

Women invited to first festival for mums

WOMEN from around the region are invited to a festival to network, celebrate and socialise next month.

Amorette Zielinski, the founder of Facebook group Central West Mums, NSW, has organised an event at The Greenhouse on September 7.

Ms Zielinski said Mum Fest came about as it was

time to bridge the gap between the online and offline community of mums and women in the Central West.

"Amidst the drought, financial pressures and geographical isolation, women who attend will enjoy a fun evening with mental health, wellbeing and support playing a role," she said.

Central West Mums, NSW got a boost when it became one of six Facebook groups in Australia to be awarded a \$5000 grant from the social media giant, with the aim of further developing online communities.

Orange City Council then awarded the group \$3000 to make Mum Fest a reality.

Ms Zielinski said with so many 'tree changers' moving to the Central West, the group has become a platform to

share crucial tips regarding schools in the region, medical services and the areas of towns which might not be a good real estate investment.

"One woman told me she calls it 'The Siri of the Central

West - you ask a question and you get an answer back in a minute or so," she said.

The first Mum Fest at the Greenhouse Orange will feature two Sydney DJs, a La Bella Medi Spa pop up, mindfulness activities and a book signing.

Tickets are available before Wednesday by visiting www.humanitix.com.

- ALEX CROWE