

# Global Disability Support Services Welcomes March and early Autumn Participants Newsletter 5<sup>th</sup> Edition



## A Message from the CEO - Wayne Tynan

As summer comes to an end and we welcome the beginning of autumn, March offers a gentle opportunity to pause and reflect. Autumn reminds us that change doesn't have to be rushed it can be calm, steady, and comforting.

As the days begin to cool, it's a lovely time to slow down and take care of ourselves. Whether that's enjoying a warm cup of cocoa or hot chocolate, taking a quiet moment to relax, or settling in with this month's Puzzle Patch, small moments of wellbeing can make a big difference.

At GDSS, we remain deeply committed to supporting our participants, families, and team as we move into this next season together. Thank you for the care, kindness, and dedication you show every day, it truly makes our community a special place to be.

Warm regards, Wayne Tynan  
CEO - Global Disability Support Services



Read Jesse'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: [Meet the team](#)

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

Yummy treats: [Treat yourself](#)

Meet Friends of GDSS: [Friends of GDSS](#)

Have a look at this months [Did you know](#)

# 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 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/Some Afrikaans



## **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]



### **Natalia**

Natalia is a dedicated and compassionate support professional who brings warmth, patience and reliability to her role. She is passionate about building genuine connections with participants and supporting them to feel confident, valued and comfortable in their day-to-day lives.

Languages Spoken  
English  
Spanish  
Portuguese [Brazil]

## **And Welcoming...**



### **Jesse**

We're delighted to welcome Jesse to the team. 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



### **Damaris**

We're delighted to welcome Damaris on board. Damaris is a very caring and highly skilled and experienced Support professional. With a warm and friendly personality, Compassionate and responsible individual with a strong desire to help others and make a positive impact in the community. Damaris has a true desire to support people with respect, empathy, and dignity.

Languages Spoken  
English  
Spanish



### **Daniela**

We're delighted to welcome Daniela on board. 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**

We're delighted to welcome Ossama on board. A Very Caring, reliable and highly skilled and experienced Support professional. Warm and friendly personality focused on personal development

Languages Spoken  
English



### **Jayzie**

A Very Caring and highly skilled and experienced Support professional. Warm and friendly personality.

Languages Spoken  
English  
Tagalog [Philippines]

**We Celebrate!** 

**This month we say a BIG Happy Birthday to Damaris on 26<sup>th</sup> February Wishing you an amazing year ahead!**



## ***Jesse - From the field to the community - When movement became meaning***

I began my journey as a support worker and all-abilities personal trainer in 2022, driven by a genuine passion for helping people move forward in their lives. From the very beginning, I found deep fulfillment in supporting individuals to work toward their goals, whether that meant improving their health and fitness, building confidence, or gaining greater independence in everyday life.

My background as a rugby league player, including a year playing in France, taught me the value of discipline, resilience, teamwork and consistent effort. Those lessons continue to shape the way I support others, with encouragement, understanding, and practical guidance.

Health and fitness have always been central to my life, and being able to share that knowledge in an inclusive and adaptable way has been incredibly rewarding.

Alongside my work in fitness, I've had the privilege of mentoring children and supporting people from a wide range of backgrounds and abilities. Each person I work with brings something unique, and I've learned that truly listening and adapting to individual needs makes all the difference.

At the heart of my work is a simple goal: to help people believe in themselves, build sustainable habits, and achieve their own version of a healthy, fulfilling life.

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

Wayne: [customercare@globaldisabilitysuccessservices.com.au](mailto:customercare@globaldisabilitysuccessservices.com.au) or Sue: [globaldisability47@gmail.com](mailto:globaldisability47@gmail.com)





## Things To Do

MAKING CONNECTIONS FINDING SOLUTIONS GENERATING INSPIRATION

# BRISBANE DISABILITY CONNECTION EXPO 2026

13<sup>th</sup> - 14<sup>th</sup> MARCH / Brisbane Convention & Exhibition Centre

*Creating a Voice for the Disability Sector*



## We'll be there!

**Connect and Share!** This expo offers people living with with disability, families, carers and professionals the opportunity to connect, explore, learn, and discover new solutions. Whether you're seeking information on assistive technologies, support services, community and government programs, come and connect.

13<sup>th</sup> & 14<sup>th</sup> March



Our engaging chef-led NDIS cooking classes in Brisbane's Bayside are a fun and interactive way to cultivate essential life skills.

Experience the joy of cooking, and gain some great practical life skills, learning how to prepare a range of nutritious meals, and delicious sweet baked treats.

### **Hands-on learning**

You'll explore diverse dishes, tastes and textures, developing an appreciation for food preparation, presentation, kitchen safety and hygiene practices.

Visit us at: <https://www.bluetonguekitchen.com.au/ndis-cooking-classes>





Personal Trainers that are also NDIS registered for core and capacity-building. So no matter what the sport, fitness, exercise or recreation goal and no matter what the disability, our team is here to help you live life to the fullest.

<https://www.fityourability.com.au/>



If you're looking for local NDIS related events in your area, keep an eye on our [latest events](#) page on our website.

## Lets Dance!



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



|   |  |  |
|---|--|--|
| November 21 <sup>st</sup> - Cowboy            |  | June 19 <sup>th</sup> - Pajama Party           |
| December 12 <sup>th</sup> - Christmas         |  | July 10 <sup>th</sup> - Black Tie Formal Night |
| January 16 <sup>th</sup> - Hawaiian           |  | August 14 <sup>th</sup> - Black & White        |
| February 13 <sup>th</sup> - Valentines        |  | September 11 <sup>th</sup> - Mexican Fiesta    |
| March 13 <sup>th</sup> - Pirates & Princesses |  | October 9 <sup>th</sup> - Sports Team          |
| April 10 <sup>th</sup> - Garden party         |  | November 20 <sup>th</sup> - Disney             |
| May 8 <sup>th</sup> - Flower Power            |  | 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**




## Podcast

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





## Because your wellbeing matters, every day

As the seasons begin to shift, March is a gentle reminder to slow down and check in with yourself.

- **Create a cosy pause:** Evenings are starting to cool – perfect for a warm drink, a soft blanket, and a few quiet moments to unwind.
- **Ease into routines:** As schedules change, try adding one small grounding habit each day – a short walk, gentle stretches, or mindful breathing.
- **Stay connected:** Reach out to someone you trust for a chat or shared activity. Connection is powerful for wellbeing.
- **Be kind to your energy:** It's okay to feel a little tired during seasonal change. Rest when you need to and listen to your body.
- **Celebrate small wins:** No matter how big or small, acknowledge what you've achieved – it all counts.

- **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 cosy, 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.

The NDIS has released its first **Participant First Newsletter for 2026**, highlighting new engagement opportunities and recent updates.

### Have your say:

Participants, families and carers are invited to get involved in upcoming consultations, including:

**Helping shape a new NDIS pathway for First Nations children and young people** (paid engagement opportunities). Sign up here to become a member: [complete a Participant First information form](#)

### You said, we did:

Feedback from a Supported Independent Living (SIL) pilot focus group is helping shape future supports, with key themes including staff training, continuity of care, choice and control, and connection to community.

The SIL Pilot is ongoing and will finish in June 2026.

### What's new:

Here are the latest headlines from the NDIS news page which may be of interest to you.

- [Update - A new way of planning](#)
- [NDIA Board Chair reappointment for 3-year term](#)
- [Sydney man charged with alleged \\$3.5 million NDIS fraud](#)

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](mailto:fraudreporting@ndis.gov.au)



## Helpful Supports You Might Not Know About

### Did You Know? NDIS May help with meal preparation

Preparing meals isn't always simple. For some NDIS participants, cooking safely and independently can be challenging due to mobility, fatigue, cognitive, or sensory needs.

While the **National Disability Insurance Scheme** doesn't cover the cost of groceries themselves, it *may* fund the preparation and delivery component of meals, if it's considered reasonable and necessary and linked to a participant's goals.

This could include:

- Support from a worker to assist with meal planning and cooking
- Skill-building to increase independence in the kitchen
- Access to prepared meal delivery services (depending on plan type)

As always, funding depends on individual plans and goals, so it's best to check with your plan manager, support coordinator, or Local Area Coordinator before signing up to a service.

If meal preparation has been feeling overwhelming, it may be worth exploring what supports are available.

### Exploring NDIS Meal Support Options in Our Community:



<https://benefitfood.com.au/pages/ndis-meals-ndis-meal-providers-new-cookaborough>



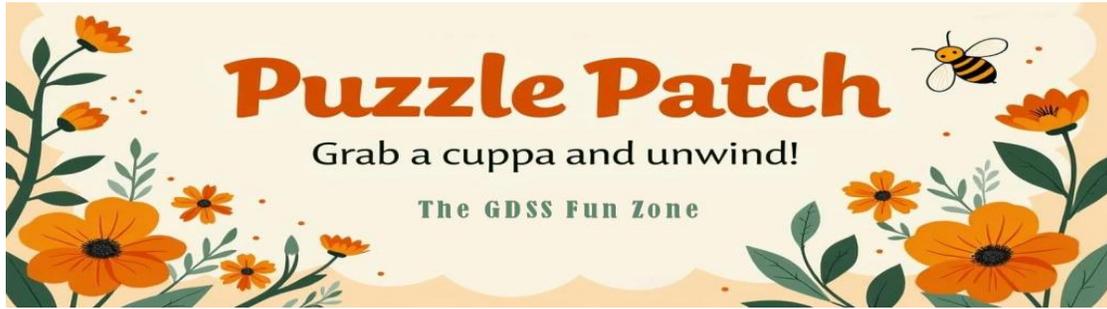
<https://www.gourmetdinner.com.au/ndis-meals>



<https://gardenofgoodness.com.au/ndis>

Have you accessed meal preparation supports before? We'd love to hear your experience. Email us at:

Wayne: [customercare@globaldisabilitysuccessservices.com.au](mailto:customercare@globaldisabilitysuccessservices.com.au) or Sue [globaldisability47@gmail.com](mailto:globaldisability47@gmail.com)



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!

## Autumn

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

Sunflowers

Scarecrow

Mushrooms

Pine cone

Harvest

Pumpkin

Hayride

Bonfire

Berries

Leaves

Apples

Maple

Acorn

Rake

Orange

Cider

March

Brown

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





### A Sweet Treat for March: No bake Apple Parfait

This no bake dessert is easy and delicious! It's a simple, refreshing way to enjoy all of the flavours of apple pie without all of the work.

#### Ingredient notes and substitutions

- **Apples:** I like to use Granny Smith apples because they're crisp and tart. If you'd like to use sweeter apples, Pink Lady apples or Honeycrisp apples work well
- **Whipping cream:** Be sure that the whipping cream is cold. It will whip up better straight from the fridge.
- **Shortbread cookies:** any type of shortbread cookie should work.

#### INGREDIENTS

- 250 g peeled and diced Granny Smith apple
- 141 g apple butter
- 200 g plain Greek yogurt of your choice
- 100 g granulated sugar
- 1 teaspoon vanilla extract
- 238 g heavy whipping cream
- 355 g shortbread cookies crumbs



#### INSTRUCTIONS

- In a small bowl, toss together chopped apple and apple butter.
- In a separate small bowl, mix Greek yogurt, sugar, and vanilla together. Set aside.
- In a separate medium bowl, whip cream until it begins to thicken.
- Continue to whip until cream is at stiff peaks.
- Gently fold Greek yogurt mixture into whipped cream.
- To assemble, place about 2 tablespoons cream mixture in bottom of dish or glass.
- Top with crumbled cookie, 2 more tablespoons of cream, and then chopped apple mixture.
- Repeat layers.
- On the final layer, layer crumbled cookie, apple mixture, and end with cream mixture.
- Sprinkle with additional cookie crumbs.
- Serve immediately if you want crispier cookie, or loosely cover and chill until ready to serve.



# FIT4MULA

Starting your fitness journey can be challenging, but you don't have to do it alone. We'll bring our programs to you. No matter your age, interests, ability, we support everyone—from kids thriving in their bodies to families playing together, to older adults being strong and independent. Our unique formula combines cardio, strength, flexibility, and fun, allowing you to enjoy the experience at your own pace.



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. Visit us at: <https://www.fit4mula.com/>



Advanced Mobility , specialists in Powered and manual wheelchair sales, service , custom seating and modifications





## 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](http://globaldisabilitysupportservices.com.au)  
Phone: (07) 2810 5569

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

## Autumn

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

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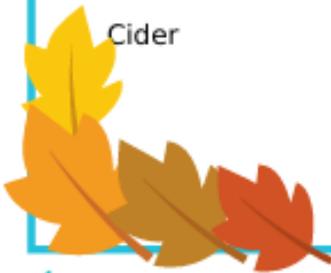
Rake

Orange

Cider

March

Brown



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