



## A New Year Message From the CEO- Wayne Tynan

The start of a new year is a chance to pause and reflect – not on what we haven't done, but on how far we've come. Over time, I've learned that strength isn't about moving fast; it's about continuing, even when the path feels hard.

As this new year begins, I hope it brings moments of calm, connection, and renewed confidence in yourself. We are all moving forward together, one day at a time.

At Global Disability Support Services, we would like to sincerely thank you for your support throughout 2025. It has truly been our pleasure to work alongside you and your families.

While 2025 has brought significant challenges for our community, it has also shown us moments of progress, resilience, and collective strength. We hope you are able to take time to rest, recharge, and connect with the people who matter most to you. On behalf of our entire team, we wish you and your family a safe, peaceful, and happy New Year in 2026.

Warm regards, Wayne Tynan  
CEO - Global Disability Support Services



Read Lorena'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](#)

Meet the team: [Team\\_Members](#)

Find Wellbeing\_Tips\_here: [Wellbeing\\_tips](#)

Christmas treats to eat and drink: [Treat\\_yourself](#)



## Things to do in January



CITY OF  
**LOGAN**

| **LIBRARIES**

Join ADA Australia's free Words 2 Action workshop empowering people with a disability, their families, and carers with practical self-advocacy skills. Learn how to speak up confidently in areas like NDIS, housing, employment, healthcare, and relationships.

The workshop provides practical tools and a supportive space to understand and apply self-advocacy in daily life. **For adults. Bookings required.** For Dates and more information:

<https://loganlibraries.events.mylibrary.digital/series?sn=Words+2+Action>



**A C A D E M Y**

Our Art Therapy Painting Classes are co-facilitated by two passionate professionals who combine creative expression with calm, healing practices. Together, they guide you through a soothing, enriching experience of self-discovery and reflection. Katrina Puranik is a Qualified & Registered Art Teacher with QCT – Queensland College of Teachers #826556. Riaz Peter is a qualified & registered Therapist with ACA #S86661 (Australian Counselor's Association) **Explore the therapeutic power of meditative art together – [Book Now >](#)**



# MAPPINS

Learn how to make a large fish bowl (33cm diameter)

terrarium with your choice of plants to take home.

In this workshop, you will learn how to make extra large terrarium which can proudly be taken home afterwards.

The size of the fish bowl is 33cm x 33cm, and has the lid.

The plants, moss, soil, rocks, driftwood, stones, sand, ingredients and a large fish bowl with lid are all provided.

A bottle of water and Japanese sweets will be served.



For more information or to book: <https://www.eventbrite.com.au/e/large-terrarium-workshop-tickets-1825874643209?aff=oddttdcreator>

## Lets Dance!

**Madeline Stuart**  
DANCE COMPANY

**INCLUSIVE DISCOS**  
**2025 - 2026**  
**6:00PM - 9:00PM**

**November 21<sup>st</sup> - Cowboy**  
**December 12<sup>th</sup> - Christmas**  
**January 16<sup>th</sup> - Hawaiian**  
**February 13<sup>th</sup> - Valentines**  
**March 13<sup>th</sup> - Pirates & Princesses**  
**April 10<sup>th</sup> - Garden party**  
**May 8<sup>th</sup> - Flower Power**

**June 19<sup>th</sup> - Pajama Party**  
**July 10<sup>th</sup> - Black Tie Formal Night**  
**August 14<sup>th</sup> - Black & White**  
**September 11<sup>th</sup> - Mexican Fiesta**  
**October 9<sup>th</sup> - Sports Team**  
**November 20<sup>th</sup> - Disney**  
**December 11<sup>th</sup> - Holiday fun**

**EVERYONE**  
*is welcome here!*

**MOOROOKA COMMUNITY CENTRE**  
[DANCE@INSIDEOUTSIDEDANCE.COM](mailto:DANCE@INSIDEOUTSIDEDANCE.COM)

**Dancing Games Fun Pizza**

**PRE-REGISTER NO TICKETS AT THE DOOR RSVP ESSENTIAL**

**I ♥ ndis**





## Podcast

Coming Soon with your hosts- Wayne, Kurt & Special Guests

Our New Podcasts from the team at Global Disability Support services, Talking about all things NDIS, Positive stories about recovery, Interviews with Support Workers, Service coordinators, Plan Managers, Providers and Services such as Physio's and much more! and a bit of fun. in the latest Podcast Wayne and Kurt will be discussing how intimacy can play a significant role in the recovery and wellbeing of stroke survivors, for more information check out our website.





Visit our friends at Precious Coffee or get them to visit you!  
Precious Coffee is mobile, off-grid, and is housed on the front of a bicycle we can enrich any community. We love pitching up in local parks but can also bring the Precious experience to your event. Precious Coffee can help you create the perfect experience for your next event. We will bring beautiful coffee and flavour packed syrups and elixirs for those who want something a little different. We are located near the Brisbane CBD and can help with events throughout Brisbane. Precious Coffee will tailor a package to suit you, just send us an [email](#) and tell us how we can help bring joy to your special event.



At our store, you will find a quality range of homecare mobility products from reputable brands. Our ILS Coorparoo team is made up of highly knowledgeable and qualified team members including a dedicated assistive technology professional (ATP). We provide exceptional customer service, delivered with sensitivity and care. We will work closely with you to understand your unique needs, and support you in selecting products best suited to helping you achieve your goals

<https://ilsau.com.au/store/independent-living-specialists-coorparoo-mobility-specialist-store/>



We are proud to provide tailored information, services and support for Australians with brain injury, their carers', family members and organisations.

The Brain Injury Community Inc. team understands that by connecting individuals to support networks within communities and

to the right organisations, we can influence awareness and change to the lives of those most in need. We are able to connect Brain Injury survivors to specialist support services in their local community. By working and bringing people together to think creatively and ask different questions, we can create new solutions for people impacted by brain injury.

## A Gentle Start to the Year

There's no rush – this year can begin softly.

The start of a new year is often filled with expectations, plans, and pressure to “get back on track.” But January doesn't have to be about doing more or moving faster. It can simply be a time to pause, check in with yourself, and begin again, gently.

As the year unfolds, it's completely normal to feel a mix of emotions. You might feel hopeful, tired, uncertain, or somewhere in between. There's no right or wrong way to feel – and no set pace you need to keep.

Rather than focusing on big resolutions, this can be a time to **set intentions**. Intentions aren't about changing who you are; they're about supporting yourself with kindness. An intention might be as simple as *taking things one day at a time, asking for help when you need it, or making space for rest.*

Sometimes it's the smallest things that make the biggest difference. A moment of fresh air, a glass of water, a stretch, a favourite song, or a quiet cuppa can help ground you and bring a sense of calm. These little acts of care add up, especially when days feel overwhelming.

January can also be a time when routines shift and support networks reconnect. Remember, you're not meant to do everything alone. Reaching out – whether to a friend, a loved one, or your support team – is a strength, not a weakness.

As this new year begins, may it be one of patience, understanding, and steady confidence. However, this year looks for you, know that it's okay to move at your own pace. A gentle start is still a strong one.

### 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 this New Year.**

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

# NDIS Update - Keeping You in the Loop



The NDIS continues to work on improving the way plans are created and reviewed. From **mid-2026**, the NDIA plans to introduce a new system designed to make budgeting and planning **more consistent and easier to understand**. While there's still a lot being discussed, the aim is to create a smoother, more predictable experience for participants and families.

Advocates and community groups are still sharing feedback to ensure that any changes remain **fair, supportive, and centred on individual needs**. This is an important part of the process, and nothing changes immediately – you won't see any impacts over this Christmas period.

## What This Might Mean for You

- **No immediate changes** – everything works the same for now.
- The NDIA is aiming to make planning **quicker and clearer** for participants.
- Community organisations and advocates are actively involved, making sure **your voice is part of the conversation**.
- If you receive supports through the NDIS, it's a good idea to keep an eye on updates in 2026, but there's **no action needed right now**.
- If you have a plan review coming up, the usual process still applies – your preferences, goals, and needs remain central.

## Something Positive

With all the talk about reforms, it's easy to miss the good things happening too. Across Australia, local disability groups continue to run **community events, end-of-year celebrations, and social connection programs** that help people feel supported and included – especially at Christmas time.

In Western Australia, a new **Community Advisory Council** has just been formed to make sure participant voices are heard more strongly. This is a great example of participants having **real influence** over the future of the scheme.



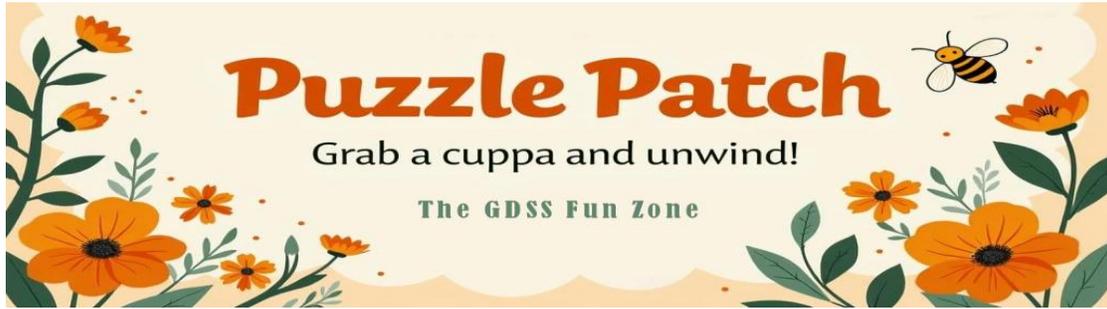
## A Gentle Note for the Festive Season

The end of the year can be busy and emotional. If you're feeling tired, overwhelmed, or uncertain, please remember:

**You don't have to navigate the NDIS alone.**

Support coordinators, local area coordinators, and community organisations are here to help you understand changes, ask questions, and feel supported every step of the way.





Welcome to the *Puzzle Patch* – a cozy little spot to pause, smile, and give your brain a happy stretch. Enjoy your cuppa and see how many words you can find!

## New Year Puzzle

ZWP IDAMMKEXFQZDKHSMA  
 CPOJDTCRQYBNEWYEARPD  
 WAAUALHFED EOPDL SHCLQ  
 AYLRKNOHDSOEEEGTUFQQ  
 MZUETJU EXWONDGHOLITU  
 VOFENYAAWZELJZZANRMR  
 NVFNTDNKRUFFUVBSJEGI  
 CQHILCAOJYEXBTBTHWJJ  
 ROCCUQIRCCHSYTIBFOQV  
 KCUTKQZMSJLSNQWOVRRN  
 MCKNSTRBESROCHAINKPL  
 CHMCTSICHWHCAEVEDSUS  
 JEIINDXCHAMPAGNEEWSI  
 NEHUDMOMCELEBRATIONP  
 VRNC SNRWEJULUZBEFOPW  
 PSDRKAIJNWGNSFLHNDIE  
 FFOQGTRGIWABHAWGSNWZ  
 UWBYRBOVHLAHZQSGKPSH  
 WLKIMICZRTTWENTYSIXV  
 JLOAATIEYGHRZPMFTBDE

Celebration	Resolution	Countdown	Eve
Champagne	Twenty six	Midnight	
Fireworks	New Year	January	
Calendar	Party	Cheers	
Toast			



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



## Lorena's Journey into Disability Support

### *Finding Confidence Through Connection*

Entering the disability support industry was both exciting and quietly daunting. I wasn't sure what each day would bring, or how different this role would feel compared to my previous career. What I didn't expect was just how deeply this work would shape me both professionally and personally.

One of the first participants I supported early in my journey helped teach me that support is not just about tasks or routines, but about understanding the person behind them. They had strong values, a wonderful sense of humour, and a genuine desire to do well, qualities that can sometimes be overlooked when people don't take the time to truly listen.



At the same time, I was still learning myself. Coming from a veterinary background in Brazil, I brought compassion, patience, and practical skills with me, but I was also adjusting to a completely new environment, with its own expectations and responsibilities.

Like most new working relationships, the beginning required patience. There were moments of uncertainty, learning, and adjustment but also moments of laughter that slowly built trust and connection. Those small, shared moments became the foundation of our working relationship.

As time went on, routines formed naturally. Communication became clearer, confidence grew, and daily life felt calmer and more balanced. Watching the participant feel more settled and self-assured was incredibly rewarding. It reminded me that even small, consistent support can make a meaningful difference.

What has stayed with me most was the mutual growth. Trust deepened, understanding strengthened, and we reached a steady, positive place – what we often call “baseline happiness mode.” It was a quiet but powerful reminder of why this work matters.

This experience showed me that when people feel genuinely understood, respected, and supported in a way that suits them, real growth becomes possible, for everyone involved.

If you would like to share your story please email us at:  
[customer-care@globaldisabilitysupportservices.com.au](mailto:customer-care@globaldisabilitysupportservices.com.au)

# Meet the Team

Meet the hearts and hands that make GDSS shine.



## Co-Founder and Chief Executive Officer (CEO)

Wayne has channeled his business acumen into creating meaningful, effective and compassionate disability support services. His dedication to enhancing the lives of our clients is at the heart of everything we do at Global Disability Support Services.



## Co-Founder, Training Manager & Head Care Coordinator

Almario being an experienced nurse, lifestyle manager in aged care has the experience to train our support team in all aspects of safely caring for our clients.



## Kurt | Support Professional

Kurt is a very caring, highly skilled, and experienced support professional. Although he takes his work seriously and always gives his best, he also believes that having fun and sharing a good laugh is an important part of building trust and making people feel comfortable. Kurt brings a calm, positive energy to every situation and is dedicated to helping participants feel supported, respected, and empowered.



## David | Support Professional

David is a very caring, highly skilled, and experienced support professional. He has a strong passion for sports, fitness, healthy living, and surfing, and brings that same energy and enthusiasm into his work. David holds a Bachelor's degree in Psychology from Griffith University and uses his knowledge and empathy to support participants with understanding, respect, and positivity.



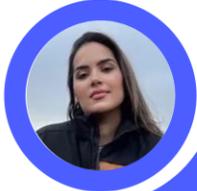
## Eugene | Support Professional

Eugene is a very caring, highly skilled, and experienced support professional. He brings a warm and friendly personality to his work, creating a welcoming and comfortable environment for the people he supports. Eugene loves animals, and his gentle, compassionate nature shines through in everything he does.



### Natalia | Support Professional

Natalia is a very caring, highly skilled, and experienced support professional. Her philosophy is simple: "Don't settle for fine – aim for happy." She works with each participant to discover what truly brings them joy and confidence in their everyday life.



### Lorena | Support Professional

Lorena is a very caring, highly skilled, and experienced support professional. She is known for her friendly, approachable nature and her ability to make people feel at ease. Lorena brings compassion, understanding, and a strong commitment to helping participants achieve their goals and feel confident in their daily lives.



### Leticia | Support Professional

Leticia is a very caring, highly skilled, and dedicated support professional. She approaches every day with a genuine commitment to helping participants feel understood and supported.

January has brought some Hello's and some Goodbyes, this month we farewell David who has gone on an adventure to New Zealand, David was very caring, highly skilled and experienced, we would like to wish him all the best on his new endeavor.



We're delighted to welcome Liam to the team. Liam 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 Liam - we're so glad to have you on board.

## We Celebrate!



This month we say a BIG Happy Birthday to Almario on the 8<sup>th</sup> January and Natalia on the 13<sup>th</sup> January

Wishing you an amazing year ahead!



## A Sweet Treat for New Year: Mocha Mousse

- **PREP TIME** 7 mins
- **COOK TIME** 8 mins
- **CHILLING** 60 mins
- **TOTAL TIME** 75 mins
- **SERVINGS** 4 to 6 servings

### Ingredients

- 1 cup (6 ounces) chocolate chips, chocolate disks, or chopped chocolate (bittersweet, semi-sweet, or milk chocolate)
- 2 cups heavy cream, divided
- 1/4 cup brewed espresso or strong coffee
- 2 tablespoons powdered sugar



### Method

1. Melt the chocolate, cream, and espresso:

To a large heatproof bowl, add the chocolate, 1/2 cup of the heavy cream, and espresso or coffee. Place the bowl over a saucepan of simmering water. Make sure the water doesn't touch the bottom of the bowl.

Stir frequently until the chocolate is melted, smooth, and completely incorporated into the cream, 6 to 8 minutes. Remove the bowl from the heat and let cool for 10 minutes.

2. Whip the cream:

While the chocolate is cooling, add the remaining 1 1/2 cups heavy cream and powdered sugar to a large bowl. Using an electric mixer, [whip until soft peaks form](#), 2 to 3 minutes. Reserve 1/2 cup of the whipped cream for garnish and refrigerate.

3. Fold the cream into the chocolate, and chill:

Using a rubber spatula, gently fold the remaining whipped cream into the chocolate mixture in 3 to 4 additions. Make sure the cream is fully mixed in and there are no white streaks showing.

Divide the mousse among 4 to 6 ramekins or transfer to a large serving bowl. Let the mousse chill in the fridge for at least 1 hour.

4. Serve: Once chilled, top each serving with a spoonful of the reserved whipped cream and serve. Store leftovers in an airtight container or covered with plastic wrap in the fridge for up to 3 days. Want more easy recipes visit: <https://www.simplyrecipes.com/>



## 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

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Phone: (07) 2810 5569

Email: [customercare@globaldisabilitysupportservices.com.au](mailto:customercare@globaldisabilitysupportservices.com.au)



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!

## New Year Puzzle

ZWP IDAMMKEXFQZDKHSMA  
CPOJDTCRQYBNEWYEARPD  
WAAJALHFED EOPDLSHCLQ  
AYLRKNOHDSOEEEGTUFQQ  
MZUETJUEXWONDGHOLITU  
VOFENYA AWZELJZZANRMR  
NVFNTDNKRUFFUVBSJEG I  
COHILCAOJYEXBTBTHWJJ  
ROCCUQIR CCHSYTIBFOQV  
KCUTKQZMSJLSNQWOVRRN  
MCKNSTRBESROCHAINKPL  
CHMCTSICHWHCAEVEDSUS  
JEIINDXCHAMPAGNEEWSI  
NEHUDMOMCELEBRATIONP  
VRNCSNRWEJULUZBEFOPW  
PSDRKAIJNWGNSFLHNDIE  
FFOQGTRGIWABHAWGSNWZ  
UWBYRBOVHLAHZQSGKPSH  
WLKIMICZRTTWENTYSIXV  
JLOAATIEYGHRZPMFTBDE

Celebration	Resolution	Countdown	Eve
Champagne	Twenty six	Midnight	
Fireworks	New Year	January	
Calendar	Party	Cheers	
Toast			

