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MEDIA RELEASE



FOR IMMEDIATE RELEASE

WOMEN'S GATHERING INSPIRES

Women's lives are busy and demanding and CatholicCare Wilcannia-Forbes gathered a group to share advice and inspiration to help make the everyday a bit easier.

Organised by Wendy McMaugh, a support worker with CatholicCare Wilcannia-Forbes, the Women's Gathering, held on Thursday, March 28, addressed health, legal and practical solutions with over 40 women attending.

The day came about following requests from members of Forbes Women's Group, which meets every Thursday at 10am at the Wiradjuri Dreaming Centre for support and skills.

"We all shared life skills in a relaxed exchange with a host of topics, including an introduction to power tools (Bunnings), financial wellbeing (CatholicCare Wilcannia-Forbes), women's health (Community Health), legal issues (Binaaal Billa and Julianna Kneebone Solicitors) and so much more.

"It was a day of support, empowerment and to foster positive community relationships for women, which has longer term benefits for overall wellness and improved family outcomes," Ms McMaugh said.

The feedback from the day has been phenomenal. It has been hailed as an informative and positive day with many people pleased to hear from other women and mums with similar experiences.

One lady attending shared her very personal story coming from a violent situation and after working with many agencies she is now happy and confident, living in her own home.

"The Women's Gathering was planned to support, empower and foster positive community relationships for women and many of the speakers stayed around to keep chatting with the women who attended, it was really lovely," Ms McMaugh said.

“People are already asking when we will do it again and we are hoping we may be able to host a short series of similar events in the future,” she added.

The topics addressed on the day include menopause, addictions, legal information for separations and custody as well as practical sessions such as what to do if your wallet is lost or stolen. Guest speakers, Gabe McMillan and Jenny Webb, discussed their work life balance. Demonstrations were held on power tools and one speaker addressed earning an income from home.

Supporters for the day include, Housing NSW, Forbes CWA branch, Binaal Billa Julia Kneebone Solicitors, Bunnings, NSW Ambulance Service, Breastscreen NSW, Blue Sky Outdoor, Kylie Spice (Mary Kay) and Community Health.

CAPTIONS –

WG 1 - CatholicCare Wilcannia-Forbes Administration and Support officer, Karen McNamara, CWA members Dot Woodcott and Anne Grayson.

WG2 – Nancy Hill enjoyed the company of Kylie Spice from Mary Kay and Kelly Bowden from Binaal Billa.

WG3 – Stacie and her son Ocean really enjoyed the event. Stacie was so inspired on the day she shared her personal story with all the guests.

WG 4 and 5 – There has been high praise from those who attended the Women’s Gathering in Forbes last month.

Ends.....

CatholicCare Wilcannia-Forbes provides social services, caring for the wellbeing of individuals, families and communities.

For more information or to arrange media interviews contact: Kathy Garland on 0428 448 850

We respectfully acknowledge the traditional custodians of the land on which we work and pay our respects to Elders past, present and emerging



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