

[View in browser](#) [Unsubscribe](#)

Welcome to This Week's GRANN Newsletter

As Pride Month draws to a close, we're reflecting on the richness of our community - not just in celebration, but in *continuation*.

Neurodiversity Pride Week and Autistic Pride Day reminded us that pride isn't only about parades or visibility, it's also about the everyday ways we honour who we are, support one another, and claim space in a world that doesn't always make it easy.

In this issue, we're sharing updates on our Body Doubling and Parallel Play sessions, celebrating the launch of our website (!!), and spotlighting gentle forms of pride that bloom after the noise fades in our "Community Corner". You'll also find NDIS navigation tips, self-advocacy strategies, and thoughtful reflections from our community.

Whether you're joining us for the first time or returning as a familiar presence - thank you for being here. You are part of something powerful, something growing, and something deeply rooted in care.

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

GRANN Community Updates

Body Doubling & Parallel Play - Thank You!

A huge heartfelt thank you to everyone who joined our **Body Doubling and Parallel Play trial sessions** this past week!

Your energy, insights, and presence made these gentle, authentic, neuro-affirming spaces so special.

From co-working and creative bursts to mindful cleaning and simply being, you showed up just as you are - and that's what makes this community magic.

We're now taking a moment to *pause, reflect, and recalibrate* based on your feedback. We've heard what helped, what didn't, and what could make these sessions even more welcoming, accessible, and affirming for our Autistic and otherwise Neurodivergent community.

 More sessions are in the works - stay tuned for upcoming dates and new formats!

If you didn't get the chance to attend but want to be involved, either to attend or to facilitate (or if you have more feedback to share), we'd love to hear from you:

 enquiries.grann@gmail.com

Together, we're co-creating spaces where we don't need to mask, hustle, or explain - simply ***show up and be.***



Our Website is LIVE!

Welcome to 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 - adding accessibility features, refining content, and co-creating with community in mind.

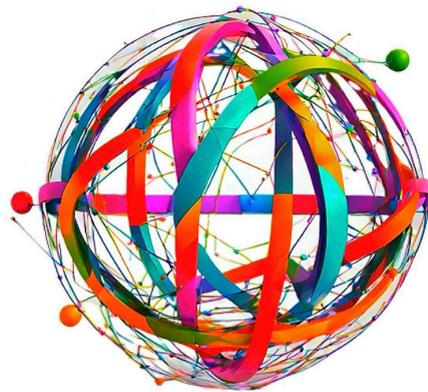
Your feedback is essential: whether it's congratulatory, bugs, or accessibility needs, let us know! 🛠️

👉 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.



Community Corner

After the Parade: Quiet Pride, Deep Roots

-Shared by a GRANN community member

Pride isn't always loud. It isn't always glitter or flags or parades - though those things are beautiful too.

Sometimes Pride is stimming in public for the first time and not apologising.

Sometimes it's taking a nap instead of pushing through.

Sometimes it's starting a drawing you don't finish for months - but still calling it art.

Sometimes it's replying "I'm not up for it today" and letting that be enough.

My pride has roots, not noise.

It lives in eye contact skipped but connection still felt.

In the flow of memes shared, where we say nothing but feel understood.

In the friendships that unfold slowly, kindly - like moss growing in the shady grove.

This month I didn't march, but I wrote a poem in bed.

I didn't dress up, but I wore my noise-cancelling headphones with pride.

I didn't join the party, but I planted seeds - both in the soil and in myself.

Pride is a protest, and I stood firm.

But it can also be protection. Rest. A soft, steady refusal to become something we're not.

So if your Pride looks quiet this year -
if it's made of small wins, hard boundaries, deep breaths -
know this:

You are still *celebrating*.

You are still *part of this*.

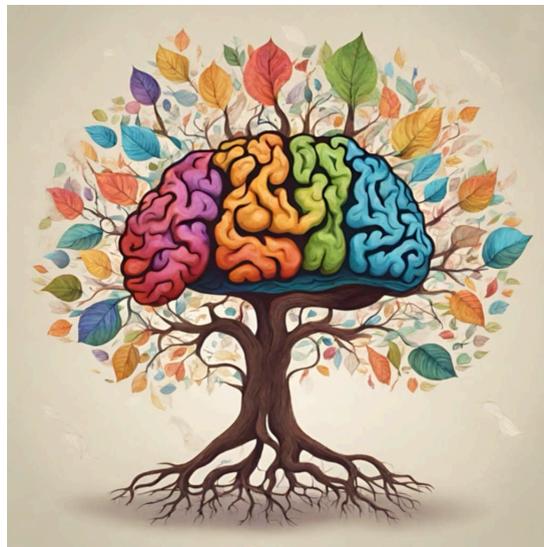
And you are *deeply* loved here.

- A fellow ND friend in the quiet

Want to share your own reflections or creative piece for the next Community Corner?

Send it to us at [**enquiries.grann@gmail.com**](mailto:enquiries.grann@gmail.com)

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



 ***Badge-Making Workshop***
Expressions of Interest Now Open!

Calling all crafty hands, creative souls, and lovers of small-but-powerful messages!

GRANN is exploring the idea of hosting a **Badge-Making Workshop**, and we'd love to know who's keen to join in.

Whether you want to make sensory-affirming affirmations, pride badges, advocacy slogans, or just something cute to pin on your backpack, lanyard or jacket - this will be a fun, relaxed space to connect and create together.

💬 **Let us know:**

Are you interested in attending?

Would you prefer an **in-person** or **online** format?

Would you like to help co-host or share badge-making skills?

No experience necessary - just bring your enthusiasm (and maybe a favourite phrase or two).

✉️ Send your Expression of Interest to:

enquiries.grann@gmail.com

Or message us directly on Facebook.

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



Navigating Self-Advocacy Strategies

Navigating complex systems can be overwhelming, exhausting, and emotionally charged - especially when it impacts your daily access to care, community, and capacity.

Here at GRANN, we believe in *meeting people where they are*, and supporting one another through every change, delay, and challenge - with honesty, compassion, and solidarity.

Here's a brief update on what's happening now with the NDIS, and how you can take steps to protect your energy, strengthen your voice, and find connection through it all.

NDIS Updates & Foundational Supports Delay

As of October 3, 2024, new legislative changes mean only supports tied to listed impairments will be eligible for NDIS funding. This technical change sounds small, but it's already impacting many people whose supports, conditions, or lived experiences don't fit neatly into pre-approved categories.

Additionally, the long-awaited **Foundational Supports Strategy**, meant to fill the gap for people not eligible for the NDIS, has been delayed past the intended July 1, 2025 rollout. This leaves thousands of people in limbo, including Autistic individuals, those with ADHD, complex trauma, psychosocial disability, or undiagnosed support needs.

In response, a growing collective of disabled advocates and community members have launched a petition on **Change.org** demanding that these legislative changes be halted until proper protections are in place - including stopping forced removals from NDIS and safeguarding current participants.

We add our voice to this call: **No one should be forced off the NDIS into a system that does not yet exist.**

 Sign and share the petition here:

<https://chng.it/J2HQwszkgS>

Tips for NDIS Navigation & Self-Advocacy

✔ Clarify Your Supports

Understand which impairments are documented by the NDIA - this determines your eligibility.

Ensure you have your *impairment notice* to clarify what is officially acknowledged, confirming what conditions or diagnoses are on record - this directly affects eligibility for supports under the new rules.

If something is missing, follow up with reports, assessments, or letters from health professionals that speak to the *functional impact* of your disability or condition.

✔ Advocate Proactively

Join the Change.org movement: "Stop moving participants off the NDIS until protections are in place" - it's a powerful collective voice.

Reach out to your local Member of Parliament or disability advocacy groups and peak disability bodies to highlight the impact of funding delays, gaps in service and the urgency of foundational supports.

Group letters, community petitions, and social media campaigns help amplify collective needs. You don't need to go it alone.

✔ Plan for Transition

If your support needs a review or you're approaching plan renewal, check that your existing supports meet the new eligibility criteria.

Request a *replacement support request* for any non-NDIS-listed service.
Keep everything! Copies of therapy plans, letters, and reports to show why your supports are “reasonable and necessary”. You can also ask your provider for updated letters that explain why the support is still necessary.

Documentation is protection.

Overcoming Diagnostic Barriers

Delays in specialist assessments can hinder access to supports.

Ask about Allied Health assessments or look into early intervention options for children.

Use templates and community-shared forms (e.g., scripts from Autistic advocacy networks) to guide your conversations and reinforce your needs.

Overcoming Diagnostic Barrier

Accessing a diagnosis, or even just being taken seriously, can be a long and emotionally exhausting journey. Many in our community face systemic delays, misdiagnosis, or dismissal, especially those who are multiply marginalised due to gender, race, class, language, or co-occurring conditions. We see you. Here are some practical and community-informed ways to move forward, even when the system isn’t designed with us in mind.

Diagnosis Isn’t Everything - But Access Is

While a formal diagnosis can open doors, it's not always required to begin getting support. If you're navigating the NDIS or similar systems, know that: Some Allied Health professionals (like Occupational Therapists, Speech Pathologists, or Psychologists) can provide *functional assessments* that contribute to building an access case - even while you're still waiting for or questioning a formal diagnosis.

A good *Support Coordinator* or disability advocate can help gather supporting documentation and write up observations that centre your lived experience.

For Families and Young People

If you’re advocating for a child, early intervention can often be accessed *prior* to a diagnosis if you:

Use clear, strength-informed language with GPs and paediatricians, such as:

“We’re seeking support for our child’s communication, regulation, or developmental differences.”

Ask about the ‘*developmental concern*’ category for Medicare or public health referrals.

Use the Tools That Exist (and Share New Ones)

You don’t have to do this alone. Autistic-led and Neurodivergent-run organisations often provide:

Template letters to request accommodations, assessments, or funding reviews.

Scripts for conversations with healthcare providers or educators.
Plain-language guides to understanding your rights in assessment and access.

Trust Yourself

Your experiences are valid even if a piece of paper hasn't "confirmed" them. Whether you're undiagnosed, self-diagnosed, questioning, or somewhere in-between - you are part of our community. And you are not alone. If you need help wording something, preparing documentation, or finding the right support - we're here. Reach out any time. Together, we make the system more navigable, and more human.

Remember:

We know many in our community face long delays, gatekeeping, and misdiagnosis - especially those who are multiply marginalised. If you're struggling to access formal diagnoses:
Some allied health professionals and support coordinators can support you with evidence-building for plan access, even if diagnosis is still pending.
For families: Explore early intervention pathways or GP referrals using the disability or developmental concern wording.
Connect with peer-run organisations who share template letters, sample applications, and provider advocacy tips. Sometimes knowing what to say makes all the difference.

Asking for Accommodations: Sample Scripts

Workplace:

"I'm requesting flexible start times due to sensory processing needs. A staggered start helps me manage morning overwhelm and be more productive."

Education:

"I need access to a sensory breaks area and a quiet workspace. These aren't just preferences, they help me stay regulated and engaged in class."

"I need access to a quiet area for sensory breaks and low-stimulation workspaces. These supports help me stay regulated and focused."

Healthcare:

"Can we have a pre-appointment chat to cover any sensory triggers or communication adjustments? These help me feel safer and more able to engage fully."

“Can we schedule a short phone call before my appointment to discuss sensory and communication preferences? This helps me feel safer and understood.”

These are not special requests - they are basic accessibility supports.

Asking for what you need is a form of care.

Autistic & Neurodivergent Books and Authors

The Young Person’s Guide to Autistic Burnout by Viv Dawes

A comforting, accessible guide written for autistic teens that explains what burnout is, why it happens, and how to recover - complete with lived-experience stories and teen-created illustrations.

The PDA Effect: An Autistic Teenager’s Guide to Understanding Demand Avoidance by Ethan Knight

Authored by an 18-year-old autistic writer, this compassionate handbook offers rare insight into Pathological Demand Avoidance, detailing how PDA affects daily life, relationships, and supports that truly help.

Autism Learnings: How I Have Learned to Enjoy Autistic Life by Rosie Weldon

Rosie Weldon shares a personal, uplifting journey of self-discovery and acceptance, offering practical reflections on embracing her autistic identity and finding joy in neurodivergent life.

Neurodivergent Healthcare Passport: What Staff Need to Know Before Assessing, Examining or Treating Me by Jade Farrington

A practical tool designed to bridge communication between neurodivergent individuals and healthcare providers, ensuring respectful, personalised, and accessible care.

The Neurodiversity Affirmative Child Autism Assessment Handbook by Maeve Kavanagh, Anna Day, Davida Hartman, Tara O’Donnell-Killen, and Jessica K. Doyle

A clinician-focused guide advocating for Autism assessments that centre neurodivergent strengths, collaboration, and respectful understanding of each child’s unique experience.

Neurodiversity-Affirming Practices in Early Childhood: An Empowering Guide to Diverse Development and Play by Kerry Murphy

A heartfelt resource for educators and carers that champions playful, inclusive early childhood environments designed around neurodivergent ways of learning

and being.

Autism & Substance Use by David Gray-Hammond, Tanya Adkin, and Helen Edgar

A comprehensive exploration of substance use within autistic communities - examining coping strategies, systemic factors, and compassionate support approaches.

Creating a Neurodiversity-Affirming Classroom: Easy Ways to Achieve Access, Agency and Wellbeing for All by Kara Dymond

A practical educator's guide offering accessible strategies, flexible tools, and permission-based approaches to foster inclusive classrooms where all neurodivergent students thrive.

A Spoonful of 'Tism: Autie-Biographical Year Two Comic Collection by Theresa Scovil

A lively, autobiographical comic collection that invites readers into everyday moments of autistic life - with warmth, honesty, and relatable humour.

The Double Empathy Reader: Exploring Theory, Neurodivergent Lived Experience and Implications for Practice edited by Damian Milton

A groundbreaking anthology pairing academic essays with lived-experience narratives, reframing autism research through the lens of empathy and mutual understanding.



Autistic & Neurodivergent-led Organisations, Supports, & Resources

Autistic and Living the Dream

<https://autisticltd.co.uk/>

A queer autistic researcher shares powerful reflections on addiction, activism, race, and resilience, offering nuanced insights into the intersection of autism,

gender, and social justice.

Emergent Divergence

<https://emergentdivergence.com/>

David Gray-Hammond's blog explores neurodivergent rights, education, wellbeing, and the harms of medicalised frameworks, with a strong advocate for Autistic-led discourse.

Neurodivergent_Lou

https://www.facebook.com/p/Neurodivergent_lou

Lou, an autistic mental health advocate, creates community by sharing insights and recommendations, tackling internalised ableism, and offering everyday Neurodivergent tips.

Orion Kelly

<https://orionkelly.com.au/home>

An Australian autistic author, podcaster, actor, and YouTuber, Orion lifts up Autistic lived experience, busts myths, and fosters validation through his "My Friend Autism" podcast and online presence.

Autie Biographical Comics

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

Theresa Scovil draws heartfelt, slice-of-life comics about Autistic daily living and identity, sharing relatable moments and gentle humour with a global Neurodivergent audience.

Asiatu Lawoyin

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

A Black, trans, agender Autistic sociologist and coach, Asiatu teaches how to deconstruct systemic oppression and reclaim Neurodivergent, intersectional identity, with a focus on liberation and inclusion.



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:**

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

You can also  Email us at: enquiries.grann@gmail.com

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

 ***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 button below or via the QR code.

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.

Access Form

 **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

Rising to the Challenge

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.

