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DNA Inc. Community Newsletter

November at DNA Inc.

Divergent. Neuro-affirming. Authentic.

Welcome to the November edition

This month brings Queensland Disability Action Week and International Day of People with Disability, a national chance to shape how Australia's Disability Strategy is working, new Commonwealth supports for young children that our community needs to hear about plainly, and a run of NDIS changes starting 1 December. We have also included three practical resources: a quick and basic neuro-affirming emergency plan outline, a questions-to-ask guide on Thriving Kids, and talking points for the Disability Strategy Evaluation.

In this issue

- Queensland Disability Action Week: *Ready together,* **Sunday 22 November to Sunday 29 November**
- International Day of People with Disability, **3 December**
- Australia's Disability Strategy Evaluation: have your say, with talking points
- Thriving Kids: what has launched, our views, and questions to ask

- NDIS changes: key dates from **1 December**
- Resource: a neuro-affirming emergency plan
- Feature: beyond the buzzwords, TBRI and the Children and Family Support (CaFS) Program (Read more on our Blog)
- Trans Awareness Week, **13–19 November:** Visibility, affirmation, belonging and respect

We have also uploaded a new resource, AuDHD: Two NeuroTypes, One Mind to our website.

Get involved

- **General Membership is free**, and keeps you connected and part of community life.
- **Paid Membership is a one-time contribution** that comes with governance eligibility and voting rights.

Membership isn't employment, and it doesn't require volunteering. To join, support our work, or just tell us what you'd like to see in this newsletter, get in touch:
✉️ divergentnexusaus@gmail.com
🌐 www.divergentnexusaus.com.au

Also:
Our work, including Divergent Futures Studio, our social enterprise creating paid, flexible, neuro-affirming income opportunities, is shaped by the people who join us. And we are carving out employment pathways for the future.

Thank you for being part of the DNA Inc. community.

In solidarity.
Always.
The Collaborators @ DNA Inc. 🌿

💬 **Connect with us:**
Follow DNA Inc. through our social media channels for program updates, advocacy opportunities, new resources and community conversations.

Information in this newsletter is current as at 15 November 2026. It is general community information, not individual legal, financial, health or NDIS planning advice. For decisions about your own circumstances, please check current information from the NDIA and the Australian Government, or seek independent advice.
Take what you need. Leave what you don't. We'll be here.

Queensland Disability Action Week: Ready together

Queensland Disability Action Week runs from Sunday 22 to Sunday 29 November 2026, ahead of International Day of People with Disability on 3 December.
This year's theme is **"Ready together: preparing for every need, in every emergency."**

According to the Queensland Government, getting ready together means talking with neighbours, colleagues and community members about access and inclusion during severe weather, and making sure everyone has what they need to prepare, stay safe and recover.

For our community, that conversation matters. Emergency plans written for a neurotypical majority can miss sensory needs, communication needs, changes to routine and the support people rely on every day. Disability-inclusive preparedness starts with disabled, Autistic and Neurodivergent people leading the planning, not being consulted after the plan is written.

Things you can do this week

- Talk with your household, neighbours or support network about what you would each need in a storm, flood or power outage.
- Think through sensory, communication, medication, equipment and routine needs, and write them down somewhere easy to find. Our neuro-affirming emergency plan, below, can help guide your planning.
- Join community webinars to support your needs and requirements.

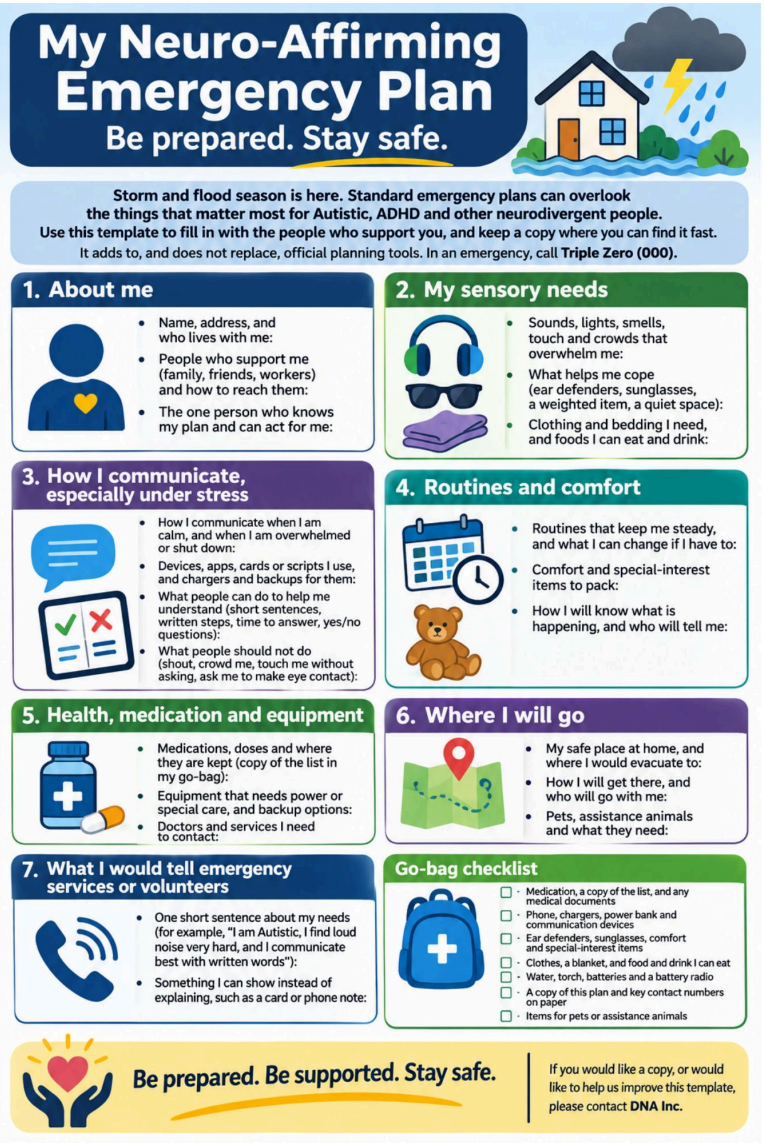
Planning tools from Queensland

The Get Ready Queensland site lists tools that suit people with disability, including the Get Ready Queensland online planning tool, the Person-Centred Emergency

Preparedness (P-CEP) workbook, and the Disability-Inclusive Disaster Risk Reduction (DIDRR) framework and toolkit.
In an emergency, call Triple Zero (000).

International Day of People with Disability: 3 December
Disability Action Week leads straight into International Day of People with Disability (IDPwD) on **Thursday 3 December 2026**. It is a United Nations day that aims to promote understanding of disability and support for the dignity, rights and wellbeing of people with disability, and in Australia the national program is run by the Department of Health, Disability and Ageing.
Visit idpwd.gov.au for events and the 2026 theme.

We would like to hear what "ready together" and "included" look like for our community. If you have a story, a photo, an idea or an event to share for 3 December, get in touch with DNA Inc.
✉️ divergentnexusaus@gmail.com



Resource: a neuro-affirming emergency plan

Storm and flood season is here. Standard emergency plans can overlook the things that matter most for Autistic, ADHD and other Neurodivergent people. Use this template as a starting point, fill it in with the people who support you, and keep a copy where you can

find it fast. It adds to, and does not replace, official planning tools such as the Get Ready Queensland planning tool and the P-CEP workbook. In an emergency, call Triple Zero (000).

1. About me

- Name, address, and who lives with me:
- People who support me (family, friends, workers) and how to reach them:
- The one person who knows my plan and can act for me:

2. My sensory needs

- Sounds, lights, smells, touch and crowds that overwhelm me:
- What helps me cope (ear defenders, sunglasses, a weighted item, a quiet space):
- Clothing and bedding I need, and foods I can eat and drink:

3. How I communicate, especially under stress

- How I communicate when I am calm, and when I am overwhelmed or shut down:
- Devices, apps, cards or scripts I use, and chargers and backups for them:
- What people can do to help me understand (short sentences, written steps, time to answer, yes/no questions):
- What people should not do (shout, crowd me, touch me without asking, ask me to make eye contact):

4. Routines and comfort

- Routines that keep me steady, and what I can change if I have to:
- Comfort and special-interest items to pack:
- How I will know what is happening, and who will tell me:

5. Health, medication and equipment

- Medications, doses and where they are kept (copy of the list in my go-bag):
- Equipment that needs power or special care, and backup options:
- Doctors and services I need to contact:

6. Where I will go

- My safe place at home, and where I would evacuate to:
- How I will get there, and who will go with me:
- Pets, assistance animals and what they need:

7. What I would tell emergency services or volunteers

- One short sentence about my needs (for example, "I am Autistic, I find loud noise very hard, and I communicate best with written words"):
- Something I can show instead of explaining, such as a card or phone note:

Go-bag checklist

- ☐ Medication, a copy of the list, and any medical documents
- ☐ Phone, chargers, power bank and communication devices
- ☐ Ear defenders, sunglasses, comfort and special-interest items

- ☐ Clothes, a blanket, and food and drink I can eat
- ☐ Water, torch, batteries and a battery radio
- ☐ A copy of this plan and key contact numbers on paper
- ☐ Items for pets or assistance animals

We plan to publish an Easy Read version. If you would like a copy, or would like to help us improve this template, please contact DNA Inc.
✉️ divergentnexusaus@gmail.com

Australia's Disability Strategy Evaluation: have your say

The Australian Government Department of Health, Disability and Ageing (DHDA) has asked ARTD, its project partners and a team of people with disability to find out how Australia's Disability Strategy 2021-2031 is working. This process is called an evaluation.

The Strategy is meant to ensure all governments play a role in removing barriers and improving outcomes for Australians with disability. The evaluation is a chance to tell decision-makers whether that is happening in your life, your family's life and your community.

Find out more and have your say: artd.com.au/clients/australia-disability-strategy-evaluation
We encourage Autistic, ADHD and other Neurodivergent community members, and families, to take part. Check the page for the ways you can respond and for any closing date.

Talking points to help you respond

These are prompts, not a script. Your own experience, in your own words, is the most valuable thing you can share. You can tell the evaluators what is working as well as what is not.

Questions to think about

- Since 2021, have you noticed any change in how easy it is to get a diagnosis, support, a job, an education or a health appointment as a Neurodivergent person or the parent of a Neurodivergent child?
- Do the services you use ask what you need, or do they decide for you?
- Have you been expected to hide your Autism or ADHD (to mask) to be accepted or included at school, at work or in services?

Points our community may want to raise

1. **Access without a diagnosis or a label.** Many people wait years for assessment and are left without help in the meantime. Support should follow need, not paperwork.
2. **Sensory and communication access.** Noise, lighting, crowds, phone-only contact and unclear instructions shut people out of services, workplaces, schools and health care. Reasonable adjustments should be offered, not requested on every visit.
3. **Neuro-affirming practice.** Goals set by professionals around fitting in can cause harm. Success should be measured by wellbeing, safety, autonomy and connection.
4. **Lived-experience leadership.** Neurodivergent people should hold real decision-making power in designing and evaluating programs, not only be consulted.
5. **Education and employment.** Share what has happened for you or your child: exclusion, suspensions, reduced hours, unsafe workplaces, or inclusive practice that worked.
6. **Emergencies and community life.** People need preparation and recovery planning that includes sensory, communication and routine needs.
7. **Joined-up systems.** Tell them where you have been passed between disability, health, education and family services, and who should have been accountable.
8. **Regional access.** Where there is one provider, or none, families have no choice if the approach does not fit.

Tips

- Keep it short, specific and about what happened. One clear example is stronger than a long list.
- You do not need to know the Strategy's details or use policy language.
- Share only what you are comfortable sharing, and leave out names of people or services if you prefer.

Thriving Kids: what has launched, and our views

DNA Inc.'s views on Thriving Kids are not positive so far. We are sharing the information below so our community has the facts and can decide what is useful for their family.

What it is.

Thriving Kids is for families and their children aged 8 and under with developmental delay or who are Autistic. The Commonwealth has begun a range of new national

supports for early intervention and foundational support outside the National Disability Insurance Scheme (NDIS). According to the Raising Children Network, children aged 8 and under with developmental delay or autism with low to moderate support needs will be supported through Thriving Kids and mainstream services instead of the NDIS after 1 January 2028, and children with significant and permanent disability, including high support needs, will remain eligible for the NDIS under the usual criteria.

What is available now:
Thriving Kids National Digital Information Hub- Information and resources on child development, developmental delay and autism, delivered by the Raising Children Network. raisingchildren.net.au/thrivingkids

National phoneline- Advice on child development from a maternal and child health (MCH) nurse. 1800 882 436, 7 days, 7 am to midnight

Thriving Kids Autism Helpline- Autism-specific information and advice for families of children aged 0 to 8, run by Amaze. 1300 654 789, Monday to Friday, 8 am to 7 pm

Medicare Healthy Kids Check- A GP check of a 3-year-old's development, health and wellbeing. Ask your GP



Children do not need a diagnosis to get Thriving Kids support, according to. The program is being rolled out in stages across Australia by January 2028.

Our concerns so far

- **Information is not support.** The first things to launch are a website, phonelines and a GP check. Many families need hands-on help for their child now, and the services meant to replace what the NDIS provides are still to come.
- **"Low to moderate support needs" is a line drawn by others.** Families are being asked to accept a boundary between the NDIS and Thriving Kids without knowing how needs will be assessed, who will decide, and what happens when a child's needs change.

- **Short-term supports for lifelong differences.** Government describes Thriving Kids as short-term early intervention. Autism and ADHD are not temporary, and families need support that can last and flex as a child grows.
- **Who defines success?** Our test for any program is whether Autistic and Neurodivergent people hold real decision-making power over its design and evaluation, and whether it measures wellbeing and autonomy, rather than compliance with neurotypical norms. We have not yet seen evidence that Thriving Kids meets that test.

Other community organisations share concerns about the transition. Amaze, Different Journeys, Yellow Ladybugs, Autism Valued and I CAN Network have released a joint statement on protecting supports for Autistic children during the transition from the NDIS.

We are not criticising the people answering the phones or building the website, and we encourage families to use any support that helps. If you have questions about how these changes affect your family, contact us, the community supports in your area, and those that you are most comfortable with.

Questions to ask: a guide for families

Many of the details of Thriving Kids are still being worked out. These questions can help you get clear answers, and note where there is none. Ask your GP, the helpline, your current providers and, if your child is an NDIS participant, your NDIA planner or local area coordinator. Write down who you spoke to, the date and what they said, and ask for important answers in writing.

About eligibility and assessment

- Does my child need a diagnosis to get support? If not, how will they show they are eligible?
- Who decides whether my child has "low to moderate" support needs, and how is that decided?
- What happens if my child's needs change, or if I disagree with the decision? Is there a way to appeal?

About the supports

- What hands-on supports will be available in our area, and when will they start?
- How long can my child receive support? Is there a limit on time or sessions?
- Is there a cost to families, and are there waiting lists?
- How will support work for my child's school, childcare or kindergarten?

If your child is on the NDIS

- What happens to my child's plan and supports before and after 1 January 2028?
- Who will contact me, and what will I be asked to do?
- Will my child's current providers continue, and who will pay for them?

About the approach

- What is the program's approach to Autism and ADHD? Is the goal wellbeing and autonomy, or reducing behaviours?
- Are Autistic and Neurodivergent people involved in designing and reviewing the services?
- How will my child's own views, communication and preferences be heard?
- Are the providers and the information they give neuro-affirming? What does that mean in practice?

About privacy and records

- What information about my child will be collected, who can see it, and how will it be used?
- Will information be shared with schools, health services or other agencies?

If an answer is unclear, ask who can explain it and when. Tell us what you find, so we can share what our community learns.

Important information

The NDIS reforms are being implemented progressively, and several important rules, assessment methods and service models are still being developed or consulted on.

*This information is current as at **13 October 2026**. It is general community information, not individual legal, financial or NDIS planning advice.*
Because details will keep changing, please check current information from the NDIA and the Australian Government when making decisions about your individual circumstances.

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NDIS changes: key dates from 1 December

The *National Disability Insurance Scheme Amendment (Securing the NDIS for Future Generations) Act 2026* passed Parliament on 19 August 2026, and changes are being introduced in stages. Your current plan continues as usual until a change applies to you. The dates below come from NDIS and Department materials and advocacy summaries, so check ndis.gov.au for updates, because details may change.

What Changes, When, & What it Could Mean For You:
From 27 August 2026:
Plan reassessment requests are limited to a significant and ongoing change.
Keep records of changes in your child's or your own needs.

From 1 October 2026:
Some Social, Civic and Community Participation and Capacity Building Daily Activities budgets begin to be adjusted as plans are renewed or reassessed.

Check your budget at your next plan review.

From 1 December 2026:
Claims must be submitted within 90 days of a support being delivered, down from two years.
Ask providers to invoice promptly and check claims regularly.
From 1 February 2027:
Changes to plan renewals and reasonable and necessary assessments begin progressively.
Prepare for your next review with evidence of your needs.

From 1 April 2027:
New framework planning begins rolling out, with budgets informed by a support needs assessment, over about four years.
You will be told when you move to the new approach.

From 1 October 2027:
New panel of plan management providers.
Plan-managed participants should watch for information from their provider.

From 1 January 2028:
New access rules for new applicants, including functional capacity assessments, and gradual reassessment of existing participants. The Thriving Kids transition for children 8 and under with low to moderate support needs also applies from this date.
Families of young children should read the Thriving Kids questions above.

If you are unsure how a change affects you, an independent disability advocate can help, and DNA Inc. can point you in the right direction.



Feature: beyond the buzzwords, TBRI and the Children and Family Support Program

In June we published *When "Affirming" Becomes Just Buzzwords*, which asked what happens when the language of support changes but the power structures do not. This month we apply that question to two things families may meet soon: a parenting model called Trust-Based Relational Intervention (TBRI), and the Commonwealth's new Children and Family Support (CaFS) Program.

TBRI: valuable parts, risky parts

TBRI was developed at Texas Christian University for children from "hard places" such as foster care, adoption and complex trauma. It rests on three principles: Empowering, Connecting and Correcting.

- The relational and sensory-aware parts, such as attention to hunger, sensory needs and feeling safe, are worth keeping.
- The "Correcting" principle is our concern. It teaches children "appropriate" behavioural responses, and the key question is who decides what is appropriate. For Autistic and ADHD children, the answer is usually a neurotypical standard, which can teach masking and compliance.
- Most TBRI research involves adopted, foster and at-risk children. We did not find outcome studies centred on Autistic or ADHD children, and the first Australian study was a small, perception-based trial in Tasmania.
- Trauma and Neurodivergence can both be real, but one should not be assumed to explain the other. Reading a Neurodivergent child's traits as attachment problems can lead to blaming parents.

CaFS: a new program with an old risk

The CaFS Program starts on 1 July 2027 and merges five existing Families and Children Activity programs, including Children and Parenting Support and Family and Relationship Services, into one national program. It prioritises early support, integrated services, community-informed design and better outcomes for First Nations families.

We see real strengths, including early help and a move to community-controlled delivery for First Nations families. Our concerns are:

- None of the four published priorities names disability or Neurodivergence.
- Existing providers will generally be recommissioned, so current practice, including compliance-focused parenting programs, may carry over unchanged. Small Neurodivergent-led organisations are unlikely to find an easy way in.

- "Data driven performance measures" tend to reward what is easy to count, not what matters to families, such as feeling safe, understood and free to be yourself.
- Neurodivergent children can fall between family support and the disability system, especially as Thriving Kids and the NDIS change.

What we are calling for

1. Name Neurodivergent children and families in the CaFS design, and require providers to show Neuro-affirming practice.
2. Recognise outcomes defined by participants and peers, not only behavioural and service-use measures.
3. Fund Neurodivergent-led organisations as leaders or equal partners.
4. Give Neurodivergent people real governance authority over design and evaluation.

A detailed analysis, with sources and questions for funders and providers, is available on request from DNA Inc.



💙🩷🤍 Trans Awareness Week

13–19 November | Visibility, affirmation, belonging and respect

Everyone deserves to be recognised, respected and accepted for who they are.

Trans Awareness Week, held annually from 13–19 November, is an opportunity to celebrate transgender and gender-diverse people, recognise their experiences and contributions, and build greater understanding, visibility and inclusion within our communities.

It is a time to listen, learn, celebrate identities and acknowledge the importance of creating spaces where people can live authentically, without having to justify who they are or hide parts of themselves to feel safe.
For many transgender and gender-diverse people, genuine inclusion is about much more than visibility. It means having their identities respected, their voices heard, their autonomy recognised and their access to safe, affirming services, workplaces, education and community spaces supported.

Remembering those we have lost

Trans Awareness Week leads into **Transgender Day of Remembrance on 20 November**.
This day honours and remembers transgender and gender-diverse people whose lives have been lost through anti-transgender violence and discrimination. It is also an opportunity to acknowledge the ongoing impacts of stigma, prejudice, exclusion and systemic barriers.
Remembering those who have been lost also means recognising the responsibility we all share in creating safer communities where trans and gender-diverse people can live, participate and thrive.

What does being an ally look like?

Allyship isn't simply about saying that everyone is welcome. It is demonstrated through everyday actions, choices and the willingness to challenge discrimination when we encounter it.
We can all contribute by:

- **Respecting identities:** Use the names and pronouns people ask you to use, without making assumptions.
- **Listening and learning:** Make space for transgender and gender-diverse people to share their experiences, perspectives and expertise.
- **Challenging discrimination:** Speak up when you encounter transphobia, exclusion, harassment or harmful stereotypes.
- **Creating affirming spaces:** Consider whether your workplace, service, organisation or community environment genuinely welcomes and accommodates gender diversity.
- **Respecting privacy and autonomy:** Never assume someone is comfortable disclosing their gender history or sharing personal information.
- **Supporting meaningful inclusion:** Advocate for policies, services and systems that recognise and respect transgender and gender-diverse people's rights and needs.

Importantly, nobody should have to educate others, disclose personal experiences or continually advocate for their own right to be respected.

Inclusion is intersectional

At DNA Inc., we recognise that gender diversity does not exist in isolation. Transgender and gender-diverse people may also be Autistic, ADHD, disabled, culturally diverse or experience other intersecting identities and barriers. These experiences can shape how people access services, navigate systems, find community and experience safety and belonging.

Neurodivergent and gender-diverse people deserve services and environments that recognise the whole person, respect individual differences and do not require people to choose which parts of themselves are accepted.

A genuinely inclusive community is one where people do not have to fit a particular mould to belong.

A little reminder from DNA Inc.

You don't need to understand every aspect of someone's identity to treat them with dignity and respect.

You don't need to have all the right words straight away. Being willing to listen, learn, correct mistakes and do better matters.

And inclusion should never depend on whether someone is willing or able to explain themselves.

This Trans Awareness Week, let's move beyond simply acknowledging diversity and work towards creating communities where transgender and gender-diverse people are safe, respected, valued and able to thrive.

💙🩷🤍🩷💙

Visibility matters. Affirmation matters. Belonging matters.

DNA Inc. celebrates diversity, supports self-determination and advocates for communities where everyone can be themselves without fear of discrimination or exclusion.



Support Neurodivergent-Led Change

Help us build a more inclusive, connected and affirming community.

DNA Inc. is a grassroots, Neurodivergent-led organisation working to create positive change for Autistic, ADHD and other Neurodivergent people, their families and communities.
Through free resources, peer-led initiatives, community connection, education and advocacy, we are working towards a world where Neurodivergent people are not simply accommodated, but genuinely understood, valued and included.
But community-led change needs community support.

DNA Inc. is entirely volunteer-run. Every resource we develop, every connection we facilitate and every advocacy initiative we undertake relies on the time, skills, generosity and contributions of our community.
Your support helps us keep this work moving forward.

Where your contribution makes a difference

♾️ **Free, accessible resources**
Creating and sharing practical, Neuro-affirming information and resources.
🤝 **Peer support and connection**
Supporting initiatives such as body doubling, parallel play, NeuroKind Circles and opportunities for meaningful community connection.
📢 **Advocacy and systemic change**
Challenging stigma, raising awareness and advocating for policies, services and systems that recognise and respect Neurodivergent people.
💜 **Community programs and capacity building**
Developing Neurodivergent-led programs, workshops, events and opportunities for participation.
📚 **Education and outreach**
Building understanding among families, educators, employers, professionals, businesses and the wider community.

How can you support DNA Inc.?

There are several ways to contribute. Whether you can give a little, give regularly, offer your expertise or support us as a business, every contribution helps.

💜 **Make a one-off or regular donation**
You can contribute directly through any of the following options:

- **Stripe:** https://buy.stripe.com/cNibJ34Jqal9cPr6YMfIs00
- **PayPal:** https://www.paypal.com/donate/?hosted_button_id=JDQSRQLMR5CVQ
- **My Giving Circle:** Vote for DNA Inc. or contribute through our community fundraising page: https://mygivingcircle.org/gladstone-region-autistic-and-neurodivergent-network-inc/free

♻️ **Turn your containers into community support!**

Do you collect eligible containers through Queensland's Containers for Change scheme?

You can donate your refund to DNA Inc. without needing to make an additional financial contribution.

Simply nominate our organisation when returning your containers, or provide our member number:

C11511542

Your cans and bottles can help fund meaningful, Neurodivergent-led community initiatives.

- 🏦 **Direct bank deposit**

You can also make a direct contribution:

Account name: Gladstone Region Autistic & Neurodivergent Network Inc.

BSB: 633 000

Account number: 213 968 696

Reference: Your name

(Yes, our bank account is still waiting for its name change! We promise we haven't forgotten.)

🤝 Business and community sponsorship

Are you a local business, community organisation or individual interested in supporting Neurodivergent-led initiatives?

We welcome conversations about sponsorship, partnerships and in-kind contributions.

You might be able to help through:

- Sponsoring a community event, workshop or program.
- Supporting the development and printing of free resources.
- Providing venues, equipment, materials or other practical resources.
- Donating professional services, skills or expertise.
- Supporting future Neurodivergent-led social enterprise and employment opportunities.
- Establishing an ongoing partnership to support our work.

We would love to hear from businesses and organisations that share our commitment to inclusion, accessibility, diversity and meaningful community participation.

Every contribution counts.

We are not a large organisation with paid staff, corporate backing or substantial operating budgets. We are a grassroots network built by people who care about making things better.

Your contribution helps us turn ideas into resources, conversations into connections and advocacy into action.

Support Neurodivergent-led change. Invest in inclusion. Help build a community where everyone belongs.

Support DNA Inc. Today.

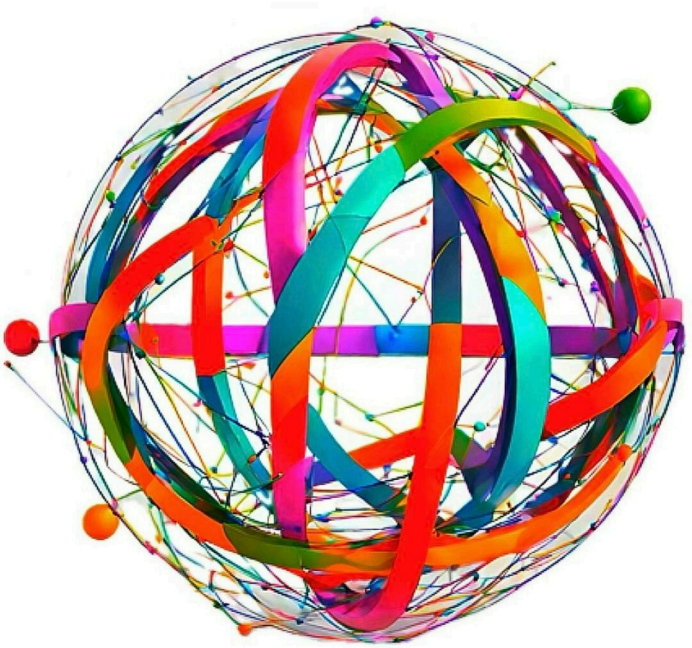
Please note: DNA Inc. does not currently hold Deductible Gift Recipient (DGR) status. Donations are therefore not tax deductible. Please contact us if you would like to discuss donations, sponsorship or partnership opportunities. You can also help us in our application to achieve DGR status.



Donate

This Is Me: NeuroKind Circles

Neurodivergent-Led & Supported Sessions



🦴 Skeleton Crew Update

A reminder that we're running at reduced capacity, which means we're deliberately prioritising what we can sustain. Some groups, projects and timelines remain paused or slower than we'd hoped.

We're not going to manufacture urgency, overpromise, or burn out volunteers to make a grassroots organisation look more productive.

Capacity is information, not a moral failing.

We'll restart and expand activities when we have the people, resources and capacity to do them well.

This Is Me: NeuroKind Circles

Still want to connect? You can!

While our regular *This Is Me: NeuroKind Circles* program is taking a short pause, we haven't closed the door on connection.

Individual NeuroKind Circle Bookings

If you'd like to participate in a *This Is Me: NeuroKind Circle* on an individual basis, we can still offer individual bookings during the pause. These provide a more flexible, lower-pressure way to connect, explore creativity and engage with NeuroKind Circle activities at your own pace.

Body Doubling

Need someone alongside you while you tackle the thing?

Our Body Doubling sessions provide shared space and gentle accountability without requiring you to work with someone.

Bring the task you've been avoiding, the project you've been meaning to start, study, admin, creative work or absolutely anything else that benefits from another person being there.

Parallel Play

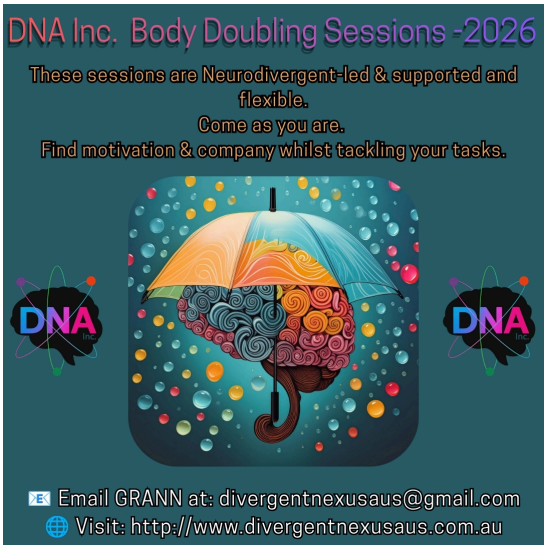
You don't have to be doing the same thing to be doing something together. Parallel Play provides space to spend time alongside others while each person does their own thing. *Read. Draw. Create. Game. Work. Study. Craft. Stim. Fidget. Organise. Rest. Or simply exist in the same space.*

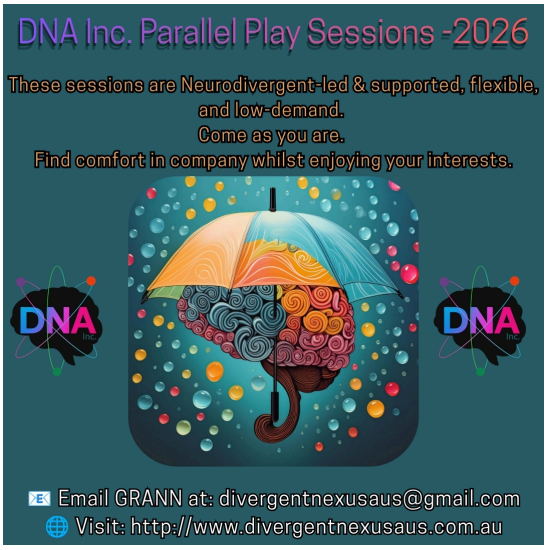
There is no requirement to perform socialising.
No pressure to fill every silence.
No expectation that connection has to look a particular way.

Different ways of connecting. Same principle.
You don't have to change how you connect to belong here.

These gentle, low-pressure online creative and interest-based sessions are designed for Neurodivergent people, with a focus on connection, autonomy, sensory consideration, and community without obligation.

For information about individual bookings, Body Doubling and Parallel Play sessions, including costs and upcoming availability, contact DNA Inc. or follow our social media for session announcements.





Neurodivergent-led Organisations, Supports, & Resources



Supports Signpost **DNA Inc. Resources**

Want to Get Involved?
Volunteer with DNA Inc.

DNA Inc. 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 DNA Inc. 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.http://www.divergentnexusaus.com.au
and click "Volunteer" in the menu
You can also 📧 Email us at: *divergentnexusaus@gmail.com*

🌈 Thank you for helping us build something meaningful 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 DNA Inc., 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 http://www.divergentnexusaus.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: *divergentnexusaus@gmail.com*

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

📝 **Access our feedback form here:**

Feedback Form

If something in this newsletter isn't accessible to you, or you'd prefer information in another format, please contact us and we'll do our best to help.

Divergent Nexus Australia Incorporated - DNA Inc.

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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.