



## NARELLE WITHAM

The Multi Award-Winning Artist, Advocate for disability, CEO and founder of Art Relief, Public Speaker who promotes art and mental wellness, Narelle is passionate about supporting the diversity of the Arts though out rural and regional Australia. Narelle Whitham lives in Rural NSW, and is inspired by her family and community. She has an extraordinary gift of positive energy and believes strongly in the mots "Pay it Forward" and "Kindness is free", and strives to be the best version of herself, she can be. Spreading happiness to everyone she meets.

Believing, there is good in all situations, she has embarked on a discovery into many practices of visual arts and new techniques. Taking on as various challenges within her limited world, she calls it "Her Abilities within a disability". Narelle's unique and versatile artistic talents are a reflection of her surroundings, and the focus on encouraging others to see Art as a way to help with good mental wellness. From this Art Relief was developed to help regional areas affected by drought.

Art Relief brings free art wellness workshops, to drought affected communities, and when the drought is over, Art Relief will continue as an art wellness program.

**Saturday Fair Day, Kid's Art workshop - 28th March, 3.00-4.00pm**  
**Community Building - Hay Park, Morgan Street Hay.**

*This event is FREE - Book Now: <https://www.haymardigras.com.au/shop>*