



We have moved!

Exciting times ahead!

Moving to Brisbane CBD means a bright future for us all! We're looking forward to continuing our mission and supporting the community from our new home.



NEW ADDRESS

**Level 10,
320 Adelaide Street
Brisbane**

*Welcoming
New Participants*

We're excited to welcome new participants and continue making a positive difference in our community.



Give us a call
the number remains
the same:



07 2820 5569



or better yet...
COME SEE US IN PERSON!

New location. More connections. More possibilities.
We can't wait to welcome you! ♥

A Message from the CEO - Wayne Tynan

Welcome to our July edition of the GDSS Participant Newsletter!

As Pride Month comes to a close, I'd like to acknowledge what a colourful, inspiring and inclusive month it has been. Pride is a celebration of diversity, acceptance and the freedom to be yourself. At GDSS, we believe everyone deserves to feel valued, respected and included, and we are proud to support a community where people from all walks of life are welcomed and celebrated.

July also gives us the opportunity to recognise and celebrate **NAIDOC Week**, a time to honour the rich history, cultures and achievements of Aboriginal and Torres Strait Islander peoples. It reminds us of the importance of listening, learning and working together to build stronger, more inclusive communities for everyone.

As many of you know, we've recently settled into our new Brisbane CBD office. This exciting move places us in the heart of the city, creating even more opportunities to connect with participants, providers and the wider community as we continue to grow our services.

Whether you're enjoying the cooler weather, spending time with family and friends, or exploring new opportunities through your NDIS journey, I hope this month brings you happiness, good health and new experiences.

Thank you for being part of the GDSS family. We appreciate your continued trust and support and look forward to sharing more exciting news with you in the months ahead.

Take care and enjoy the July newsletter, Warm Regards

Wayne Tynan
CEO – Global Disability Support Services



Read Sue's story here: [The Sharing place](#)

Want to know what's on? Have a look here: [Community buzz](#)

For NDIS News click here: [NDIS update](#)

Take a moment for yourself and dive into this month's *Puzzle Patch*! [Puzzle patch](#) Or check the [Activity corner](#)

Meet the team: [Meet the team](#)

Find Wellbeing Tips here: [Wellbeing tips](#)

Yummy treats: [Treat yourself](#)

Carers have a look here: [Care for the Carer](#)



July - New Connections, Stronger Communities

Disability Pride Month (All of July)

Disability Pride Month celebrates people with disability, their achievements, identities and contributions to society.

NAIDOC Week (5-12 July)

Celebrating the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

National Tree Day (26 July)

A lovely community event encouraging Australians to care for the environment. You could plant a tree in the garden or in a plant pot.

International Day of Friendship (30 July)

Say hello to someone new, reconnect with an old friend, or thank someone who has supported you.



We also celebrate 2 staff birthdays this month, we would like to say a BIG HAPPY BIRTHDAY to Diana Perez on the 3rd July and Jesse Jennings on 7th July have an amazing birthday and a wonderful year ahead!



MEET OUR TEAM



Wayne Tynan

Co-Founder and Chief Executive Officer (CEO)

Wayne brings strong professional leadership to his role, along with invaluable lived experience with disability. After experiencing a stroke and needing disability care himself, Wayne recognised the need for quality, person-centred support built around individual needs.

Driven by empathy, dignity, and respect, Wayne founded Global Disability Support Services to ensure people receive genuine, compassionate, and well-managed support from skilled and caring support workers. His vision is centred on connection, trust, and choice — creating a service that truly listens and puts people first.

Wayne's passion and commitment continue to inspire both the team and the community, helping make Global Disability Support Services a place where people feel valued, heard, and supported.



**Almario Delos Santos
(Tynan)**

Co-Founder , Training Manager & Head Care Coordinator

Almario being an experienced nurse, Lifestyle Manager in Aged Care for more than 8 years has the experience to train our support team in all aspects of safely caring for our clients.

Almario ensures the strategic alignment of Global Disability Support Services training with our business goals. Evaluating individual and organisational performance to ensure training is meeting business needs and improving performance. Identifying training needs by consulting with clients, families & Support coordinators.

Languages Spoken
English
Tagalog [Phillipines]



Sue

Office Administration

Highly skilled, Warm and experienced professional.

Sue is also our Amazing Newsletter Editor.

You can find our Newsletters in the Participants Page on our website.

Languages Spoken
English



Kurt

A Very Caring and highly skilled and experienced Support professional.

Kurt has more than 3 years of Support Work experience.

Languages Spoken
English [Australian]
Portuguese
Spanish



Eugene

A Very Caring and highly skilled and experienced Support professional. Warm and friendly personality. Eugene loves animals and is a veterinarian in Brazil .

Eugene has more than 2 years experience as a Support Worker.

Languages Spoken
English
Portuguese [Brazil]
Spanish



David

A Very Caring and highly skilled and experienced Support professional. Into sports, Fitness, healthy living & Surfing. David holds a bachelors Degree in Psychology from Griffith University. David is a part-time Australian Army Reservist, he is currently on leave having a New Zealand South Island Adventure. Hopefully enjoying his love of Snowboarding. We wish him safe travels and we hope to see him back again soon.

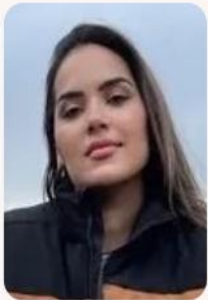
Languages Spoken
English



Leticia

Leticia is deeply committed to supporting participants with respect and kindness, always striving to make a positive difference through encouragement and understanding.

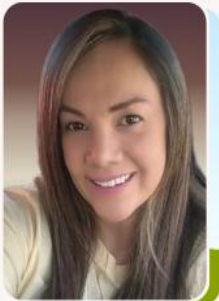
Languages Spoken
English
Portuguese



Lorena

Lorena is known for her caring nature and thoughtful approach to support. She takes pride in understanding each participant as an individual and is committed to creating positive, meaningful experiences that encourage independence and well-being.

Languages Spoken
English
Portuguese [Brazilian]



Stefania

Stefania is a very caring and experienced disability support worker, known for strong communication and emotional support skills.

Her expertise in record maintenance and self-care development, ready to positively impact Participant lives and helping to promote community engagement.

Languages spoken
Spanish
English



Jesse

Jesse is a highly skilled, caring, and active support professional who brings both experience and genuine compassion to his role. We hope you enjoy your journey with us Jesse - we're so glad to have you on board. Jesse is a keen footy player (Rugby League).

Motivated and dependable worker with experience across a

Languages Spoken
English



Daniela

Daniela is a dedicated and compassionate professional, committed to delivering high-quality care, promoting independence, and supporting Participants physical, emotional, and social wellbeing.

Languages Spoken
Portuguese &
English



Ossama

Ossama also known as Sam is a very caring, reliable and highly skilled and experienced support professional, his hobbies and interests are fishing, hiking, sports, camping, swimming and outdoor adventures. He has a Diploma in music and is a Bachelor of pharmacy student. He has 2 and a half years of support worker experience.

Spoken languages
English
Arabic



Diana

Diana is a very Caring, reliable and highly skilled, motivated, enthusiastic and experienced Support professional, Compassionate and dedicated Female Support Worker with 2 years of experience providing high-quality care and assistance to individuals with diverse needs. Mostly experienced in mental health (schizophrenia and ASD), medication administration, Community access activities. Strong empathic approachable and reliable to help her participants feel at home and being listened to.

Languges spoken
English
Portuguese



Sue - Meet the Person Behind the Newsletter

You may not have met me yet, but I'm Sue and I have the privilege of putting together the GDSS Participant Newsletter each month.

I really enjoy creating something that I hope makes you smile, keeps you informed, and helps you feel connected with the GDSS community. Whether it's finding interesting events, sharing helpful tips, celebrating special occasions, or highlighting the wonderful people around us, my goal is to make each edition both enjoyable and meaningful.

When I first started helping with the newsletter, I simply wanted it to provide useful information. Over the past few months, it has become so much more. It's become a way to celebrate our community, share ideas, recognise important events, and hopefully brighten someone's day.

When I'm not working on the newsletter, I enjoy being creative, learning new things, and spending time with the people I love. I truly believe that even the smallest acts of kindness and connection can make a positive difference in someone's day.



Working with Wayne and the GDSS team has been an amazing experience. Every day brings a new adventure, a new challenge, and an opportunity to learn something new. I feel incredibly grateful to be part of a team that is passionate about supporting people and making a positive difference in our community.

One of the greatest rewards has been knowing that, through this newsletter, I have the opportunity to help participants feel informed, connected, and part of the GDSS family. I hope each edition brings you something to enjoy, whether it's a helpful tip, a community event, a puzzle, an inspiring story, or simply a reason to smile.

Thank you for being part of our GDSS family. I look forward to sharing many more newsletters with you and hope you'll continue to enjoy reading them each month.

Warm wishes,

Sue

If you would like to share your story, please email us at:

Wayne: customercare@globaldisabilitysuccessservices.com.au or Sue: globaldisability47@gmail.com



Things to do

Lets get out and about!

brisbane

Wheelchair, mobility scooters, walking aids and pram-friendly activities in Brisbane.

[https://visit.brisbane.qld.au/inspiration/wheelchair-friendly-activities-](https://visit.brisbane.qld.au/inspiration/wheelchair-friendly-activities-brisbane)

[brisbane](https://visit.brisbane.qld.au/inspiration/wheelchair-friendly-activities-brisbane)

CITY OF
GOLDCOAST™

Discover accessible experiences, accommodation and attractions, as well as transport options, in our Accessible Visitor Guide. [Accessible visitors guide here](#)



Source disability expo for kids, teens and young adults.

When:

Friday 3 July 2026 - 10am to 4pm

Saturday 4 July 2026 - 10am to 4pm

Where: Brisbane Convention & Exhibition Centre

Cost: FREE to attend, tickets essential, register below ↓

<https://sourcekids.com.au/disability-expo/brisbane-2026/>



Because your wellbeing matters, every day

This month, take a few moments each day to slow down, recharge, and be kind to yourself. Even the smallest acts of self-care can make a big difference to your wellbeing.

Here are a few gentle ideas to try:

- 🌿 Take three slow, deep breaths and allow yourself to pause.
- 🎵 Listen to your favourite song and let yourself enjoy the moment.
- ☀️ Step outside for a little fresh air and sunshine, a change of scenery can help lift your mood.
- ☕ Enjoy a quiet cup of tea or coffee without distractions.
- 📞 Connect with someone you care about, whether it's a phone call, a visit, or a friendly chat.
- 💛 Think of one thing you're grateful for today, no matter how small.
- 📅 Keep a simple routine to help create structure and balance.
- 😴 Rest when your body or mind needs it, taking time to recharge isn't a luxury, it's an important part of staying well.

This month's gentle reminder: You don't have to do everything at once, take one small step each day, and remember that caring for yourself is an important part of life

If You Need Help, You're Never Alone

If you or someone you care about feels overwhelmed at any point, there are services available even during the holidays:

- **Lifeline Australia:** 13 11 14
- **Beyond Blue:** 1300 22 4636
- **Disability Gateway:** 1800 643 787

Reaching out for help is a sign of strength.

You deserve peace, connection, and care

Take things slowly, honour your needs, and remember that support is always within reach

So, pop the kettle on, wrap yourself in something cozy, and take a moment just for you

NDIS Update - Keeping You in the Loop

As always, we'll keep you informed of any meaningful updates that may impact you or your supports.

NDIS Update Snapshot (July 2026)

- New Supported Independent Living (SIL) provider registration rules begin from 1 July 2026.
- The NDIA has released its 2026-27 Annual Pricing Review.
- The new way of planning continues to be tested, with a broader rollout expected from April 2027.
- The NDIA is increasing integrity checks and encouraging providers to submit claims promptly.
- The focus on reducing fraud and protecting participant funding continues.

Click here to get the latest NDIS news: <https://www.ndis.gov.au/news/latest>

New Supported Independent Living (SIL) provider registration rules begin from 1 July 2026.

What does this mean?

If you receive Supported Independent Living (SIL), your funding won't automatically change. Your provider will be responsible for meeting the new registration requirements, and the NDIA will contact participants if any action is needed.

New Way of Planning

The trial period for the new planning process has now concluded. The NDIA is reviewing feedback before introducing the new planning approach, which is expected to begin rolling out from April 2027.

For most participants, there is nothing you need to do right now. Your current NDIS plan will continue as normal until you are advised otherwise.

Protecting the NDIS

The NDIS provides essential support that helps people with disability live independently, participate in their communities, access employment, and manage everyday activities safely. These supports can include personal care, therapy, assistive technology, home modifications, and support workers.

There are growing concerns about proposed measures to slow the growth of NDIS funding. Many people within the disability community fear that changes to eligibility, funding plans, or support levels could reduce access to services that participants rely on every day.

Supporters of the campaign are calling on the Australian Government to protect access to reasonable and necessary supports, ensure individual needs remain at the centre of decision-making, and work closely with people with disability when considering future reforms.

You can help by sharing your story, contacting your local Member of Parliament, or signing the petition to show your support for a strong and accessible NDIS.

Find out more and sign the petition on our website here:
<https://globaldisabilitysupportservices.com.au/about-us>

Or Here: : <https://www.change.org/p/protect-the-ndis>

Reminder: Protect Your NDIS Plan

- Never share your plan details for cash offers
- Only work with trusted providers
- Report suspicious activity

Please visit [latest news](#) for other NDIS updates.

For more information or to take part, visit the NDIS Engage and Participant First pages on the NDIS website.



Be Scam Aware - Stay Safe Online Please stay alert to suspicious calls, texts, or emails asking for NDIS or bank details. The NDIA will never request your details via links.

Report scams: 1800 650 717 | Email: fraudreporting@ndis.gov.au





Your Safety Matters

We want to share an important safety reminder to help keep you and your home safe.

Lithium battery safety

There has been an increase in house fires linked to lithium batteries used in everyday items such as e-scooters, mobility devices, phones, and rechargeable equipment.

To stay safe:

- Always use the correct charger for your device
- Avoid overcharging or leaving devices charging overnight
- Keep batteries away from heat and direct sunlight
- Stop using any device that feels hot, damaged, or unusual

Flood and emergency preparedness

With recent extreme weather across Australia, it's important to be prepared for unexpected events like flooding or service disruptions.

Simple ways to prepare:

- Keep a list of your important contacts handy
- Have a small emergency kit (medications, water, essentials)
- Know your support plan if services are delayed
- Reach out early if you feel unsure or need support

Your safety is always our priority. If you have any concerns or would like help preparing, please reach out to our team — we're here for you.





Helpful Supports You Might Not Know About

Did You Know?

Your NDIS Plan Can Be Reviewed if Your Needs Change

Your NDIS plan isn't set in stone. If your circumstances or support needs change significantly, you may be able to request a plan reassessment.

Changes such as a new diagnosis, changes in your living arrangements, increased support needs, or achieving your current goals may all be reasons to discuss your plan with your Support Coordinator or NDIS contact.

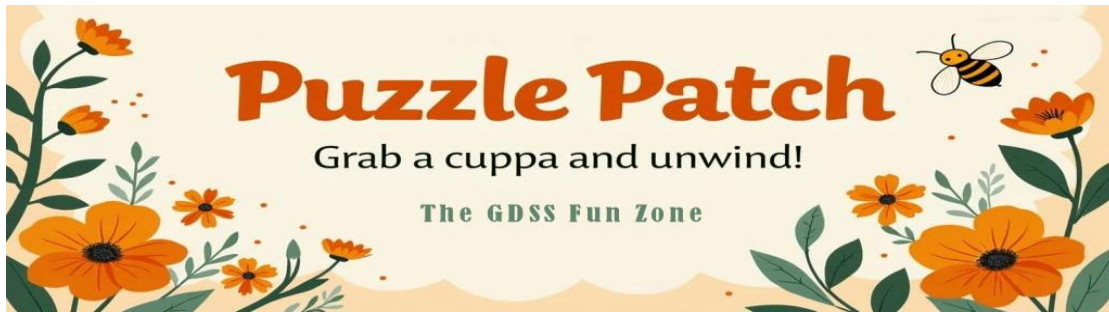
Tip: If you feel your current plan no longer reflects your needs, don't wait until your next scheduled review. Speak with your Support Coordinator or Plan Manager about the options available to you.

You can call Wayne during office hours on (07)2810 5569 to find out more and to organise your services



Have you accessed Professional help before? We'd love to hear your experience. Email us at:

Wayne: customercare@globaldisabilitysuccessservices.com.au or Sue globaldisability47@gmail.com



Puzzle Patch Prize! Complete this month's puzzle for your chance to WIN a \$50 Gift Voucher!

To enter: Complete the puzzle

Write your name and contact details, take a photo or scan it, submit your entry before 25th June 2026

One lucky winner will be drawn at random and featured in next month's newsletter! Good luck everyone, happy puzzling!

NAIDOC WEEK

I M G O X J V R V J I K F J N O X U C B U F B Q H
 U T W K I H I G S I T J P A Z K M C Q E Q T H H S
 U V F B P J H V S C O N T V M U A X L T X U J E Y
 L X R F K E C G U Y R T R A D I T I O N N U T R A
 X B I L U H P Q M D R I T E B F L J Y C E R X I R
 C Z E E N L D O Q G E Q O N B O M Y F M H K U T N
 E H N G X U D P P Y S N G A G S R V G D A O E A I
 C U D N D C A C D E S H E I P F E I U G V T K G N
 G Z S F N M B O J M T S T D W V P J G W P W K E G
 N K R G U A I M E T R X H O U W L J D I J J G A H
 A T D M E B V M L R A R E C L J X X M N N K J N T
 Q V V Z M F F U D G I G R K N T R W F W J A I Q J
 B E A R V F A N E I T C O I E J U E D W O H L X J
 D U H E K I K I R L I A E F Y I U G J Q M I W A L
 I V Y E P R H T F H S V I R X K D K Y U V S S E E
 M O S O J S M Y A J L H C O E U K E B K G T D A J
 Q I L I D T D O Z H A I U E Q M B N N I U O O E F
 Z C A V J N M P Q O N R L Y H L O S K T I R T U J
 N E M I H A T T I M D U T D Q N Y N V V I Y R Q S
 E S K B S T G K G K E X U H E C Y Q Y O B T B U R
 U I L E Y I S S S U R X R W J T P L P N K U Y D A
 A H D M O O I W N T T N E J S D S C C O U N T R Y
 X G E B L N W G R K K V C J D W K A B G W W J K C
 Y F M N F S O M T B U X X S A A T V A N W H X S N
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Torres Strait Islander	Community	Aboriginal
First Nations	Identity	Ceremony
Heritage	Together	Tradition
Country	Voices	History
Friends	Family	Culture
Naidoc		Yarning
Elder		

Need a hint? Sneak peek the [Answers here](#)



Spot the Differences!

How many differences can you find?

We found at least 15... can you find even more?

🏆 Challenge Yourself!

I found: ____ differences

Can your support worker or a family member find more than you?



IMAGE 1



IMAGE 2



A Sweet Treat for July 🍓 Easy Berry Cheesecake Cups

Looking for a simple and delicious winter treat? These Berry Cheesecake Cups are fun to make, require no baking, and can be decorated however you like!

Ingredients

- 1 packet plain sweet biscuits
- 250g cream cheese, softened
- 1 cup vanilla yoghurt
- Mixed berries (fresh or frozen)

Method

1. Crush the biscuits into small crumbs.
2. Place a layer of biscuit crumbs into the bottom of a cup or glass.
3. Mix the cream cheese and yoghurt together until smooth.
4. Spoon the cheesecake mixture over the biscuit layer.
5. Top with your favourite berries.
6. Chill in the fridge for 30 minutes before serving.



GDSS Tip

Try decorating your cheesecake cup with different berries or a sprinkle of crushed biscuits on top. Get creative and make it your own!

Mini Challenge



Make your Berry Cheesecake Cup and share a photo with the GDSS team for a chance to be featured in next month's newsletter!



In caring professions, giving is second nature. You show up, you listen, you support, and you carry more than most people ever see. Day after day, you make a difference in the lives of others—often in moments that matter most. But in the middle of all that giving, there’s one person who is easy to overlook: **you**.

Caring is not just what you do, it’s who you are. And while that is something to be proud of, it can also mean that your own needs quietly slip to the bottom of the list. Breaks get shortened, emotions get pushed aside, and “I’m fine” becomes the default response. Over time, this can take a toll, not just physically, but emotionally and mentally as well.

Taking care of yourself is not a luxury, and it’s not selfish. It is essential. When you are supported and well, you are better able to provide the compassionate, thoughtful care that others rely on. More importantly, you deserve that same care and kindness.

Sometimes, caring for yourself doesn’t mean making big changes. It can start with small, meaningful moments:

- Taking a few deep breaths between tasks
- Stepping outside for fresh air
- Having a proper break, even on a busy day
- Checking in with yourself and acknowledging how you’re really feeling

These small acts are not insignificant—they are powerful. They create space to reset, even briefly, and remind you that your wellbeing matters.

It’s also important to recognise when things feel heavier than usual. Feeling overwhelmed, emotionally drained, or disconnected doesn’t mean you’re not good at your job—it means you’re human. Talking to a colleague, reaching out for support, or simply sharing how you feel can make a real difference. You are not expected to carry everything alone.

There is strength in caring but there is also strength in pausing, in asking for help, and in setting boundaries when needed. Looking after yourself is not stepping away from your role; it is sustaining it.

So today, take a moment. A small pause. A quiet breath. A reminder that while you care for others every day, you are just as worthy of care, compassion, and support.

Because caring for the carer isn’t just important - it’s essential.

If you need help contact your management team, or have a look at: https://www.wellways.org/our-services/carers-gateway/?gad_source=1&gad_campaignid=20035212701



Join Our GDSS Community

- Share your story for a future newsletter.
- Volunteer or partner with us at upcoming events.
- Follow us on social media for updates and inspiration.

Global Disability Support Services

4/66 Commercial Drive, Shailer Park QLD 4128

Website: globaldisabilitysupportservices.com.au

Phone: (07) 2810 5569

Email: customercare@globaldisabilitysupportservices.com.au

To view past newsletters visit:

<https://globaldisabilitysupportservices.com.au/participant-page>



At Global Disability Support Services, we acknowledge and pay our respects to the traditional owners of the lands across Australia on which we work and live. We pay our respects to Elders, Past, Present and Emerging. We honour their deep connection to land, sea, and community, and recognise their continuing culture and contribution to our nation. We are also committed to embracing diversity and empowering individuals of all abilities. We acknowledge the strength and resilience of people with disabilities and are dedicated to creating inclusive, respectful, and supportive services for everyone in our community. Together, we strive to foster an environment of understanding, equality, and mutual respect for all.



Check your answers!

NAIDOC WEEK

IMGOXJVRVJIKFINOXUCBUFBQH
UTWKIHIGSIITJPAZKMCQEQTTHS
UVFBPJHVSCONTVMUAXLT XUJEY
LXRFKECGUYRTRADITIONNUTRA
XBILUHPQMDRITEBFLIYCERXIR
CZEENLDOQGEQONBOMYFMHKUTN
EHNGXUDPPYSNGAGSRVGD AOEAI
CUDNDCACDESHEIPFEIUGVTKG
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NKRGUAIMETRXHOUWLJDIIJGAH
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BEARVFANEITCOIEJUEDWOHLXJ
DUHEKIKIRLIAEFYIUGJQMIWAL
IVYEPRHTFHSVIRXKDKYUVSSSEE
MOSOJSMYAJLHCOEUKBKGTD AJ
QILIDTDOZHAIEUEQMBNNIUOOEF
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NEMIHAATTIMDUTDQNYNVVYRQS
ESKBSTGKGKEXUHECYQYOBTBUR
UILEYISSSURXRWJTPLPNKUYDA
AHDMOOIWNTTNEJSDSCCOUNTRY
XGEBLWGRKKVCJDWKABGWVJJC
YFMNFSOMTBUXXSAAATVANWHXSN
H VUOBYNJEKKGXIGHFXGWEMFGN

Torres Strait Islander

First Nations

Heritage

Country

Friends

Naidoc

Elder

Community

Identity

Together

Voices

Family

Aboriginal

Ceremony

Tradition

History

Culture

Yarning



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