View in browser

What GRANN Is Working On This Month

Hello GRANN community,
In this edition of our newsletter, we wanted to share an update on what we've been working on behind the scenes this month, and what's coming next.

As many of you know, GRANN is preparing for our upcoming Annual General Meeting (AGM) in March. This work is about making sure our foundations are strong, sustainable, and reflective of who we are as a community now and into the future.

🎓 **AGM Preparation & Governance Updates**
This month, we've been focused on:
Preparing AGM materials and member information
Finalising proposed updates to our Constitution
Preparing voting information, plain-language explainers, and accessibility supports

📎 More detailed AGM information is being prepared to be emailed out with an information package, with plenty of time to read, reflect, and ask questions.
If you would like a copy of the AGM Information Pack, please contact GRANN via email: info@grann.com.au

🌈 Alongside governance work, we continue to hold space for connection and care through our **This Is Me: NeuroKind Circles**.
Running these parallel play 'circles' online over 2025 and into 2026 has been a direct response to community feedback. For many chronically ill, disabled, Autistic and Neurodivergent people, online spaces are more accessible, sustainable, and feel safer - and we're proud to keep offering them.
Find more information on our **This Is Me: NeuroKind Circles at**
http://www.grann.com.au/events
or register via Humanitix:
https://events.humanitix.com/host/gladstone-region-autistic-and-neurodivergent-network-inc?hxchl=hex-pfl&hxref=online~~meg~~grann

📘 **Resources for the Newly Diagnosed**
We've also heard clearly from the community about the need for better, kinder, and more practical resources for people who are newly diagnosed, or self-identifying (which is valid and an important part of the process for many).
We're currently preparing a neuro-affirming resource package designed to support people navigating diagnosis, identity, and next steps - without pathologising, rushing, or overwhelming.
More updates on this soon.
If you would like to contribute and be credited as co-creating these, please contact us via email: info@grann.com.au

We are also looking forward to **Weird Pride Day,** March 4th.
To celebrate we have launched our new **This Is Me: NeuroKind Circle**
Seeing It Your Way
When You Just Don't Want To 'Word It'

Thinking In Images Together
A visual, image-led creative journaling parallel play circle

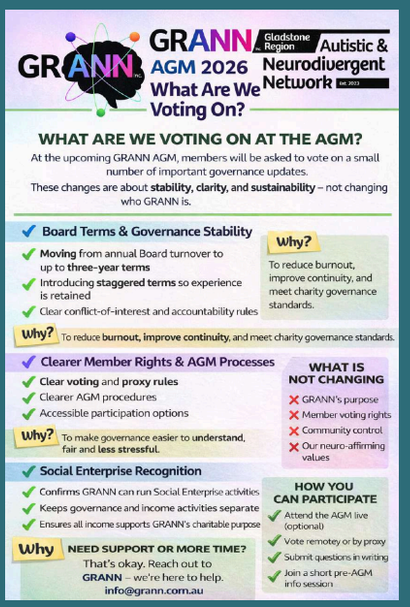
These will continue throughout **Neurodiversity Celebration Week,** March 16th to 20th.

We hope to celebrate gently with you.

We also send our Thanks to you

Thank you for your patience, your trust, and your ongoing engagement with GRANN. Whether you attend circles, support our advocacy, volunteer your time, or choose to become a member - you are part of this community.
If you have questions, need clarification, or want information in a different format, please reach out. We're always happy to talk things through.

In solidarity,
The Collaborators @ GRANN 🌻



This Is Me: NeuroKind Circles

Seeing It Your Way
When You Just Don't Want To 'Word It'

Thinking In Images Together
A visual, image-led creative journaling parallel play circle

Who is it for?
Autistic and Otherwise Neurodivergent individuals.
Visual meaning-makers and gestalt thinkers & processors.
People who experience the world through & think in pictures, images, patterns, felt senses & phrases
Anyone who finds writing or speaking tiring or inaccessible.
This is not a writing group.
It's a space for visual thinking, collage, collecting, and noticing.
Minimal writing. Minimal talking. Step away as needed.
No pressure to explain.
No creative experience needed.

How it works
Each session follows the same gentle structure:
Arrival and settle in
Choose your theme (optional)
Collect With Me, Optional reflection: shared visual exploration
Gentle close with Facilitator

You can participate by:
Watching
Collecting images
Arranging visuals
Or simply being present
Cameras off welcome. Silence respected.

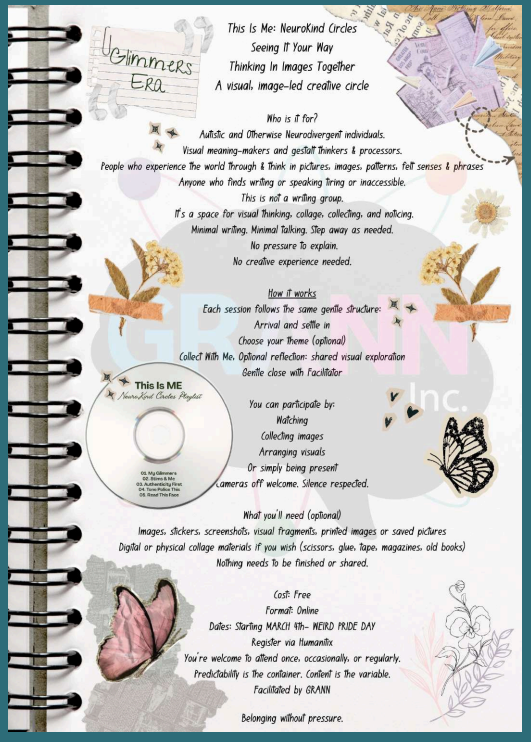
What you'll need (optional)
Images, stickers, screenshots, visual fragments, printed images or saved pictures
Digital or physical collage materials if you wish (scissors, glue, tape, magazines, old books)
Nothing needs to be finished or shared.

Cost: Free
Format: Online
Dates: Starting MARCH 4th for WEIRD PRIDE DAY
Register: via Humanitix
https://events.humanitix.com/this-is-me-neurokind-circles-seeing-it-your-way-thinking-in-images-together

**Online event will held via Jitsi.*
Access link will be delivered via email before the event.

You're welcome to attend once, occasionally, or regularly.
Predictability is the container. Content is the variable.

Facilitated by GRANN
Belonging without pressure.



Thank you to those who have registered interest in the Hot Wheels Interest Group. We really appreciate you taking the time to let us know your interests. At this stage, we don't yet have enough expressions of interest to start an under 12s group. We apologise to those who were hoping the group would be able to begin soon.

We will be keeping the Expression of Interest open. If interest increases, we'll post a link to a short follow-up form to help us narrow down the best days, times, and format for the group.

Thank you for your patience and understanding.
We'll be in touch if and when the group is able to move forward.

Expression of Interest
Hot Wheels Interest Group

GRANN is exploring the creation of a **Hot Wheels Interest Group** for Autistic and Neurodivergent people.

This group would be a relaxed, interest-led space for people who enjoy:
Hot Wheels cars
Collecting
Tracks and layouts
Design, sorting, or organising
Talking about favourite cars or themes
Or simply being around others who share the interest

No expertise is required.
You don't need to talk or participate in any specific way, or at all.
This Expression of Interest helps us understand:
Who might like to attend

Preferred days/times
Whether people are interested online, in-person, or both
There is **no commitment** by submitting an EOI.

Who is this for?
Autistic and Neurodivergent individuals
Support people are welcome
All ages welcome

If you have access needs or preferences, please share them if you feel comfortable to do so.

Register your interest or email GRANN at: info@grann.com.au

Wear Your Art: Badge Making Workshop

A Creative Online Workshop
Celebrate identity, connection, and belonging through wearable art!
Join GRANN for a badge-making experience that welcomes all neurotypes.

All Ages PARALLEL PLAY SESSION:
(Under 16's to be accompanied by an adult)

Watch your badge being made online via Jitsi.
**Access link will be delivered via email before the event.*

CREATE YOUR OWN PICTURE & SUBMIT YOUR DESIGN.
WE'LL DO THE REST!
OR CHAT TO GRANN & WE'LL SUPPORT YOU WITH THE DESIGN.

FEBRUARY - MAY: ***All dates available via humanitix***
SATURDAYS @ 10:30am-12pm (AEST)
SUNDAYS @ 6:30pm-8pm (AEST)

BOOKING via HUMANITIX- link below
https://events.humanitix.com/this-is-me-neurokind-circles-a-creative-online-badge-making-workshop/tickets
**Online event will held via Jitsi.*
Access link will be delivered via email before the event.

Pricing (Sliding Scale- *No proof. No justification.)*
$0–10 Community access
$10 Solidarity
This covers 6 x badges (+ Postage if required)
(3 different sizes - 25'', 32'', 58'' - YOU GET 2 of EACH SIZE)

Collection: Free Pick-up & Local Drop-off / $12.50 Postage
Please choose what is sustainable for you.
All pricing options provide the same experience.

EOI OR ENQUIRIES: info@grann.com.au

Print With Me: Gelli Plate Art

A 2-hour online creative series for Autistic and Otherwise Neurodivergent adults.
Each session is a gentle, facilitated parallel play "circle" that uses creative practice to explore identity, sensory experience, and self-understanding, without pressure to perform, disclose, or produce.

No art supplies or creative experience are needed.
**Read the FAQ section on Humanitix if you wish to join in creatively at home and do not have your own geli plate.*

Creative work is made live by the facilitator using accessible processes, such as stencilling and imprinting to create gelli plate printing, and is guided by participant input, shared themes, and quiet observation.

These sessions centre:
Neurodivergent ways of being
Choice and autonomy
No-pressure participation
Community without obligation
Predictability is the container. Content is the variable.

You're welcome to submit words, moods, textures, or colours, or to participate without submitting anything at all. Participants can choose if each session will have a theme.

STARTING
February Saturday 7
10am - 12pm GMT Brisbane/Australia Time
& February Sunday 22
6pm - 8pm GMT Brisbane/Australia Time
**All dates February - May listed on Humanitix*

Pricing (Sliding Scale- *No proof. No justification.)*
$0–10 Community access
$10 Solidarity
Please choose what is sustainable for you.
All pricing options provide the same experience.

Register via Humanitix:

https://events.humanitix.com/print-with-me-gelli-plate-art

**Online event will held via Jitsi.*
Access link will be delivered via email before the event.

You are welcome to attend once, occasionally, or regularly.

GRANN Member Spotlight:
JRCP Support Services

🌟 ***We are pleased to welcome our newest members, JRCP Support Services, Supporting Independence with Heart*** 🌟

Looking for personalised, local support that *puts people first* in the Gladstone region? *JRCP Support Services* is a trusted, family-led provider delivering tailored assistance to help individuals live with confidence and connection.

What makes JRCP Support Services stand out?
They are a registered NDIS provider with lived experience at the core of their approach, meaning they truly understand what meaningful support looks like in everyday life.
Whether you're seeking help with:

- Personal care and daily living tasks
- Strengthening community access and participation
- Supported Independent Living (SIL) arrangements
- Goal-focused support tailored to YOU

JRCP takes the time to listen, learn, and build supports that fit your lifestyle and aspirations.

Connection matters.
JRCP's approach isn't just about services, it's about helping people feel *part of their community*, supported in their independence, and empowered to live their best life.
Based in Tannum Sands and supporting the broader Gladstone region, JRCP Support Services brings local, compassionate support to your doorstep.

Ideal for: NDIS participants, families looking for flexible support options, and community members seeking encouragement and connection.
Bring your goals to life with supportive, personalised care - because every step forward deserves to be celebrated.

JRCP
SUPPORT SERVICES

GRANN Member Spotlight:
Nurture Learning Support Ambition - NLSA

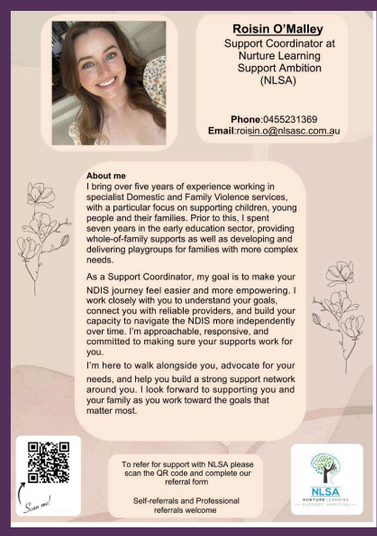
Nurture Learning Support Ambition – NLSA is a small, dedicated team of Support Coordinators and Psychosocial Recovery Coaches who put people- not systems- at the centre of every decision. Their philosophy speaks to empowerment, autonomy, genuine choice, and walking with people rather than directing their path.
From the Gladstone region to the Gold Coast, and remotely across Australia, NLSA supports Neurodivergent and Disabled people to navigate the NDIS with clarity, confidence, and control. Their approach is warm, relational, and rooted in seeing each person as whole and worthy- never something to "fix," only someone to support in ways that honour their needs, culture, learning style, and humanity.

On their team:
Louise Schultz, Director, Support Coordinator & Psychosocial Recovery Coach - bringing 15+ years of experience walking alongside Disabled people and supporting autonomy, capacity building, and self-determined goals.
Roisin O'Malley, Support Coordinator - with deep experience working alongside families, survivors, children, and young people, and an unwavering commitment to advocacy and relational safety.

As 2026 progresses, GRANN proudly supports NLSA in their mission to create accessible, respectful, and affirming NDIS pathways for the Gladstone and Brisbane community.
If you're seeking support coordination that honours your Neurodivergence, your lived experience, and your right to thrive- not just survive- NLSA may be a beautiful fit.

Self-referrals and professional referrals are welcome.
For more information, check the contact details on the accompanying flyers or visit us at grann.com.au (under the social enterprise section).

Here's to a new year of support that feels safe, human, and deeply aligned with who you are.



Autistic & Neurodivergent-led Organisations, Supports, & Resources

Supports Signpost

GRANN Resources

📚 *Autistic & Neurodivergent Books and Authors*

Looking for stories that reflect *you* or someone you love?
GRANN's carefully curated 2024 & 2025 Booklists 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 2024

Neuro-Affirming Reading List 2025

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 below or visit our website www.grann.com.au
and click "Volunteer" in the menu
You can also 📧 Email us at: info@grann.com.au

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

📝 **Register your interest to volunteer here:**

Volunteer EOI Form

Your Views Matters
We'd Love Your Feedback

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

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, book idea, resource, 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.

Access the Feedback Form below
or visit us 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: info@grann.com.au

🗨️ Your views helps us build a place to belong, together.
Thank you for being part of it.

📝 **Access our feedback form here:**

Feedback Form

Gladstone Region Autistic & Neurodivergent Network Inc.

You've received this email because you've subscribed to our newsletter.

Unsubscribe Privacy Policy Donate

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

Always Was. Always Will Be.

Sovereignty Was Never Ceded.