

Get the most out of family life on the North Coast

Family



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FREE, please take one



Issue #5, 2024

Echo



**Southern
Cross
University**



Looking for family-friendly study?

At Southern Cross University we understand studying with a family takes support, organisation and commitment.

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Visit us online or check out
our campus in person.
scu.edu.au/Lismore

Transforming
➤ Tomorrow

Family

Issue #5 Autumn 2024

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Echo

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Beautiful Minds
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Environments

Harmony Bangalow

1B Ballina Road, Bangalow
Ph: 8319 5621

Harmony Lennox Head

5 Outrigger Road, Lennox Head
Ph: 8319 5637



~ Welcome ~



Creating family in the modern world

What is family? It can be the people we are biologically related to, it can be the people we choose, it can be the communities and cultures we are born into, or the ones we create and become part of. For as many of us as there are in the world, there are as many meanings of family. But at the heart it is the people we have around us both by accident and design, the people who make up our world, the ones who make us cry, make us laugh, and challenge us – as well as the ones we challenge, make cry, laugh with. They are not always easy, we don't always like or love them but they are the ones we identify as family, that in some way we are connected to.

Throughout this *Family Magazine* we explore a range of families, their relationship to their communities and culture and how we choose to shape the world around us and our families to create learning, opportunities and support for each other.

In Australia today family is now acknowledged as not just the male and female parent with their 2.5 children that meet the Western ideals set out by the church and state. Today we are in the privileged position to be able to openly acknowledge and celebrate a wide range of families and family structures that are such a vital and important part of our culture and identity.

Some families decide to bring children into the world and there is no easy path here. Children are a challenge,

they keep you awake at night, they change your life in ways you never imagined, they introduce worry, love, expectations and fear and can reduce you to tears! At least mine have...

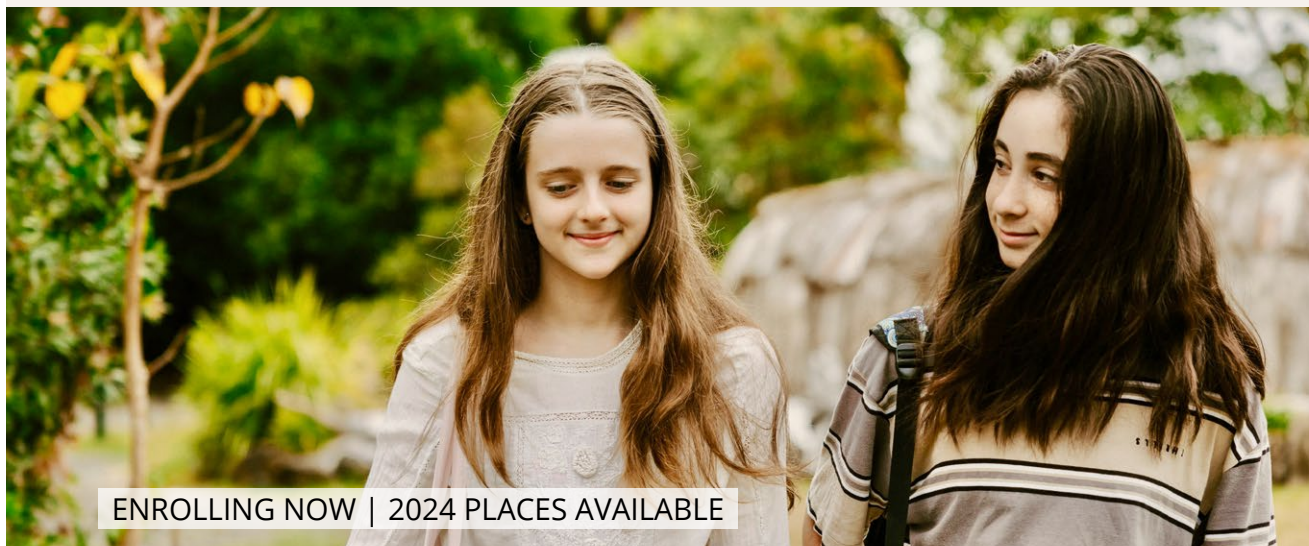
As you try and guide them through the world and keep them safe, we attempt to give them opportunities and skills to navigate their own futures (and try not to turn into your own parents – well at least not the bad parts). One of the most revealing moments of parenthood for me was preparing to say goodbye to my eldest child as they were looking to head off into the world. I realised that no, I couldn't wrap them in cotton wool, I couldn't protect them from hurt or injury. I only hoped that through their family, their friends and their community that they had been given the opportunity to gain enough understanding of the world around them that they could make good decisions in relation to the risks and opportunities life would give them – and enough sense to learn from their mistakes.

The ability to understand, learn and evaluate, the ability to love, the capacity to say 'no' and the ability to acknowledge and learn from our mistakes is one of the most precious things family, community and our supporting cultures can give us – and one of the most important we can receive.

Family, love them or otherwise they are often our greatest challenge and blessing.

– Aslan Shand, editor

Learning in community



ENROLLING NOW | 2024 PLACES AVAILABLE

Visit our website to book a tour | Primary School & High School

02 6684 3223 shearwater.nsw.edu.au



BYRON BABY

Are you struggling with breast or bottle feeding your baby?

Is your little one starting solids?

Do you need advice managing your child's fussy eating or food refusal?

Are you pregnant or trying to conceive and want to ensure you are well nourished?

Dietetics, nutrition and feeding support are now available at this beautiful Byron Baby General Practice, within the Habitat precinct.

Amy Roylance is a paediatric and women's health dietitian, lactation counsellor and feeding therapist, ready to support you, your little ones, and your whole family.



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www.byronbaby.com.au • 02 6617 5950 • Habitat, Byron Bay

~ Activities ~

Better By Bike: E-bike hire and Northern Rivers Rail Trail eco-adventures

Rent an E-bike to tackle the trails around Byron Bay, go shopping, or to a distillery. The E-bike along with trail map is dropped right to your door. Only \$85/day.

If adventure is your thing, ride through lush hinterland, native rainforests, quaint villages and a 520m glow worm tunnel on the Northern Rivers Rail Trail

Better By Bike provides high quality E-bikes for rent, with trailside rentals if you have your own vehicle or a full-service experience with door-to-door return shuttles. The ride is suitable for all ages and riding abilities, including families, couples and large groups. Adults priced from \$125 per person. Children catered for with extra small E-bikes, tag-along bikes, chariots, and baby seats available. Dogs can ride also.

www.betterbybike.com.au

info@betterbybike.com.au • 0408 444 858

📷 @betterbybikeoz 📺 @BetterByBikes



Palace Cinemas

On lively Jonson Street in the heart of Byron Bay, escape and indulge with the family at Palace Cinemas. On offer is a full entertainment experience with the biggest new releases and family favourites, along with their famous olive oil popcorn and hand-made choc tops!

Some of the most anticipated family films are set to release over the next few months, including *Kung Fu Panda 4*, *If, The Garfield Movie*, *Inside Out 2* and *Despicable Me 4*... just to name a few.

Want to take the whole family to the movies? Palace Cinemas is now offering a Family Ticket Pass for films with G or PG classification. This means instant savings when purchasing tickets of three or more, so grab the kids and experience the latest releases in the comfortable surrounds of Palace Byron Bay.

108 Jonson Street, Byron Bay • www.palacecinemas.com.au

Byron Bay's iconic family-friendly markets

Explore four family-friendly markets nestled in the heart of the famous east coast beach towns – known for their pristine beauty and vibrant culture. Byron Bay and Lennox Head are home to some of the region's most popular markets, including the Byron Community Market, Byron Twilight Market, Byron Beachside Market and Lennox Community Market.

On the first Sunday of every month, the iconic Byron Community Market, a tradition since 1987, comes alive in the town centre on Jonson Street. It offers a diverse array of stalls featuring handmade goods, crafts, food, clothing, massage, and live music.

Byron transforms into a beachside paradise four times a year with the Byron Beachside Market at Denning Park. This market showcases original products from around the Rainbow Region against a backdrop of one of Australia's most famous beaches.

From October to April, as the sun sets, the Byron Twilight Market at Railway Park offers a magical night-time setting where artists, designers, healers and musicians come together under the starry skies.

Byron Bay's three markets embody the town's family-friendly spirit – authentic, diverse, and creative.

Heading south to Lennox Head, the Lennox Community Market at Williams Reserve provides a family-friendly atmosphere on every month's first and fifth Sundays. Here, you can enjoy local culture, live music, delicious food and locally-crafted products.

Whether you're seeking unique treasures, embracing the coastal lifestyle or creating lasting family memories, the Byron and Lennox markets have something for everyone. Explore these iconic markets on your next family visit to the Northern Rivers.

www.byroncentre.com.au/bcm/byron-markets

📷 @byronmarkets 📺 @byron_markets



~ Activities ~

Join the Spaghetti Circus family and watch your kids fly

For more than 30 years, Spaghetti Circus has been creating its own kind of magic in the Byron Shire, empowering kids – and adults to step into their strength.

Spaghetti Circus is a leading youth circus and performing arts company based on Arakwal and Minjungbal lands at the Mullumbimby Showground. They run a thriving circus school for around 240 kids a week, an outreach program, create and perform original circus works, and present the National Circus Festival and National Training Program biennially.

Open six days per week, four terms per year and with more than 30 classes on offer, Spaghetti Circus is a great place for your kids to learn new skills, have loads of fun and connect with community. Students not only learn skills such as aerials, tissu, trapeze, tumbling, juggling, acrobatics, and trampoline, but also explore their creativity and build confidence in a safe and supportive environment. Their range of classes also includes sessions for more active kids who want to somersault, flip and fly through the air, and use up their endless supply of energy.

In 2024, Spaghetti is offering a selection of exciting new classes for anyone over 10 years old, such as beginner aerials, tissu and trapeze, Cyr wheel and German wheel. Plus, there are a great range of classes for adults aimed at gentle movement, stretching, and getting fit while having fun with friends. Most classes perform at the annual show in June, allowing circus students the opportunity to co-create a show and perform to a live audience.

Spaghetti's preschool classes – the Noodles and Macaronis – give parents and children aged from two to five years old a beautiful bonding experience, learning movement and body awareness. The benefits of circus training are numerous. Regular classes build resilience, increase flexibility, and strengthen core, making it an excellent form of recreation. The mental challenges of circus training promote a positive attitude as kids face risk in a supportive environment and develop perseverance through adversity.

Spaghetti's coaches are highly-trained, experienced industry professionals who are dedicated to helping each student reach their full potential. Whether you're a beginner or an experienced performer, Spaghetti has something for everyone.

National Circus Festival is coming: 4–6 October, 2024

Every two years Spaghetti presents the National Circus Festival at their home at the Mullumbimby Showground with Australia's circus industry gathering to incubate, create and present contemporary circus works.

Over three days, this boutique multi-arts festival showcases Australia's leading circus artists, with cabaret and music including shows from emerging artists such as Spaghetti's Performance Troupe. Spread over multiple circus tents, on-site venues and outdoor precincts, the showground comes alive with food, roving performance, colour, fun and world-class entertainment.

The 2024 festival will take place on the October long weekend 4–6 October. This sell-out event is not to be missed!

02 6684 3038 • info@spaghetticircus.com
62 Main Arm Road, Mullumbimby Showground
www.spaghetticircus.com
www.nationalcircusfestival.com



Parenting together for all the family

Eve Jeffery

Layna and Meagan, with their son AJ, are a family with two working parents. It's a situation that would just about have been frowned upon by some people, particularly the middle classes, 50 or 60 years ago.

From the 1990s, there has been a more gradual increase in the proportion of couple families with both parents employed. In 2022, both parents were employed in 71 per cent of couple families with children under 15 years. This compares to 56 per cent in 2000 and 40 per cent in 1990 according to the Australian Institute of Family Studies

Meagan works outdoors as a groundskeeper and gardener – Layna is a vet nurse and practice manager. AJ is ten!

Layna and Meagan were together for seven years before they decided to have a baby. Being parents changed the work-home ratio. If they could have afforded not to work full-time then that would have been the most ideal situation. However, as they were saving for a house deposit, the reality was that working was essential. Layna worked reduced hours for the first two years and Meagan took off one day a week on leave without pay.

'It was super-important that we raised our son,' says Meagan. 'We didn't want to send AJ to daycare and miss the very reason we chose to bring a child into our lives. We had all the support in the world from our parents so that helped with our return to full-time work.'

The reality of being a working parent is quite different to the impression you might have from Instagram, 'I don't think anyone fully anticipates how your life will change when you have children,' said Megan.

One day Meagan was at work and rang Layna to say they needed milk. 'I asked Layna if she could quickly pop into the shop and grab some. Layna, very matter of fact, said: "There is no such thing as 'quickly' popping into the shop any more. I have to take AJ out and juggle him with shopping bags, wallet, locking and unlocking the car". That is when reality hit – just how different our lives had become.'

There have been plenty of adjustments. Layna and Meagan felt it was important that they spent as much time as possible with AJ, especially in the years before school. 'It was a juggle – we were fortunate to be able to adjust our work to accommodate and fit in with our needs and desires to raise our son,' says Layna. 'AJ starting school and both of us working, was, and still is, a combination of annual leave days, and organising with neighbours and family to get by.'

'We live in a wonderful community and that is our social life. The families get together for all sorts of occasions which could

'Life is all about compromises,' says Meagan. 'It's decision-making, adjusting to all the unknowns – but the one constant is raising AJ to be a kind, honest, happy and healthy man.'

include an end-of-week sundowner, camping, birthdays, Easter egg hunts, sleepovers, and the list goes on. We have a great social life, probably more interesting than before we had AJ.'



Like all parents, there have been sacrifices made to accommodate the transition from the fun and often spontaneous single life to family life. 'Life is all about compromises,' says Meagan. 'It's decision-making, adjusting to all the unknowns – but the one constant is raising AJ to be a kind, honest, happy and healthy man. We do our best to lead by example. Layna and I look after our health and wellbeing with exercise, healthy food, and spending time doing individual things we love. We go on holiday together as often as we can, which is one of the best things about being a family.'



Mums Layna and Meagan are hopelessly devoted to AJ. Photo Tree Faerie

We feel that we have a good work-life balance, spending quality time as a family, and individually with AJ and each other. We love being mums much more than we could have ever imagined.'

The work-home balance can be tricky but the chores need doing and there needs to be cooperation. The housework just gets done. 'We see what needs to be done and do it. We share all the work – when one of us is doing one thing the other is doing something else. We are teaching AJ to be part of the team and pull his weight. He is far more capable than he likes to let on.'

AJ is definitely the priority in this family and they love spending as much time as they can with him. 'We both individually hang out with him when the other is at work and it's moments like that we cherish greatly. There have been times for both of us when work has impacted our family

life as I'm sure it does in all families. For the most part, we unwind as a family each night just hanging out, watching TV or playing a game.'

Meagan says there's no sugarcoating parenthood.

'Kids don't come with a user manual and like all the parents before us and the ones to follow, we just nut it out and make it work the best we can. We've had our ups and downs, laughs and tears, sleepless nights and worries about the future as much as any couple.

'Parenthood is the hardest thing we have ever done but also the most rewarding – nothing compares to the sheer love you have for a child, it is like no other. We are truly blessed to have our son and wouldn't change anything about parenthood. All that children need to grow is love and boundaries.'

~ Activities ~

Run away with the circus!

Nestled in Byron Bay's Arts and Industry Estate, Circus Arts Australia boasts a massive indoor training space with a range of equipment, a variety of apparatus to train with and lots of workshops and classes all year round.

Drop off the littlies and treat yourself to a delicious coffee from the cafe on-site while you sit back and watch a flying trapeze class in action – this could be the most entertaining coffee in town!

The weekly schedule suits all ages from 1+ and their circus play space is designed for ages 0–10, where kids' imaginations can run free!

Explore your unique expression, develop one-of-a-kind skills and train with like-minded individuals in the various activities, classes and courses on offer. Circus classes offer more than just fitness! Discover the art of movement, unleash your inner performer, and grow your self-confidence.

The vibrant environment sees kids, teens and adults keeping active around the clock and tons of coaches on the floor to guide participants.

Aerials, gymnastics, acrobatics, trampoline, ninja/parkour are just some of the sensational weekly classes, and all classes are suited from beginner through to advanced. Full terms keep the kids and teenagers entertained and progressive throughout the school term, while the ongoing 6-week adult courses give you the opportunity to be flexible, challenge your mind and body, and fulfil your spirit.

Sensational school holiday programs are a big hit for locals and holidaymakers. Kids age 5–16 can rotate through most of the activities offered during the school term, and healthy, colourful lunches can be added to your booking.

The famous and popular 10metre high flying trapeze will either set your soul on fire or give you goosebumps! Suitable for ages 5+.

Celebrate any occasion with friends and family for the thrill of a lifetime with the flying trapeze or choose from various packages for corporate, birthdays and kids parties.

The venue also offers a 7m-high indoor climbing wall, self-training space with access to apparatus and equipment, and private lessons with their terrific coaches.

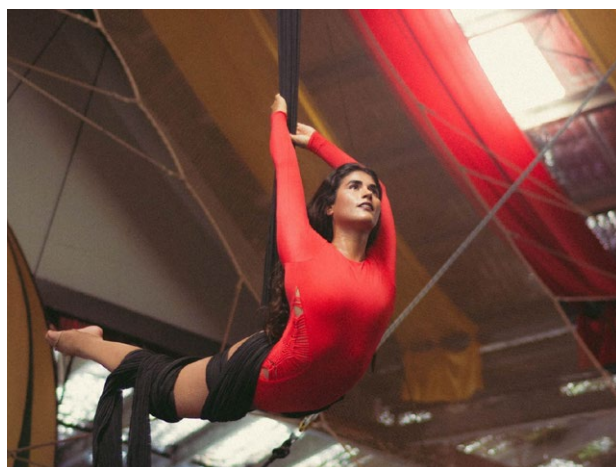
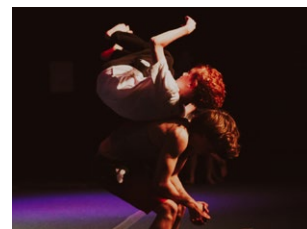
It's never too late or too early to join the circus!

To book or enquire call reception or visit the website.

Open Monday to Friday 9am–7.30pm and Saturday 9am–2pm.

02 6685 6566

www.circusarts.com.au



"Focus on the journey, not the destination.

Joy is found not in finishing an activity but in doing it."

~ Greg Anderson



~ Activities ~



Byron Theatre: a hub for family-friendly entertainment

Stuck for something to do with the kids in the holidays? Why not take them to a show at The Byron Theatre?

Byron Theatre, located in the heart of Byron Bay, has long been a cornerstone of family entertainment in the local community. With its diverse programming and commitment to providing quality shows for families and children, Byron Theatre has become a much-loved destination for people of all ages. As a popular choice for families looking for an evening of fun and entertainment, Byron Theatre is recognised for providing a valuable opportunity to spend quality time together and experience the magic of live performance.

Whether it's a musical, puppet show or play, the Byron Theatre offers something for every member of the family. Fostering a sense of community, parents, grandparents and children come together to share in the experience. The shows are designed to be both entertaining and educational. Children are exposed to new ideas and cultures, and are able to develop a love for the arts that will stay with them for the rest of their lives. The performances often feature interactive elements that engage children and encourage them to participate in the show.

The Byron Theatre is known for its welcoming atmosphere and the staff are friendly and accommodating, creating a sense of belonging and unity that is often missing in today's fast-paced world.

The Byron Theatre truly stands out as a source of inspiration for families everywhere. If you're looking for a fun and affordable way to spend quality time with your family, be sure to check out the upcoming events at the Byron Theatre.

69 Jonson Street, Byron Bay
www.byrontheatre.com
@byrontheatre



Art Kind

Art Kind isn't just your typical art gallery, it's a lively community hub dedicated to showcasing diverse talents, local and beyond. This commitment extends to fostering creativity through engaging classes and workshops tailored for both the young and the young at heart.

In a bid to spark imagination in the little ones, families are enthusiastically welcomed to immerse themselves in the excitement of new artist exhibitions. There are kids art play tables set up at exhibition openings and activity sheets made specially for mini gallery visitors.

An assortment of term-time and holiday classes are available, offering children numerous opportunities to explore their artistic inclinations. For the lowdown on the After School Junior Kids Art Program and the sought-after School Holiday Mini Makers Program, be sure to check the website. Keep an eye out for seasonal workshops that inject a dash of variety into the creative mix.

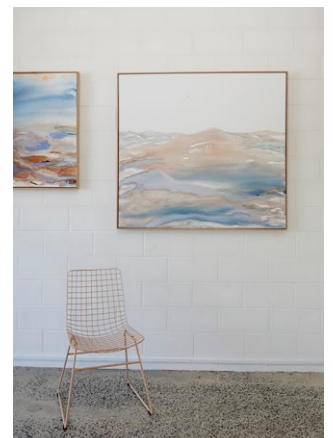
For the grown-ups seeking respite, Art Kind has your back. Treat yourself to a gallery visit, have a chat with artist and gallery owner Bec Duff and check out the beautifully curated space in the Byron Bay Arts and Industry Estate.

Feeling creative? Sign up for one of the adult Intuitive Painting Courses – a series of intimate classes designed to encourage free-spirited exploration.

Experience the uplifting power of art at Art Kind!

Gallery visiting hours are Tuesday to Saturday 10am–2pm.

3/18 Centennial Circuit, Byron Bay
0404 946 553
www.artkind.com.au
@artkindbyronbay



~ Activities / Food ~

Discover Ballina's coastal pathways!

Enjoy a perfect family day out exploring Ballina's coastal pathways! The Coastal Recreation Path takes you on a stunning journey from Ballina's riverfront through East Ballina to Lennox Head. Whether you prefer walking or cycling, this well-maintained pathway caters to all ages, allowing you to witness some of the best coastline on the NSW North Coast.

Choose to make it a full-day excursion with a 25km round trip from Ballina CBD to Lennox Village or select specific sections of the pathway, each offering its own unique charm. Explore the region's cultural history on the Aboriginal Cultural Ways Walk, which includes 16 interpretive panels between Angels Beach and Pat Morton Lookout, or enjoy views of Ballina's most iconic waterways - the Richmond River, Shaws Bay, and the picturesque coastline on the North Wall Walk. If you love history the Historic Ballina Riverfront Walk consists of 19 signage panels along the pathway between Fawcett Park and North Wall in East Ballina, providing insights into the historic importance of the river to the shire's earliest European settlers and residents. While you're there visit the Ballina Naval & Maritime Museum – the kids will love it!

The Coastal Recreation Path offers opportunity to connect with nature, enjoy quality family time and experience the diverse beauty of the Ballina coastline. Along the way, discover inviting cafes, delightful restaurants, picturesque parks, beautiful beaches and refreshing swimming holes.

For more information: discoverballina.com.au or pop into the Ballina Visitor Information Centre to collect the Shared Paths and Cycleways Map.

Ballina Visitor Information Centre, 6 River Street, Ballina
1800 777 666 • [@discoverballina](https://www.facebook.com/discoverballina)
www.discoverballina.com.au



Mullumbimby Chocolate Shop

Have you heard the news?

Mullumbimby now has gelato!

Head on over to The Mullumbimby Chocolate Shop for some refreshing award-winning gelato and sorbet! With 18 ever-changing flavours on offer, you won't be disappointed!

The Mullumbimby Chocolate Shop also offers a wide range of chocolates to suit every taste, from the likes of old fashioned freckles to hand made gourmet chocolate pralines and truffles, along with everything in between! Their range includes chocolate bars, chocolate covered fruits and nuts, marzipan, nougat, Belgian cherry liqueurs, brittles, fudge and so much more!

And while you're there, step back in time as you check out their old fashioned Chocolate and Lolly Bar with over 100 lollies to choose from for your own special lolly bag. They also have a great selection of traditional hard boiled sweets along with the newest sour lollies to tantalise your taste buds.

For all of you licorice lovers, there is a fantastic assortment of traditional licorice along with a wide selection of Dutch licorice favourites too.

There are plenty of organic, gluten-free, dairy-free and sugar-free options too!

'See You at the Sweetest Shop in Town!'

Shop 1/104 Dalley Street, Mullumbimby
02 6684 4825

www.mullumbimbychocolateshop.com.au



Bangalow Bread Co.

Located in the historic village of Bangalow, a short drive from Byron Bay, Bangalow Bread Co. showcases the diversity of the wonderful local region of the Northern Rivers. Offering seasonal food sourced from artisan producers and local farmers, they bring the age-old trade of baking into the modern world. Get ready to be taken all the way back to your childhood with nostalgic memories brought on by their reimagined chocolate fudge slice.

Since opening their doors in 2019, owners Tyson and Jess Phillips have been delivering wholesome baked goodness to the community, producing a range of gut-loving sourdough breads daily, made traditionally and slowly fermented for a minimum of 24 hours to ensure that delicious taste and perfect chew.

Look no further for all your traditional bakery items, and so much more. Selecting other local producers with similar ideals was of the utmost importance for Tyson and Jess, who quickly partnered with the legends from Old Quarter Coffee Merchants, who source and supply sustainable coffee beans from farming partners around the globe.

With all of their products produced on site, including hand rolled pastries baked fresh every morning, it's not hard to see why there is a line out the door every day of the week. You'll need to get in early for their brioche doughnuts filled with Nutella! With a rotating display of delectables, the hardest thing will be deciding between a slice of their famous carrot cake or a chunky olive oil cookie that dreams are made of. The regulars say you can't go past their vanilla slice made with butter puff pastry and passionfruit icing, but ultimately, the choice will be up to you!

The offerings don't stop at sweet treats – housemade pies made with slow cooked beef are all cooked on site, as are sandwiches made using fresh sourdough and including a variety of fillings. A must-try is the popular 'Reuben sandwich', which boasts layers of silverside, traditional sauerkraut, Swiss cheese and a not-so-modest serving of housemade Russian sauce. Yum!

12 Byron Street, Bangalow
02 6687 1209
www.bangalowbread.co
@bangalowbreadco



~ Food ~



Team Tav have a new fully fenced playground!

The Tav has just undergone the second of its major redevelopments, including a ripper sports bar, beer garden, gin garden, and a fully fenced playground that will absolutely delight the youngest of your squad. Mum and dad can kick back and relax with a cheeky vino or two! They can even host your next kids party!

With over 40 TVs, you are sure to catch all the latest sports action from NRL, AFL, NFL, NBA, MLB, UFC... more abbreviated codes than you can poke a crooked pool cue at. Randwick, Flemington, Sha Tin, every race, every day. Poker, punters club, and pool comps. The tastiest pub grub by master chef Luke Southwood, cracking cocktails, and kick on with karaoke on the first Friday of every month! Ocean Shores Tavern, your number 1 sporting venue in the Shire!

Follow them on Facebook, Insta, or just ask a local!

84 Rajah Road, Ocean Shores
www.oceanshorestavern.com.au
 @OceanShoresTavern

Rosefina's Place

Tucked between the footbridge and beach at Brunswick Heads is Rosefina's Place, a cute little oasis of garden greenery away from the hustle and bustle of busy roads. This little caravan cafe marks the beginning, or end, of the Brunswick Heads Fairy Trail, and it's the perfect place to grab a coffee, cold drink, healthy icy treat, or tasty snack on your fairy journey. There are many more treasures for children to discover at Rosefina's Place, as the natural world seamlessly intertwines with their patrons who come to take a few moments of rest near the crystal blue river or enjoy breakfast after a morning dip in the ocean.

Children love to indulge in one of their smoothies or the ever-popular watermelon and mint frappe. They prepare almost all of their food and drinks in-house, ensuring that they know exactly what goes into everything. Rosefina's uses high-quality ingredients in all of their house-made dishes, offering options that undergo minimal processing prior to arriving on your plate. They also strive to accommodate those with tricky tummies. They love seeing parents enjoying playful exploration with their toddlers, or relaxing while older kids have plenty of room to run around.

38 South Beach Road, Brunswick Heads • @rosefinas_place



Monthly Markets

This guide is online at www.echo.net.au/market-guide and in the weekly classifieds section of the *Byron Echo*.



1 st SAT	Brunswick Heads	3 rd SAT	Pottsville Beach
1 st SUN	Byron Bay	3 rd SUN	Uki
1 st SUN	Pottsville Beach	3 rd SUN	Ballina
		3 rd SUN	Pottsville Beach
2 nd SAT	Tabulam Hall	4 th SAT	Evans Head
2 nd SUN	The Channon	4 th SAT	Kyogle Bazaar
2 nd SUN	Lennox Head	4 th SUN	Bangalow
2 nd SUN	Kingsciff	4 th SUN	Nimbin
2 nd SUN	Chillingham	4 th SUN	Murwillumbah
3 rd SAT	Mullumbimby Community	5 th SUN	Lennox Community
3 rd SAT	Murwillumbah Makers & Finders	5 th SUN	Nimbin

Linen House Mullumbimby

Linen House Mullumbimby offers a delightful collection of bed linens and homewares for kids at thrilling prices. Transform your child's space with playful, fashion-forward, and interactive themes woven through their bedding and accessory collections.

Embrace the quintessential spirit of summer with 'Beach Days,' a playful print on soft cotton percale. Infused with delightful collage cut-outs and summer hues of saltwater and bubble-gum tones, this print promises to captivate your little wave-chaser.

Elevate their sanctuary with snug sheets, super cute novelty cushions, throws, play mats, and more, creating a realm of wonder and inspiration.

Indulge in comfort for yourself – whether unwinding at home, enjoying an alfresco dinner, or out exploring, their linen and cotton loungewear is the epitome of relaxation. Opt for a classic colour-block or have fun mixing and matching with the season's stylish hues.

As your one-stop shop for all things home at up to 70% off RRP, discover bed linens in varied palettes and fabrics, alongside chic homewares spanning the bathroom, kitchen, living, and dining areas.

See for yourself what everyone's excited about in Mullumbimby. Visit them in-store – they'll help you create your dream space to last through multiple seasons and trends.

Create your sanctuary at Linen House.

33 Burringbar Street, Mullumbimby

02 4334 4876

@linenhouse_outlets



Shop Locally for your back to school needs

Visit Mullum Newsagency for all your stationery and back to school needs. Book packs and stationery are available for all schools. They've been servicing the local schools for well over ten years, so just ask their knowledgeable and friendly staff about any school needs. Also specialising in office supplies, Mullum Newsagency are a one stop shop.

44 Burringbar Street, Mullumbimby

02 6684 2127



Farmers Weekly Markets

Each TUE **New Brighton** 8–11am – 0424 168 672
Each TUE **Organic Lismore** 7.30–11am – 6636 4307

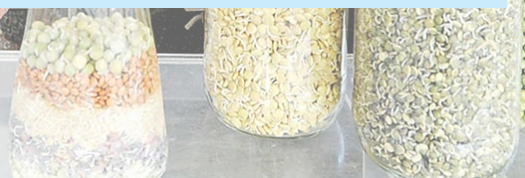
Each WED **Murwillumbah** 7–11am – 0415 328 672
Each WED **Nimbin** 3–6pm – 0418 940 653
Each WED **Newrybar Hall** 3–7pm

Each THU **Byron Bay** 7–11am – 0414 595 169
Each THU **Lismore Produce** 3–6pm – 0459 309 223

Each FRI **Mullum** 7–11am – 0424 168 672

Each SAT **Bangalow** 7–11am – 0414 595 169
Each SAT **Uki** 8am–1pm – 6679 5438
Each SAT **Blue Knob Gallery** 8.30am–12pm
Each SAT **Lismore Markets** 8.30–11am

Each SUN **Ballina** 7–11am



Where is my kid going to attend school?

Mandy Nolan

It's one of the biggest questions a parent asks themselves. We know that the right school can make or break a child's experience of education. And if the stars align and the universe conspires, your child will be part of a magical year group who become lifelong friends. We know how important these deep historical friendships are in underwriting our sense of self, our confidence and our ability to go into the world feeling supported and loved by a group wider than our family. And as a parent, sometimes you find your own sense of family in the parent group. You want to choose well, because you'll be spending a huge chunk of your life with these people!

For a regional area we are very lucky to have a huge range of schools to choose from. In fact there are something like 90 schools in the Byron, Ballina and Tweed areas alone.

As a mother of five kids with varied learning needs I was the beneficiary of this plethora of choice. From our much-loved public schools to our small schools, from Community to Catholic, Christian to Rudolf Steiner, it's all there! And if none of this takes your fancy you can jump a bus and be at Living School in Lismore. And of course let's not forget our vibrant world of home school. The bonus is: you're already there!

I always thought that my kids would all go to one school and that would be it. I'd have one canteen roster, one set of notes to lose in a school bag, one drop-off and one pick-up. Not so. I soon realised that my kids were different and responded better to different schools.

Sophia flourished at Byron Public School. It was here she found herself her first little girl gang, many of whom she still hangs with today. She loved being at a school with a big cohort of kids from diverse backgrounds. My older daughter Zoe however preferred the smaller and more intimate Byron Community School. Here you got

to start as a Dolphin and finish as a Whale. It was here they taught 'decision making'. I thought it was brilliant. Teenage Zoe still made some wonky decisions – but at least I knew she had the skills to resource and inform herself.

My son Charlie was at St John's in Mullumbimby. A small school he could ride his bike to. None of our family are religious, but it didn't matter. As the child of an atheist and agnostic family he became School Captain. Which I always found a bit ironic. That boy grew into an existential thinker.

Secondary schools for my kids were a combination of Catholic high schools in Lismore and public high schools. While I loved the idea of my kids having travel autonomy when it came to getting to and from school, there was something very appealing about a long bus ride. It felt like a form of social containment. Although the 7.15am start time was brutal.

There is no greater torture than waking up your adolescents to get them on a bus.

We are one of the few regions to have two K-12 Steiner schools within 20kms of each other. I have to admit for years I made naughty jokes about how you weren't allowed to use black crayons at Steiner until high school.

Then my youngest joined the Year 7 class. Fortunately, old enough for the black crayon. I was nervous the beautiful rainbow people would eject us, but it's been a wonderful experience. My creative kid who taught herself to knit and crotchet, who plays lots of musical instruments found her happy place.

These are only some of the schools I have sampled. But from the rainbow tie-dye of Upper Main Arm to the bushlands setting of Ocean Shores Public, our region has schools with teachers, parent bodies and students that deserve celebrating.

All the schools in our region are a good choice. These are amazing fertile learning fields for our incredible kids.





~ Education ~

Upper Coopers Creek Primary School – a unique learning environment

At Upper Coopers Creek learning is underpinned by a culture of respect, where students are treated as individuals, each with their own unique talents and personalities. Their educators know that their students view the world in unique ways and they tailor the educational opportunities to make their learning individual, engaging and memorable.

At Upper Coopers Creek, they share the responsibility to nurture, guide, inspire and challenge students. Learning comes to life through exploration, discovery and deep engagement, as teachers work alongside students to inspire creativity, joy and excitement. Students learn with and through nature and are given the time and space for awe and wonder.

'We pay our respects to the people of the Bundjalung nation upon whose country we learn and teach, and we acknowledge that this place is, was and always will be traditional Aboriginal land.'

Upper Coopers Creek Road, Upper Coopers Creek

02 6688 2128

www.cooperscrk-p.schools.nsw.edu.au



St John's Catholic Primary School

St John's Primary School, Mullumbimby has served the Brunswick Valley community for the last one hundred years with quality education from kindergarten through to year 6. With a warm, caring community underpinned by Catholic foundations, St John's are always seeking new and interesting ways of engaging, challenging and motivating their students whilst providing a first-class education preparing students for life in the 21st century.

St John's is small enough for each student to be well known and supported. The staff work closely with each individual child and family to develop their personal strengths and capabilities, helping them to explore themselves and their work in a structured and safe environment. The staff at St John's are proud of their reputation for being inspiring, creative and caring. They challenge each student to discover his or her particular gifts and talents in a variety of ways and believe that each child is special.

Pastoral care at St John's is unlike any school in the Byron shire, it supports each child on their learning, wellbeing and spiritual journey whilst the social justice program allows for students to embrace their community and approach the world from a perspective of empathy and compassion.

02 6684 2386 • sjpmull@lism.catholic.edu.au

www.mbyplism.catholic.edu.au



Hinterland Christian College

Join Hinterland Christian College in 2024 for an enriching educational journey. Nestled near Mount Chinongan, their campus offers a supportive and creative environment where your child can flourish. Take a tour to experience the unique atmosphere firsthand and discover the values they instil in their students – compassion, respect for nature, and creativity.

Enrolments for 2024 are now open, and they are excited to welcome new students into their family. At Hinterland Christian College, they are committed to nurturing individuals who contribute positively to society. Join them for a straightforward, practical approach to education that goes beyond academics. Explore the campus and become part of a community where your child can grow into a compassionate, respectful, and creative individual. They look forward to the opportunity to guide young minds on their path to success.

www.hinterland.nsw.edu.au

02 6684 1559

114 Main Arm Road, Mullumbimby



~ Education ~

Discover the magic at Byron Community Primary School

Nestled in the heart of Byron Bay, we are fortunate to learn, play and work on the land of the Arakwal people, the traditional custodians of the site on which the school is situated. Where creativity and education collide, Byron Community Primary School is a vibrant hub of learning that fosters curiosity and community spirit. A place of education, it's a nurturing environment where young minds blossom and individuality is celebrated.

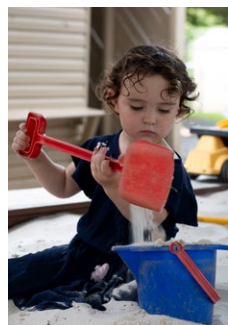
BCPS pride themselves on a progressive approach to education. There is a dedicated team of passionate educators who craft an environment that encourages critical thinking, curiosity, and a love of learning. They believe in empowering students to become confident, compassionate, and capable individuals.

A legacy spanning over 35 years of commitment from a generation of parents, staff and students has enabled the school to evolve from the vision of a few dedicated parents operating out of a small converted shop, on the corner of Ruskin and Tennyson Street, into a ten room, 109 student school led by principal, Tony Cross.

BCPS has a unique learning environment that embraces the richness of the surrounding natural landscapes, and fosters a deep connection to the land, sea and the sky.

If you would like to discover more about Byron Community Primary School and the joyful, creative and curious learning that takes place at the school contact the office.

53 Tennyson Street, Byron Bay • 02 6685 8208
www.bcps.org.au



Durrumbul Community Preschool

Durrumbul Community Preschool has been nurturing children and their families for over 40 years. Their educational program is focused on cultivating connection with children, community and country, drawing on self-directed, play-based learning. Their generous outdoor spaces inspire rich learning experiences from the natural environment.

Their preschool is highly regarded for its warm and inclusive atmosphere. With a culturally and socially diverse community, they strive to ensure every child and their family feels valued and respected.

They are a community-based, not-for-profit preschool run in collaboration between their parent management committee, educators and administrators.

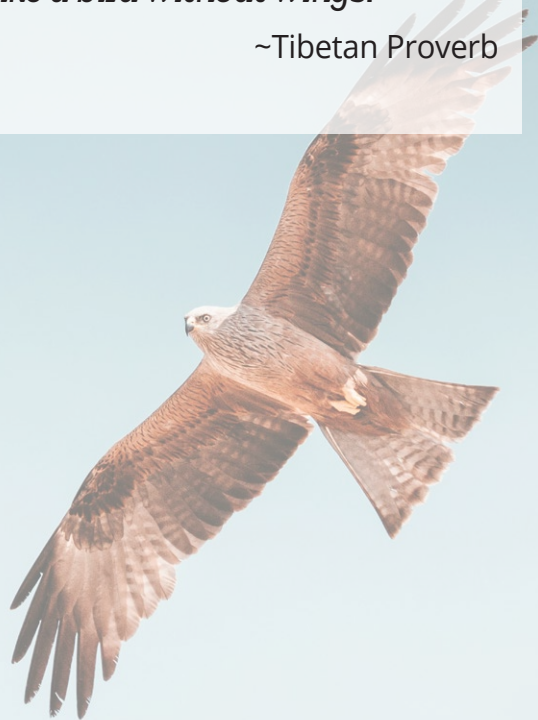
Rated exceeding by the NSW Department of Education.

Open for enrolments for 2024.

02 6684 5429 • hello@durrumbulpreschool.com
www.durrumbulpreschool.com

"A child without education is like a bird without wings."

~Tibetan Proverb



~ Education ~

Byron Bay Public School

Byron Bay Public School offers students a diverse and inclusive learning environment in which to learn and grow. They believe in excellence, innovation, opportunity and success, with the school's core values of being respectful, responsible and fair, underpinning all that they do.

Their creative and innovative classrooms provide flexible learning spaces in which to facilitate new discoveries. With two STEM rooms dedicated to embedding technology into learning, students become fluent in the use of robotics, develop coding skills and design objects for 3D printing. Their music program includes three school choirs with regular performances in the wider community. In partnership with the Northern Rivers Conservatorium of Music, they offer students from Year 3 and above the opportunity to learn a musical instrument and to perform as a member of their junior or senior school band.

Sustainability is high on the agenda at Byron Bay Public School, and they aim to promote and develop sustainable practices within the school community. They were selected as one of the top 25 schools in Australia to have excelled in sustainability education and are the proud recipients of a 5-star Sustainable Programs Award from *The Educator* magazine.

The school garden provides a place for outdoor learning, with regular workshops allowing students to engage with the natural environment. Students learn about caring for plants and animals and they develop their understanding of plants for food.

If you are interested in enrolling your child, please call or email their friendly office staff.

02 6685 6557

byronbay-p.school@det.nsw.edu.au



Goodbye 2023, hello 2024!

'Whilst we farewelled our year 12 students in spectacular fashion at the end of 2023, celebrating at Three Blue Ducks, we now look towards new horizons. As we embark on a new academic adventure together, we extend a heartfelt welcome to our vibrant class of 2024 and to the bright minds and eager hearts of those rejoining us at Cape Byron Rudolf Steiner School this year.'

Cape Byron Rudolf Steiner School is a thriving community, who believe in fostering an educational journey that nurtures not just the intellect but also the spirit and creativity within each student.

Their unique Steiner program emphasises holistic development, encouraging curiosity and imagination. In their classrooms you'll find a dynamic blend of arts, academics and practical skills, creating an environment where learning is a joyous and collaborative exploration of ideas. From nature-inspired lessons to engaging artistic expressions, every day unfolds with new opportunities for growth.

'We welcome everyone to another year of learning, laughing and growing together, whilst we also hold our 2023 seniors in our hearts and wish them all the best as they make their mark on the world.'

216 Balraith Lane, Ewingsdale

02 6639 9300

www.capebyronsteiner.nsw.edu.au

~ Education ~

The Harmony way

Selecting the right early learning environment for your child is one of the most significant decisions for a parent. Harmony Early Learning Journey understand that you're not just choosing a childcare service, but an environment that will lay the foundation for your child's future growth and success.

With two beautiful early learning centres located in Bangalow and Lennox Head, Harmony Early Learning Journey takes a holistic view of a child's early education and development. Supporting their evidence-based curriculum is a team of dedicated educators eager to provide a nurturing environment that inspires.

The Harmony approach is to create a sanctuary that creatively supports the needs of children, families and educators and inspires dialogue, development, and ongoing conversation without compromising aesthetics.

Harmony educators co-plan activities with children during morning meetings and build on their interests and ideas. This includes children having a choice of indoor and outdoor learning, collaborative play, projects, investigating topics of interest, imaginative and socio-dramatic creative play, engagement in the arts and more.

Harmony learning studios are tailored to support a child's journey at every stage and feature active design spaces to promote physical activity, boost self-esteem and academic performance. The inclusion of green spaces also support mental health and wellbeing.

Catering for children from birth to five years old, they are passionate about creating environments enabling exceptional learning and development opportunities.

Harmony Bangalow: 02 8319 5621

Harmony Lennox Head: 02 8319 5637

www.harmonylearning.com.au



Cobbers Child Care Centre

For 19 years Cobbers has been an owner-operated family business in the heart of Mullumbimby, with strong ties to the local community. They take on the role of an extended family by providing a warm and caring environment in which to nurture and educate children aged 2-5 years. They have long serving educators and an early childhood teacher who delivers their preschool program. Enquire now as they have vacancies for 2024 on all days of the week.

02 6684 2164

admin@cobberschildcare.com.au

www.cobberschildcare.com.au

Mullumbimby Community Preschool

Mullumbimby Community Preschool has been operating for over 40 years as a not-for-profit association. They offer a school readiness program from Monday to Wednesday for children age 4-5, and a play-based program on Thursday and Friday for children age 3-4. There is a large outdoor area, mud kitchen, sandpit, yarning circle, large fort with slide and vegetable and herb gardens! Their holistic approach to children's learning and development provides a good foundation and skills for life-long learning.

Cnr Station & Fern Streets, Mullumbimby
02 6684 1269

www.mullumpreschool.org.au



Byron Shire after school and vacation care

After school care (until 6pm) and vacation care (8am-6pm) is available in Byron Bay and Brunswick Heads public schools. The program includes leisure activities, craft, arts, sports, excursions (vacation care) and cooking. They have an energetic and highly experienced team. They also provide afternoon tea.

6685 8118 • www.byron.nsw.gov.au
vacationcare@byron.nsw.gov.au

Libraries are free for the community!

Richmond Tweed Regional Library Group

BALLINA AREA

Alstonville Library: 46 Commercial Road. 02 6628 5527

Ballina Library: 8 River Street. 02 6686 2831

Lennox Head: Lennox Head Community Centre, Cnr Park Lane & Mackney Lane. 02 6687 6398

BYRON AREA

Brunswick Heads: 11 Fingal Street. 02 6685 1816

Byron Bay: Cnr Lawson & Middleton Street. 02 6685 8540

Mullumbimby: 70-90 Station Street. 02 6684 2992

LISMORE AREA

Goonellabah: Goonellabah Community Centre, 27 Oliver Avenue. 02 6625 1235

Lismore Pop-up Library: 146 Molesworth Street. 02 6621 2464

TWEED AREA

Kingscliff: Lot 1 Turnock Street. 02 6674 1607

Murwillumbah Library: Civic Centre, 10 Tumbulgum Road. 02 6670 2427

Tweed Heads Library: Brett Street. 07 5536 3672

MOBILE LIBRARY & SUPPORT

Mobile Library: Travelling throughout the area. 02 6625 5100



Federal Community Children's Centre

Federal Community Children's Centre is a not-for-profit preschool and long day care service catering for children aged 2-5. It is a place where children have the chance to nurture a love for nature and build friendships with other local children.

FCCC is the only long day care centre rated as exceeding National Quality Standards in the Byron Shire. This is a reflection of the high quality care and education provided.

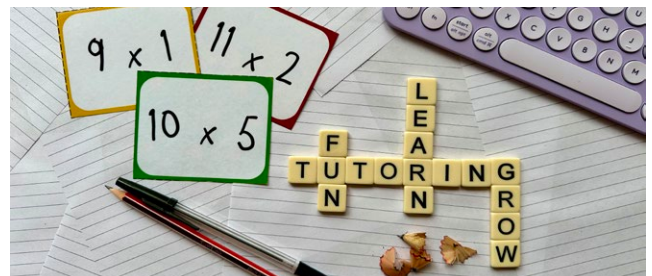
FCCC partner with parents and community to provide a service where children can experience diverse social, cultural and educational activities in the context of learning through play. The service consists of a dedicated toddler and preschool room with an impressive shared outdoor play area. Their educational program includes a daily transition to school program.

The centre is nestled in the Byron hinterland and is the home of the famous Bush Tucker Living Classroom.

Long day care 8am-4.30pm. After hours care available till 5pm.

info@federalccc.com.au

www.federalccc.com.au



Lorikeet Tutoring & Wellbeing

Lorikeet Tutoring & Wellbeing is a local business offering tutoring services for primary school, high school and homeschool students across the Northern Rivers. They travel to you to provide valuable face-to-face learning or online sessions. Their tutors work in a way that best suits the learning style and goals of each student. They make learning fun and have had amazing feedback and outcomes!

www.lorikeettutoringwellbeing.com.au

renee@lorikeettutoringwellbeing.com

A university campus for the whole family

Southern Cross University's Northern Rivers campus offers parents, such as River Hecate, education that ticks all the boxes: outstanding learning facilities; health and childcare services; and flexible study options for busy lives.

While studying an Associate Degree of Law (Paralegal Studies) full-time and raising a son can be a balancing act, River says she has found her feet at Southern Cross University.

'Sometimes it can be difficult to balance everything but having my son in childcare on-campus and studying online has made it really easy,' River says.

'The flexibility of online study means I don't have to interrupt my son's schedule. I get to choose when I study so I can do that when he's at daycare or sleeping.'

While River studies online, she also makes the most of the world-class campus located on her doorstep at Lismore and its many services available to families.

'I enrolled my son at the childcare centre on campus and he loves it there,' River says. 'I drop my son off and go study. The campus is so beautiful and I like to sit in nature while I do my uni work.'

The Northern Rivers campus is set in 75 hectares of lush tropical grounds with regular events, live music and social sport. The campus boasts modern classrooms, laboratories and a multi-storey library centre.

The University is deeply connected to its local community with a number of services on-campus open to the general public including a childcare centre, primary school and high school as well as a gym and pool.

The SCU Health Clinic aims to meet the community need for health services while providing hands-on learning for students. The clinic offers a range of allied health services including exercise physiology, osteopathy and speech pathology. An external private medical centre is also situated on campus with general practitioner services.

For River, returning to study was made easy thanks to one of the University's many pathway programs: 'The Preparing for Success Program was incredibly helpful,' River says. 'I hadn't studied in quite a while so it was nice to have a refresher on how to study. It gave me skills such as time management and how to structure essays.'

Whether you are looking to upskill, change careers or pursue a passion, Southern Cross University has a course for you.

Learn more at: www.scu.edu.au/lismore



~ Education ~

Northern Rivers Children's Services

For a limited time, Northern Rivers Children's Services (NRCS) are offering a generous financial incentive for new Family Day Care (FDC) Educators who are looking for a rewarding career in childcare.

NRCS is currently recruiting Educators who are passionate about caring for children and providing an environment that would enhance children's overall development. NRCS is a not-for-profit organisation whose aim is to support passionate, professional educators to set up their own FDC business in their home environment.

Do you need a change from working in centre care? As a FDC Educator you have the opportunity to operate your own business from home and receive free training and ongoing support. You can also care for your own children while earning an income! NRCS provides resources and guidance to ensure you feel safe, supported, and prepared for your role. They will guide and assist you in meeting the initial requirements, induction and training, and policies and procedures to guide programming and practice.

Initial training is available now for FDC Educators.

Lismore: 02 6621 6437 • lismore.admin@nrcs.org.au
Tweed: 07 5587 5300 • tweed.admin@nrcs.org.au



Ballina Byron Family Day Care: exceeding National Quality Standards

Ballina Byron Family Day Care is an approved childcare service, that provides an education and care environment in an educator's own home.

Are you passionate about working with children and looking for a flexible and rewarding career? If so, look no further than Ballina Byron Family Day Care.

Ballina Byron Family Day Care operates under the National Quality Framework, as other childcare services, whilst incorporating the National Regulations, National Quality Standards, and the Educational Frameworks (EYLF, MTOP). Families are eligible for the Child Care Subsidy.

Are you looking for a change from centre-based care, and wanting a unique opportunity to develop and implement your own learning environment?

If you hold a minimum Certificate III level Education and Care qualification or above, and are wanting to start an exciting career as a Family Day Care Educator, we are only a phone call away.

Our friendly qualified coordination unit team is here to help from registration and beyond. We support child referrals, marketing, and promotion as well as ongoing training, home visits and support to maintain the delivery of quality education and care.

Financial support is available, grants up to and including \$3,000 for set up cost is waiting for you.

02 6686 7799

www.fdcballinabyron.com.au



"Education is the most powerful weapon which you can use to change the world."

~ Nelson Mandela



~ Legal Services ~

Byron Family Law

When the path of family life takes an unexpected turn, the Byron Family Law team are by your side ensuring every step forward is a step towards healing and growth.

At Byron Family Law, their focus is on resolution, fostering amicable and efficient processes that empower you to take control of your separation. Their experienced family lawyers, Yasmin Dulley and Jordyn Jones, have practised exclusively in family law, and are dedicated to guiding families through life's transitions with compassion and care.

Yasmin and Jordyn offer:

- **Free initial consultations:** They understand the stress and cost associated with separation and divorce and believe it should not cost you to have options. They provide free initial consultations so you can be sure their firm is right for you.
- **Family law services:** They guide you through the complexities of separation or divorce, from untangling property settlements to resolving custody disputes, ensuring their services are tailored to meet the unique needs of your family.
- **Collaborative practice:** They prioritise open communication between you and your former partner to achieve outcomes that work for your individual needs. They aim to guide you towards amicable resolutions, avoiding court intervention.



At Byron Family Law, they are committed to practical solutions and cost-efficiency ensuring that you and your family can emerge stronger.

Start this journey with someone you can trust.

Habitat: 18 Parkes Avenue, Byron Bay
02 6687 2274
www.byronfamilylaw.com.au



Richardson Murray Family Law

Richardson Murray is a boutique family and relationship law firm with offices in the Habitat precinct, Byron Bay and on the Gold Coast at the Wave Building, Broadbeach, Queensland. Richardson Murray was established by well-respected family lawyers Anton Richardson and Stephanie Murray and is a market leader in the field.

Richardson Murray provides private representation to individuals while offering them a shoulder to lean on and a hand to hold, through what is a sensitive and emotional journey.

The team at Richardson Murray are very proud of their approach to family law and are committed to achieving positive outcomes while minimising stress, limiting delays and avoiding unnecessary legal expense.

'Over the years we have learned that clients want a family law firm they can trust, with lawyers who are best in class and committed to excellence. Clients want caring, understanding legal professionals who are sensitive to their needs', says Anton.

'In our view family law is a specialised area of law that requires lawyers who practice exclusively in the field. Our firm practices only in family law and we provide our clients with an exceptional quality of legal service and client care', says Stephanie.

Richardson Murray go above and beyond to ensure results and client satisfaction so that you can move on with the next chapter of your life.

With personable experts, personalised service and a specialised approach, there is no doubt that Richardson Murray is setting a new standard for family law firms.

www.richardson-murray.law

Mob supporting Mob

Story & illustration by Belle Budden

Family is central to Aboriginal identity. Aboriginal families depend upon and nurture strong family relationships to pass on and maintain our culture, the oldest living culture on earth. Without these relationships our cultural identity is damaged which impacts the wellness of individuals, families and communities. Our people have continued to value our families and kinship connections, honouring our obligations to each other.

The care of our children is critical to the continuation of our culture. For over 53 years Aboriginal people have fought to control child care for Aboriginal children. It is well documented that when Aboriginal children are able to develop a strong sense of their cultural identity in the early years they have more success in all areas of life.

Across the Northern Rivers there are many examples of Aboriginal community-controlled or -led early years education programs. Maurita Cavanagh is a proud Bundjalung woman who has worked in early childhood education for 20 plus years, she is a mother to four jarjumirr (children) and works as the Director to Jarjums Service in Lismore and SNAICC (the National Voice for Aboriginal and Torres Strait Islander Children and Families) supporting early childhood services across the North Coast.

'Family is everything – shapes who we are, everything, why I do everything I do – for my kids and for my father and my family,' she says.

Maurita is passionate about self-determination, Aboriginal people doing things our way, Aboriginal leadership and mentoring young women. 'I'm especially passionate about empowering teenage mums as this was my experience of having people come alongside me. It has made me who I am, and it was in an early childhood centre,' she says.

Maurita is an advocate and a leader for the Aboriginal community-controlled

'Family is everything
– shapes who we are,
everything, why I do
everything I do – for
my kids and for my
father and my family.'
~ Maurita Cavanagh

early years sector. 'We know what works for us, top-down approaches don't work, they been tried and tested. We know what works for our people,' she explains.

'The Aboriginal community-controlled early years Ssector enables Aboriginal people to have roles and direct the way that services are established and the practices inside of it. They are community orientated and do not operate in silos, everything is integrated. It may be a buzzword now but we have been doing child care like our aunties have for generations. We know that you can't separate the mother from the family or the family from the community. We know that family and wellbeing are all connected and our services are focused on the community as a whole, supporting the child, knowing that the child needs to be connected to the community and not in isolation'.

Maurita is excited about the changes in the sector, despite the challenges faced by the undervalued workforce. 'The sector changes and the funding space shows that the government are listening which means there are opportunities for our young people that didn't exist for us,' she says.

Lara Lei is a Wiradjuri woman living and working in Bundjalung Country and proud to call Bundjalung Country home. Lara is a mother of two, a dancer and creative and she is the Indigenous Services Coordinator at the Murwillumbah Community Centre and the director of the Kinship Festival and the Bunyarabugalma Wellness Project. Lara is passionate about revitalising

culture and ensuring all Aboriginal people can practise culture.

Family is sacred to Lara, she fights fiercely to protect the rights of Aboriginal and Torres Strait Islander people, to honour the sacredness of family, supporting vulnerable families at risk of removal and detention to stay together – a role Lara performs gracefully and tirelessly.


'Our families are big, they are intergenerational and we are connected through kinship with responsibilities to each other. Our people need services and programs that are by and for our people, that are culturally safe and inclusive that enable holistic healing of intergenerational trauma. We need adequate resources that allow us to provide this approach instead of patching together crumbs and relying on unpaid goodwill of community volunteers to provide the programs our people need,' Lara says.

'Mainstream services are not designed for our people, they don't understand our ways of being, knowing and doing and often fall short of the needs of our people. They don't understand our connections to Country, community, and culture or the ongoing impacts of colonisation that continue to cause our people trauma.'

Michele Laurie identifies as an Yaegl/Gumbaynggirr nyami ('woman' in Gumbaynggirr) and is accepted and living on Bundjalung jugun (Country). Michele holds years of formal learning and experience within human and community services and child protection.

'My practice and relationships are centred around the cultural ways of knowing, being, and doing I was brought up with,' says Michele who works at Ngunya Jarjum in Lismore and as a consultant.

In 2023 Michele was the recipient of a state award for ABSEC Practitioner of the Year. This award recognises an Aboriginal practitioner's excellence in achieving positive outcomes for Aboriginal children and young people, their families, and communities.



'I am a community worker who supports Aboriginal communities and families to lead their own positive change. I'm passionate about seeing Aboriginal children, young people, and families shine. Also I'm passionate about supporting the healing journeys and seeing mob thriving'. 'My family makes me push every day for change, social justice, and healing for family and communities. I fall asleep knowing I am blessed with children, and they are all strong individuals themselves that are kind and caring to others,' Michele says.

'Mob supporting mob is the most powerful, appropriate, and cultural way of helping mob with the challenges we face individually and collectively. Mob know their own solutions and what needs to happen, Aboriginal community understand, respect, and support Aboriginal ways of knowing, being and doing. Non-Aboriginal programs may lack the considerations and integration of culture. These programs do not recognise cultural protocols, practice, and obligations within relationships with Aboriginal communities and families,' she explained.

Northern Rivers Indigenous early years education programs:

Jarjum Bugal Nah Child & Family Centre

10 Hayman Street, West Ballina
02 6681 1540

Jarjums Centre

4 Rifle Range Road, East Lismore
jarjumcentre@gmail.com
02 6621 9203

Ngunya Jarjum Aboriginal Corporation

Suite 15, 21 Conway Street, Lismore
02 6626 3700
info@ngunyajarjum.com

Murwillumbah Community Centre: Possoms Plagroup

Kids Caring for Country

Knox Park, Nullum Street, Murwillumbah
02 6672 3003

~ Health Services ~

Little Souls Wellness Centre

Little Souls Wellness Centre (LSWC) has been helping children and their families for five years in Tweed Heads and 18 months in Bangalow.

At LSWC, the therapists provide a positive and warm environment where parents, children and individuals feel supported and uplifted. Across both centres they offer services in psychology, occupational therapy, speech therapy, physiotherapy and private tutoring designed for the whole family.

LSWC take a holistic, evidence-based and collaborative approach to ensure every aspect of your treatment is tailored specifically to your needs. They are committed to supporting NDIS participants on their journey to enhanced well-being. As an approved NDIS service provider, LSWC understand the guidelines, processes, and requirements within the National Disability Insurance Scheme.

If you would like to chat to one of the team at Little Souls Wellness Centre, they would love to listen.

Bangalow: 02 5561 5040

Tweed Heads: 07 5633 5954

www.littlesoulswellnesscentre.com.au



Dietitian, lactation counsellor and feeding specialist at Byron Baby

Amy Roylance is a paediatric and women's health dietitian, specialising in intolerances and food allergies, the introduction of solids and first foods, whilst ensuring nutritional adequacy. She is also a qualified feeding therapist, having trained in the international SOS Approach to Feeding. Amy is here to help families with a range of eating challenges such as fussy eating and food refusal, as well as growth and development concerns.

As a lactation counsellor, Amy can also support families and infants with breast and bottle feeding. Pain whilst feeding, supply concerns, mastitis care, questions about mixed breastmilk and formula feeding, weaning advice; Amy provides non-judgemental guidance, nurturing support for the parent, and evidence based care to ensure you, your little ones and whole family are thriving.

Amy is available for consults on a Tuesday within the beautiful Byron Baby General Practice. No referral is needed, private health insurance rebates and care plans are available.

Dr Emma Bourke founded the boutique Byron Baby space a year ago. Emma offers general practice services such as; contraceptive advice, breast checks, pregnancy support, baby check-ups, immunisations and general health care for children.

60/1 Porter Street

02 6617 5950

www.byronbaby.com.au

"People who laugh actually live longer than those who don't laugh. Few persons realise that health actually varies according to the amount of laughter."

– James J. Walsh



~ Health Services ~



Coastal Dental Care Byron Bay

Coastal Dental Care Byron Bay are your local family-friendly practice and a preferred partner with key health funds and the Child Dental Benefit Scheme. Their team is lead by Dr Claire Parsons, a highly skilled and experienced dentist.

The practice is committed to providing the highest level of care to the Byron Bay community, offering a full range of services to patients of all ages. Services include general dental, tooth extractions, root canal treatments, endodontics, crowns, bridges and children's dental. Their team have the experience and expertise to ensure you receive the best possible care and feel as at ease as possible.

Trust Coastal Dental Care for all your dental needs. They look forward to welcoming you and your family to their practice.

9/9 Fletcher Street, Byron Bay • 02 6685 7026
www.coastaldentalcare.com.au/byron-bay



Little Jewels Acupuncture

Candace Foo has been known under the name Three Jewels Acupuncture, in the Northern Rivers for a decade, and has recently created 'Little Jewels' in dedication of her passion for paediatric acupuncture.

Candace is a highly skilled and passionate acupuncturist who has worked closely with families for many years, with newborns, children of all ages, mothers during pregnancy, birth and postpartum, fathers and grandparents. She also spends her time providing apitherapy services.

www.littlejewels.com.au/practitioners/candace-foo
0412 623 914



Bangalow Holistic Dentist

Bangalow Holistic Dentist is a family-oriented practice catering to the whole family's dental needs.

Dr Dama Fernandez is a dedicated children's dentist who has worked extensively in the fields of general dentistry and orthodontics, and has been a teacher of paediatric dentistry.

Dr Fernandez will nurture a trusting relationship with your child, her goal is to give your child the skills and impetus to maintain excellent oral health for life. She is gentle, empathic and open-minded, and loves working with children and teenagers. There are TVs on the ceilings to watch a favourite Netflix video, a great way to relax a nervous patient, or simply for entertainment during a procedure.

Exceptionally qualified in Spain, Dr Fernandez graduated in 2006 with a degree in Dentistry, and later completed a master's degree in Orthodontics and Dentofacial Orthopaedics. She also has a masters degree in Basic Research and Dental Biomaterials, with several diplomas including a diploma in Orthognathic Surgery (jaw surgery correction treatment planning for severe orthodontic cases).

Alongside Dr Fernandez are highly skilled and experienced adults-only dentists, Dr Nigel Cluer (owner), and Dr Leigh Bayliss. They all use the finest biocompatible dental materials available, and the safest techniques and technologies. Visit Bangalow Holistic Dentist for beautiful porcelain veneers and metal-free crowns, bridges, implants (zirconia), dentures, mercury filling removals (SMART certified) and biological gum treatments aided by phase contrast microscopy.

Fees are discussed prior to treatment, appointments can be spaced, and there are interest-free loans through Zip Pay. They offer a 10% pensioner discount, and are part of the Medicare Child Dental Benefits Scheme.

02 6687 2150
2/42 Byron Street, Bangalow



~ Services ~

Anglican Parish of Byron

The Anglican Parish of Byron covers the entire Byron Shire, with churches in Bangalow, Byron Bay, Mullumbimby, Brunswick Heads and Ewingsdale. A variety of services are offered in one or more of these locations each week. They welcome enquiries for baptisms, confirmations and weddings in the Anglican tradition.

They seek to support the community through their welcoming and inclusive worship and their Welfare Outreach Program, including their three op shops in Bangalow, Byron Bay and Mullumbimby and various community partnerships.

02 6684 3552 • office@byronanglicans.org.au
www.byronanglicans.org.au
📱 Anglican Parish of Byron



Kat Rollings Photographer

Life is full of those magical moments that pass all too soon. Let photographer, Kat Rollings capture your memories and milestones in images you and your family will cherish forever. Don't let these fleeting moments slip away – secure Kat as your photographer, and let her help you create memories your future self will thank you for.

Quote: ECHO to get 20% off your next family shoot.

kat@katrollings.com.au
0404 736 313
www.katrollings.com.au/family-2
📷 @katrollings_photography

Computer support for your family

Your Computer Wizzard (YCW) has been helping Northern Rivers families with their computer issues for over 20 years. They focus on computer and laptop repairs, upgrades and maintenance. They offer remote online support, studying and work from home solutions and help via the phone. They sell new and reconditioned computers that meet your specific needs. Ask to go on their email list to keep up to date with the latest news, scam alerts and specials. They make your computer smile!

2/88A Main Street, Alstonville
www.ycw.com.au • 02 6628 0099



Make a difference

– Adopt a pet into a loving home

Northern Rivers Animal Services (NRAS), Ballina
www.northernriversanimalservices.com

Animal Rights & Rescue Group (ARRG), Lismore
www.animalrights.org.au

Animal Welfare League NSW (AWL), Mullumbimby
www.awlnsw.com.au

Byron Dog Rescue (CAWI)
www.byrondogrescue.org

Pets For Life, Billinugel
www.petsforlifeanimalshelter.net

Friends of the Pound, Tweed Heads
www.friendsofthepound.com



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BYRON BAY 2/103 Jonson Street Opp Woolies Ph +61 6680 8811

LISMORE 64 Woodlark Street Ph: +61 6621 3473 @toyworldbyronbaylismore

BALLINA 157 River Street Ballina St Ph: +61 6686 4880

TOYWORLD★
where the best toys come from

New To Pegs



Combi

Organic, farm to plate cafe Combi serves raw smoothies, cold pressed juices alive with goodness, elixir shots, raw vibrant foods, cakes and treats that gobsmack.



20% off with Pegs (limited time)



Locavore - New Location!

Locavore has relocated to the vibrant Hive in the Byron industrial estate. As a farmers market aggregator and butchery, Locavore meticulously curates and offers an array of locally grown and made groceries, bringing the best of the region to your table.



10% off with Pegs

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PEGs



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Where locals support locals



Bonito Restaurant

Discover Bonito, Byron Bay's newest culinary hotspot at Hotel Marvell. Indulge in exquisite dishes that blend sea freshness with plant based richness.

Their daily menu offers options ranging from the hearty Bangalow bacon with poached eggs on fresh sourdough to international delights such as Bánh xèo – a Vietnamese crepe with prawns and aromatic herbs.

Whether you're into plant based options, have food allergies, or enjoy both savory and sweet treats, there's something for every palate.



20% off with Pegs



Pixie Food & Wine

Pixie Food & Wine serves modern Italian cuisine with a focus on fresh, seasonal ingredients. The restaurant offers a relaxed and welcoming atmosphere, making it a popular spot for both lunch and dinner. The menu at Pixie changes seasonally, but you can always expect to find staples such as antipasti, fresh pasta, and mains such as their signature barbequed diavola chicken. Additionally, there is a gluten free and vegan menu available.

Join Pixie Aperitivo Hour every Friday to Sunday from 3pm - 6pm, \$12 spritzes.



20% off with Pegs Monday - Thursday