



EMMA GRAY

Founder
Executive Director

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www.thenurturedvillage.org



About Emma

Emma is mum to Mabel and Arthur, with another baby on the way, and wife to Louis.

Hailing from country NSW, Emma stepped into the big world to go on to study at university and now works as a Nuclear Medicine Technologist in Brisbane.

Somehow, in between finding herself in motherhood and caring for the patients in her care, Emma also identified the need for better social support for Australian Mums.

One ordinary morning in her Queensland lounge room, a freshly postpartum Emma received a hamper to her front door. A basket of home cooked meals and essentials delivered silently by her husband's friend. This was Emma's lightbulb moment – she saw just how important it was to hold the mother and so her passion was sparked.

And so the origin of The Nurtured Village Hampers was born. Emma made it her goal to offer the same support to local Mums, independently gathering donations and home cooked meals through mothers groups and friendship circles to support other Mums who could do with a reminder that there were people here to lean on.

As the kindness spread, so did The Village and Emma was soon approached by women across the country eager to provide the same kindness initiative in their own locations. As the support and connection grew, it became clear that this social initiative had to upscale and in October of 2022 The Nurtured Village Hampers was registered as a nation-wide ACNC charity with the sole purpose of supporting perinatal mental health.

Emma's input in her charity swells far beyond simple volunteering. As Founder and Director Emma manages the day to day operations of 85 volunteers and helps to coordinate 21 Village locations across Australia, provides feedback and direction to our Board and constantly works to promote mental health awareness and cement The Nurtured Village Hampers place in our society – so that every Aussie mum has a village to hold her.

Alongside the establishment of The Nurtured Village Hampers, Emma also established The Nurtured Village Podcast alongside co-host Kaitlyn Bywater. As firm believers in the importance of evidence-based practise, increasing access to information and storytelling, Kaitlyn and Emma went on to release 52 episodes with 12 000 downloads. Every episode was created with the goal to increase professional guidance to parents, as well as validating the experiences of current day parents with shared lived-experiences and understanding.

Emma spends every spare hour of her weeks working to support her volunteers, establishing the long term frameworks of our organisation and seeking every opportunity she can to increase awareness and support for maternal mental health. Without her energy, we simply wouldn't be able to reach the hundreds of Mums we support every year.

As a result of her passion and her dedication, Emma has been recognised as

- 2024 Brisbane Lord Mayors Australia Day Achievement Award
- Westfield Local Hero Nominee 2023, 2024
- 2023 Brunch Babies and Bubbles charity partner
- 2023 McKinsey Rising Leaders Forum Scholarship recipient.

Emma is available for local face-to-face and virtual conversations regarding the vision of The Nurtured Village Hampers, her journey creating a charity and the impact of social support.

