

FOR IMMEDIATE RELEASE



7th March 2018

Girls Night In – quilts of love

Northern District Community Health supported over 100 local young women to create 3 beautiful quilts to be gifted to other young women living with an illness. The quilts were made at 'Girls Night In' information and pamper sessions held late last year in Cohuna, Kerang and Koondrook.

Young women were inspired to consider a beautiful and uplifting message which they detailed on a fabric quilting square. Justine Farley, Youth Worker at NDCH said "In making these 'quilts of love', young women in the Gannawarra Shire have supported other women by reflecting on other experiences and writing messages of hope and encouragement. These actions of writing and contributing to the quilts has connected these local young women together and promotes connecting with others which is one of the "5 ways to Wellbeing".

The fabric squares were then passed onto Beryl Tartaglia and Wendy Cartwright from Tarmac Fabric in Kerang and Ros Hird of Barham whom have worked tirelessly to sew together and finish these beautiful lap quilts. If you wish to view the Cohuna quilt it will be on display at Rocky's Fruit store from March the 14th for four weeks. The two other quilts have already been passed onto two very special local young women in the community.

During the 'Girls Night In' events, young women participated in interactive and hands on sessions, learning easy and practical ways to improve their mental and physical wellbeing. There were stalls to make well-being jars or jewellery, have their nails painted, learn and use aromatherapy or participate in yoga. The nights were an idea driven by young local women and supported by NDCH in our FReeZA program, a Victorian Government Initiative to support drug, alcohol and smoke free events in partnership with local community members and businesses.

For more information about the these 'quilts of love', to see photos of the 'Girls Night In' events or other youth or FReeZA events happening in Gannawarra and Loddon Shires visit www.facebook.com/FreeZaNDCHS/ or contact Justine Farley on 5451 0200 at Northern District Community Health

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Cohuna 'Girls Night In' participants holding up their 'quilt of love'.



Barham Koondrook 'Girls Night In' attendees holding up their 'quilt of love'.



Kerang 'Girls Night In' attendees holding up their 'quilt of love'.