



Global Disability Support Services Happy Easter!



Participants Newsletter 6th Edition

A Message from the CEO - Wayne Tynan

As we welcome the Easter season, it's a wonderful time to pause and reflect on what this time of year represents - hope, renewal, and new beginnings.

Across our community we see these values every day. Whether it's the progress someone makes toward their goals, the support shared between families, or the dedication of the people who work and volunteer in this sector, there are so many reminders that small steps forward can create meaningful change.

It's a wonderful time to pause and appreciate the compassion, dedication, and kindness that make such a difference in our community every day. From families and support workers to volunteers and participants, each person plays an important role in creating a supportive and caring environment.

On behalf of our team, thank you for the care and commitment you bring to our community.

Wishing you a peaceful and Happy Easter. Warm regards,
Wayne Tynan CEO - Global Disability Support Services



Read Ossama'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.

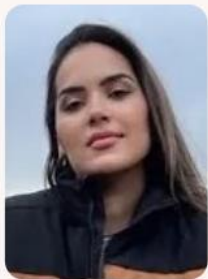
Languages Spoken
English



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]



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]

We Celebrate! 

**This month we say a BIG Happy Birthday to Sue
on 27th April Wishing you an amazing year ahead!**



Ossama (Sam) Going above and beyond

I come from an Australian Middle Eastern background and have always enjoyed staying active and spending time outdoors. Some of my favourite things to do include fishing, hiking, camping, swimming, and playing sports, anything that keeps me moving and connected to nature.

Alongside my interests, I've also pursued my passion for learning and creativity. I completed a Diploma in Music, which allowed me to explore a different side of myself, and I am currently studying towards a Bachelor of Pharmacy.

Over the past two and a half years working as a support worker, I've developed a strong passion for helping others. I enjoy supporting people to get out into the community, try new activities, and build confidence in their everyday lives.

Through this work, I've learned how important it is to be patient, understanding, and adaptable to each individual's needs. Every person is different, and I value the opportunity to support people in a way that works best for them.

Being able to speak both English and Arabic has also allowed me to connect with a wider range of people and support individuals from diverse backgrounds.

For me, being a support worker is about making a positive difference, supporting people to feel confident, capable, and empowered in their own lives.



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

For the gaming folk:

MINDS Fostering Social Growth at PLAY Through Collaborative Play and Guided Interaction

Through our online Social Group, participants learn how to collaborate, explore, gather resources, and have fun being creative in a shared **Minecraft** world. Together, groups co-build a thriving community: they mine and craft, share tools and materials, co-ordinate city projects and adventures, and celebrate milestones as a team. By working on the same server toward common goals, participants practice turn-taking, clear communication, and problem-solving in a friendly, low-pressure environment. The “game” is our vehicle; the destination is genuine connection - new friendships, teamwork habits, and confidence in social situations. Visit here:

<https://mindsatplay.com.au/minecraft-registration/>



Discover New Opportunities with Our Social and Community Access Programs

Want to meet new people, make friends and discover new opportunities? Our social

and community access programs will support you to do all that and more!

Getting Started is as easy as clicking the link below, completing your details and showing up to your select activity.

<https://getcreativesupport.com.au/>



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>

Lets Dance!

Madeline Stuart
DANCE COMPANY

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

0425 156 680
Madeline Stuart
DANCE COMPANY
madelinstuartdancecompany.com

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

Dancing
Games
Fun
Pizza

PRE-REGISTER
NO TICKETS
AT THE DOOR
RSVP
ESSENTIAL

I
ndis

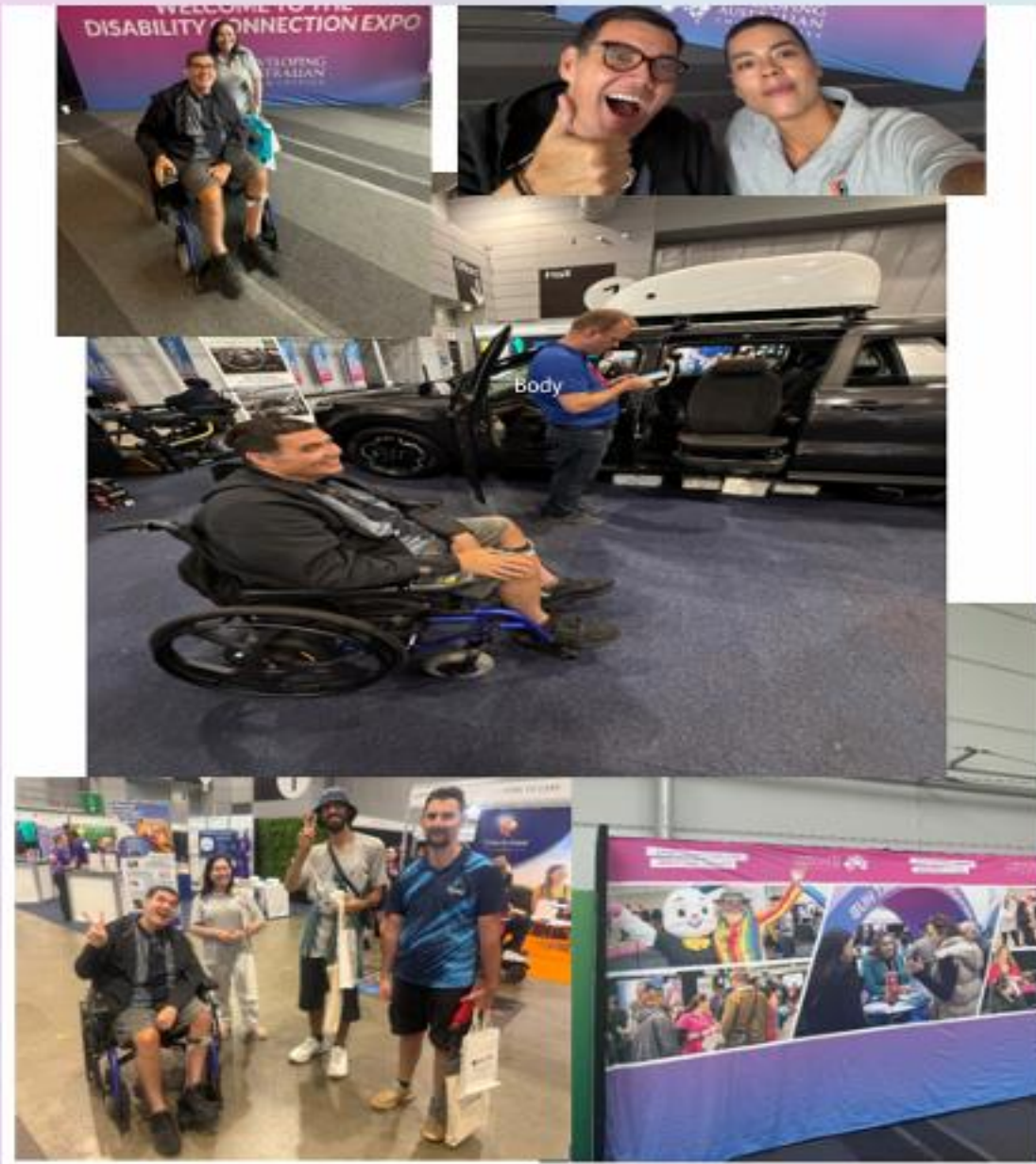


Podcast

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



We were there!



MAKING CONNECTIONS
FINDING SOLUTIONS

DEVELOPING
GENERATION
DISABILITY

BRISBANE DISABILITY CONNECTION EXPO 2026

13th - 14th MARCH / Brisbane Convention & Exhibition Centre

Creating a Voice for the Disability Sector



We had an amazing time attending the Disability Connect Expo in Brisbane on the 13th and 14th of March. It was such a fantastic couple of days filled with connection, learning, and community.

One of the best parts of the expo was catching up with people we met last year and also making many new friends. Events like this remind us how strong and supportive the disability community is.

We met so many passionate people and organisations doing incredible work to support

individuals and families. One of the wonderful groups we connected with was Brothers Support Network, a community dedicated to supporting men and youth, helping build stronger connections and support systems.

The expo gave us the opportunity to learn about new services, share ideas, and build meaningful relationships with others who are committed to making a positive difference.

A huge thank you to everyone we met, spoke with, and connected with over the two days. We're already looking forward to the next one!

Here are some of the amazing people we met:



happy paws
happy hearts

Happy Paws Happy Hearts (HPHH) is a unique community promoting inclusion and happiness. It is a place where people and animals come together to break down personal barriers and create space for change through

fun, curated programs. Join us and change your life and the lives of rescue animals.

Join them here: <https://www.hphhfoundation.org/>

Ability Action Australia



We are a registered NDIS provider of therapeutic, positive behaviour and employment supports across Australia. Our national network of clinics and large pool of mobile clinicians provide more participants and their families with fast, life-changing support.

Visit them here: <https://abilityactionaustralia.com.au/>

Brothers Support Network



An NDIS registered network of passionate, energetic support workers.

Specialising in supporting males living with Autism Spectrum Disorder (Level 1–3), Acquired Brain Injuries, Psychosocial

Disabilities, Vision Impairments, and SIL accommodation across Brisbane, Gold Coast, and Sunshine Coast. You can visit Brothers Network at: <https://www.brothersupportnetwork.com/>



By providing the important link between the Participant, Service Providers, and Investment Capital, ADAPT Housing are building a wide range of specialist disability homes for people with extreme functional impairment or very high needs. Visit them here <https://adaphousing.com.au/>



TEN - The Essential Network for Health Professionals

Helping healthcare professionals find resources and support to navigate burnout and maintain good mental health.

Designed by health professionals, for health professionals, The Essential Network (TEN) makes

accessing support quick, easy and confidential. This e-health hub gives you access to a network of support including: self-guided [mental health checkup](#) connection to one-on-one clinical care, with up to five free telehealth sessions with a clinical psychologist and provisional psychologists, through Black Dog Institute's [TEN Clinic](#) evidence-based [tools and resources](#) [peer support](#) digital mental health programs including TEN's [Navigating Burnout & Navigating Sleep and Shiftwork](#) visit them here: <https://www.blackdoginstitute.org.au/>





Because your wellbeing matters, every day

April and the Easter season remind us of renewal, hope, and 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.

- **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.
- **Enjoy a creative activity** - Easter can be a fun time to get creative with crafts, baking, or decorating.
- **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.

The NDIS has released its latest **Participant First Newsletter**, 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



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 You with Diet & Nutrition


Did you know that the NDIS may fund access to a qualified dietitian to support your health and wellbeing?

A dietitian is a trained health professional who can help you with things like:

- Creating a personalised meal plan
- Managing allergies or food sensitivities
- Supporting weight management
- Improving energy levels and overall health
- Helping with swallowing or feeding difficulties
- Supporting conditions like diabetes or digestive issues

If your disability impacts your ability to eat well or maintain a balanced diet, a dietitian may be included in your NDIS plan under **Capacity Building supports (Improved Daily Living)**.

They can work with you, your family, or your support team to make food and nutrition easier, safer, and more enjoyable.

 **Tip:** You can ask your Support Coordinator or Plan Manager to help you find an NDIS-registered dietitian in your area.

Exploring NDIS Dietician Support Options in Our Community:

Thompson

COMMUNITY DIETITIANS

<https://thompsondietetics.com.au/>

 **GENPHYSIO**
YOUR ALLIED HEALTH EXPERTS

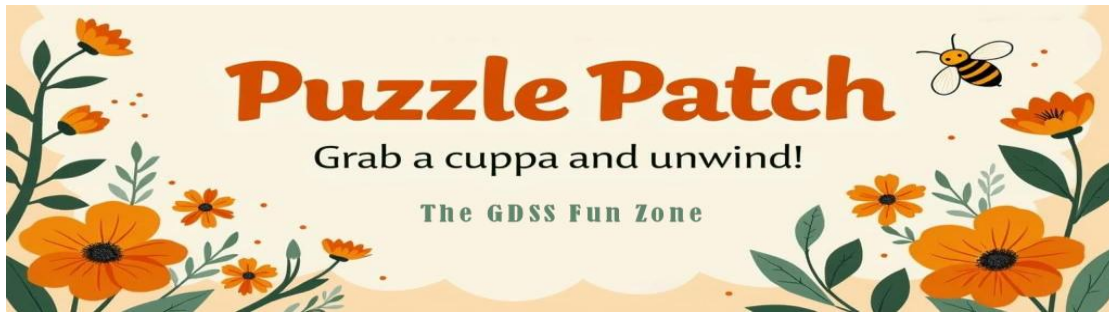
<https://www.genphysio.com.au/services/dietetics/>

 **APPLE-A-DAY**
DIETETICS

<https://appleadaydietetics.com.au/ndis-dietitian/>

Have you accessed Dieticians 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!

Easter

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

| | | | |
|-------------|------------|-----------|-------|
| Marshmallow | Jellybeans | Chocolate | Eggs |
| Decorate | Daffodil | Sunshine | April |
| Good Friday | Flowers | Basket | Hide |
| Treats | Easter | Bunny | Tulip |
| Candy | Chick | Lily | Bird |
| Lamb | Hunt | | |



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





A Sweet Treat for Easter: No bake Birds nest treats

Easy No-Bake Easter Cookies

If you're searching for one of the cutest and easy Easter dessert ideas, look no further than these bird's nest cookies! Plus, with just four simple ingredients and a few quick steps, these Easter cookies are literally ready in minutes! It can't get any better than that for an easy Easter dessert.

Ingredients

- ☐ 1 cup chocolate chips
- ☐ 2/3 cup Reese's peanut butter cups
- ☐ 150g packet crispy chow mein noodles
- ☐ 1 cup Cadbury speckled eggs



Instructions

- Line a large sheet pan with parchment paper.
- Pour the chocolate chips and peanut butter cups in a microwave-safe bowl, microwave the chocolate for 1 minute, and then stir. Keep microwaving in 10-second intervals, stirring in between, until all of the chocolate is melted.
- Mix the crunchy chow mein noodles with the melted chocolate and combine.
- Use a spoon to drop the mixture onto the sheet pan to form cookies. Use the spoon to press down to form a nest shape
- Place 2 to 3 candy eggs into each nest. Let stand until firm or refrigerate for about 10 minutes. Store in a tightly covered container.

How to Melt Chocolate in the Microwave:

- To melt the chocolate for these Easter cookies in the microwave, simply pour the chocolate chips and peanut butter cups into a microwave-safe bowl. Microwave on high for 1 minute, then stir. Continue microwaving in 10-second intervals, stirring in between, until all the chocolate is smooth and melted. and stir gently to combine, ensuring all the noodles are coated. They taste so good together!





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/>

Thompson

COMMUNITY DIETITIANS

Your Mobile Dietitian for Logan, Ipswich and Redlands

Accredited Practising Dietitian providing personalised, evidence-based nutrition care in your home. Supporting NDIS participants, DVA card holders, and private patients -

with no waitlist and no rush. Check us out here: <https://thompsondietetics.com.au/>



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!

Easter

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

Marshmallow

Decorate

Good Friday

Treats

Candy

Lamb

Jellybeans

Daffodil

Flowers

Easter

Chick

Hunt

Chocolate

Sunshine

Basket

Bunny

Lily

Eggs


April

Hide

Tulip

Bird



 [Back to Menu](#)