



# Celebrating group's healthy influence

A SUPPORT group for young mums in the Nambucca Valley celebrated its second birthday this week.

'Ngarrwa', the Gumbaynggirr word for 'birth', was chosen by young mums from the Nambucca Valley to represent the Healthy Families Group, which celebrated two years of helping young local mums.

Ngarrwa parents and children meet every Friday and work together on a creative project.

They also share information,

give and take advice, talk over problems, tell stories, have fun and enjoy a delicious lunch.

Olive Jarrat highly recommends the group for other mums.

"It's great having something interesting to do on a Friday," she said.

"I enjoy meeting with young mums, talking together, creating things and getting to know workers who can help you with whatever you need or want."

Artist Jo Davidson, from Beyond Empathy, said working on the Ngarrwa project was very rewarding.

"I particularly enjoy parents and children getting involved creatively in activities ranging from belly, hand and face casting, painting, felting, mosaics and jewellery."

Ngarrwa meets every Friday between 10am and 2.30pm and all parents and young children are welcome to attend.



**HAPPY BIRTHDAY:** Members of the Ngarrwa Healthy Families Group, standing, Teleena Wright, Olive Jarrett, Valerie Quinlin, Anne Poliquen; front, Soraya, Nakita Jarrett, Liz Jarrett, Nash Morgan, Claudett Morgan, Mandawuy, Alex Campbell, Nyoleka West, Tehnaya Jarrett, Robin West and Jo Davidson.