



KAITLYN BYWATER

Executive Director
Hamper Coordinator (Gunnedah)

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www.thenurturedvillage.org

About Kaitlyn

Kaitlyn is a Mum to three busy boys (Colby, Jude and Banjo) and wife to Gary. Kaitlyn grew up in the same small country NSW town as Emma before also travelling afar to complete her studies in allied health. Kaitlyn currently works a physiotherapist in the small mining town of Gunnedah and spends her spare time volunteering with several not for profits, with the majority of her time and energy being poured into The Nurtured Village Hampers.

Kaitlyn is a fierce advocate for maternal mental health and has spent her years of motherhood creating open and honest conversations about the true power of matrescence and the realities of motherhood in today's climate.

This passion is what led Emma and Kaitlyn to reconnect as they strived to achieve the same goal – better support for Australian Mums.

In 2019 Kaitlyn was able to bring The Nurtured Village to Gunnedah and quickly set about establishing a local hamper community, one that remains incredibly active and successful today. Alongside this, The Nurtured Village Podcast was born and despite the challenges of maternity leave, multiple pregnancies and time zone differences, Kaitlyn and Emma went on to record 52 episodes with 12 000 downloads.



With deep lived experience, Kaitlyn was able to share her personal understanding of postnatal depression and anxiety, birth trauma, hyperemesis gravidarum, pelvic organ prolapse and postpartum rage through numerous podcast episodes, as well as in pieces published by major media outlets [Mamamia](#), [Kidspot](#), [Your Zen Mama](#) and [SBS](#)

Kaitlyn supports Emma as an Executive Director and assist the operations of all 21 Village locations and the 85 volunteers who generously donate their time and energy. In addition, Kaitlyn continues to actively manage the Gunnedah Village and reaches multiple local Mums every single month through nominated hampers and urgent assistance requests.

As a result of her passion and dedication, Kaitlyn has been recognised through:

- 2021/22 NSW Hidden Treasures Honour Roll
- 2023 Shine Award Nominee
- 2024 Gunnedah Citizen of The Year Nominee

Kaitlyn is available for local face to face and virtual conversations regarding the vision of The Nurtured Village Hampers, her work as a volunteer and her lived experiences.

