



A Message from the CEO - Wayne Tynan

Welcome to our August edition of GDSS Participant newsletter!

I hope you're all keeping warm during these cooler winter days. It's hard to believe that spring is just around the corner, where has the year gone?

I'd like to sincerely thank our participants, families, carers and our dedicated team for your continued support and for making Global Disability Support Services such a welcoming community. We truly appreciate the trust you place in us and are proud to be part of your journey.

August is an exciting month here in Queensland, with the EKKA bringing communities together to celebrate our state's traditions and country spirit. Whether you're planning a visit, enjoying local events, or spending time with family and friends, I hope you have a wonderful month.

Remember, every step forward is an achievement worth celebrating. As always, we're here to support you, and we look forward to sharing the arrival of spring with you next month.

Stay warm, stay safe, and enjoy this month's newsletter.

Warm regards,

Wayne Tynan
Chief Executive Officer
Global Disability Support Services



Have a look at our website: [GDSS_Website](#)

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](#) Or check the [Activity_corner](#)

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](#)



August

🌟 EKKA 8-16 August

Queensland's favourite annual show returns with animals, entertainment, delicious treats and family fun. Whether you're heading along or enjoying the excitement from home, there's something for everyone.

🍷 Ipswich Community Disability Expo Wednesday 12 August | 10:00 am - 1:00 pm

A free event bringing together disability providers, participants, families and carers. Discover services, ask questions and connect with your local community.

🗨️ Gold Coast Community Disability Expo Thursday 13 August | 10:00 am - 1:00 pm

Explore local disability services, assistive technology and community supports while meeting providers from across the Gold Coast region.

🐶 International Dog Day Wednesday 26 August

A wonderful day to celebrate our furry friends! Whether they're assistance dogs, therapy dogs, or beloved family pets, dogs bring comfort, companionship, and plenty of smiles.

🌻 Daffodil Day Thursday 27 August

A day to wear yellow and show support for Australians affected by cancer. Every daffodil represents hope for a brighter future.

🎂 Happy Birthday, Eugenio Bicalho! On 31st August

We hope you have a fantastic birthday filled with happiness and laughter! 🥳



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, Warm 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



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.

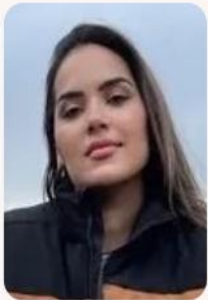
Languages Spoken
English



Leticia

Leticia is deeply committed to supporting participants with respect and kindness, always striving to make a positive difference through encouragement and understanding.

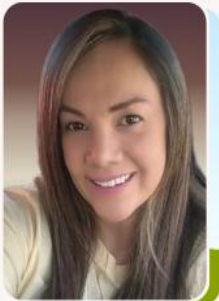
Languages Spoken
English
Portuguese



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]



Stefania

Stefania is a very caring and experienced disability support worker, known for strong communication and emotional support skills.

Her expertise in record maintenance and self-care development, ready to positively impact Participant lives and helping to promote community engagement.

Languages spoken
Spanish
English



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



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



Diana

Diana is a very Caring, reliable and highly skilled, motivated, enthusiastic and experienced Support professional, Compassionate and dedicated Female Support Worker with 2 years of experience providing high-quality care and assistance to individuals with diverse needs. Mostly experienced in mental health (schizophrenia and ASD), medication administration, Community access activities. Strong empathic approachable and reliable to help her participants feel at home and being listened to.

Languges spoken
English
Portuguese

A promotional banner for Global Disability Support Services (GDSS). The banner features the GDSS logo at the top left, which consists of a stylized figure in a circle. The text 'GDSS Global Disability Support Services' is next to it. The main headline reads 'EXPLORE. LEARN. GET SUPPORT.' in large, bold letters. Above this, it says 'Stay Connected.' and below it, 'Everything you need is just a click away on the GDSS website!'. There are five icons representing different services: 'NDIS & Participant Information', 'Our Services', 'News, Updates & Events', 'Resources & Wellbeing Support', and 'Contact Us'. A laptop on the right shows the GDSS website interface with a navigation bar and a main content area featuring a photo of two people. A speech bubble on the top right says 'Your support journey starts here.' and a paper airplane icon is at the bottom right. The background is orange with white dots and a globe icon at the bottom left.

GDSS
Global Disability
Support Services

Stay Connected.

EXPLORE. LEARN. GET SUPPORT.

Everything you need is just
a click away on the **GDSS website!**

NDIS & Participant Information

Our Services

News, Updates & Events

Resources & Wellbeing Support

Contact Us

GDSS
Global Disability
Support Services

Home About Us Our Services Participants News Contact Get Support

Empowering lives.
Enriching communities.

Providing quality disability support services
with care, respect and choice.

Learn More

Support Independence

Choice & Control

Inclusion & Community

Respect & Dignity

Your support journey starts here.

Visit us today!
<https://globaldisabilitysupportservices.com.au/>

*New information.
Helpful resources.
Stronger connections.
All in one place!*

Come visit our website at:

www.globaldisabilitysupportservices.com.au

Have you read our story?

Born from lived experience, built on compassion, and dedicated to empowering people with disability to live life their way, visit our about page and read our story, and how we can help you here : <https://globaldisabilitysupportservices.com.au/about-us>



Any Questions? Have a look here:

<https://globaldisabilitysupportservices.com.au/faqs>

Have You Visited Our Blog?

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

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



Lets get out and about!



Ekka 2026 is Here!

The **Royal Queensland Show (Ekka)** is back from **Saturday 8 August to Sunday 16 August 2026**, bringing nine days of fun, entertainment, delicious food, animals, competitions, live shows, and exciting attractions for all ages.

Whether you would like to see the farm animals, watch the woodchopping, enjoy the show bags, or simply soak up the atmosphere, the Ekka is a great opportunity to get out into the community and enjoy one of Queensland's biggest annual events.

Thinking about going?

Please speak with your **GDSS support worker** as soon as possible so you can plan your visit together. They can help you discuss:

- Your support needs for the day.
- Transport to and from the Ekka.
- Purchasing tickets.
- Accessibility requirements.
- Planning breaks, meals, and a comfortable schedule.

Planning ahead helps make your day safe, enjoyable, and stress-free. We hope everyone who attends has a

fantastic time and creates some wonderful memories! 



South Bank Parklands - Brisbane

Cost: Free

Enjoy a relaxing day exploring the beautiful parklands, accessible walking paths, picnic areas and the iconic Streets Beach. South Bank also offers accessible toilets, parking and wheelchair-friendly pathways, making it a wonderful destination for families and friends.



Roma Street Parkland - Brisbane

Cost: Free

Take a stroll through spectacular gardens, enjoy a picnic or simply relax in one of Brisbane's most beautiful green spaces. The parkland features accessible pathways, lifts and amenities, making it easy to explore at your own pace.



Because your wellbeing matters, every day

This month, take a few moments each day to slow down, recharge, and be kind to yourself. Even the smallest acts of self-care can make a big difference to your wellbeing.

Here are a few gentle ideas to try:

- 🌿 Take three slow, deep breaths and allow yourself to pause.
- 🎵 Listen to your favourite song and let yourself enjoy the moment.
- ☀️ Step outside for a little fresh air and sunshine, a change of scenery can help lift your mood.
- ☕ Enjoy a quiet cup of tea or coffee without distractions.
- 📞 Connect with someone you care about, whether it's a phone call, a visit, or a friendly chat.
- 💛 Think of one thing you're grateful for today, no matter how small.
- 📅 Keep a simple routine to help create structure and balance.
- 😴 Rest when your body or mind needs it, taking time to recharge isn't a luxury, it's an important part of staying well.

This month's gentle reminder: You don't have to do everything at once, take one small step each day, and remember that caring for yourself is an important part of life

If You Need Help, You're Never Alone

If you or someone you care about feels overwhelmed at any point, there are services available even during the holidays:

- **Lifeline Australia:** 13 11 14
- **Beyond Blue:** 1300 22 4636
- **Disability Gateway:** 1800 643 787

Reaching out for help is a sign of strength.

You deserve peace, connection, and care

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

So, pop the kettle on, wrap yourself in something cozy, and take a moment just for you

NDIS Update - Keeping You in the Loop

As always, we'll keep you informed of any meaningful updates that may impact you or your supports.

New Provider Registration Rules Are Now in Effect

From 1 July 2026, new registration requirements have started for some NDIS providers, including Supported Independent Living (SIL) providers and certain digital platform providers.

These changes are designed to:

- Improve participant safety
- Increase the quality of services
- Strengthen oversight of providers

What this means for participants:

Most participants won't need to do anything. If your provider is affected, they should let you know if any changes are needed.

Government Expands Crackdown on Fraud

The Australian Government has announced further measures to stop fraudulent NDIS providers, including preventing the sale of pre-registered "shell" provider companies that could bypass checks.

The aim is to ensure NDIS funding is spent where it belongs—supporting participants.

Participant Tip:



Always check that your provider is legitimate.



Keep copies of invoices and service agreements.

New Planning Reforms Continue to Roll Out

The NDIA continues to prepare for its new way of planning, which is being introduced gradually.

The reforms aim to:

- Make planning more consistent
- Focus on individual support needs
- Create a simpler planning process

Good news: Existing participants won't automatically have their plans changed overnight. If your plan is affected, you'll be contacted and supported through the process.

Protecting the NDIS

The NDIS provides essential support that helps people with disability live independently, participate in their communities, access employment, and manage everyday activities safely. These supports can include personal care, therapy, assistive technology, home modifications, and support workers.

There are growing concerns about proposed measures to slow the growth of NDIS funding. Many people within the disability community fear that changes to eligibility, funding plans, or support levels could reduce access to services that participants rely on every day.

Supporters of the campaign are calling on the Australian Government to protect access to reasonable and necessary supports, ensure individual needs remain at the centre of decision-making, and work closely with people with disability when considering future reforms.

You can help by sharing your story, contacting your local Member of Parliament, or signing the petition to show your support for a strong and accessible NDIS.

Find out more and sign the petition on our website here:

<https://globaldisabilitysupportservices.com.au/about-us>

Or Here: : <https://www.change.org/p/protect-the-ndis>

Reminder: Protect Your NDIS Plan

- Never share your plan details for cash offers
- Only work with trusted providers
- Report suspicious activity

Please visit [latest news](#) for other NDIS updates.

For more information or to take part, visit the NDIS Engage and Participant First pages on the NDIS website.



Be Scam Aware - Stay Safe Online Please stay alert to suspicious calls, texts, or emails asking for NDIS or bank details. The NDIA will never request your details via links.

Report scams: 1800 650 717 | Email: fraudreporting@ndis.gov.au





Your Safety Matters

We want to share an important safety reminder to help keep you and your home safe.

Lithium battery safety

There has been an increase in house fires linked to lithium batteries used in everyday items such as e-scooters, mobility devices, phones, and rechargeable equipment.

To stay safe:

- Always use the correct charger for your device
- Avoid overcharging or leaving devices charging overnight
- Keep batteries away from heat and direct sunlight
- Stop using any device that feels hot, damaged, or unusual

Flood and emergency preparedness

With recent extreme weather across Australia, it's important to be prepared for unexpected events like flooding or service disruptions.

Simple ways to prepare:

- Keep a list of your important contacts handy
- Have a small emergency kit (medications, water, essentials)
- Know your support plan if services are delayed
- Reach out early if you feel unsure or need support

Your safety is always our priority. If you have any concerns or would like help preparing, please reach out to our team – we're here for you.





Helpful Supports You Might Not Know About

Did You Know?

Your NDIS Plan Can Be Reviewed if Your Needs Change

Your NDIS plan isn't set in stone. If your circumstances or support needs change significantly, you may be able to request a plan reassessment.

Changes such as a new diagnosis, changes in your living arrangements, increased support needs, or achieving your current goals may all be reasons to discuss your plan with your Support Coordinator or NDIS contact.

You have the right to ask questions about your NDIS plan. If you don't understand:

a planning meeting,

a funding decision,

or a letter from the NDIA,

you can ask for it to be explained in plain language. You can also have a support person, advocate, family member, or support coordinator with you during meetings.

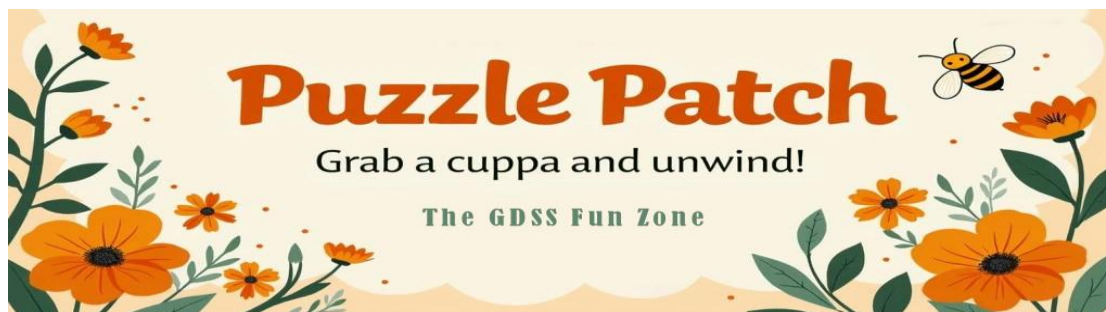
Remember: You don't have to navigate the NDIS alone.

If you feel your current plan no longer reflects your needs, don't wait until your next scheduled review. Speak with your Support Coordinator or Plan Manager about the options available to you.

You can call Wayne during office hours on (07)2810 5569 to find out more and to organise your services

Have you accessed Professional help before? We'd love to hear your experience. Email us at:

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



Puzzle Patch Prize! Complete this month's puzzle for your chance to WIN a \$50 Gift Voucher!

To enter: Complete the puzzle

Write your name and contact details, take a photo or scan it, submit your entry before 25th June 2026

One lucky winner will be drawn at random and featured in next month's newsletter! Good luck everyone, happy puzzling!

August

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

Find the following words in the puzzle.
 Words are hidden → and ↓ and ↘

ALPACA
 BRISBANE
 CATTLE
 COMPETITION
 EKKA
 ENTERTAINMENT
 FARM
 FERRIS WHEEL

FIREWORKS
 HORSE
 ICECREAM
 PAVILION
 QUEENSLAND
 RIBBON
 RIDES
 SHEEP

SHOW
 SHOWBAG
 STRAWBERRY
 TRACTOR
 WOODCHOP

Created by Sue Elliott using the Word Search Generator on

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



Spot the Differences!

How many differences can you find?

We found at least 15... can you find even more?

🏆 Challenge Yourself!

I found: ____ differences

Can your support worker or a family member find more than you?



IMAGE 1



IMAGE 2



A Sweet Treat for August 🍓 Easy Fruit Skewers



Looking for a simple and delicious treat? These fruit skewers are fun to make, require no baking, and can be decorated however you like!

Ingredients Your choice of fruit for example:

- Banana
- Strawberries
- Pineapple
- Grapes
- Melted milk or dark chocolate
- Sprinkles (optional)

Method

1. Prepare the fruit and cut larger pieces into bite-sized chunks.
2. Thread the fruit onto skewers or paddle pop sticks.
3. Dip each skewer into melted chocolate.
4. Add sprinkles if desired.
5. Place on a tray and refrigerate until the chocolate is set.

Mini Challenge

Create a rainbow fruit skewer!



Share a photo with the GDSS team for the newsletter gallery!
sueelliott@globaldisabilitysupportservices.com.au





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!



August

.	I	C	E	C	R	E	A	M	.	.	H	O	R	S	E	.	.
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ALPACA
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ICECREAM
PAVILION
QUEENSLAND
RIBBON
RIDES
SHEEP

SHOW
SHOWBAG
STRAWBERRY
TRACTOR
WOODCHOP



Created by Sue Elliott using the Word Search Generator on