

Global Disability
Support Services

Happy Mother's Day

Participants
Newsletter
7th Edition

A Message from the CEO - Wayne Tynan

As we welcome the month of May, we take a moment to recognise and celebrate Mother's Day, a time to honour care, compassion, and the people who support us through life's journey.

In our community, "mothering" comes in many forms. It may be a mum, a grandmother, a carer, a support worker, or someone who simply shows kindness, patience, and understanding when it's needed most.

Every day, we see the impact of that care; in the progress people make, the confidence they build, and the connections they form.

Thank you to everyone who gives their time, energy, and heart to supporting others.

Wishing you all a warm and meaningful month of May.

Warm regards,
Wayne Tynan
CEO - Global Disability Support Services



Read David'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](#)

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

Have a look at this month's [Did you know](#)



May is filled with meaningful moments, a time to reflect, appreciate, and celebrate the people and values that bring us together.

Mother's Day:

A special time to recognise and thank the mums, carers, and nurturing figures in our lives who offer guidance, patience, and unconditional support.

ANZAC Day:

Although observed in April, we continue to reflect on the courage and sacrifice of those who have served, and honour the families and communities who stand beside them.

Labour Day:

A day to recognise the contributions of workers and the importance of fair working conditions - something that continues to shape the supports and services we have today.

And A Special Celebration - Our CEO Wayne's Birthday (3rd May)



This month we also celebrate Wayne's birthday!
We thank him for his leadership, dedication, and the care he brings to the GDSS community every day.

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.

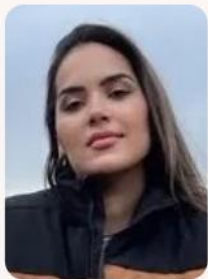
Languages Spoken
English



Letitia

Letitia 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]



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



Damaris

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

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



Jayzie

Jayzie is a very caring and highly skilled and experienced Support professional. Warm and friendly personality.

Languages Spoken
English
Tagalog [Philippines]



**This month we say a BIG Happy Birthday to Wayne our CEO
on 3rd May Wishing you an amazing year ahead!**



David - Growing Up Inclusive: A Journey into Purposeful Support Work

Growing up alongside my brother, who has cerebral palsy, sport was never just a pastime, it was a gateway to something bigger.

Our family encouraged us to try everything: soccer, rugby, swimming, surfing, hiking. It wasn't always easy, but those experiences built something lasting; confidence, resilience, and a strong sense that we belonged, no matter the environment.

We both dreamed big. My brother went on to represent Australia as a Pararoo in the national Paralympic football team, while I had the honour of representing Australia at the Gridiron World Championships. But beyond the achievements, what stayed with us most was a deep understanding of what true inclusion looks like.

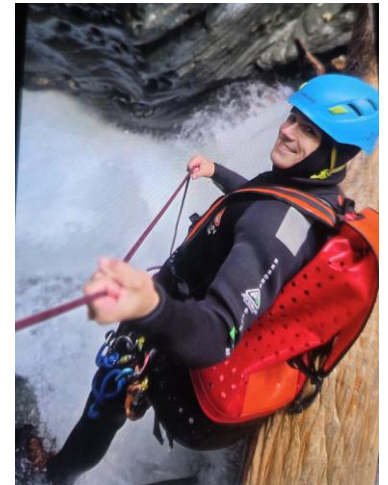
Today, as a support worker based in Brisbane's south-west, I carry those lessons with me every day. With a background in psychology and over two years of hands-on experience, I'm passionate about helping people with disabilities step into their communities, particularly through sport and recreation because that's where I've seen the most powerful transformations.

Sometimes it's about building the foundations: confidence, coordination, or simply feeling comfortable in a new environment. Other times, it's about pushing limits, setting goals, and celebrating progress. Whether we're out in the community trying something new or just sharing a laugh along the way, the goal is always the same: to open doors and create positive, meaningful experiences.

Of course, support also includes the everyday essentials—assistance with daily tasks, transport, and personal care. But at its heart, this work is about people—their goals, their growth, and their right to be part of something bigger.

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 creative!



Adventure Fun!



Want to meet new people, make friends and discover nature? Every child is unique and so is their journey. We are committed to delivering Accessible Adventure Programs that provide the best opportunities to help children achieve their goals and personal milestones. Check us out: <https://accessadventureclub.com.au/>



Fun Farm Ltd was created to meet a gap in social connection activities and services for teenagers and young adults with disabilities, their carers and families in the Redland Coast area of Brisbane. Once children reach their teenage years and the high-school/post-schooling phase, their options for socialising, making friends and doing things their mainstream peers take for granted becomes much more limited. The Fun Farm offers a range of fun activities and experiences on a monthly basis for people with disabilities to promote friendships and connections with peers similar in age. Fun activities and recreational programs, or a fun afternoon out which gives participants and their family a chance to connect, make new friends in a supportive environment. Visit us here: <https://funfarm.org.au/>

Up for a quiz?



Get Real
EMPOWERING YOU

Snacks, Drinks (non-alcoholic), and Pizza provided!

LET'S GET QUIZICAL!

For adults living with disability/neurodivergence

Free inclusive Trivia night for Adults! 16+

Saturday May 9th
4:00 PM - 7:00 PM

Ormeau Community Centre

A cartoon pink brain with a lightbulb and musical notes is shown on the right.

Lets Dance!



Madeline Stuart DANCE COMPANY

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

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

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

EVERYONE is welcome here!

MOOROOKA COMMUNITY CENTRE
DANCE@INSIDEOUTSIDEDANCE.COM

PRE-REGISTER
NO TICKETS
AT THE DOOR
RSVP
ESSENTIAL

I ♥ ndis

Dancing Games Fun Pizza

Three photos of people dancing are shown in the center.





Because your wellbeing matters, every day

May brings us the reminder of the importance of caring for ourselves and those around us. It's a wonderful time to slow down, reflect, and appreciate the little moments that bring joy.

Pick **one calming activity** each day this month:

- Take 3 slow breaths
- Listen to your favourite song
- Sit in a quiet space for a few minutes

Goal: Find what helps *you* feel calm.

- Start your day slowly, avoid rushing where possible.
- **Spend time outdoors** - A little fresh air and sunshine can help lift your mood and boost your energy.
- **Share a moment with someone** - Whether it's a phone call, a visit, or a shared cup of tea, connection is important for wellbeing.
- **Practice gratitude** - Take a moment each day to think of something you are thankful for.
- Keep a simple routine to create structure
- **Take time to recharge** - Rest when you need to and remember that looking after yourself helps you care for others too.

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.

NDIS Update Snapshot (May 2026):

- New planning system trials starting soon (no action yet required)
- Increased checks on how funding is spent
- Provider registration changes coming July 2026
- Continued focus on reducing fraud and misuse
- New supports for children under 9 (rolling out later in 2026)
- Some supports may come from health/education instead of NDIS

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](#)

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? NDIS Can Support Mental Health & Wellbeing Too

Many people are aware of physical supports, but **NDIS can also help support your mental and emotional wellbeing.**

This may include access to:

- Psychologists or counsellors
- Capacity-building supports to manage stress and anxiety
- Support to build confidence and social skills
- Assistance to participate in community activities

If your mental wellbeing impacts your daily life, it's worth exploring what supports may be available in your plan.

Speak with your Support Coordinator or Plan Manager to learn more.

Tip: You can ask your Support Coordinator or Plan Manager to help you find NDIS-registered professional in your area. Some NDIS registered professionals you may work with include Occupational Therapists, Speech Pathologists, Psychologists, and Physiotherapists.

Exploring NDIS professional Support Options in Our Community: There are very many out there, here are one or two that we found:



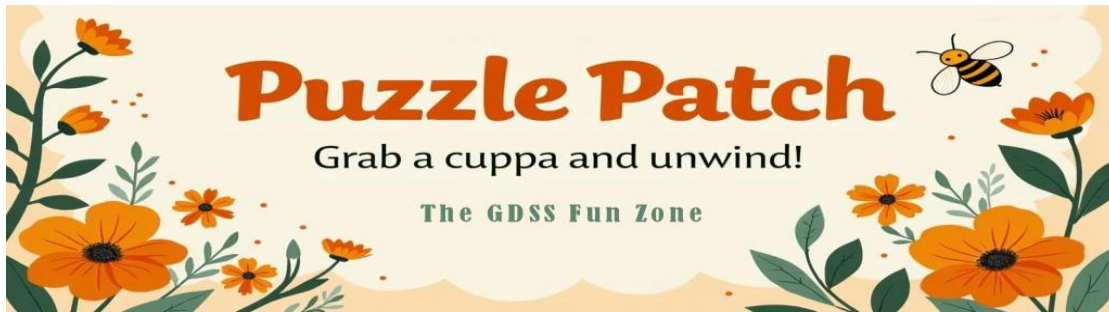
We provide Occupational Therapy, Physiotherapy, Speech Pathology, Behaviour Support and Early Childhood services. <https://national360.com.au/>



Our professional, individually focused therapy helps you overcome the obstacles blocking your path, so you don't have to face hard times alone
<https://inmindtherapy.com.au/>

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



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!

MothersDay

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

Breakfast in Bed	Nurturing	Grateful	Love
Special	Kindness	Flowers	Mom
Mother	Caring	Family	
Loving	Hugs	Lunch	



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



A Sweet Treat for Mothers Day: Pancake Mix Dessert Crepes

Ingredients

Crepes:

1 cup pancake mix
2 tablespoons sugar
1 1/3 cups whole milk
2 teaspoons vanilla extract
1 large egg, beaten
1/4 cup melted butter
Canned whipped cream for topping
3 to 4 sprigs of mint



Fillings and Toppings:

One 8-ounce container whipped cream cheese (store bought)
3/4 cup berry preserves
1 cup mixed berries (raspberries, strawberries, blueberries)
1/4 cup chocolate syrup

Directions

1. For the crepes: In a bowl, whisk together the pancake mix and sugar. Combine the milk, vanilla and egg in a pitcher. While whisking, slowly add the wet ingredients to the dry ingredients, mix until smooth.
1. For the crepes: In a bowl, whisk together the pancake mix and sugar. Combine the milk, vanilla and egg in a pitcher. While whisking, slowly add the wet ingredients to the dry ingredients, mix until smooth.
2. Heat a 10-inch non-stick skillet over medium-low heat. Add a teaspoon of the melted butter and swirl the pan so the butter covers the bottom of the pan. Add 2 ounces of the batter to the skillet, swirling the pan again to distribute the batter into a thin and even layer. Cook until golden on the first side, 2 to 2 1/2 minutes. Then carefully flip and cook for 1 more minute on the second side. Remove the cooked crepe from the skillet to a cutting board or plate. Repeat with the remaining crepes and butter, stacking the finished crepes in a single layer to cool.

To serve:

Lay a crepe onto a clean surface. Add a tablespoon of the whipped cream cheese to the center then top with 1 tablespoon of the preserves and spread. Fold in half, then in half again to create a triangle, and set aside. Repeat with the remaining crepes. Top with berries, a drizzle of chocolate syrup, a little whipped cream and a mint leaf to finish.

TIP: You can use store bought crepes to make it easier 😊



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!

MothersDay

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

Breakfast in Bed

Nurturing

Grateful

Love

Special

Kindness

Flowers

Mom

Mother

Caring

Family

Loving

Hugs

Lunch



Back to [Menu](#)