

A Message from our CEO - Wayne Tynan



Welcoming November & Looking Ahead to Summer 🌞

As we welcome November, we look forward to warmer days, longer afternoons, and the excitement of the approaching festive season.

November is also a time to reflect on what matters. From recognising Men's Health Awareness Month and taking care of our wellbeing, to remembering those who served on Remembrance Day, this month reminds us of the importance of looking after one another. Social Inclusion Week also encourages us to celebrate diversity, connection, and belonging within our communities.

As summer approaches, it's a wonderful opportunity to get outdoors, enjoy local activities, try something new, and make special memories. Remember to stay hydrated, protect yourself from the sun, and take breaks when needed so everyone can enjoy the warmer weather safely.

I would like to thank our wonderful team, participants, families, and supporters for being part of the GDSS community. Your kindness, dedication, and support help make our community a special place to belong.

Wishing everyone a happy, safe, and sunshine-filled November!

Wayne Tynan
Chief Executive Officer
Global Disability Support Services

Have a look at our website: GDSS_Website

Lets celebrate Inclusion: Everyone_belongs

For NDIS News click here: NDIS_update

Take a moment for yourself and dive into this month's *Puzzle Patch*! Puzzle_patch

Have a look at this month We_Celebrate

Lets learn about Mens_health and Remembrance_day

Meet the team: Meet_the_team

Find_Wellbeing_Tips_here:_Wellbeing_tips

Yummy treats: Treat_yourself



November, this month we celebrate:

Awareness, inclusion & connection ❤️‍🩹

👨 **Movember - All Month!** November is all about men's health. Movember raises awareness about men's mental health, suicide prevention and cancer. Look out for those moustaches! 💙

🌺 **11 November - Remembrance Day:** Remembering and honouring the brave men and women who have served our country. We pause for one minute of silence at 11 am. 🕊️

👦 **20 November - World Children's Day** Celebrating children everywhere and reminding us that every child deserves to feel safe, loved and supported. ❤️ 🌈

🤝 **21-29 November - Social Inclusion Week** A week celebrating friendship, diversity and belonging. Everyone deserves to feel welcome, included and valued in their community.

🎂 We want to say **Happy Birthday to Ossama Hussein** For the **11th October which was missed in October edition newsletter we hope you had an awesome day**

And Happy birthday to Komalpreet Kaur for 10th November We hope you have a fantastic birthday
And wishing you both an amazing year ahead!





Come visit our website at:

www.globaldisabilitysupportservices.com.au

Have you had a look at Our participants page?

Find all the details for our participants and all past newsletters:
https://globaldisabilitysupportservices.com.au/participant-%26-family-page

Have You Visited Our Blog?

Our blog is packed with helpful information, practical tips, and inspiring stories to support your journey. Whether you're looking for NDIS advice, travel ideas, community news, or everyday living tips, there's something for everyone.

Click the link and start exploring: https://globaldisabilitysupportservices.com.au/blog

Any Questions? Have a look here:

https://globaldisabilitysupportservices.com.au/faqs

Men's Health Month

MOVEMBER

Healthy Men, Stronger Communities

1 – 30 NOVEMBER



What is Movember?

Movember is a global campaign held every November to raise awareness about men's health. It encourages men to take time to look after their physical and mental wellbeing, and to start conversations about issues that can often be hard to talk about.

It's not just about growing a moustache (although that's a fun part!). It's about creating change — helping men live healthier, happier and longer lives.

Why it matters

Men are less likely to seek help for health problems, often putting things off until they become serious. Movember reminds us that it's OK to talk, to ask for support and to look after ourselves and each other.

Mental Health
Men can experience stress, anxiety, depression and loneliness. Talking about how you feel is a sign of strength, not weakness.

Prostate Cancer
It's the most commonly diagnosed cancer in men. Early detection can save lives.

Testicular Cancer
It's rare, but the most common cancer in young men. Knowing what to look for can make a big difference.

Simple ways to look after your health

Get regular check-ups
See your GP, and don't ignore any changes in your body.

Stay active
Even small amounts of movement can boost your mood and overall health.

Eat well
Choose nutritious foods, drink water and limit alcohol.

Get good sleep
Quality sleep helps your body and mind recover.

Talk and reach out
Check in with mates, family or a professional. Support is always available.

How you can get involved

This November, you can support Movember by growing a moustache, donating, or simply spreading the word. Every conversation counts — it could make a real difference in someone's life.

Together we can make men's health a priority.



GDSS
Putting People First

HEALTHIER MEN • STRONGER FAMILIES • HEALTHIER COMMUNITIES



LEST WE FORGET

We will remember them.

REMEMBRANCE DAY
11 NOVEMBER

Every year on 11 November, Australians pause to remember the brave men and women who have served and sacrificed in wars, conflicts and peacekeeping operations.

Remembrance Day marks the anniversary of the armistice that ended the fighting on the Western Front during the First World War in 1918. At 11 am, we observe one minute of silence to honour those who have lost their lives and to recognise the courage and dedication of all who have served.

The Meaning of the Red Poppy

The red poppy has become a symbol of remembrance and respect for those who served and died in war. Wearing a poppy is one way we can show our gratitude and keep their memories alive.

A Moment of Reflection

Remembrance Day reminds us of the importance of peace, freedom, courage and compassion. It is also an opportunity to think about the families, friends and communities affected by conflict.

At 11 am on 11 November,

we invite everyone to take a quiet moment to reflect, remember and give thanks to those who made sacrifices for future generations.

No matter our age or background, we can all play a part in keeping their stories alive and promoting kindness, understanding and peace in our communities.

At GDSS, we remember with gratitude, respect and heartfelt thanks.

LEST WE FORGET.

Social Inclusion Week

23 – 29 NOVEMBER 2026

Everyone Belongs

Celebrating Inclusion and Connection



What is Social Inclusion Week?

Social Inclusion Week is a national celebration that reminds us how important it is to create communities where everyone feels welcome, respected and valued.

It's about breaking down barriers, challenging stigma and making sure people of all abilities, backgrounds and life experiences have the same opportunities to take part, belong and thrive.

Why does it matter?

Builds stronger communities
When we include everyone, we create safer, kinder and more connected neighbourhoods.

Improves wellbeing
Inclusion helps people feel valued, confident and supported.

Creates opportunities
It opens doors to education, employment, friendship and meaningful participation.

Celebrates diversity
Our differences make our communities richer, stronger and more vibrant.

Mark Your Calendar

23 – 29 NOVEMBER 2026

Let's take this week to celebrate inclusion, connection and the amazing people in our community.

How can we get involved?

Make new connections
Reach out, say hello, include others and be a friend.

Try something new
Join a community event, activity or program.

Support and include others
Look for ways to make spaces, activities and conversations more accessible and welcoming.

Spread positivity
A kind word, a smile or a small act of support can make a big difference.

Together we can...

Build a more inclusive, understanding and compassionate community — where everyone truly belongs.



GDSS

Putting People First



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 News Update

Important changes participants should know about

There are some changes happening to the NDIS. Here are a few important things to know.

Changes to some NDIS budgets

From October 2026, changes are being introduced to some budgets for social and community participation and improved daily living skills.

The changes will happen as plans are approved, reassessed or renewed. The impact will be different for each person.

Some essential supports are not included in these reductions.

Can I still ask for a plan change?

Yes. If your support needs or circumstances have changed, you may still be able to ask the NDIA for a plan variation or reassessment.

You may need to provide information or evidence about what has changed.

What should I do?

- Keep using your current plan and supports as usual.
- Check your plan and ask questions if you are unsure about your funding.
- Talk with your support coordinator, nominee or NDIS contact if you need help.
- Ask for advice if your needs have changed or you are worried about your supports.

Remember: These changes do not affect everyone in the same way. Check how they apply to your own plan before making decisions about your supports.

For the latest information, visit the official NDIS website at www.ndis.gov.au.

Have a look at our Blog: How are people coping with changes to the NDIS facts vs fiction:

https://globaldisabilitysupportservices.com.au/blog/f/how-are-people-coping-with-changes-to-the-ndis-facts-vs-fiction

Please visit our Blog: How Are People Coping with Changes to the NDIS? Facts vs Fiction:

https://globaldisabilitysupportservices.com.au/blog/f/how-are-people-coping-with-changes-to-the-ndis-facts-vs-fiction

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? — Assistive Technology**

Did you know the NDIS may be able to help you access Assistive Technology (AT)?

Assistive Technology is equipment or technology that can help you do everyday things more easily, safely and independently.

It can include things like:

🦽 **Mobility equipment - wheelchairs, walkers and mobility scooters**

🛁 **Bathroom equipment - shower chairs, rails and other safety equipment**

📱 **Communication technology - communication devices, apps and software**

👂 **Hearing and vision supports - equipment that helps you see or hear better**

🏠 **Equipment around the home - items that can make everyday activities easier**

🛏️ **Specialised equipment - beds, pressure care equipment and other supports**

Assistive Technology is not one-size-fits-all. The right equipment depends on what you need and how it helps you achieve your goals.

👉 **If you think Assistive Technology could make your everyday life easier, talk to your support coordinator, support worker or other NDIS professional about your options.**

Always check your NDIS plan and funding before purchasing equipment.

Are you using assistive technology? We'd love to hear your experience. Email us at:

Wayne: customercare@globaldisabilitysuccessservices.com.au or Sue: sueelliott@globaldisabilitysupportservices.com.au



GETTING READY FOR SUMMER!

Summer is on its way!

Warmer weather means more opportunities to get outside, enjoy the sunshine and spend time doing the things we love.

But hot weather can also make us feel unwell, so it is important to get ready and stay safe.

KEEP HYDRATED

Remember to drink plenty of water throughout the day.

- Keep a water bottle with you when you go out.
- Drink regularly, even if you don't feel thirsty.
- Try adding some fresh fruit to your water for extra flavour!

PROTECT YOUR SKIN

The Australian sun can be very strong.

- Use sunscreen and remember to reapply it.
- Wear light, comfortable clothing.
- Wear a hat when you are outside.
- Sunglasses can help protect your eyes.

🌳 FIND SOME SHADE

Try to avoid spending too much time in direct sunlight, especially during the hottest part of the day.

Look for shady places to sit, or plan outdoor activities for the cooler parts of the morning or afternoon.

🏠 KEEP COOL AT HOME

On very hot days:

🪟 Keep blinds or curtains closed during the hottest part of the day.

🌀 Use a fan or air conditioning if available.

🚿 A cool shower can help you feel more comfortable.

👕 Wear loose, lightweight clothing.

❤️ CHECK ON EACH OTHER

Hot weather can affect everyone differently.

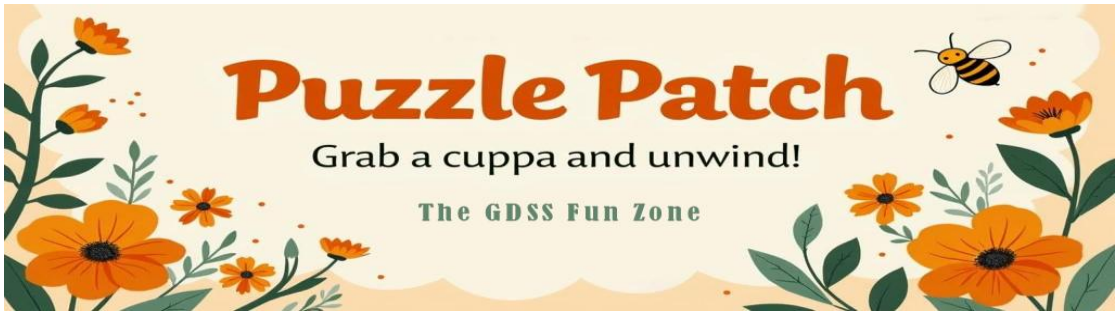
If you or someone you know is feeling dizzy, very tired, confused, sick or unusually unwell because of the heat, **tell someone straight away and get help.**

If you are going out with your support worker, talk together about how you can stay cool, hydrated and safe.

🌞 SUMMER TIP!

Don't wait until you're thirsty to drink water — keep sipping throughout the day!

Let's make this summer a **safe, happy and fun one!** 🌺☀️💦



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 September 2026 to: sueelliott@globaldisabilitysupportservices.com.au
One lucky winner will be drawn at random and featured in next month's newsletter! Good luck everyone, happy puzzling!

November Word Search

E X S U C F C E A E K A V W H
J Z C W Y X F C Q F V W W Q O
S I S H I S U N S H I N E T L
B C O U S M M W K P B M S O I
A E C C N I M U J O E C U W D
R C E C N S Y I L O A O N E A
B R A E P D E W N L C C G L Y
E E N W G V R T J G H O L O U
C A W A T E R M E L O N A P S
U M S E A S H E L L P U S I U
E S A N D C A S T L E T S C M
I F L I P F L O P S W R E N M
V T D I F M X U S D K J S I E
G A A S U N S C R E E N T C R
N E Q B Y S U R F I N G O Y W

SANDCASTLE
SUNGLASSES
SWIMMING
SEASHELL
SUNSET
SUMMER
OCEAN
WATERMELON
ICECREAM
BARBECUE
SURFING
HOLIDAY
PICNIC
POOL
SUNSCREEN
SUNSHINE
FLIPFLOPS
TOWEL
COCONUT
BEACH



Need a hint? Sneak peek the Answers here



A Sweet Treat for November:

Strawberry & Yoghurt Crunch Cups

You need:

- Fresh strawberries
- Vanilla yoghurt
- Crushed plain biscuits or granola
- A little honey (optional)
- Extra strawberry pieces for the top



How to make them:

1. Wash and cut the strawberries.
2. Crush the biscuits or prepare the granola.
3. Add a layer of biscuit/granola to a small cup.
4. Add a layer of vanilla yoghurt.
5. Add some strawberries.
6. Repeat the layers.
7. Pop them in the fridge for a little while.
8. Enjoy!



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/carer-gateway/?gad_source=1&gad_campaignid=20035212701

Meet our team

GLOBAL DISABILITY
SUPPORT SERVICES
Putting People First



WAYNE TYNAN

Founder, CEO



ALMARIO TYNAN

Co Founder
Training Manager &
Head Care Coordinator



SUE
Administration Manager



KURT
Support Professional



EUGENE
Support Professional



DANIELA
Support Professional



KOMELPREET
Support Professional



OSSAMA
Support Professional



ODESSA
Support Professional



DAVID
Support Professional



HAILEY
Support Professional



DIANA
Support Professional



VERONICA
Support Professional



STEFANIA
Support Professional



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
Level 10/320 Adelaide Street Brisbane CBD 4000
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!

November Word Search

E X S U C F C E A E K A V W H
J Z C W Y X F C Q F V W W Q O
S I S H I S U N S H I N E T L
B C O U S M M W K P B M S O I
A E C C N I M U J O E C U W D
R C E C N S Y I L O A O N E A
B R A E P D E W N L C C G L Y
E E N W G V R T J G H O L O U
C A W A T E R M E L O N A P S
U M S E A S H E L L P U S I U
E S A N D C A S T L E T S C M
I F L I P F L O P S W R E N M
V T D I F M X U S D K J S I E
G A A S U N S C R E E N T C R
N E Q B Y S U R F I N G O Y W

SANDCASTLE
SUNGLASSES
SWIMMING
SEASHELL
SUNSET
SUMMER
OCEAN
WATERMELON
ICECREAM
BARBECUE
SURFING
HOLIDAY
PICNIC
POOL
SUNSCREEN
SUNSHINE
FLIPFLOPS
TOWEL
COCONUT
BEACH



Back Menu