

All Brains Are Wonderful by Scott Evans

An inclusive story celebrating neurodiversity, teaching children that every brain is unique and valuable.

Young Adult & Teen Fiction

Geek Girl by Holly Smale

Follow Harriet Manners, a self-proclaimed geek, as she navigates the fashion world, embracing her quirks and finding confidence in her identity.

The Autistic Teen Girl's School Survival Guide by Gracie Barlow

A practical and empowering guide offering strategies and support for autistic teen girls to thrive in school settings.

Queens of Geek by Jen Wilde

A vibrant novel celebrating fandom, friendship, and self-discovery, featuring queer and neurodivergent protagonists finding their voices.



Resource Spotlight

 **Rainbow Health Australia**

<https://rainbowhealthaustralia.org.au>

Supports lesbian, gay, bisexual, trans and gender diverse, intersex and queer health and wellbeing.

 **QLife**

<https://qlife.org.au>

National LGBTQIA+ peer support and referral service

 **Minus18**

<https://www.minus18.org.au>

LGBTQIA+ youth support organisation with neurodivergent-inclusive resources.

 **Queerspace**

<https://www.queerspace.org.au>

LGBTIQ+ health and wellbeing support service established in 2009 by LGBTIQ+ communities for LGBTIQ+ communities.

 **ReachOut**

<https://au.reachout.com>

Find national, state and territory-based LGBTQIA+ support services. Connect with volunteers and staff who understand your issues and experiences.



<https://www.rainbownetwork.com.au>

A resource for families of young people who have come out/invited people in regarding their diverse sexuality or gender identity.



 ***Don't forget to share your thoughts on the
GRANN Inc. Name Change
Survey closes end of June***

Gladstone Region Autistic & Neurodivergent Network Inc. is evolving!
We're exploring a name that better reflects our vision, values, and growing impact as an Autistic & Neurodivergent-led social enterprise.

We're committed to keeping the acronym "GRANN Inc." to honour our roots, but we'd love your views in helping shape what it stands for moving forward. Please take a few minutes to share your thoughts by filling out the form via the link below or via the QR code.

<https://forms.office.com/r/8f59ac9RE9>

Thank you for contributing to the future of GRANN Inc.
Your views help ensure we stay community-led, inclusive, and affirming of Autistic and Neurodivergent identity.

GRANN Inc. – Community
Name Change Feedback Form



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
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*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*



Centre for Autistic
Social Entrepreneurship

Gladstone Region Autistic & Neurodivergent Network Inc.

enquiries.grann@gmail.com

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

